



Fast Fridays @ DISC

VENUE: Darebin International Sports Centre (DISC)

Blackburn CC currently has a standing booking at DISC on Friday evenings.

Sessions are coordinated by club coach Simon Quick, so register and make yourself known upon arrival.

These sessions are available to all Cycling Australia/CSV members with racing licences.

Session:	Junior/ Novice Session	Intermediate/ Advanced Session
Session time:	6pm, for 6.30 track start. Finish 7.30pm	7pm, for 7.30 track start. Finish 9.30 approx.
Programs:	JCycle (J17 & under)/ SkillCycle (J19 and above)	Endurance Racing/ Training
Venue Cost:	\$10 per head, per night	\$10 per head, per night
Program Cost:	\$100, includes coaching, CA jnr membership, insurances	\$5 per head, per night
Race Program:	Scratch, Points. Based on level of riders present.	<u>Grades A,B,C</u> Scratch races: 30laps, 40laps, 50laps: first 10 controlled Points Races: 50laps, 60laps, 70laps: sprints every 10.
Training Program:		Race simulations & strategy, drills, Flying 200's, Madison (JM17+), motor-pacing, pursuit.
Contact:	Brian Harwood 0418 359 964	Richard Stringer 0425 352 745

SCHEDULE

FEBRUARY

Friday 26th **not available - Sid Patterson Grand Prix & Melbourne Madison (@ DISC)**

MARCH

Friday 5th 6pm start - 7.30 finishJCycle/ CycleSkills Program #3/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

Friday 12th 6pm start - 7.30 finishJCycle/ CycleSkills Program #4/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

Friday 19th **not available - Australian Junior Track Championships (@ DISC)**

Friday 26th 6pm start - 7.30 finishJCycle/ CycleSkills Program #5/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

APRIL

Friday 2nd 6pm start - 7.30 finishJCycle/ CycleSkills Program #6/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

Friday 9th 6pm start - 7.30 finishJCycle/ CycleSkills Program #7/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

Friday 16th **not available - Australian Masters Track Championships (@ DISC)**

Friday 23rd 6pm start - 7.30 finishJCycle/ CycleSkills Program #8/8:
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.

Friday 30th 6pm start - 7.30 finishJunior racing
7.00 start - 9.30 finish.....Graded points & scratch racing - ENDURO distances.