



2020 LAVRA Monday Night Sprints

presented by



3:2:1 HYDRATION BASE

Race Dates

Race Date	Registration Deadline
March 2, 2020	February 28, 2020 at 12:00 pm
April 6, 2020 (postponed)	April 3, 2020 at 12:00 pm
May 4, 2020	May 1, 2020 at 12:00 pm
June 8, 2020	June 5, 2020 at 12:00 pm
July 6, 2020	July 3, 2020 at 12:00 pm
August 3, 2020	July 31, 2020 at 12:00 pm
September 7, 2020	September 4, 2020 at 12:00 pm
October 5, 2020	October 2, 2020 at 12:00 pm

Race Day Schedule

Open Track	7:00 pm
Check-In Opens	6:00 pm
Check-Closes	7:00 pm
Race Start Time	7:30 pm

Format

- Top 8 riders will be placed in a traditional bracket (expandable to 12 riders) and subsequent riders will be placed in new brackets.
- Races will be run in single-elimination format, ensuring three races for each rider.

Registration

- Online registration available for all events at www.bikereg.com/lavra-mns
- Pre-registration is \$20. Day-of registration is \$25.
- Maximum of 32 riders per event.
- All riders must check-in by 30 minutes prior to the race session.

Public Health Update (March 14, 2020)

- LAVRA has cancelled all events through the end of March and issued refunds for those who are pre-registered.
- LAVRA will automatically refund registrants for any events that are cancelled or moved to a later date. Please allow a few days for refunds to be processed. If you have any questions, please contact racing@lavelodrome.org.
- LAVRA is relaxing its refund policy for all spring season events (through June 2020). Any pre-registered rider who wishes not to participate in an event that they are registered for may request a refund through the date of the event.

Seeding

Racers are required to enter a current time for the flying 200 m for seeding. Flying 200 m time trials will not be conducted at Monday Night Sprints. Qualifying times include any times from a recent LAVRA Sunday Time Trial or any other USAC or UCI event. Riders without a qualifying time should contact the race promoter prior to the event. Estimates for registered events may be changed at any time prior to the close of pre-registration by e-mailing racing@lavelodrome.org.

Location & Contact

- Velo Sports Center on the Dignity Health Sports Center campus: 18400 S. Avalon Blvd, Carson, CA 90746.
- Free parking is available at the velodrome. Racers may drop off equipment by the track entrance but are asked to park in the parking lot.
- Contact racing@lavelodrome.org for additional information.

Race Notes

- Monday Night Sprints are open to track racers of all categories.
- All riders must be certified to ride on the Velo Sports Center Track or have permission of the race director.
- Rental bikes are not allowed for racing.
- All USA Cycling rules will be followed.
- Racers must have a valid USA Cycling Track, UCI Track, or USAC one-day license and present evidence of authorization to ride at time of registration.
- One-day licenses will be sold at the event and will be available online.
- One set of cloth numbers will be issued to riders, lost numbers will be replaced with a \$5 fee.
- Registration fee includes USAC and SCNCA insurance fee.