

Schedule subject to change throughout the season.

Last updated: 10-Mar-10

Week of: 3-May-2010							
	Monday 03-May	Tuesday 04-May	Wednesday 05-May	Thursday 06-May	Friday 07-May	Saturday 08-May	Sunday 09-May
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: 12-Mar-2010							
	Monday 10-May	Tuesday 11-May	Wednesday 12-May	Thursday 13-May	Friday 14-May	Saturday 15-May	Sunday 16-May
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: 19-Mar-2010							
	Monday 17-May	Tuesday 18-May	Wednesday 19-May	Thursday 20-May	Friday 21-May	Saturday 22-May	Sunday 23-May
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: 26-Mar-2010							
	Monday 24-May	Tuesday 25-May	Wednesday 26-May	Thursday 27-May	Friday 28-May	Saturday 29-May	Sunday 30-May
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	

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.