



Convene ESG Track League 2024

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 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)

9.15pm Racing finishes

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Convene ESG Track League 2024

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



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Convene ESG Track League 2024

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 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)

9pm Racing finishes

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



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Convene ESG Track League 2024

Race Programme - May

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



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Convene ESG Track League 2024

Race Programme - May

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

9.15pm Racing finishes

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

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