VeloPark March 2024 Track Timetable

The programme is subject to change with sessions added or cancelled at short notice.
This timetable shows session START TIMES. For session durations and full details please check our website:
https://www.better.org.uk/leisure-centre/lee-valley/velopark/track-cycling
Competitions are run by 3rd Party Organisers, please check website for contact details

Start Time	Monday 4 March	Tuesday 5 March	Wednesday 6 March	Thursday 7 March	Friday 8 March	Saturday 9 March	Sunday 10 March	Start Time
8:00								8:00
9:00						Drop in A	Youth omnium 9-5pm	9:00
10:00								10:00
11:00			School			Flying Lap taster (11:10)		11:00
12:00		Over 40s and Women's Training		Drop in U (12:30)	Over 40s and Women's Training plus Sprint Block			12:00
13:00			School			VP experience (13:15)		13:00
14:00	Para-cycling							14:00
15:00		Drop in U (14:30)			Drop in U (14:45)	Flying Lap taster (14:40)		15:00
16:00	Stage 3 (16:30)					Club Booking		16:00
17:00		BC City Academies (16:30)			Taster			17:00
18:00			Taster	Taster (17:45)	Flying Lap Taster (18:10)			18:00
19:00	Endurance SQT	Sprint SQT (18:30)		Youth Track League				19:00
20:00			Stage 4					20:00
21:00								21:00
Start Time	**Monday 11 March**	**Tuesday 12 March**	**Wednesday 13 March**	**Thursday 14 March**	**Friday 15 March**	**Saturday 16 March**	**Sunday 17 March**	**Start Time**
8:00								8:00
9:00						Drop in A	Drop in U	9:00
10:00								10:00
11:00						Flying Lap taster (11:10)		11:00
12:00		Over 40s and Women's Training			Over 40s and Women's Training plus Sprint Block			12:00
13:00						Taster (13:15)	VP experience (13:15)	13:00
14:00	Drop in U		Derny SQT	Drop in U				14:00
15:00		Drop in U (14:30)			Drop in U (14:45)	Flying Lap taster (14:40)	Flying Lap taster (14:40)	15:00
16:00	Taster (16:15)					Club Booking	Stage 1	16:00
17:00	After school track session (17:30)	BC City Academies (16:30)			Taster			17:00
18:00			Club Booking		Flying Lap Taster (18:10)			18:00
19:00	Endurance SQT			Match Sprint SQT				19:00
20:00			Club Booking		Flying Lap Taster(19:40)			20:00
21:00								21:00
Start Time	**Monday 18 March**	**Tuesday 19 March**	**Wednesday 20 March**	**Thursday 21 March**	**Friday 22 March**	**Saturday 23 March**	**Sunday 24 March**	**Start Time**
8:00								8:00
9:00						Drop in A	Drop in U	9:00
10:00				School				10:00
11:00				School		Flying Lap taster (11:10)	Flying Lap taster (11:10)	11:00
12:00		Over 40s and Women's Training			Over 40s and Women's Training plus Sprint Block			12:00
13:00				Track Drop in U		Taster (13:15)	VP experience (13:15)	13:00
14:00	Para-cycling	Drop in U (14:30)						14:00
15:00						Flying Lap taster (14:40)	Flying Lap taster (14:40)	15:00
16:00		BC City Academies (16:30)		Track Drop in U (15:30)		Club Booking	Stage 2	16:00
17:00	Stage 1 (16:30)				Taster			17:00
18:00		Taster		Taster (17:30)	Flying Lap Taster (18:10)			18:00
19:00	Endurance SQT	Track Derny SQT		Womens Track training				19:00
20:00			Club Booking		Flying Lap Taster(19:40)			20:00
21:00								21:00
Start Time	**Monday 25 March**	**Tuesday 26 March**	**Wednesday 27 March**	**Thursday 28 March**	**Friday 29 March Good Friday**	**Saturday 30 March**	**Sunday 31 March**	**Start Time**
8:00						0	0	8:00
9:00					Good Friday Racing	Drop in A	Drop in U	9:00
10:00								10:00
11:00		School booking				Flying Lap taster (11:10)	Flying Lap taster (11:10)	11:00
12:00				Track Drop in U (12:30)				12:00
13:00						VP experience (13:15)	Taster (13:15)	13:00
14:00	Drop in U		Gates SQT					14:00
15:00		Drop in U		Track drop in U			Flying Lap taster (14:40)	15:00
16:00	Taster (16:15)					Club Booking	Stage 3	16:00
17:00			Taster (16:30)					17:00
18:00	After school track session (17:30)	Taster (17:30)	Club Booking	Taster (17:30)				18:00
19:00	Endurance SQT	Sprint Sqt		Motor Paced SQT				19:00
20:00			Club Booking					20:00
21:00								21:00