

Week	Cat.	Race 1 (Warm-up Race)	Race 2 (Skills Race)	Race 3 (Sprint Race)	Race 4 (Endurance Race)
1	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
	D				
2	A	8 lap (3 paced) Progressive Scratch	9 lap Temp (3 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 Temp (3 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 Temp (3 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 Temp (3 laps then sprint every lap)	4 lap H/cap	8 lap C1&C2 Hare and Hound
	D				
3	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
	D				
4	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
	D				
5	A	8 lap Scratch	12 lap Temp (3 laps then sprint every half lap)	4 lap H/cap	18 lap A&B H/cap
	B	8 lap Scratch	12 lap Temp (3 laps then sprint every half lap)	4 lap H/cap	18 lap A&B H/cap
	C1	6 lap Scratch	9 lap Temp (3 laps then sprint every half lap)	4 lap H/cap	10 lap C1&C2 H/cap
	C2	6 lap Scratch	9 lap Temp (3 laps then sprint every half lap)	4 lap H/cap	10 lap C1&C2 H/cap
	D				

6	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
	D				
7	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
	D				

Points for top 4 (5,3,2,1) except where stated

* Points for top 3 (3,2,1) only

**2 Points for each member of winning team