

MONDAY NIGHT TRACK LEAGUE

Race Programme "C"

Warm up group 3	7:00 -7:08pm	First Aid provided by. SHOWMED
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)		
Racing to start 7:30pm		
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	Handicap 750 meters	Handicap to be worked out from flying 200 times
Group 3	16 lap win and out race	Sprints every 4 laps sprint winner is out
Group 2	25 lap win and out race	Sprints every 5 laps sprint winner is out
Group 1	36 lap win and out race	Sprints every 6 laps sprint winner is out
Sprinters	Match sprints in pairs or three's	Riders will be seeded
Group 3	Unknown distance points race	There will be sprints at an unknown frequency these will be 1 lap after the whistle
Group 2	Unknown distance points race	
Group 1	Unknown distance 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		