

# NextGen Sola 2024

Vår Energi Arena Sola, 8.-10. November 2024



## Day 1 Friday

Start Time	Discipline	Gender	Race	Heats	Distance	Duration	Type
14:00	Practice		Track Open for Training 14:00 - 16:45	165	-	02:45:00	Practice
16:00	TM Meeting		Team Managers Meeting	60	-	01:00:00	TM Meeting
17:00	200m flying	Men	Qualification	17	200m	00:24:05	Sprint
	200m flying	Women	Qualification	4	200m	00:05:40	Sprint
	Team Pursuit	Men	Qualification. 2 teams per heat	2	4000m	00:14:00	Endurance
17:43	Break		End of Session 1	15	-	00:15:00	Break
17:58	Keirin	Men	Serie 1	3	1500m	00:15:00	Sprint
	Keirin	Women	Serie 1	1	1500m	00:05:00	Sprint
	Team Pursuit	Women	Qualification	2	4000m	00:14:00	Endurance
	Keirin	Men	Serie 2	3	1500m	00:15:00	Sprint
	Keirin	Women	Serie 2	1	1500m	00:05:00	Sprint
18:52	Break		End of Session 2	35	-	00:35:00	Break
	Team Pursuit	Men	Finals. 2 teams pr heat	2	4000m	00:14:00	Endurance
	Keirin	Men	Serie 3	3	1500m	00:15:00	Sprint
	Keirin	Women	Serie 3	1	1500m	00:05:00	Sprint
	Team Pursuit	Women	Finals	2	4000m	00:14:00	Endurance
20:15			End of day				

## Day 2 Saturday

Start Time	Discipline	Gender	Race	Heats	Distance	Duration	Type
08:00	Practice		Track Open for Training 08:00 - 08:45	45	-	00:45:00	Practice
09:00	Individual Pursuit	Men		7	3000m	00:45:30	Endurance
	Sprint	Women	Serie 1, 2up heat	2	750m	00:07:00	Sprint
	Sprint	Men	Serie 1, 3up heat	5	750m	00:17:30	Sprint
	Tempo Race	Women		1	7,5km	00:15:00	Endurance
	Tempo Race	Men	A & B race, 6 up, 6 down.	2	7,5km	00:30:00	Endurance
10:55	Break		End of session 1	45	-	00:45:00	Break
11:40	Sprint	Women	Serie 2, 2up heat	2	750m	00:07:00	Sprint
	Sprint	Men	Serie 2, 3up heat	5	750m	00:17:30	Sprint
	Elimination	Women		1	-	00:17:00	Endurance
	Elimination	Men	A & B race, 6 up, 6 down.	2	-	00:34:00	Endurance
	Sprint	Women	Serie 3, 2up heat	2	750m	00:07:00	Sprint
	Sprint	Men	Serie 3, 3up heat	5	750m	00:17:30	Sprint
13:20	Break		End of Session 2	45	-	00:45:00	Break
14:05	Points Race	Women		1	15km	00:30:00	Endurance
	Points Race	Men	A & B race	2	20km	01:06:00	Endurance
	Sprint	Women	Serie 4, 2up heat	2	750m	00:07:00	Sprint
	Sprint	Men	Serie 4, 2up heat	8	750m	00:28:00	Sprint
16:16			End of day				

## Day 3 Sunday

Start Time	Discipline	Gender	Race	Heats	Distance	Duration	Type
08:00	Practice		Track Open for Training 08:00 - 08:45	45	-	00:45:00	Practice
09:00	Individual Pursuit	Women	Finals	7	3000m	00:49:00	Endurance
	Time Trial	Men	Finals	10	1000m	00:30:00	Sprint
	Time Trial	Women	Finals	2	1000m	00:06:00	Sprint
	Scratch	Men	A & B race. Start list from Saturday points race	2	7,5km	00:30:00	Endurance
	Scratch	Women		1	7,5km	00:15:00	Endurance
11:10	Break		End of session 1	30	-	00:30:00	Break
11:40	Team Sprint	Men	Qualifications	2	750m	00:10:00	Sprint
	Keirin	Men	Not for Team Sprint riders. Seeding from Friday	3	1500m	00:15:00	Sprint
	Keirin	Women		1	1500m	00:05:00	Sprint
	Points Race	Men	A & B race. Same heats as Scratch.	2	20km	01:06:00	Endurance
	Points Race	Women		1	15km	00:30:00	Endurance
	Team Sprint	Men	Finals	2	750m	00:10:00	Sprint
13:56			End of day				