

24 April - Countdown - Week 4

5.30pm	Youth sign on opens

6 pm Youth racing starts

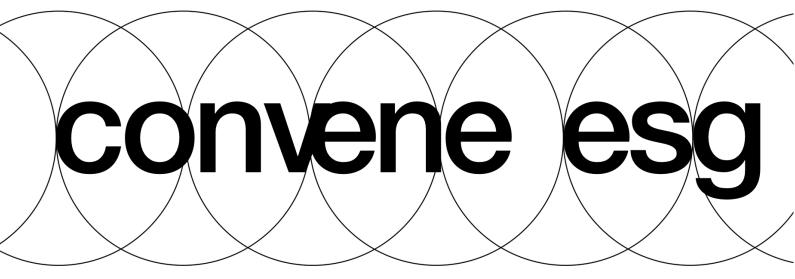
- U12 8 Lap Warm Up (4 neutralised, 4 racing)
- U16 10 Lap Warm Up (5 neutralised, 5 racing)
- U12 Win Out
- U16 Win Out
- U12 6 Lap Points (points every 2)
- U16 9 Lap Points (points every 3)
- U12 Marymoor Crawl
- U16 Marymoor Crawl
- 6.15 pm Senior sign on opens

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 Countdown (5-1) / 15 Laps
- B Countdown (6-1) / 21 Laps
- A Countdown (7-1) / 28 Laps
- C 15 Lap Scratch (Lap Leader Prize)
- B 20 Lap Scratch (Lap Leader Prize)
- A 25 Lap Scratch (Lap Leader Prize)

9.15pm Racing finish





17 April - Elimination - Week 3

5.30pm Youth sign on opens

6 pm Youth racing starts

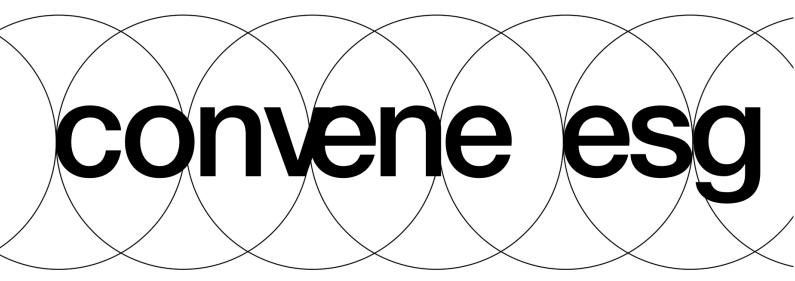
- U12 8 Lap Warm Up (4 neutralised, 4 racing)
- U16 10 Lap Warm Up (5 neutralised, 5 racing)
- U12 2 Lap Dash
- U16 3 Lap Dash
- U12 Elimination Race
- U16 Elimination Race
- U12 6 Lap Points (points every 2)
- U16 9 Lap Points (points every 3)
- 6.15 pm Senior sign on opens

7.00pm Youth racing finishes

Senior racing starts

- A 12 Lap Warm Up (4 neutralised, 8 racing)
- B 12 Lap Warm Up (4 neutralised, 8 racing)
- C 10 Lap Warm Up (3 neutralised, 7 racing)
- A 18 Lap Points (points every 3)
- B 15 Lap Points (points every 3)
- C 12 Lap Points (points every 3)
- A Elimination Race
- B Elimination Race
- C Elimination Race
- A 15 Lap Scratch
- B 12 Lap Scratch
- C 10 Lap Scratch

9.15pm Racing finishes



Convene ESG Track League 2024

Race Programme - April

10 April - Push the Tempo - Week 2

5.30pm Youth sign on opens

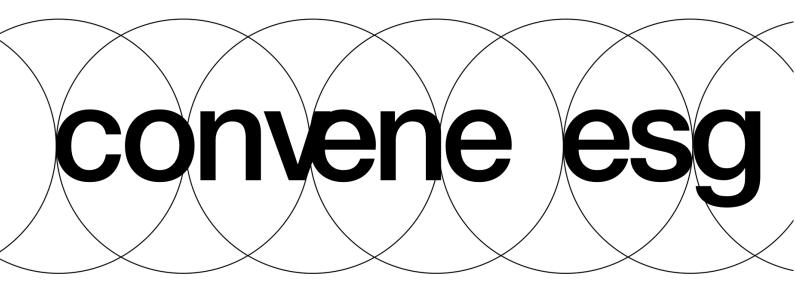
6 pm Youth racing starts

- U12 8 Lap Warm Up (4 neutralised, 4 racing)
- U16 10 Lap Warm Up (5 neutralised, 5 racing)
- U12 Reverse Win-Out
- U16 Reverse Win-Out
- U12 8 Lap Scratch Race
- U16 10 Lap Scratch Race
- U12 6 Lap Points (points every 2)
- U16 9 Lap Points (points every 3)
- 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 Tempo (12 Laps)
- B Tempo (15 Laps)
- A Tempo (20 Laps)
- C Reverse Win-Out
- B Reverse Win-Out
- A 25 Lap Scratch
- C 15 Lap Points (points every 3)
- B 20 Lap Points (points every 4)
- A 25 Lap Points (points every 5)

9.15pm Racing finishes





Convene ESG Track League 2024

Race Programme - April

3 April - Back on Track - Week 1

5.30p	m	Youth sign on opens
6 pm		Youth racing
	Girls B12 B16 Girls B12 B16 Girls B12 B16	 6 Lap Warm Up (3 neutralised, 3 racing) 6 Lap Warm Up (3 neutralised, 3 racing) 8 Lap Warm Up (4 neutralised, 4 racing) 2 Lap Dash 2 Lap Dash 3 Lap Dash 6 Lap Points (points every 2) 6 Lap Points (points every 2) 9 Lap Points (points every 3)
6.15 p	om	Senior sign on opens
7.00p	m	Youth racing finishes
		Sonior racing starts
	С	Senior racing starts 8 Lap Warm Up (3 neutralised, 5 racing)
	C W	8 Lap Warm Up (3 neutralised, 5 racing)
	-	•
	W	8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing)
	W B	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing)
	W B A	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing)
	W B A C	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3)
	W B A C W	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3) 15 Lap Points (points every 3)
	W B A C W B	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3) 15 Lap Points (points every 3) 20 Lap Points (points every 4)
	W B A C W B A	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3) 15 Lap Points (points every 3) 20 Lap Points (points every 4) 25 Lap Points (points every 5) 10 Lap Scratch (with 2 x primes) 10 Lap Scratch (with 2 x primes)
	W B A C W B A C	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3) 15 Lap Points (points every 3) 20 Lap Points (points every 4) 25 Lap Points (points every 5) 10 Lap Scratch (with 2 x primes) 12 Lap Scratch (with 2 x primes)
	W B A C W B A C W	 8 Lap Warm Up (3 neutralised, 5 racing) 8 Lap Warm Up (3 neutralised, 5 racing) 10 Lap Warm Up (4 neutralised, 6 racing) 12 Lap Warm Up (4 neutralised, 8 racing) 15 Lap Points (points every 3) 15 Lap Points (points every 3) 20 Lap Points (points every 4) 25 Lap Points (points every 5) 10 Lap Scratch (with 2 x primes) 10 Lap Scratch (with 2 x primes)

9.15pm Racing finishes

