



Sir Chris Hoy Velodrome

# Velodrome Guide

September 2019 to  
April 2020



# Sir Chris Hoy Velodrome

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# Sir Chris Hoy Velodrome

## Velodrome Updates

### **Off season**

The season prices will return on 2<sup>nd</sup> September 2019. This will run till April 2020.

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### **New Sessions**

**Madison** (Duration: 2 Hours, Cost £15.00)  
Thursday 8pm

**Sprint Programme** (Duration: 3 Hours, Cost £15.00)  
Saturday 3pm

See Madison and sprint section for more details

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# Sir Chris Hoy Velodrome

## Glasgow Life Velodrome Pathway

### Have a Go



Taster Sessions		Adult	Junior	Education Session		Para
Clubs	Corporate	Family Session	Family Session	University	Schools	Paracycling



### Core Skills

	Accreditation 1	Junior Accreditation 1	
Accred Progression	Accreditation 2 (4*)	Junior Accreditation 2 (4)	Junior Skills session
	Accreditation 3 (8*)	Junior Accreditation 3 (8)	
	Accreditation 4 (8*)	Junior Accreditation 4 (8)	

\*Minimum number required



### Ride

Accredited Ride	Junior Accredited Drop In
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### Develop

Adult				Junior
Derny	Sprint	Endurance	Coach Led	Youth Development
Derny Accreditation	DST Sprint	DST Endurance	Coach Led Workout	Under 14 Development
Derny Session	Sprint Session	Team Pursuit	Women's Only Session	Youth Development
Keirin		Individual Pursuit	Advanced Rider Training (A.R.T)	Sprint Programme (14+)
Sprint Programme		Madison		



### Race

Track League	National Championships
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## Sir Chris Hoy Velodrome

### Junior Accreditation Pathway September 2019 to March 2020

	Accreditation 1 (£10) 1 Hour	Accreditation 2* (£10) 1 Hour	Accreditation 3* (£19) 2 Hours	Accreditation 4* (£19) 2 Hours
Block 1	Fridays (17:00) every other week. Mondays (16:00) and Saturdays (10:00) every week.	September: 6 <sup>th</sup> & 20 <sup>th</sup> (18:00)	September 22 <sup>nd</sup> (14:00)	October 6 <sup>th</sup> (14:00)
Block 2		October: 4 <sup>th</sup> & 18 <sup>th</sup> November 15 <sup>th</sup> (18:00)	November 17 <sup>th</sup> (14:00)	December 15 <sup>th</sup> (14:00)
Block 3		December: 13 <sup>th</sup> & 27 <sup>th</sup> (18:00)	January 12 <sup>th</sup> (14:00)	January 26 <sup>th</sup> (14:00)
Block 4		January: 10 <sup>th</sup> & 24 <sup>th</sup> February 7 <sup>th</sup> & 21 <sup>st</sup> (18:00)	February 23 <sup>rd</sup> (14:00)	March 8 <sup>th</sup> (14:00)

#### Recommendations

Track time is very important during the Accreditation process:

- The junior skills session on a Sundays at 1pm are designed to help juniors get through the accreditation process. This allows access for more track time to practice (Accreditation 1 required to participate).
- At any point an accreditation that has already been achieved can be repeated.

\*Minimum numbers are required for the session to go ahead.



# Sir Chris Hoy Velodrome

## Junior Accredited Sessions

**Under 14 Development** (Duration: 1 Hour, Cost £8.00)

Mondays 5pm

**Youth Development** (Duration: 2 Hours, Cost £14)

Mondays 6pm

2<sup>th</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> September

7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> October

8<sup>th</sup> & 25<sup>th</sup> November

2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> December

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> January

3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> February

2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> March

**Junior Accredited Drop In** (Duration: 1 Hour, Cost £8.00)

Month	Friday (5pm)	Saturday (1pm)
September	13 <sup>th</sup> & 27 <sup>th</sup>	28 <sup>th</sup>
October	11 <sup>th</sup> & 25 <sup>th</sup>	12 <sup>th</sup> & 26 <sup>th</sup>
November	22 <sup>nd</sup>	23 <sup>rd</sup>
December	6 <sup>th</sup> & 20 <sup>th</sup>	21 <sup>st</sup>
January	3 <sup>rd</sup> , 17 <sup>th</sup> & 31 <sup>st</sup>	4 <sup>th</sup> & 18 <sup>th</sup>
February	14 <sup>th</sup> & 28 <sup>th</sup>	1 <sup>st</sup> , 15 <sup>th</sup> & 29 <sup>th</sup>
March	13 <sup>th</sup> & 27 <sup>th</sup>	28 <sup>th</sup>





