

1 May - May Day - Week 5

ns

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 pm 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

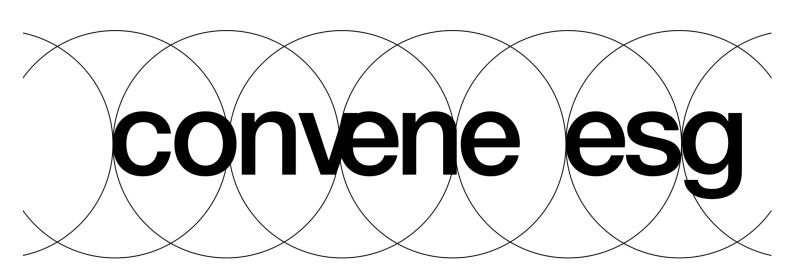
A Elimination Race

C Points 15 Laps (every 3)

W Points 15 Laps (every 3)

B Points 20 Laps (every 4)

A Points 25 Laps (every 5)





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)

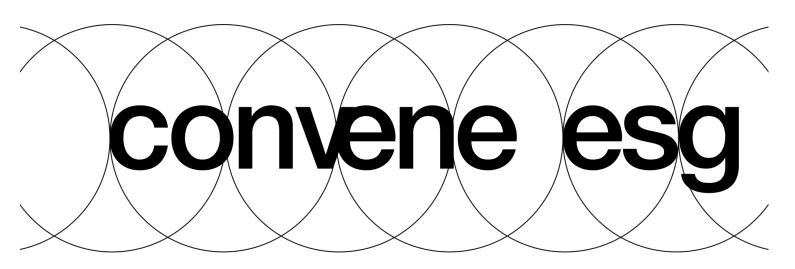
B Points 20 Laps (points every 4)

A Points 25 Laps (points every 5)

C Scratch 15 Laps

B Scratch 20 Laps

A Scratch 30 Laps



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 OutU16 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 12 Lap Warm Up (3 neutralised, 7 racing)

B 12 Lap Warm Up (4 neutralised, 8 racing)

C 10 Lap Warm Up (4 neutralised, 8 racing)

A Short Scratch 10 Laps

All Team Pursuits (4 rounds, 2 teams per round, 6 laps!)*

B Short Scratch 10 Laps

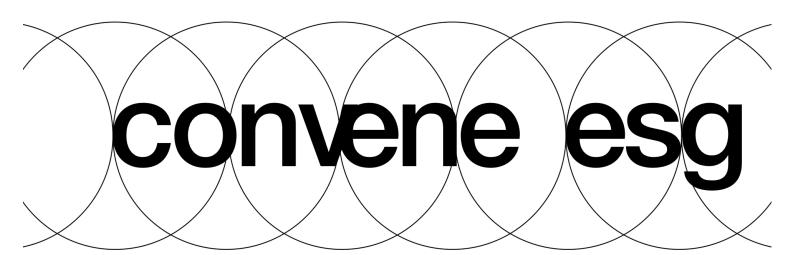
C Short Scratch 8 Laps

A 35 Lap Points (points every 5)

B 25 Lap Points (points every 5)

C 20 Lap Points (points every 4)

^{*} If doing the Team Pursuit you don't have to do the Scratch Race!





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 PursuitU12 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 TempoB Swiss Tempo

A Swiss Tempo

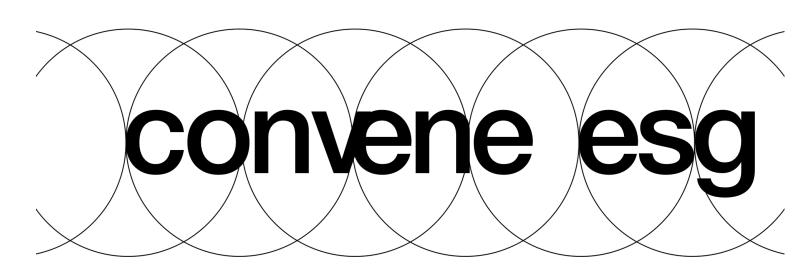
C Elimination

B Elimination
A Elimination

A Elimination
C Points (16) / 4

B Points (20) / 4

A Points (25) / 5



29 May - Madison - Week 9

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 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 Scratch 18

B Scratch 25

A Scratch 30

^{*} If doing the Madison you don't have to do the Dash!

