

DAY 1 - THURSDAY 19TH SEPTEMBER 2024

SESSION	EVENT	CATEGORY	DISTANCE
PM SESSION: 14:00 - 17:30 APPROX	Points Race	Mens 80+ (K)	10kms (40 laps)
	Points Race	Mens 75-79 (J)	10kms (40 laps)
	Points Race	Mens 70 -74 (I)	10kms (40 laps)
	Points Race	Mens 65-69 (H)	10kms (40 laps)
	Points Race	Mens 60-64 (G)	10kms (40 laps)
	Points Race	Mens 55-59 (F)	15kms (60 laps)
	Points Race	Mens 50-54 (E)	15kms (60 laps)
	Points Race	Mens 45-49 (D)	20 kms (80 laps)
	Points Race	Mens 40-44 (C)	20 kms (80 laps)
	Points Race	Mens 35-39 (B)	20 kms (80 laps)
	Points Race	Mens 30-34 (A)	20 kms (80 laps)
	Points Race	Women's 75-79 (J)	10kms (40 laps)
	Points Race	Women's 70-74 (I)	10kms (40 laps)
	Points Race	Women's 65-69 (H)	10kms (40 laps)
	Points Race	Women's 60-64 (G)	10kms (40 laps)
	Points Race	Women's 55-59 (F)	10kms (40 laps)
	Points Race	Women's 50-54 (E)	10kms (40 laps)
	Points Race	Women's 45-49 (D)	10kms (40 laps)
	Points Race	Women's 40-44 (C)	10kms (40 laps)
	Points Race	Women's 35-39 (B)	15kms (60 laps)
Points Race	Women's 30-34 (A)	15kms (60 laps)	

DAY 2 - FRIDAY 20TH SEPTEMBER 2024			
SESSION	EVENT	CATEGORY	DISTANCE
AM SESSION: 11AM - 15:15 APPROX	Individual Pursuit	Mens 80+ (K)	1.5kms (6 laps)
	Individual Pursuit	Mens 75-79 (J)	2kms (8 laps)
	Individual Pursuit	Mens 70 -74 (I)	2kms (8 laps)
	Individual Pursuit	Mens 65-69 (H)	2kms (8 laps)
	Individual Pursuit	Mens 60-64 (G)	2kms (8 laps)
	Individual Pursuit	Mens 55-59 (F)	2kms (8 laps)
	Individual Pursuit	Mens 50-54 (E)	2kms (8 laps)
	Individual Pursuit	Mens 45-49 (D)	3kms (12 laps)
	Individual Pursuit	Mens 40-44 (C)	3kms (12 laps)
	Individual Pursuit	Mens 35-39 (B)	3kms (12 laps)
	Individual Pursuit	Mens 30-34 (A)	3kms (12 laps)
PM SESSION: 16:15 - 18:00 APPROX	Individual Pursuit	Women's 75-79 (J)	2kms (8 laps)
	Individual Pursuit	Women's 70-74 (I)	2kms (8 laps)
	Individual Pursuit	Women's 65-69 (H)	2kms (8 laps)
	Individual Pursuit	Women's 60-64 (G)	2kms (8 laps)
	Individual Pursuit	Women's 55-59 (F)	2kms (8 laps)
	Individual Pursuit	Women's 50-54 (E)	2kms (8 laps)
	Individual Pursuit	Women's 45-49 (D)	2kms (8 laps)
	Individual Pursuit	Women's 40-44 (C)	2kms (8 laps)
	Individual Pursuit	Women's 35-39 (B)	2kms (8 laps)
	Individual Pursuit	Women's 30-34 (A)	2kms (8 laps)

