

MONDAY NIGHT TRACK LEAGUE

Madison Race Programme "2"

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	Elimination Race	1st Lap free, 1 rider out each lap, 3 riders to sprint.
Madison	21 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	50 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