Time	Cyclist	Drills
6.00pm	Juniors	Warm Up
6.30	Juniors	1 x 200m flyer followed by 2x 100m
7.00 pm	Juniors and (Seniors warm-up)	Junior Handicap with Seniors warm-up Pace line ending in sprint for sprinters
7.30	Seniors Enduro	3 x Standing starts 2 laps
7.50	Sprinters	3 x standing Start 125mts
8.00pm	Enduro	Pace line with efforts on whistle
8.20	All	Take half a lap in pairs
8.40	All	Warm down pace line