

DATE	DAY	START TIME	END TIME	COMPETITION	CATEGORIES	HEAT / RUN	
28/09/2023	THURSDAY	OFFICIAL PRACTICE DAY					
		11:30	12:15	Official Practice	MEN - Senior	Heat 1	
		12:15	13:00	Official Practice	MEN - Senior	Heat 2	
		13:00	13:45	Official Practice	MEN - Senior	Heat 3	
		13:45	14:30	Official Practice	MEN - Senior	Heat 4	
		14:30	15:15	Official Practice	MEN - Senior	Heat 5	
				LUNCH BREAK			
		15:15	16:00	Official Practice	MEN - Junior	Heat 1	
		16:00	16:45	Official Practice	WOMEN - Junior	Heat 1	
		16:45	17:30	Official Practice	WOMEN - Senior	Heat 1	
		17:30	18:15	Official Practice	WOMEN - Senior	Heat 2	
		18:15	-	FINISH OFFICIAL PRACTICE			
		18:15	20:00	PARK OPEN FOR ALL RIDERS			
		20:00	-	END OF DAY			
		29/09/2023	FRIDAY	QUALIFIERS DAY			
11:00	11:25			Warm Up	WOMEN - Senior	Heat 1	
11:25	11:50			Warm Up	WOMEN - Senior	Heat 2	
11:50	11:55			Warm Up	WOMEN - Senior	Heat 1	
11:55	12:10			Qualifier	WOMEN - Senior	Heat 1 - Run	
12:10	12:15			Warm Up	WOMEN - Senior	Heat 2	
12:15	12:30			Qualifier	WOMEN - Senior	Heat 2 - Run	
12:30	12:55			Warm Up	MEN - Senior	Heat 1	
12:55	13:20			Warm Up	MEN - Senior	Heat 2	
13:20	13:45			Warm Up	MEN - Senior	Heat 3	
13:45	14:10			Warm Up	MEN - Senior	Heat 4	
14:10	14:35			Warm Up	MEN - Senior	Heat 5	
14:35	14:40			Warm Up	MEN - Senior	Heat 1	
14:40	14:55			Qualifier	MEN - Senior	Heat 1 - Run	
14:55	15:00			Warm Up	MEN - Senior	Heat 2	
15:00	15:15			Qualifier	MEN - Senior	Heat 2 - Run	
15:15	15:20			Warm Up	MEN - Senior	Heat 3	
15:20	15:45			Qualifier	MEN - Senior	Heat 3 - Run	
15:45	15:50			Warm Up	MEN - Senior	Heat 4	
15:50	16:05			Qualifier	MEN - Senior	Heat 4 - Run	

	16:05	16:10	Warm Up	MEN - Senior	Heat 5
	16:10	16:25	Qualifier	MEN - Senior	Heat 5 - Run
			LUNCH BREAK		
	16:30	16:55	Warm Up	MEN - Junior	Heat 1
	17:00	17:15	Qualifier	MEN - Junior	Heat 1
	17:30	18:30	Official Practice	WOMEN - Junior	Heat 1
	18:30	-	END OF DAY		