

## Guidelines for The Schedule of Racing, 2008 Masters Track National Championships

Open track for training, packet pick-up and late registration on Monday, Sept 1, from Noon-4:30pm. Bar-b-que dinner in the park, 5-7pm?

*Spread out the flow of riders for their packet pickup. The usual 2-hour window causes bottlenecks and frustration. Sportsbaseonline personnel on-site to assist?*

The estimated number of riders in each heat is based on registration/results numbers from 2007, plus ~10%.

*We expect ~200 riders from the West Coast alone, 400+ total.*

Each age group gets one day off, not in the first two days, avoid Saturday off where possible

*Saturday off groups are among the smallest-they'll be fresher for the team events, they have a 22+ hour rest earlier. No time for all groups to race on Saturday.*

Alternate sprint events and endurance events, exception for kilos

*Very good for almost all groups. All groups have at least 12 hours between individual events-most are close to 20+ hours between events.*

Each group gets to race in the evening at least twice. Good spectator events in the evenings, especially on Friday and Saturday

*Sprint finals are all in the evening. Most groups have their points race in the evening-the others still get prime time racing.*

Allow rest for sprinters and enduros before their points race

*Some have points the day after sprints, but the sprinters have two days off before that and the points races are only 10k (30laps), and they're early in the evening.*

A group that races at night shouldn't race the next morning, exception for 10k points races

*A few small groups have sprints after their points, but those points are 30 laps, early evening, and those groups likely won't have 1/4 finals in their sprints.*

Younger riders can usually recover faster than the older riders. All women's points races are 10k.

*For the week as a whole, all groups get enough rest periods. The BAR competition will be better than normal.*

Morning sessions should finish before 3pm, and evenings should finish before 9:30pm. 3+-hour break between sessions-will be open track periods.

*Only minor violations. Most are well within these limits.*

Start later on the first day, 10am?

*This allows a bit more time for the riders and officials to get set up on what is usually a very hectic morning.*

Park opens at 7:15am (earlier than normal), so racing can't start before 9am.

*1h45m between park opening and the beginning of TT heats is the minimum we should have.*

Sprint rounds must include enough sprinting groups for adequate rest between rides, but too many groups will make the gaps between rides too long.

*Shortest gap between sprints is about 25 minutes, and most are about 35-45 minutes. Short points races also used for spacing.*

Some groups don't need sprint quarterfinals

*This is calculated into the schedule.*

Consideration for when sponges, timing tape, and officials must be set-up

*This is calculated into the schedule.*

Allow for points race qualifying heats: men 35-39, 40-44, 45-49, 50-54

*Time is allowed for these in the morning, before their finals in the evening.*

Up-datable official's schedule

*Schedule can be updated by changing the number of heats in that column or the estimated number of riders for TT events. All times will reflect those changes.*