DAY 3 - SATURDAY 21ST SEPTEMBER 2024

SESSION	EVENT	CATEGORY	DISTANCE
AM SESSION: 11:00 - 14:00 APPROX	Scratch Race	Mens 80+ (K)	7.5kms (30 laps)
	Scratch Race	Mens 75-79 (J)	7.5kms (30 laps)
	Scratch Race	Mens 70 -74 (I)	7.5kms (30 laps)
	Scratch Race	Mens 65-69 (H)	7.5kms (30 laps)
	Scratch Race	Mens 60-64 (G)	7.5kms (30 laps)
	Scratch Race	Mens 55-59 (F)	10kms (40 laps)
	Scratch Race	Mens 50-54 (E)	10kms (40 laps)
	Scratch Race	Mens 45-49 (D)	15kms (60 laps)
	Scratch Race	Mens 40-44 (C)	15kms (60 laps)
	Scratch Race	Mens 35-39 (B)	15kms (60 laps)
	Scratch Race	Mens 30-34 (A)	15kms (60 laps)
	Scratch Race	Women's 75-79 (J)	7.5kms (30 laps)
	Scratch Race	Women's 70-74 (I)	7.5kms (30 laps)
	Scratch Race	Women's 65-69 (H)	7.5kms (30 laps)
	Scratch Race	Women's 60-64 (G)	7.5kms (30 laps)
	Scratch Race	Women's 55-59 (F)	7.5kms (30 laps)
	Scratch Race	Women's 50-54 (E)	7.5kms (30 laps)
	Scratch Race	Women's 45-49 (D)	7.5kms (30 laps)
	Scratch Race	Women's 40-44 (C)	7.5kms (30 laps)
	Scratch Race	Women's 35-39 (B)	7.5kms (30 laps)
Scratch Race	Women's 30-34 (A)	7.5kms (30 laps)	
PM SESSION: 15:00 - 18:15 APPROX	Time Trial	Mens 80+ (K)	500m (2 laps)
	Time Trial	Mens 75-79 (J)	500m (2 laps)
	Time Trial	Mens 70 -74 (I)	500m (2 laps)
	Time Trial	Mens 65-69 (H)	500m (2 laps)
	Time Trial	Mens 60-64 (G)	500m (2 laps)
	Time Trial	Mens 55-59 (F)	500m (2 laps)
	Time Trial	Mens 50-54 (E)	500m (2 laps)
	Time Trial	Mens 45-49 (D)	750m (3 laps)
	Time Trial	Mens 40-44 (C)	750m (3 laps)
	Time Trial	Mens 35-39 (B)	1km (4 laps)
	Time Trial	Mens 30-34 (A)	1km (4 laps)
	Time Trial	Women's 75-79 (J)	500m (2 laps)
	Time Trial	Women's 70-74 (I)	500m (2 laps)
	Time Trial	Women's 65-69 (H)	500m (2 laps)
	Time Trial	Women's 60-64 (G)	500m (2 laps)
	Time Trial	Women's 55-59 (F)	500m (2 laps)
	Time Trial	Women's 50-54 (E)	500m (2 laps)
	Time Trial	Women's 45-49 (D)	500m (2 laps)
	Time Trial	Women's 40-44 (C)	500m (2 laps)
	Time Trial	Women's 35-39 (B)	500m (2 laps)
Time Trial	Women's 30-34 (A)	500m (2 laps)	

DAY 4 - SUNDAY 22ND SEPTEMBER 2024

SESSION	EVENT	CATEGORY	DISTANCE
ALL DAY: 11:00 - 17:30 APPROX	Sprint	Mens 80+ (K)	N/A
	Sprint	Mens 75-79 (J)	N/A
	Sprint	Mens 70 -74 (I)	N/A
	Sprint	Mens 65-69 (H)	N/A
	Sprint	Mens 60-64 (G)	N/A
	Sprint	Mens 55-59 (F)	N/A
	Sprint	Mens 50-54 (E)	N/A
	Sprint	Mens 45-49 (D)	N/A
	Sprint	Mens 40-44 (C)	N/A
	Sprint	Mens 35-39 (B)	N/A
	Sprint	Mens 30-34 (A)	N/A
	Sprint	Women's 75-79 (J)	N/A
	Sprint	Women's 70-74 (I)	N/A
	Sprint	Women's 65-69 (H)	N/A
	Sprint	Women's 60-64 (G)	N/A
	Sprint	Women's 55-59 (F)	N/A
	Sprint	Women's 50-54 (E)	N/A
	Sprint	Women's 45-49 (D)	N/A
	Sprint	Women's 40-44 (C)	N/A
	Sprint	Women's 35-39 (B)	N/A
Sprint	Women's 30-34 (A)	N/A	