## Sir Chris Hoy Velodrome

### Adult Accreditation Pathway September 2019 to March 2020

	Accreditation 1 (£15)	Accreditation 2* (£15)	Accreditation 3* (£30)	Accreditation 4* (£30)
Block 1	Every Tuesday (18:00) and Saturdays (11:00) every other week.	September: 12 <sup>th</sup> , 14 <sup>th</sup> , 26 <sup>th</sup> & 28 <sup>th</sup> October: 10 <sup>th</sup> & 12 <sup>th</sup> (20:00 or 12:00)	September 21 <sup>st</sup> October: 5 <sup>th</sup> & 19 <sup>th</sup> (11:00)	October 20 <sup>th</sup> (14:00)
Block 2		October: 24 <sup>th</sup> & 26 <sup>th</sup> November: 9 <sup>th</sup> , 21 <sup>st</sup> & 23 <sup>rd</sup> December: 5 <sup>th</sup> , 7 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 21 <sup>st</sup>	November 16 <sup>th</sup> December: 14 <sup>th</sup> & 28 <sup>th</sup> (11:00)	December 19 <sup>th</sup> (20:00)
Block 3		January: 4 <sup>th</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 18 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> February: 1 <sup>st</sup> & 6 <sup>th</sup>	January: 11 <sup>th</sup> & 25 <sup>th</sup> February 8 <sup>th</sup> (11:00)	February 9 <sup>th</sup> (14:00)
Block 4		February: 13 <sup>th</sup> , 15 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> & 29 <sup>th</sup> March: 5 <sup>th</sup> , 12 <sup>th</sup> , 14 <sup>th</sup> & 19 <sup>th</sup>	February 22 <sup>nd</sup> March: 7 <sup>th</sup> & 21 <sup>st</sup> (11:00)	March 22 <sup>nd</sup> (14:00)

### Recommendations

Track time is very important during the Accreditation process:

- The Accredited Progression session on a Wednesday at 5pm are designed to help adults get through the accreditation process. This allows access for more track time to practice (Accreditation 1 required to participate).
- At any point an accreditation that has already been achieved can be repeated.

\*Minimum numbers are required for the session to go ahead.



## Sir Chris Hoy Velodrome

### Adult Accredited Sessions - Endurance

**Madison** (Duration: 2 Hours, Cost £15.00) - Thursday 8pm

5<sup>th</sup>, & 19<sup>th</sup> September  
 3<sup>rd</sup> & 17<sup>th</sup> October  
 14<sup>th</sup> & 28<sup>th</sup> November

**DST Endurance** (Duration: 2 Hours, Cost £23.00) - Tuesdays 8pm

3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> September  
 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> October  
 19<sup>th</sup> & 26<sup>th</sup> November  
 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> December  
 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> January  
 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> February  
 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> March

**Team Pursuit** (Duration: 2 Hours, Cost £23.00) - Fridays 6pm

13<sup>th</sup> & 27<sup>th</sup> September  
 11<sup>th</sup> & 25<sup>th</sup> October  
 22<sup>nd</sup> November  
 6<sup>th</sup> & 20<sup>th</sup> December  
 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> January  
 14<sup>th</sup> & 28<sup>th</sup> February  
 13<sup>th</sup> & 27<sup>th</sup> March

**Individual Pursuit** (Duration: 1 Hour, Cost £15.00) - Fridays 10am

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> September  
 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> October  
 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> November  
 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> December  
 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> January  
 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> February  
 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> March





# Sir Chris Hoy Velodrome

## Adult Accredited Sessions- Sprint

**Sprint Session** (Duration: 1 Hour, Cost £10.00) - Fridays 2pm

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> September  
 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> October  
 15<sup>th</sup> & 22<sup>nd</sup> November  
 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> December  
 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> January  
 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> February  
 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> March

**Sprint Programme** (Duration: 3 Hours, Cost £15.00) – Saturdays 3pm

Session	Date	Session will Include*	Electronic Timing*
1. Training	28/09/2019	Flying 200 & Matched sprint	YES
2. Coach Led Racing	05/10/2019	Starts, 500, kilos & Keirin	GATES
3. Training	12/10/2019	Flying 200, Sprint Ladder & Keirin	YES
4. Training	23/11/2019	Starts, 500, kilos & Team Sprint	YES & GATES
5. Coach Led Racing	14/12/2019	Sprint Ladders	YES
6. Training	21/12/2019	Team sprint & Training simulation linked to racing	NONE
7. Festive Fun Session	28/12/2019	Team Sprint & Keirin	YES & GATES



