

Vår Energi Arena Sola, 14.-16. November 2024



**Day 1 Friday**

Start Time	Discipline	Gender	Race	Distance	Duration	Type
15:00	Practice		Track Open for Training 14:00 - 16:45	-	02:45:00	Practice
17:00	TM Meeting		Team Managers Meeting	-	01:00:00	TM Meeting
18:00	200m flying	Men		200m	00:01:25	Sprint
	200m flying	Women		200m	00:01:25	Sprint
	Team Pursuit	Men	Qualification.	4000m	00:07:00	Endurance
18:09	Break		End of Session 1	-	00:10:00	Break
18:19	Keirin	Men	Round 1	1500m	00:05:00	Sprint
	Break			-	00:10:00	Break
	Keirin	Men	Round 2	1500m	00:05:00	Sprint
	Break		End of Session 2	-	00:20:00	Break
	Team Pursuit	Men	Finals. Kjøre 2 ganger?	4000m	00:07:00	Endurance
19:06	Keirin	Men	Round 3	1500m	00:05:00	Sprint

## Day 2 Saturday

Start Time	Discipline	Gender	Race	Distance	Duration	Type
08:00	Practice		Track Open for Training 09:00 - 09:45	-	00:45:00	Practice
10:00	Individual Pursuit	Men		3000m	00:32:30	Endurance
	Scratch	Men	Kun for de som ikke k�jrer IP - ca 13 stk	7,5km	00:15:00	Endurance
	Scratch	Women		7,5km	00:15:00	Endurance
	Break		End of session 1	-	00:15:00	Break
	Tempo Race	Men		7,5km	00:15:00	Endurance
11:32	Tempo Race	Women		7,5km	00:15:00	Endurance
11:47	Break		End of session 2	-	00:15:00	Break
	Elimination	Men		-	00:17:00	Endurance
	Elimination	Women		-	00:17:00	Endurance
	Break		End of Session 3	-	00:00:00	Break
	Points Race	Men		20km	00:33:00	Endurance
	Points Race	Women		15km	00:30:00	Endurance

**Day 3 Sunday**

Start Time	Discipline	Gender	Race	Distance	Duration	Type
09:00	Practice		Track Open for Training 09:00 - 09:45	-	00:45:00	Practice
10:00	Individual Pursuit	Women	Finals	3000m	00:21:00	Endurance
	Time Trial	Men	Finals	1000m	00:06:00	Sprint
	Break			-	00:25:00	Break
	Scratch	Women		7,5km	00:15:00	Endurance
	Scratch	Men		7,5km	00:15:00	Endurance
11:22	Break		End of session 1	-	00:25:00	Break
	Points Race	Women		15km	00:30:00	Endurance
	Points Race	Men		20km	00:33:00	Endurance