

MONDAY NIGHT TRACK LEAGUE

Race Programme "A"

Warm up group 3	7:00 - 7:08pm
Warm up group 2	7:10 - 7:18pm
Warm up group 1	7:20 - 7:28pm
Sprinter please warm up on rollers (to save time)	

First Aid provided by.

SHOWMED

Racing to start 7:30pm

Group 3	16 Lap Course de Primes	1/2 track league point for every lap in the lead
Group 2	20 Lap Course de Primes	1 track league point for every lap in the lead
Group 1	25 Lap Course de Primes	2 track league points for every lap in the lead

Sprinters Timed flying 200 meters

Group 3	Elimination Race	1st Lap free, 1 rider out each lap, 3 riders to sprint.
Group 2	Elimination Race	
Group 1	Elimination Race	

Sprinters Match sprints in pairs or three's Riders will be seeded

Group 3	20 Lap Points Race	Sprints every 5 laps 5,3,2, &1pts. Double points on last lap Lap gain 10 points.
Group 2	30 Lap Points Race	
Group 1	40 Lap Points Race	

Sprinters Team Sprint Sprinters to pick their own teams.

Group 3	20 Lap Scratch Race
Group 2	30 Lap Scratch Race
Group 1	40 Lap Scratch Race

Individual time trials by application if there is sufficient time left at the end