## Sir Chris Hoy Velodrome

### Adult Accredited Sessions – Derny

**Derny Accreditation** (Duration: 1 Hour, Cost £12.00) -Thursdays 6pm  
&

**Derny Session** (Duration: 1 Hour, Cost £15.00) - Thursdays 7pm

5<sup>th</sup>, & 19<sup>th</sup> September

3<sup>rd</sup> & 17<sup>th</sup> October

14<sup>th</sup> & 28<sup>th</sup> November

12<sup>th</sup> December

9<sup>th</sup> & 23<sup>rd</sup> January

6<sup>th</sup> & 20<sup>th</sup> February

5<sup>th</sup> & 19<sup>th</sup> March

### Adult Accredited Sessions – Coach Led

**Women's Only Session** (Duration: 1 Hour, Cost £10.00) - Fridays 7pm

**Coach Led Workout** (Duration: 1 Hour, Cost £10.00)

Month	Wednesday (12pm)	Thursdays (2pm)
September	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup>
October	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup>	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>
November	20 <sup>th</sup> & 27 <sup>th</sup>	14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup>
December	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup>	5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup>
January	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup>	9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup>
February	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup>	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>
March	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup>



## Sir Chris Hoy Velodrome

**Family Session** (Duration: 45 minutes, Cost: Adult £8.15, Child £5.75)

Saturdays 9:15am

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> September  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> October  
16<sup>th</sup> & 23<sup>rd</sup> November  
7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> December  
4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> January  
1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> February  
7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> March



# Sir Chris Hoy Velodrome

## Junior Session Descriptions

### Youth Development Sessions

- 1. Under 14 Development:** This **1 hour** session is a fun mixture of skills and coach led racing. It is the next step after the accreditation process on the junior pathway.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	None	Minimum 1 Maximum 30	Full

- 2. Youth Development:** This **2 hours** sessions will be progressive over a period of 4 weeks, planning towards providing the riders with the knowledge, skills, confidence and know how to become race ready riders.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	None	Minimum 1 Maximum 30	Full



# Sir Chris Hoy Velodrome

## Youth Coach Led Sessions

- 3. Junior Accredited Drop In:** This is an open session for junior riders.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
None	None	Minimum 1 Maximum 15	Full

- 4. Family Session:** A basic, coach-led session giving families the chance to experience the excitement of the track together for the first time. Please note that these sessions are for novice riders, and that they are one-off introductions to track cycling, and will not count towards accreditation. A ratio of 1 adult to 2 under 16s.

A member of your party **must be under 16 years** of age to take part in this session.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
None	None	Minimum 1 Maximum 15	None





# Sir Chris Hoy Velodrome

## Adult Session Descriptions

### Endurance

1. **DST Endurance:** An endurance focused session. This **2 hours** session involves drills of longer duration efforts on the track. It could include training for scratch, elimination, race skills and tactics.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny	Charge (£3)	Minimum 1 Maximum 20	Full

2. **Individual Pursuit Session:** This is **1 hour** endurance session focused on training the individual in the discipline of pursuit. This could include start training out of the gate, assistance with race schedule and full race efforts.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Start gate	Charge (£3)	Minimum 1 Maximum 10	Full

3. **Team Pursuit:** This is a **2 hour** endurance session focused on training a team in the discipline of pursuit. It is recommended to book this as a team of 4. This could include start training out of the gate, assistance with race schedule and full race efforts.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	Charge (£3)	Minimum 4 Maximum 16	Full



# Sir Chris Hoy Velodrome

## Session Descriptions

### Sprint

- 4. DST Sprint:** This is a **2 hour** sprint discipline focused session. These involve shorter, high intensity, full out efforts on the track. It could include training for flying 200, matched sprint, keirin, sprint race tactics and starts out of the gate.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	Charge (£3)	Minimum 1 Maximum 20	Full

- 5. Sprint Session:** This session is a **1 hour** DST Sprint.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	Charge (£3)	Minimum 1 Maximum 20	Full



# Sir Chris Hoy Velodrome

## Session Descriptions

### Derny

- 6. Derny Accreditation:** This **1 hour** session is the process of training customers to ride safely behind the derny (a motorized bicycle for motor-paced cycling events).

