



# LAVRA CUP

## Training Time Trials

ADT Event Center, Carson, CA  
**February 7 • March 14 • April 25 •**  
**May 9 • September 26**

Held under USA Cycling Permit Number 2009 -

**Save by registering online at - <http://www.socalreg.com>**

Location/Directions/Parking: The ADT Event Center is located at the Home Depot Center (HDC) in Carson, CA. Enter HDC from the University Avenue entrance. See [www.homedepotcenter.com](http://www.homedepotcenter.com) for driving directions. Limited free parking is available at the ADT Event Center parking lot. Additional parking is available in adjacent Cal State University Dominguez Hills remote parking lots for a fee.

Time Trials are open to any rider with a valid current USA Cycling license or with the purchase on a one-day license. Riders that are not a Category 1 or 2 or already hold an ADT Velodrome Certification must warm up on a trainer or rollers, and may not warm up on the track.

**A 2009 LAVRA Cup will be awarded for each distance based on the lowest cumulative elapsed time. To be eligible for the LAVRA Cup, riders must participate in the distance in all five LAVRA Cup events. LAVRA Cup winners will receive a trophy and jersey.**

### LAVRA Training Time Trials

**Racing 9 am - 1 pm**

**Registration 7:30 am - 8:30 am**

**Day-of race registration adds \$5 per event**

Track opens for warm up at 8 am

Race No.	Category	Event	Distance	Entry Fee
1	Open	Team Time Trial	3000m or 4000m	\$10 per team
2	Open	Time Trial	Flying 200m	\$5
3	Open	Time Trial	500m	\$5
4	Open	Time Trial	3000m	\$5
5	Open	Time Trial	1000m	\$5
6	Open	Time Trial	2000m	\$5
7	Open	Time Trial	4000m	\$5

**Other Information:**

- Registration is located on concourse.
- Track Usage Fees are also required by the Home Depot Center in addition to LAVRA Entry Fees. Track Usage Fees are \$20 per session or riders can purchase a 10-session card for \$160. Annual “unlimited use” cards are also available. Riders can reduce Track Usage Fees to \$10 per session by volunteering at LAVRA, USA Cycling, UCI or other events held at the ADT Event Center. See <http://LAVelodrome.org> for volunteer opportunities. Riders shall be identified as volunteers by the Velodrome Director. Junior Track Usage Fees are \$10 unless otherwise specified by the Velodrome Director. Track Usage Fees are paid day of race.
- Please do not cross the track surface unless directed to do so by Velodrome Director, Officials, or race promoter.
- Riders must wear their race numbers at all times when on the track surface, including warmup.
- Check [WWW.LAVelodrome.org](http://WWW.LAVelodrome.org) for current parking information and race updates.