## Race Programme - May

1 May - May Day - Week 5
5.30pm Youth sign on opens
6 pm Youth racing
G12 6 Lap Warm Up (3 neutralised, 3 racing)
U12 6 Lap Warm Up (3 neutralised, 3 racing)
G16 8 Lap Warm Up (4 neutralised, 4 racing)
U16 8 Lap Warm Up (4 neutralised, 4 racing)
G12 Reverse Win Out
U12 Reverse Win Out
G16 Reverse Win Out
U16 Reverse Win Out
G12 \& G16 Hare \& Hounds 4 Laps
U12 \& U16 Hare \& Hounds 4 Laps
$6.15 \mathrm{pm} \quad$ Senior sign on opens
7.00pm Youth racing finishes Senior racing starts
C 8 Lap Warm Up (3 neutralised, 5 racing)
W 8 Lap Warm Up (3 neutralised, 5 racing)
B 10 Lap Warm Up (4 neutralised, 6 racing)
A 12 Lap Warm Up (4 neutralised, 8 racing)
C Elimination Race
W Elimination Race
B Elimination Race
A Elimination Race
C Points 15 Laps (every 3 ) ..... 3)
W Points 15 Laps (every 3)
B Points 20 Laps (every 4) ..... 4)
A Points 25 Laps (every 5)
9.15pm Racing finishes


## Race Programme - May

8 May - Going Long - Week 6
5.30pm Youth sign on opens
6 pm Youth racing
U12 8 Lap Warm Up (4 neutralised, 4 racing)
U16 10 Lap Warm Up (5 neutralised, 5 racing)
U12 6 Lap Points (points every 2)
U16 9 Lap Points (points every 3)
U12 Elimination
U16 Elimination
U12 Scratch 8 Laps
U16 Scratch 10 Laps
6.15 pm Senior sign on opens
7.00pm Youth racing finishes
Senior racing starts
C 10 Lap Warm Up (3 neutralised, 7 racing)
B 12 Lap Warm Up (4 neutralised, 8 racing)
A 12 Lap Warm Up (4 neutralised, 8 racing)
C Win Out
B Win Out
A Win Out
C Points 15 Laps (points every 3)
B Points 20 Laps (points every 4)
A Points 25 Laps (points every 5)
C Scratch 15 Laps
B Scratch 20 Laps
A Scratch 30 Laps
9.15pm Racing finishes


## Race Programme - May

15 May - Team Pursuit - Week 7
5.30pm Youth sign on opens
6 pm Youth racing
U12 8 Lap Warm Up (4 neutralised, 4 racing)
U16 10 Lap Warm Up (5 neutralised, 5 racing)
U12 Tempo
U16 Tempo
U12 Reverse Win Out
U16 Reverse Win Out
U12 2 Lap Dash
U16 3 Lap Dash
6.15 pm Senior sign on opens
7.00pm Youth racing finishes
Senior racing starts
A 10 Lap Warm Up (3 neutralised, 7 racing)
B 12 Lap Warm Up (4 neutralised, 8 racing)
C 12 Lap Warm Up (4 neutralised, 8 racing)
All Team Pursuit
A Elimination
B Elimination
C Elimination
A 32 Lap Points (points every 4)
B 24 Lap Points (points every 4)
C 20 Lap Points (points every 4)
9.15pm Racing finishes


## 22 May - Omnium - Week 8

### 5.30pm Youth sign on opens

6 pm Youth racing
U12 8 Lap Warm Up (4 neutralised, 4 racing)
U16 10 Lap Warm Up (5 neutralised, 5 racing)
U12 Elimination
U16 Elimination
U12 Australian/English Pursuit
U12 Australian/English Pursuit
U12 Marymoor
U16 Marymoor

### 6.15 pm Senior sign on opens

7.00pm Youth racing finishes

Senior racing starts
C 10 Lap Warm Up (3 neutralised, 7 racing)
B 12 Lap Warm Up (4 neutralised, 8 racing)
A 12 Lap Warm Up (4 neutralised, 8 racing)
C Swiss Tempo
B Swiss Tempo
A Swiss Tempo
C Elimination
B Elimination
A Elimination
C Points (16) / 4
B Points (20) / 4
A Points (25) / 5
9.15pm Racing finishes


## Race Programme - May

## 29 May - Madison - Week 9

| 5.30pm | Youth sign on opens |
| :--- | :--- |
| $\mathbf{6} \mathbf{p m}$ | Youth racing |
| U12 | 8 Lap Warm Up (4 neutralised, 4 racing) |
| U16 | 10 Lap Warm Up (5 neutralised, 5 racing) |
| U12 | Win-Out |
| U16 | Win-Out |
| U12 | 6 Lap Points (points every 2) |
| U16 | 9 Lap Points (points every 3) |
| U12 | Block Pursuit |
| U16 | Block Pursuit |

### 6.15 pm Senior sign on opens

7.00pm Youth racing finishes Senior racing starts
C 10 Lap Warm Up (3 neutralised, 7 racing)
B 12 Lap Warm Up (4 neutralised, 8 racing)
A 12 Lap Warm Up (4 neutralised, 8 racing)
C Reverse Win-Out
B Reverse Win-Out
A Reverse Win-Out
C Dash
B Dash
A Dash
All Madison
C $\quad$ Scratch 18
B Scratch 25
A Scratch 30
9.15pm Racing finishes


