



Convene ESG Track League 2024

Race Programme - April

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

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Convene ESG Track League 2024

Race Programme - April

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

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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

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Convene ESG Track League 2024

Race Programme - April

3 April - Back on Track - Week 1

5.30pm Youth sign on opens

6 pm Youth racing

- Girls 6 Lap Warm Up (3 neutralised, 3 racing)
- B12 6 Lap Warm Up (3 neutralised, 3 racing)
- B16 8 Lap Warm Up (4 neutralised, 4 racing)
- Girls 2 Lap Dash
- B12 2 Lap Dash
- B16 3 Lap Dash
- Girls 6 Lap Points (points every 2)
- B12 6 Lap Points (points every 2)
- B16 9 Lap Points (points every 3)

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 15 Lap Points (points every 3)
- W 15 Lap Points (points every 3)
- B 20 Lap Points (points every 4)
- A 25 Lap Points (points every 5)
- C 10 Lap Scratch (with 2 x primes)
- W 10 Lap Scratch (with 2 x primes)
- B 12 Lap Scratch (with 2 x primes)
- A 15 Lap Scratch (with 2 x primes)

9.15pm Racing finishes

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