

SUNDRIVE SPRING TRACK LEAGUE

Week	Cat.	Race 1 (Warm-up Race)	Race 2 (Skills Race)	Race 3 (Sprint Race)	Race 4 (Endurance Race)
1 (Sundrive) Wed 25 th April	A	8 lap (3 paced) Progressive Scratch	9 lap Win & Out	Kilo Dash	10 lap A&B Hare and Hound
	B	8 lap (3 paced) Progressive Scratch	9 lap Win & Out	Kilo Dash	10 lap A&B Hare and Hound
	C1	6 lap (2 paced) Progressive Scratch	6 lap Win & Out	Kilo Dash	6 lap C1&C2 Hare and Hound
	C2	6 lap (2 paced) Progressive Scratch	6 lap Win & Out	Kilo Dash	6 lap C1&C2 Hare and Hound
2 (Sundrive) Wed 2 nd May	A	8 lap (3 paced) Progressive Scratch	9 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	12 lap A&B Hare and Hound
	B	8 lap (3 paced) Progressive Scratch	9 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	12 lap A&B Hare and Hound
	C1	6 lap (2 paced) Progressive Scratch	7 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	8 lap C1&C2 Hare and Hound
	C2	6 lap (2 paced) Progressive Scratch	7 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	8 lap C1&C2 Hare and Hound
3 (Sundrive) Wed 9 th May	A	8 lap (3 paced) Progressive Scratch	Elimination	Italian Pursuit*	14 lap A&B Hare & Hound
	B	8 lap (3 paced) Progressive Scratch	Elimination	Italian Pursuit*	14 lap A&B Hare & Hound
	C1	6 lap (2 paced) Progressive Scratch	Elimination	Italian Pursuit*	8 lap C1&C2 Hare & Hound
	C2	6 lap (2 paced) Progressive Scratch	Elimination	Italian Pursuit*	8 lap C1&C2 Hare & Hound
4 (Orwell) Wed 16 th May	A	8 lap (3 paced) Progressive Scratch	12 lap Points Race	Kilo Dash	16 lap A&B H/cap
	B	8 lap (3 paced) Progressive Scratch	12 lap Points Race	Kilo Dash	16 lap A&B H/cap
	C1	6 lap (2 paced) Progressive Scratch	9 lap Points Race	Kilo Dash	10 lap C1&C2 H/cap
	C2	6 lap (2 paced) Progressive Scratch	9 lap Points Race	Kilo Dash	10 lap C1&C2 H/cap
5 (Orwell) Wed 23 rd May	A	8 lap Scratch	12 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	18 lap A&B H/cap
	B	8 lap Scratch	12 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	18 lap A&B H/cap
	C1	6 lap Scratch	9 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	10 lap C1&C2 H/cap
	C2	6 lap Scratch	9 lap Tempo (2 laps then sprint every lap)	4 lap H/cap	10 lap C1&C2 H/cap
6 (Arcane/Lakeside) Wed 30 th May	A	8 lap Scratch	Elimination	Italian Pursuit*	20 lap A&B H/cap
	B	8 lap Scratch	Elimination	Italian Pursuit*	20 lap A&B H/cap
	C1	6 lap Scratch	Elimination	Italian Pursuit*	12 lap C1&C2 H/cap
	C2	6 lap Scratch	Elimination	Italian Pursuit*	12 lap C1&C2 H/cap

7 (UCD/Tiernans) Wed 6 th June	A	8 lap Scratch	12 lap Win & Out	4 lap H/cap	22 lap A&B Scratch
	B	8 lap Scratch	12 lap Win & Out	4 lap H/cap	22 lap A&B Scratch
	C1	6 lap Scratch	9 lap Win & Out	4 lap H/cap	12 lap C1&C2 H/cap
	C2	6 lap Scratch	9 lap Win & Out	4 lap H/cap	12 lap C1&C2 H/cap
8 (Black Rose/Bray) Wed 13 th June	A	8 lap Scratch	12 lap Points Race	Kilo Dash	25 lap A&B Scratch
	B	8 lap Scratch	12 lap Points Race	Kilo Dash	25 lap A&B Scratch
	C1	6 lap Scratch	9 lap Points Race	Kilo Dash	15 lap C1&C2 H/Cap
	C2	6 lap Scratch	9 lap Points Race	Kilo Dash	15 lap C1&C2 H/cap

Points for top 4 (5,3,2,1) except where stated
 *2 Points for each member of winning team

Prize Presentation Night & 'Friendly Racing' : Monday 18th June

Sign on/Bike hire: 6.20pm - 6.50pm.

Open Track: 6.30pm - 6.50pm. (6.50pm - 7pm Youth only.)

Fee: €25 payable on the night. (Senior / Junior) , €10 Youth (U12/U14/U16)

Bike hire: €5/€2 (Senior/Youth).

Track facility fee: €10, this must be paid by any rider using the track and is a once off payment for the year.

Parking: Under no circumstances should anyone park on yellow, on the paths or in Ruthland Grove estate.

If parking is not available at the entrance closest to the club house please park on the other side of the park and walk over.

Numbers will be provided on payment of league fee and must be worn on left.

That will be your number for the entire Spring League.

A: Elite

B: Experienced

C1: Novice /Vet / U16

C2 : Exclusively female (although females may also ride in A/B/C1)

D: U12/U14