

MONDAY NIGHT TRACK LEAGUE

Madison Race Programme "1"

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)			
<table border="1" style="width: 100%;"> <tr> <td>Racing to start 7:30pm</td> </tr> </table>			Racing to start 7:30pm
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Group 3	Elimination Race	1st Lap free, 1 rider out each lap, 3 riders to sprint.	
Madison	21 lap madison Race	Sprints every 7 laps	
Groups 1&2	Elimination Race	1st Lap free, 1 rider out each lap, 3 riders to sprint.	
Sprinters	Timed flying 200 meters		
Group 3	16 lap win and out race	Sprints every 4 laps sprint winner is out	
Madison	60 lap madison Race	Sprints every 10 laps	
Groups 1&2	36 lap win and out race	Sprints every 6 laps sprint winner is out	
Sprinters	Match sprints in pairs or three's	Sprinters to pick their own groups.	
Group 3	Unknown distance race		
Madison	21 lap madison Race	Sprints every 7 laps	
Groups 1&2	Unknown distance race		
Sprinters	Team Sprint	Sprinters to pick their own teams.	
Group 3	20 Lap Scratch Race	Dependent on time groups 1&2 may be grouped together as per the madison races or all 3 groups will get a race each	
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			