



# 2020 LAVRA Monday Night Sprints



## Race Dates

<b>Race Date</b>	<b>Registration Deadline</b>
March 2, 2020	March 1, 2020 at 12:00 pm
April 6, 2020	April 5, 2020 at 12:00 pm
May 4, 2020	May 3, 2020 at 12:00 pm
June 8, 2020	June 7, 2020 at 12:00 pm
July 6, 2020	July 5, 2020 at 12:00 pm
August 3, 2020	August 2, 2020 at 12:00 pm
September 7, 2020	September 6, 2020 at 12:00 pm
October 5, 2020	October 4, 2020 at 12:00 pm

## Race Day Schedule

<b>Open Track</b>	7:00 pm
<b>Check-In Opens</b>	6:00 pm
<b>Check-Closes</b>	7:00 pm
<b>Race Start Time</b>	7:30 pm

## Format

- Top 8 riders will be placed in a traditional bracket (expandable to 12 riders) and subsequent riders will be placed in new brackets.
- Races will be run in single-elimination format, ensuring three races for each rider.

## Registration

- Online registration available for all events at [www.bikereg.com/lavra-mns](http://www.bikereg.com/lavra-mns)
- Pre-registration is \$20. Day-of registration is \$25.
- Maximum of 32 riders per event.
- All riders must check-in by 30 minutes prior to the race session.

## Seeding

Racers are required to enter a current time for the flying 200 m for seeding. Flying 200 m time trials will not be conducted at Monday Night Sprints. Qualifying times include any times from a recent LAVRA Sunday Time Trial or any other USAC or UCI event. Riders without a qualifying time should contact the race promoter prior to the event. Estimates for registered events may be changed at any time prior to the close of pre-registration by e-mailing [racing@lavelodrome.org](mailto:racing@lavelodrome.org).

## **Location & Contact**

- Velo Sports Center on the Dignity Health Sports Center campus: 18400 S. Avalon Blvd, Carson, CA 90746.
- Free parking is available at the velodrome. Racers may drop off equipment by the track entrance but are asked to park in the parking lot.
- Contact [racing@lavelodrome.org](mailto:racing@lavelodrome.org) for additional information.

## **Race Notes**

- Monday Night Sprints are open to track racers of all categories.
- All riders must be certified to ride on the Velo Sports Center Track or have permission of the race director.
- Rental bikes are not allowed for racing.
- All USA Cycling rules will be followed.
- Racers must have a valid USA Cycling Track, UCI Track, or USAC one-day license and present evidence of authorization to ride at time of registration.
- One-day licenses will be sold at the event and will be available online.
- One set of cloth numbers will be issued to riders, lost numbers will be replaced with a \$5 fee.
- Registration fee includes USAC and SCNCA insurance fee.