

Schedule subject to change throughout the season.

Last updated: 15-Nov-10

Week of: 1-Nov-2010							
	Monday 01-Nov	Tuesday 02-Nov	Wednesday 03-Nov	Thursday 04-Nov	Friday 05-Nov	Saturday 06-Nov	Sunday 07-Nov
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		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	

Week of: 8-Nov-2010							
	Monday 08-Nov	Tuesday 09-Nov	Wednesday 10-Nov	Thursday 11-Nov	Friday 12-Nov	Saturday 13-Nov	Sunday 14-Nov
9 am to 12 pm		Open training	OPEN	Youth Clinic		Bare Bones Race	Bare Bones Race
1 pm to 1:30 pm				Women's Clinic		Bare Bones Race	Bare Bones Race
1:30 pm to 2 pm				Women's Clinic		Bare Bones Race	Bare Bones Race
2 pm to 2:30 pm			Elite structured training	Women's Clinic	Elite structured training	Bare Bones Race	Bare Bones Race
2:30 pm to 3 pm			Elite structured training	Women's Clinic	Elite structured training	Bare Bones Race	Bare Bones Race
3 pm to 3:30 pm	OPEN		Elite structured training	Women's Clinic	Elite structured training	Bare Bones Race	Bare Bones Race
3:30 pm to 4 pm	OPEN		Elite structured training	Women's Clinic	Elite structured training	Bare Bones Race	Bare Bones Race
4 pm to 4:30 pm	New/Youth riders		Jr/Youth structured training		OPEN	Bare Bones Race	
4:30 pm to 5 pm	New/Youth riders		Jr/Youth structured training		OPEN	Bare Bones Race	
5 pm to 5:30 pm	New/Youth riders		Jr/Youth structured training		OPEN	Bare Bones Race	
5:30 pm to 6 pm	New/Youth riders		OPEN		OPEN	Bare Bones Race	
6 pm to 6:30 pm			Structured workout		Warm up	OPEN	
6:30 pm to 7 pm			Structured workout		Novice Racing	OPEN	
7 pm to 7:30 pm			Structured workout		Club Racing ABC	OPEN	
7:30 pm to 8 pm			Private LTR		Club Racing ABC	Private LTR	
8 pm to 8:30 pm			Private LTR		Club Racing ABC	Private LTR	
8:30 pm to 9 pm			Private LTR		OPEN	Private LTR	
9 pm to 9:30 pm			Private LTR		OPEN	OPEN	
9:30 pm to 10 pm			OPEN		OPEN	OPEN	

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Week of: 15-Nov-2010							
	Monday 15-Nov	Tuesday 16-Nov	Wednesday 17-Nov	Thursday 18-Nov	Friday 19-Nov	Saturday 20-Nov	Sunday 21-Nov
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		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	LTR3	
8 pm to 8:30 pm			LTR 1		Club Racing ABC	LTR3	
8:30 pm to 9 pm			LTR 1		LTR2	LTR3	
9 pm to 9:30 pm			LTR 1		LTR2	OPEN	
9:30 pm to 10 pm			OPEN		LTR2	OPEN	

Week of: 22-Nov-2010							
	Monday 22-Nov	Tuesday 23-Nov	Wednesday 24-Nov	Thursday 25-Nov	Friday 26-Nov	Saturday 27-Nov	Sunday 28-Nov
9 am to 12 pm		Open training	OPEN				
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	LTR1	Sprint Clinic
8 pm to 8:30 pm			LTR ace		Club Racing ABC	LTR1	Sprint Clinic
8:30 pm to 9 pm			LTR ace		OPEN	LTR1	Sprint Clinic
9 pm to 9:30 pm			LTR ace		OPEN	OPEN	Sprint Clinic
9:30 pm to 10 pm			OPEN		OPEN	OPEN	Sprint Clinic

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**Week of:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am to 12 pm							
1 pm to 1:30 pm							
1:30 pm to 2 pm							
2 pm to 2:30 pm							
2:30 pm to 3 pm							
3 pm to 3:30 pm							
3:30 pm to 4 pm							
4 pm to 4:30 pm							
4:30 pm to 5 pm							
5 pm to 5:30 pm							
5:30 pm to 6 pm							
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							

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.