

25th March 2016

Lee Valley Velodrome
Queen Elizabeth Olympic
Park
Abercrombie Road
London, E20 3AB

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1. ORGANISATION

Promoters: The Southern Counties Cycling Union (SCCU)

Organiser: Graham Bristow
graham@bristowevents.co.uk

Meeting Website: thegoodfridaymeeting.co.uk

2. ELIGIBILITY to COMPETE

Entry is open to holders of a racing licence issued in any country which is recognised by the UCI.

Riders with a GBR licence should enter via the BC online entry system. Riders with any other licence should apply by email to the Organiser.

Acceptance of any entry is at the discretion of the Organiser.

Please supply details relevant to your entry. For example: If you wish to ride in the Endurance Programme please complete the Palmares section with results of any open track events that you have ridden. Please do not just say "I usually finish high up in the bunch at track league" without saying (a) which track league it is and (b) whether you are in the A, B or C group etc..

Rejected riders will be notified by 29th February.

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3. OPEN EVENTS

SPRINT PROGRAMME

Elite Sprint and Super Keirin.

16 riders will be selected from the entries received.

Selection will be based upon past performance in Olympic, World, European and National Championships, Open Competition and previous Good Friday Meetings.

Format (Elite Sprint):-

200m Time Trial:	16 riders.	Fastest 12 riders only through to 1 st Round
1 st Round:	6 heats x 2 riders.	Winners to 2 nd Round, losers to Repechage
Repechage:	2 heats x 3 riders.	Winners to 2 nd Round
2 nd Round:	4 heats x 2 riders.	Winners to Semi-Finals, losers to 5 th /8 th Final
Semi-Final:	2 heats x 2 riders.	Winners to 1 st /2 nd place Final, losers to 3 rd /4 th Final
Finals:	2 heats x 2 riders	

Format (Elite Keirin):-

Heats: 2 heats x 8 riders. First 4 riders to Final, rest to 9th/16th Final
 Heats will be seeded from the 200m TT.

White Hope (Rising Stars)

16 riders to be selected from the entries received.

Preference will be given to Junior and u23 riders who have never won an Elite Championship.

Format (White Hope Sprint):-

1 st Round:	4 heats x 4 riders.	First and Second to Semi-Final
Semi-Final:	2 heats x 4 riders.	First and Second to Final. Losers to Minor-Final
Minor-Final:	1 heat x 4 riders	
Final:	1 heat x 4 riders	

Heats will be seeded from information supplied when entering.

Format (White Hope Keirin):-

Heats: 2 heats x 8 riders. First 4 riders to Final, rest to 9th/16th Final
 Minor-Final: 1 heat x 8 riders
 Final: 1 heat x 8 riders

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ENDURANCE PROGRAMME (Male)

56 riders will be selected from the entries received
Entry is open to Elite, 1st, 2nd, 3rd & Junior riders

Golden Wheel 15k Scratch

Riders may join the pre-selected finalists via two 10k heats.

Elite Derny Paced

Open to invited riders only. Riders in this event qualify automatically for the Golden Wheel final.

Ron Beckett 5 Miles Scratch

For riders who do not qualify for the Golden Wheel final.

Super Elimination Race

For riders who qualify for the Golden Wheel final.

Elimination Scratch Race

For riders who do not qualify for the Golden Wheel final.

ENDURANCE PROGRAMME (Female)

28 riders will be selected from the entries received
Entry is open to Elite, 1st, 2nd, 3rd & Junior riders

Elimination Race

7.5k Scratch Race

7.5k Points Race

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4. RIDER HELPERS

A rider may have no more than 2 Accredited Track Centre Helpers.

Helper Passes must be purchased in advance from the website www.bristowevents.co.uk

Passes will not be available to buy on the day.

Passes will be included in the rider pack of the nominated rider for collection on the day.

A Helper Pass will admit the bearer to the Spectator Concourse and Seating Area.

Helpers may sit in a seat if it is not occupied or reserved by a pre-booked Ticket Holder.

5. ORDER of EVENTS

10.00	Accreditation (Sign-On) Opens	
11.30	Sprint Rider Accreditation (Sign-On) Closes	
12.00	Endurance and Women riders Accreditation (Sign-On) Closes	
12.30	Racing Begins	
1	OPEN INTERNATIONAL SPRINT	200m TT
2	RISING STARS WHITE HOPE SPRINT	Heats
3	GOLDEN WHEEL SCRATCH RACE	Heat #1
4	GOLDEN WHEEL SCRATCH RACE	Heat #2
5	RISING STARS WHITE HOPE SPRINT	Semi-Final
6	OPEN INTERNATIONAL SPRINT	1st Round
7	FEMALE ELIMINATION RACE	
8	OPEN INTERNATIONAL SPRINT	Repechage
9	ELIMINATION SCRATCH	Final
10	RISING STARS WHITE HOPE SPRINT	Minor-Final
11	RISING STARS WHITE HOPE SPRINT	Final
12	OPEN INTERNATIONAL SPRINT	Q/F
13	DERNY PACED RACE	Final
14	OPEN INTERNATIONAL SPRINT	S/F
15	RON BECKETT SCRATCH RACE	Final
16	OPEN INTERNATIONAL SPRINT	5th - 8th
17	RISING STARS WHITE HOPE KEIRIN	Heats (5 Laps)
18	FEMALE SCRATCH RACE	Final
19	OPEN INTERNATIONAL SPRINT	Finals
20	RISING STARS WHITE HOPE KEIRIN	Final (5 Laps)
21	SUPER ELIMINATION RACE	Final
22	OPEN SUPER KEIRIN	Heats (5 Laps)
23	FEMALE POINTS RACE	Final
24	OPEN SUPER KEIRIN	Finals (5 Laps)
25	GOLDEN WHEEL SCRATCH RACE	Final

n.b. The programme may be subject to change if circumstances dictate.