

# Sunday Omnium

August 20, 2023 – 10am start – Sprint Day!!

#	Category	Race	Laps
1	ALL	Flying 200m	2
2	Open B	Keirin	5
3	Open A	Keirin	5
4	Open B	Match Sprint Round 1	2
5	Open A	Match Sprint Round 1	2
6	Open B	Chariot	1
7	Open A	Chariot	1
8	Open B	500m ITT	1.5
9	Open A	500m ITT	1.5
10	Open B	Match Sprint Round 2	2
11	Open A	Match Sprint Round 2	2

Flying 200m times will determine which category the rider contests. Number of riders for each category will be no larger than 8 riders. Riders may use a previously earned time if they wish.

## Explanation of Races

- **Flying 200m** - Single rider on track rolls off of rail and rides 2 laps total. Time is taken from the cone placed at the 200m line to the finish
- **Keirin** – 5 lap race where the first half of the race is motorpaced; once the motor leaves the sprinters lane; the race begins; scratch race rules apply.
- **Match Sprint** – Consists of 2-4 riders racing 2 laps. The leading rider (as drawn beforehand) must lead for the first 200m of the event without giving the lead away (riders can take the lead but then must follow the protocol of leader until the 200m point). Held in bracket format based on 200m times. Rounds can consist of first round races, repechage (2<sup>nd</sup> chance) races, or finals/semi-finals/consolations as needed.
- **Chariot** - 1 lap standing start race. Holders required. Holders may push the rider at the start but may not cross the finish line of their own free will.
- **500m TT** – Individual or 2 riders racing 1.5 laps on the track from a standing start. Holders may not enhance the start of the rider in any way.

KEIRIN TABLE IN MILES PER HOUR

LENGTH OF TRACK	TOTAL LAPS	LAPS W/ PACER	PACER SPEED (MPH)						
			LAP						
			0	0.5	1	1.5	2	2.5	3
250	6	3	19	21	23	25	27	29	31
★ 333.33	5	2.5	19	21	24	26	29	31	
400	4	2	19	22	25	28	31		