Eor patient sport and discovery

	For nature, sport and discovery	VeloPark N	ovember 2024 Trac	k 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: <u>https://www.better.org.uk/leisure-centre/lee-valley/velopark/track-cycling</u> Competitions are run by 3rd Party Organisers, please check website for contact details			
Start Time	Monday 4th November	Tuesday 5th November	Wednesday 6th November	Thursday 7th November	Friday 8th November	Saturday 9th November	Sunday 10th November	Start Time
8:00 9:00 10:00 11:00						Drop in A Flying Lap Taster (11:10)	BC Cluster Flying Lap Taster (11:10)	8:00 9:00 10:00 11:00
12:00		Track Over 40's and Womens plus Sprint	Drop in U (12:30)		Track Over 40's and Womens plus Sprint			12:00
13:00 14:00						VP experience (13:15)	Taster(13:15)	13:00 14:00
15:00	Drop in U	_	Drop in U	Drop in U (14:15)	Drop in U	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00
16:00 17:00	Taster (16:15)	-			Taster	Club Slot	Stage 3	16:00 17:00
18:00	After School Club (17:30)	Drop in A	Club Slot					18:00 19:00
19:00 20:00 21:00	Endurance SQT	Track league	Club Slot	LYTL				20:00 21:00
Start Time	Monday 11th November	Tuesday 12th November	Wednesday 13th November	Thursday 14th November	Friday 15th November	Saturday 16th November	Sunday 17th November	Start Time
8:00 9:00 10:00						BC RSR	BC RSR	8:00 9:00 10:00
11:00 12:00		Track Over 10k and Warness also Seriet				Deere in A	taster	11:00 12:00
13:00		Track Over 40's and Womens plus Sprint			Track Over 40's and Womens plus Sprint	Drop in A	VP experience (13:15)	13:00
14:00 15:00	Para	Drop in U (14:30)	Drop in U (13:30)		Drop in U (14:30)	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	14:00 15:00
16:00 17:00		BC City Academies			Taster	Club Slot	Stage 4	16:00 17:00
18:00	Stage 3 (16:30)	Drop in A						18:00
19:00 20:00	Endurance SQT	Track league						19:00 20:00
21:00								21:00
Start Time 8:00	Monday 18th November	Tuesday 19th November	Wednesday 20th November	Thursday 21st November	Friday 22nd November	Saturday 23rd November	Sunday 24th November	Start Time 8:00
9:00 10:00 11:00						BC RSR	BC RSR	9:00 10:00 11:00
12:00		Track Over 40's and Womens plus Sprint			Track Over 40's and Womens plus Sprint	Taster	-	12:00
13:00 14:00				Drop in LI		VP experience (13:15)	Taster (13:15)	13:00 14:00
15:00 16:00	Drop in U Taster (16:15)	Drop in U (14:30)		Drop in U	Drop in U (14:30)	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00 16:00
17:00		BC City Academies		Taster (17:30)	Taster	Club Slot	Stage 1	17:00
18:00 19:00	After School Club (17:30)	Drop in A	Club Slot		Flying Lap Taster (18:10)			18:00 19:00
20:00	Endurance SQT	Track league	Club Slot	Match Sprint				20:00
21:00 Start Time	Monday 25th November	Tuesday 26th November	Wednesday 27th November	Thursday 28th November	Friday 29th November	Saturday 30th November	Sunday 1st December	21:00 Start Time
8:00						Satarady Soli Hovember		8:00
9:00 10:00							BC NSR	9:00 10:00
11:00								11:00
12:00 13:00		Track Over 40's and Womens plus Sprint			Track Over 40's and Womens plus Sprint	Taster Taster (13:15)		12:00 13:00
14:00	Para		Drop in U (12:30)		Drop in U		Flying Lap Taster (14:40)	14:00
15:00 16:00		٩				Flying Lap Taster (14:40)		15:00 16:00
17:00	Stage 1 (16:30)	BC City Academies		Drop in U (14:30)		Club Slot	Stage 2	17:00
18:00 19:00		Drop in A	Club Slot	Taster (17:30)	Flying Lap Taster (18:10)			18:00 19:00
20:00	Endurance SQT	Track league	Club Slot	LYTL				20:00
21:00							I	21:00