

INTERMEDIATE RACE PROGRAMME - Thursdays 7pm to 10pm								
Event	Group	Details	1st	2nd	3rd	4th	5th	Notes
1	C1	30 Lap (7.5k) Scratch Race						
2	C2	30 Lap (7.5k) Scratch Race						
3	Female	30 Lap (7.5k) Scratch Race						
4	C1	25 Lap (6k) Points Race						sprints at 20, 15, 10, 5, 0 laps (points 5,3,2,1) 5 points given/deducted for +/- a lap
5	C2	25 Lap (6k) Points Race						sprints at 20, 15, 10, 5, 0 laps (points 5,3,2,1) 5 points given/deducted for +/- a lap
6	Female	25 Lap (6k) Points Race						sprints at 20, 15, 10, 5, 0 laps (points 5,3,2,1) 5 points given/deducted for +/- a lap
7	C1	Elimination						One rider eliminated every TWO laps until three riders remain - points awarded to top 5
8	C2	Elimination						
9	Female	Elimination						
10	C1	40 Lap (10k) Scratch Race						
11	C2	40 lap (10k) Scratch Race						
12	Female	40 lap (10k) Scratch Race						

All bunch races are rolling start (from back straight)
League Points 10, 8, 6, 4, 2 for top 5 in each event
Points DO NOT carry across if a rider is promoted/demoted