






BMX RACE CAMP STRUCTURE



	0900-0930	0930-1030 SESSION 1	1045-1100	1100-1215 SESSION 2	1215-1300	1300-1430 SESSION 3	1430-1445	1445-1500
Monday 	REGISTRATION + KIT UP	Inductions	BREAK	Pedal Points + Positions	LUNCH	Pumping	Free Ride	EQUIPMENT IN & SIGN OUT
Tuesday 	REGISTRATION + KIT UP	Pumping	BREAK	Pedal Points + Positions	LUNCH	Cornering	Free Ride	EQUIPMENT IN & SIGN OUT
Wednesday 	REGISTRATION + KIT UP	Pumping	BREAK	Cornering	LUNCH	Gates	Free Ride	EQUIPMENT IN & SIGN OUT
Thursday 	REGISTRATION + KIT UP	Cornering	BREAK	Gates	LUNCH	Race Games	Free Ride	EQUIPMENT IN & SIGN OUT
Friday 	REGISTRATION + KIT UP	Race Day Practice	BREAK	Motos/Heats	LUNCH	Finals	Presentations	EQUIPMENT IN & SIGN OUT