

Tonight's Program - Friday October 21st...SCC OMNIUM ROUND 1

- Heart Starter - Junior & Senior Grades
- Time Trial – Junior Grades #
- Flying 200m – Senior Grades #
- Junior & Senior Grades Handicaps
- Junior Grades – Scratch Race
- Senior C Grade Scratch Race #
- Senior B Grade Scratch Race #
- Senior D Grade Scratch Race
- Senior A Grade Scratch Race
- Omnium Event #

So we can maximize the daylight we have at this stage of the calendar ...

- BE READY TO LINE UP PROMPTLY WHEN IT'S YOUR TURN TO RACE – which means get onto the track – quickly!!!
- EXIT THE TRACK IMMEDIATELY AFTER YOUR RACE IS DONE – 1 lap is enough after you finish your race

FLYING 200M – For Seniors tonight

If you are new to the Omnium and/or haven't done a flying 200m lap before here are a few tips. Race Organizer (Cathy) will call riders up when it is their turn. We will line up on the fence in front of the footy club. One by one a rider will be set off. At any stage there will probably only be 2 riders on the track. Rider 1 will roll out staying high on the track building up momentum. Rider 2 will then be instructed to roll out (well away from rider 1 sometime after rider 1 is clear – just wait for the call to go). You will complete a full lap (not at race speed yet) as a "warm up" lap building momentum then start a 2nd lap which means this time when you hit the 200m line your flying 200m lap time begins – Cathy will instruct you on what we will do before you set off initially. The painted start line for your 200m sprint is on the far side of the track just before the footy scoreboard. Your goal is to build up speed & cross the 200m line at maximum speed (the stopwatch starts there) & go as fast as you can until you hit the finish line. Best to hit the 200m line low on the track as near as possible to the sprinters lane = less distance to cover. So the goal is to also gradually wind your way down the track & hit that 200m line low. The E'Town track doesn't provide a lot of advantage from the banking as it's a lot flatter than what you would see at The Adelaide SuperDrome at the 200m mark. Depending on your ability, if you think you can't hold a flat out sprint for the full 200m maybe hit the 200 line with a little in reserve. You may even decide being a little higher up the track & using the banking is the go for you. If in doubt watch what the experienced riders do & take in what is good for your ability & goals. Everybody is different – it's not sheep stations just have fun & see if you can snag a fast time. Once your sprint is done move up to the fence & exit next time round.

October 14th Results

Heart Starter Senior A – L. Wight, L. Walker, S. Eglinton, M. Ireland.

Heart Starter Senior B – A. Schumacher, S. Hennessy, I. Nicholls, M. Steel.

Heart Starter Senior C – D. Slater, G. Kernich, R. Lam.

Heart Starter Senior D – L. Fleming, D. Milne, N. Chaffey, T. Green.

Heart Starter Junior 1 – A. Miller, N. Davies, H. May, E. Walker.

Heart Starter Junior 2 – T. Kohn, T. Wight, I. Kelly, M. Nett.

Heart Starter Junior – H. Nicholas, J. Currie, S. Wight, G. Currie.

Little Trackies 1/2 lap Handicap – S. Lennon, O. Managhan, L. Dixon, G. Dixon.

Senior A Grade Lightning Handicap – B. McIntyre, M. Ireland, L. Walker, P. Davis.

Senior B Grade Lightning Handicap – A. Schumacher, M. Chaffey, D. Tattersall, I. Nicholls.

Senior C Grade Lightning Handicap – R. Lam, G. Kernich, D. Slater.

Senior D Grade Lightning Handicap – D. Kubilius, M. Jones, L. Fleming, T. Green.

Junior Lightning Handicap – H. May, E. Walker, E. Coulter, N. Davies.
Junior Lightning Handicap – S. Johnson, S. Wight, H. Nicholas, G. Currie.

Little Trackies Time Trial – S. Lennon – 1:06.76, L. Dixon – 1:28.43, O. Managhan – 1:30.00,
G. Dixon – 1:30.93, H. Durson – 1:14.61. A. Monaghan – 1:30.94, G. Chaffey – 1:39.96.

Senior A Team Italian Pursuit

01:28.27 – A. Mun, D. Miller, P. Davis, S. Eglinton, M. Ireland.

01:32.78 – P. Lechelt, B. McIntyre, D. Radzikiewicz, L. Walker, L. Wight, D. Chipwell.

Senior B Team Italian Pursuit

01:17.22 – P. King, S. Hennessy, M. Chaffey, A. Schumacher, A. Scott.

01:18.05 – I. Nicholls, M. Steel, G. Kernich, R. Lam, D. Slatet.

Senior D Team Italian Pursuit

01:44.26 – M. Jones, L. Fleming, D. Kubilius, A. Puckridge.

01:45.14 – N. Chaffey, T. Green, D. Milne, D. Tattersall.

Junior A Team Italian Pursuit

02:41.59 – J. Currie, N. Davies, S. Johnson, E. Walker, T. Kohn, A. Miller, S. Wight, T. Wight.

02:51.68 – G. Currie, E. Coulter, H. Nicholas, A. Wight, M. Nett, E. Birrane, H. May, J. Bessell.

Little Trackeez Handicap – H. Durson, L. Dixon, S. Lennon, A. Monaghan, G. Dixon.

Senior A Scratch Race – S. Eglinton, D. Radzikiewicz, D. Miller.

Senior B Scratch Race – I. Nicholls, S. Hennessy, A. Scott, M. Steel.

Senior C Scratch Race – D. Slater, G. Kernich, P. King, R. Lam.

Senior D Scratch Race – D. Kubilius, D. Milne, L. Fleming, T. Green.

Junior Scratch Race – H. May, A. Miller, N. Davies, E. Walker.

Junior Scratch Race – T. Kohn, I. Kelly, A. Wight, L. Wight.

Junior Scratch Race – J. Currie, S. Wight, G. Currie.

SCC E'Town Season Awards/Consistency Points (we will come up with a nice name for it!)

Just a heads up that we are in the process of organizing a "Consistency Points Series" with categories for Juniors/Seniors/Women/Men. There will be start points for riders plus bonus points for featuring in the placings. We have a few of the finer details to sort out but by next week we hope to have all the details available. It means the more you race, the more season points you will accrue. We will work out the points backdated to the season start & put them on all our forms of media. Looking to add a Trophy to your pool room? Watch this space for details & regular updates.

Volunteers

Always on the lookout for volunteers...if you can help please

BBQ cooks, Bike set up, Clerk of the course, Coaching Assistant, Gate Keeper, Judge, Lap Scorer,

Pack Up, Set Up, Sign On, Stop Watch Operator, Track Volunteer etc. etc.

Please visit the volunteering link on the web page under the "Track 2016/17" menu & let us know how you can pitch in...or approach one of the committee members who can assist in any queries.

Track Training

South Coast CC has made a strong commitment to providing training for newbies & experienced riders alike. We have a great venue at our disposal & the club has invested time & money in having a number of club members become qualified coaches. There are 2 weekly sessions in place...and both sessions are gaining in popularity fast.

Monday nights from 5.00-6.30pm for novices & inexperienced riders

Wednesday nights from 6.00-7.30pm (5.30pm warm ups) for seniors & invited juniors

See webpage for more info on training here...

<http://southcoastcycling.org.au/track-season-2016-17/track-training-information/>