

The Burnaby Velodrome Club
&
The National Training Center Present:

Bare Bones Races and Youth Track Cycling Clinic
Nov 11-13, 2011

Friday November 11, 2011

10:00-12:45 Youth skills and drills, Youth Madison part one

12:45-1:30 Break for lunch

1:30-4:30 Youth skills and drills, Youth Madison part two

4:30-5:30 Break for recovery and food

6:00 warm up

6:30 PM Friday night racing

November 11 Race program

Category	Race #	Race
D & Nov	1	10 lap Scratch
Youth	2	20 lap Scratch
D & Nov	3	3 x 7 Pts race
Youth	4	Elim to Scratch
C	5	Elim to Scratch
B	6	Elim to Scratch
Women	7	20 lap Scratch
A	8	Elim to Scratch
C	9	20 lap Scratch
B	10	25 lap Scratch
Youth	11	3 x 10 Pts race
A	12	30 lap Scratch
C	13	3 x 10 Pts race
B	14	4 x 10 Pts race
A	15	6 x 10 Pts race

Saturday November 12, 2011

9:30 AM - 12:00PM Youth skills and drills, Youth Team Pursuit training

12:00-1:00 PM Break for lunch

2:00-5:30 PM Bare Bones racing for youth and all categories, qualifying

November 12 Afternoon session

Category	Race #	Race
A	1	40 lap Scratch qualifier's x 2, 50% advance
C	2	20 lap Scratch qualifier's x 2, 50% advance
B	3	30 lap Scratch qualifier's x 2, 50% advance
Youth	5	Madison 2 x 15 laps
A	6	25 lap Tempo
C	7	15 lap Tempo
B	8	20 lap Tempo
Youth	9	20 lap Scratch qualifier's x 2, 50% advance
A	10	Elimination
Youth	11	Elimination to 5 lap Scratch
B	12	Elimination to 5 lap Scratch
C	13	Elimination to 5 lap Scratch

5:30-6:30 PM Break for Dinner

7:00-10:00 PM Bare Bones racing for youth and all categories, finals

November 12 Evening session

Category	Race #	Race
C	1	Unknown Distance
B	2	Unknown Distance
A	3	Unknown Distance
Youth	4	40 lap Scratch final
C	5	Antioquena
B	6	Antioquena
A	7	Antioquena
Youth	8	4 x 10 Pts Race
C	11	20&40 lap Scratch finals
B	12	30&60 lap Scratch finals
A	13	30&75 lap Scratch finals

Sunday November 13, 2011

9:30 AM – 3:00 PM Bare Bones racing for youth and all categories

November 13 session

Category	Race #	Race
A	1	4x10 laps Pts Race qualifier's x 2, 50% advance
C	2	3x8 laps Pts Race qualifier's x 2, 50% advance
B	3	3x10 laps Pts Race qualifier's x 2, 50% advance
Youth	5	Madison 4 x 10 laps
A	6	Sprint qualifying 6 go through, rest to minor final 2 lap scratch
C	7	Sprint qualifying 6 go through, rest to minor final 2 lap scratch
B	8	Sprint qualifying 6 go through, rest to minor final 2 lap scratch
Youth	9	3x8 laps Pts Race qualifier's x 2, 50% advance
Break		1 hr approximately 12-1 pm
A	10	Sprint semi-final 3 up rides, 1 through from each
C	11	Sprint semi-final 3 up rides, 1 through from each
B	12	Sprint semi-final 3 up rides, 1 through from each
Youth	13	4x10 laps Pts Race final
A	14	Sprint finals and minor scratch final
C	15	Sprint finals and minor scratch final
B	16	Sprint finals and minor scratch final
C	17	4x10 lap Pts race final
B	18	5x10 lap Pts race final
A	19	6x10 lap Pts race final

Entry fees as follows:

Youth \$50 includes camp/clinic/entry/rental for all three days Contact jeremy@burnabyvelodome.ca for more details or to register.

Bare Bones Races Nov 12-13, A,B,C \$25/day or \$40 for both days or free with race pass. Contact kelyn.akuna@gmail.com for more information. Registration is on site only. Friday night is separate for A,B,C and is \$20

Youth camp/clinic/racing is open to any and all abilities of current bike racers. Previous track riding is not needed but an asset. If you can provide your own rental from GVVA in Victoria great but we do have a large fleet of rentals. Target groups for the youth camp/clinic are U-15, U17, and U-19. Youth clinic will be run by BVC Coach and Program Coordinator Jeremy Storie and Cycling BC Jr Coach, Jeff Ain. We will try to make homestays available for youth riders and there will be a hotel group rate available with details to be announced shortly. In addition there will be the annual Christmas Cycling Camp hosted by Cycling BC running December 27-30, 2011 that will incorporate a large track riding component. Please contact ainjeff@hotmail.com for more details.

US racers need to have UCI race license.

Prizes will go 10 deep and will work on a different schedule than before. No matter what category you race the racer that amasses the most points will win. All events, even qualifiers have a point value attached. Ties will be broken on number of wins, then number of seconds, then number of thirds then flying 200m qualifying as final tie break if needed. Prizes will be based on number of entrants.