

Schedule subject to change throughout the season.

Last updated: 12-Dec-10

Week of: 29-Nov-2010							
	Monday 29-Nov	Tuesday 30-Nov	Wednesday 01-Dec	Thursday 02-Dec	Friday 03-Dec	Saturday 04-Dec	Sunday 05-Dec
9 am to 12 pm		Open training		Open training			
1 pm to 1:30 pm							
1:30 pm to 2 pm							
2 pm to 2:30 pm			Elite structured training		Elite structured training		
2:30 pm to 3 pm			Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5 pm to 5:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5:30 pm to 6 pm	New/Youth riders		OPEN		OPEN		
6 pm to 6:30 pm			OPEN		Warm up		
6:30 pm to 7 pm			Structured workout		Novice Racing		
7 pm to 7:30 pm			Structured workout		Club Racing ABC	OPEN	
7:30 pm to 8 pm			Structured workout		Club Racing ABC	LTRace	OPEN
8 pm to 8:30 pm			LTR 2		Club Racing ABC	LTRace	OPEN
8:30 pm to 9 pm			LTR 2		LTR3	LTRace	OPEN
9 pm to 9:30 pm			LTR 2		LTR3	OPEN	OPEN
9:30 pm to 10 pm			OPEN		LTR3	OPEN	OPEN

Week of: 6-Dec-2010							
	Monday 06-Dec	Tuesday 07-Dec	Wednesday 08-Dec	Thursday 09-Dec	Friday 10-Dec	Saturday 11-Dec	Sunday 12-Dec
9 am to 12 pm				Open training			
1 pm to 1:30 pm		closed					
1:30 pm to 2 pm							
2 pm to 2:30 pm			Elite structured training		Elite structured training		
2:30 pm to 3 pm			Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5 pm to 5:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5:30 pm to 6 pm	New/Youth riders		OPEN		OPEN		
6 pm to 6:30 pm			OPEN		Warm up		
6:30 pm to 7 pm			Structured workout		Novice Racing		
7 pm to 7:30 pm			Structured workout		Club Racing ABC	OPEN	
7:30 pm to 8 pm			Structured workout		Club Racing ABC	LTR2	
8 pm to 8:30 pm			LTR 1		Club Racing ABC	LTR2	
8:30 pm to 9 pm			LTR 1		OPEN	LTR2	
9 pm to 9:30 pm			LTR 1		OPEN	OPEN	
9:30 pm to 10 pm			OPEN		OPEN	OPEN	

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Week of: 13-Dec-2010							
	Monday 13-Dec	Tuesday 14-Dec	Wednesday 15-Dec	Thursday 16-Dec	Friday 17-Dec	Saturday 18-Dec	Sunday 19-Dec
9 am to 12 pm		Open training		Open training			
1 pm to 1:30 pm							
1:30 pm to 2 pm							
2 pm to 2:30 pm			Elite structured training		Elite structured training		
2:30 pm to 3 pm			Elite structured training		Elite structured training		
3 pm to 3:30 pm	OPEN		Elite structured training		Elite structured training		
3:30 pm to 4 pm	OPEN		Elite structured training		Elite structured training		
4 pm to 4:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
4:30 pm to 5 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5 pm to 5:30 pm	New/Youth riders		Jr/Youth structured training		OPEN		
5:30 pm to 6 pm	New/Youth riders		OPEN		OPEN		
6 pm to 6:30 pm			OPEN		OPEN		
6:30 pm to 7 pm			OPEN		OPEN		
7 pm to 7:30 pm			OPEN		OPEN	OPEN	
7:30 pm to 8 pm			OPEN		OPEN	OPEN	
8 pm to 8:30 pm			OPEN		OPEN	OPEN	
8:30 pm to 9 pm			OPEN		OPEN	OPEN	
9 pm to 9:30 pm			OPEN		OPEN	OPEN	
9:30 pm to 10 pm			OPEN		OPEN	OPEN	

Week of: 20-Dec-2010							
	Monday 20-Dec	Tuesday 21-Dec	Wednesday 22-Dec	Thursday 23-Dec	Friday 24-Dec	Saturday 25-Dec	Sunday 26-Dec
9 am to 12 pm		Open training					
1 pm to 1:30 pm							
1:30 pm to 2 pm							
2 pm to 2:30 pm			Elite structured training				
2:30 pm to 3 pm			Elite structured training				
3 pm to 3:30 pm	OPEN		Elite structured training				
3:30 pm to 4 pm	OPEN		Elite structured training				
4 pm to 4:30 pm	OPEN						
4:30 pm to 5 pm	OPEN						
5 pm to 5:30 pm	OPEN						
5:30 pm to 6 pm	OPEN						
6 pm to 6:30 pm							
6:30 pm to 7 pm							
7 pm to 7:30 pm							
7:30 pm to 8 pm							
8 pm to 8:30 pm							
8:30 pm to 9 pm							
9 pm to 9:30 pm							
9:30 pm to 10 pm							

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Last updated: 12-Dec-10

Week of: 27-Dec-2010							
	Monday 27-Dec	Tuesday 28-Dec	Wednesday 29-Dec	Thursday 30-Dec	Friday 31-Dec	Saturday 01-Jan	Sunday 02-Jan
9 am to 12 pm	Burnaby UCI race	CCA/BC Youth Clinic	CCA/BC Youth Clinic	Burnaby UCI race	Clean up	Closed	
1 pm to 1:30 pm	CCA/BC Youth Clinic	CCA/BC Youth Clinic	CCA/BC Youth Clinic	Burnaby UCI race	Clean up	Closed	
1:30 pm to 2 pm	CCA/BC Youth Clinic	CCA/BC Youth Clinic	CCA/BC Youth Clinic	Burnaby UCI race	Clean up	Closed	
2 pm to 2:30 pm	CCA/BC Youth Clinic	CCA/BC Youth Clinic	CCA/BC Youth Clinic	Burnaby UCI race	Clean up	Closed	
2:30 pm to 3 pm	CCA/BC Youth Clinic	CCA/BC Youth Clinic	CCA/BC Youth Clinic	Burnaby UCI race	Clean up	Closed	
3 pm to 3:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
3:30 pm to 4 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
4 pm to 4:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
4:30 pm to 5 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
5 pm to 5:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
5:30 pm to 6 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
6 pm to 6:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
6:30 pm to 7 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
7 pm to 7:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
7:30 pm to 8 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
8 pm to 8:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
8:30 pm to 9 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
9 pm to 9:30 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	
9:30 pm to 10 pm	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Burnaby UCI race	Closed	Closed	

New Riders : Any rider going through Learn to Ride program or recently graduated from Learn to Ride program

Masters : Any rider 30 years of age and older with "Masters" designation on their licence. These sessions will be run by BVC Coach Jeremy Storie. Please contact for more information.

Elite : Any rider that is a Professional or Category 1 or 2 track rider. These sessions will be conducted by Provincial Coach Richard Wooles and BVC Coach. If you wish to participate please contact BVC coach via website or speak to him at the track

Junior : Any rider under the age of 19 or some under 23 riders as BVC Coach's discretion.