

**LAVRA Cup #1 Omnium Race Schedule
19-Feb-11**

Field	Race	laps	Sprints every	Points/sprint
Men sprints	Flying 200			
Women Sprints	Flying 200			
Men 3/4	points race	40	10	5,3,2,1
W3/4	scratch race	15		
Men 4/5	points race	30	10	5,3,2,1
Masters 45+	miss and out			
Juniors-older	scratch race	20		
Juniors-younger	(hares and hounds)	10		
M1/2/3	points race	60	10	5,3,2,1
W1/2/3	scratch race	20		
Sprints Round 1				
Men 3/4	scratch race	20		
W3/4	tempo	10	1	2,1 (3,2,1 final)
Men 4/5	unknown distance			
Masters 45+	points race	50	10	5,3,2,1
Juniors-older	tempo	10	1	2,1 (3,2,1 final)
Juniors-younger	unknown distance			
M1/2/3	scratch	20		
W1/2/3	points race	40	10	5,3,2,1
Sprints Round 2				
Men 3/4	Miss and out			
W3/4	Points race	32	8	5,3,2,1
Men 4/5	scratch race	20		
Masters 45+	scratch race	15		
Juniors-older	points race	32	8	5,3,2,1
Juniors-younger	scratch			
M1/2/3	Miss and Out			
W1/2/3	Miss and out			
Sprints Round 3				
if needed				
M/W 1/2/3	Madison	100	20	5,3,2,1

Sprint format and heats may be adjusted depending on attendance