

VeloPark July 2024 Track Timetable

The programme is subject to change with sessions added or cancelled at short notice.

This timetable shows session START TIMES. For session durations and full details please check our website:

https://www.better.org.uk/leisure-centre/lee-valley/velopark/track-cycling

Competitions are run by 3rd Party Organisers, please check website for contact details

Start Time	Monday 1st July	Tuesday 2nd July	Wednesday 3rd July	Thursday 4th July	Friday 5th July	Saturday 6th July	Sunday7th July	Start Time
8:00							0	8:00
9:00 10:00						Drop in A	Drop in U	9:00 10:00
11:00						Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00
12:00 13:00					Track Over 40's and Womens plus Sprint	VP Experience (13:15)	Taster (13:15)	12:00 13:00
14:00	Drop in U		Drop in U					14:00
15:00 16:00	Taster (16:15)	Drop in U (14:30)	2.0p 0	Drop in U	Drop in U (14:45)	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00 16:00
17:00	ì	BC City Academies (16:30)	Taster (16:30)		Taster	Taster (16:30)	Stage 1	17:00
18:00 19:00	After School Club (17:30)		Club Slot	Taster (17:30)	Flying Lap Taster (18:10)			18:00 19:00
20:00	Endurance SQT	Gates SQT	Club Slot	Motor Paced	Flying Lap Taster (19:40)			20:00
21:00			Club Slot					21:00
Start Time	Monday 8th July	Tuesday 9th july	Wednesday 10th July	Thursday 11th July	Friday 12th July	Saturday 13th July	Sunday 14th July	Start Time
8:00 9:00								8:00 9:00
10:00						Drop in A	Drop in U	10:00
11:00						Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00
12:00 13:00					Track Over 40's and Womens plus Sprint	Taster (13:15)	VP Experience (13:15)	12:00 13:00
14:00	Para							14:00
15:00 16:00		Drop in U (14:30)			Drop in U (14:45)	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00 16:00
17:00	Stage 1 (16:30)	BC City Academies (16:30)	Taster		Taster	Club Slot	Stage 2	17:00
18:00 19:00		Taster		2001	Flying Lap Taster (18:10)			18:00 19:00
20:00	Endurance SQT	Derny SQT	Taster (19:45)	BC Cluster	Flying Lap Taster (19:40)			20:00
21:00								21:00
Start Time	Monday 15th July	Tuesday 16th July	Wednesday 17th July	Thursday 18th July	Friday 19th July	Saturday 20th July	Sunday 21st July	Start Time
8:00 9:00								8:00 9:00
10:00						Drop in A	Drop in U	10:00
11:00 12:00						Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00 12:00
13:00					Track Over 40's and Womens plus Sprint	VP Experience (13:15)	Taster (13:15)	13:00
14:00 15:00		Drop in U		Drop in U		Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	14:00 15:00
16:00	Drop in U					Club Slot	Stage 3	16:00
17:00 18:00	After School Club (17:30)	BC City Academies (16:30)		Taster (17:30)	Taster Flying Lap Taster (18:10)	Club Slot	3.056.3	17:00 18:00
19:00	Endurance SQT	Sprint SQT	Club Slot	Match Sprint SQT	riying Lap raster (10.10)			19:00
20:00 21:00	Endurance 3Q1	3pinit 3Q1	Club Slot	Match Sprint SQ1	Flying Lap Taster (19:40)			20:00 21:00
	Monday 22nd July	Tuesday 22rd July	Wednesday 24th July	Thursday 25th July	Friday 26th July	Saturday 27th July	Cundou 20th July	Start Time
Start Time	Monday 22nd July	Tuesday 23rd July	wednesday 24th July	mursuay 25th July	Friday 26th July	Saturday 27th July	Sunday 28th July	8:00
9:00						Drop in A	Dron in u	9:00
10:00						Flying Lap Taster (11:10)	Drop in u	10:00
11:00 12:00					Track Over 40's and West are also Cariet	Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00 12:00
13:00					Track Over 40's and Womens plus Sprint	Taster	Taster (13:15)	13:00
14:00 15:00	Para	Drop in U (14:30)	- Drop in II	Drop in II /14:20\		Full Gas Chan track resetting	Flying Lap Taster (14:40)	14:00 15:00
16:00			Drop in U	Drop in U (14:30)	Today	Full Gas Open track meeting	Stage 4	16:00
17:00 18:00	Stage 3 (16:30)	BC City Academies (16:30) Taster	Taster (17:30)	Taster (17:30)	Taster Flying Lap Taster (18:10)			17:00 18:00
19:00	Endurance SQT	Drop in A	Taster	Womens Track Training				19:00
20:00 21:00					Flying Lap Taster (19:40)			20:00 21:00
Start Time	Monday 29 July	Tuesday 30 July	Wednesday 31 July	Thursday 1 August	Friday 2 August	Saturday 3 August	Sunday 4 August	Start Time
8:00								8:00
9:00						Drop in A	Drop in U	9:00
10:00 11:00						Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	10:00 11:00
12:00	200							12:00
13:00 14:00	BC Youth and Juniors Track Champs	VP Experience (13:15)	Taster (13:15)	13:00 14:00				
15:00						Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00
16:00 17:00						Club Slot	Stage 1	16:00 17:00
18:00	Taster (17:30)	Taster (17:30)	Drop in U (17:30)	Taster (17:30)	Taster			18:00
19:00 20:00	Endurance SQT	Gates SQT	Taster	Motor Paced	Flying Lap Taster (18:10)			19:00 20:00
			Taster		i l		i .	21:00