**Willesden C C**

**Olympic Velodrome**

**Saturday 21st February 2015**

**13.00 Group A1 and A2 riders 15 mins progressive warm up**

**13.15 Group B1 and B2 warm up 15 mins**

**13.30 Group A1 and A2 half lap taking**

**13.45 Group B1 and B2 Line changes**

**14.00 Group A1 team pursuit**

**14.08 Group A2 team pursuit**

**14.15 Group B1 and B2 Team chase**

**14.30 Group A1 and A2 30 lap race first 20 laps at tempo**

**14.45 Group B1 and B2 handicap race**

**15.00 Finish and leave track.**