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny	None	Minimum 1 Maximum 10	Full

- 7. Derny Session:** This **1 hour** session aims to provide customers with a motor paced training session behind the derny.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny	Charge (£3)	Minimum 1 Maximum 10	Full & Derny



# Sir Chris Hoy Velodrome

## Session Descriptions

### Coach Led Sessions

- 8. Coach Led Workout:** This session is a full on hour on the track led by the coach. It is a high intense work load mixture of endurance and sprint drills.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Derny & Start gate	Charge (£3)	Minimum 1 Maximum 15	Full

- 9. Accred Progression/Junior Skills Session:** This is a **1 hour** session that has a focus on track skills. It gives riders the opportunity to gain experience in the skills necessary to complete the accreditation process.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
None	none	Minimum 1 Maximum 15	Accreditation 1

- 10. Women's Only Session:** This is a **1 hour** session that is a coach led workout for women only.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
None	Charge (£3)	Minimum 1 Maximum 15	Full



# Sir Chris Hoy Velodrome

## Session Descriptions

### Madison Sessions

Glasgow Life are planning a series of progressive adult Madison sessions to learn how to ride Madison or to assist riders with specific sessions to work towards the Scottish Madison championships on 7 December 2019.

- Session 1 – Introduction for beginners 5 September 9
- Session 2 – Introduction (2) for beginners 19 September 19
- Session 3 – Intermediate (1) 3 October 19
- Session 4 – Intermediate (2) 17 October 19
- Session 5 – Experienced (1) 14 November 19
- Session 6 – Experienced (2) 28 November 19

Note: See the criteria for entry to each session under each specific session below.

### What is the Madison?

The Madison is a classic track team relay race involving up to 20 pairs of riders over distances up to 50km. One rider (the live rider) is always in the race, while the other (the resting rider) is riding high on the track. Pairs change roles every 30-40 seconds using the Madison hand sling technique to transfer the live rider to the resting rider. The race is like a points race in that points are scored every 10 laps. The winning team is the one that gains the most laps. If teams are equal on laps then the number of points gained determines the outcome and/or the teams' position in the final sprint.

Possible track equipment	Equipment Hire	Participation	Accreditation Required
None	Charge (£3)	Minimum 2 Maximum 20	Full



## Session Focus

### **Session 1 – Introduction for beginners 5 September 19**

This session is aimed at beginners or those who have not participated in Madison competition for over a year. A range of exercises introduces riders to the principles of Madison racing. Riders will learn the hand sling technique for live/resting riders and progress to changing in pairs on the track. Riders will also learn the skill of 'riding high and slow'.

### **Session 2 – Introduction (2) for beginners 19 September 19**

This session is for riders who have completed session 1. After a Madison specific warm up riders will refresh on riding in pairs after which they will progress to 'tandem changing' and changing from any position.

### **Session 3 – Intermediate (1) 3 October 19**

This session is for riders who have completed Introduction 1 & 2. Also riders who have Madison racing experience within the past year and wish to brush up on their knowledge, skills and techniques. Riders will warm up with Madison specific exercises before refreshing on basic skills and techniques. A range of progression exercises will work on race positioning and 'reading a race'.

### **Session 4 – Intermediate (2) 17 October 19**

Similarly this session is for riders who have completed introduction 1 & 2 and riders with Madison racing experience within the past year. Riders will warm up with Madison specific exercise before refreshing on intermediate skills and techniques. A range of exercises will progress towards advanced skills/techniques including race tactics. The session will also introduce the element of competition.

### **Session 5 – Experienced (1) 14 November 19**

This session is aimed at those who have completed introduction 1 & 2, intermediate 1 & 2 or experienced Madison riders who have competed in the past year. Riders will warm up with a Madison specific warm up before refreshing on intermediate skills and techniques. A range of exercises will progress riders to more advanced work including race tactics and techniques including a 2 station 2km pursuit.

### **Session 6 Experienced (2) 28 November 2019**

Eligibility criteria is the same as experienced (1). After a group Madison warm up and a range of exercises to test the full range of Madison skills and techniques, riders will enjoy some coach led Madison racing including a Madison kilo.



# Sir Chris Hoy Velodrome

## Session Descriptions

### Sprint Programme

Glasgow Life are planning a series of Sprint sessions to give riders from the age of 14 and over, the opportunity to take part in the sprint discipline. If you would like to try sprinting or are aiming for sprint racing this year, then these sessions are right for you.

Session	Date	Session will Include*	Electronic Timing*
1. Training	28/09/2019	Flying 200 & Matched sprint	YES
2. Coach Led Racing	05/10/2019	Starts, 500, kilos & Keirin	GATES
3. Training	12/10/2019	Flying 200, Sprint Ladder & Keirin	YES
4. Training	23/11/2019	Starts, 500, kilos & Team Sprint	YES & GATES
5. Coach Led Racing	14/12/2019	Sprint Ladders	YES
6. Training	21/12/2019	Team sprint & Training simulation linked to racing	NONE
7. Festive Fun Session	28/12/2019	Team Sprint & Keirin	YES & GATES

\*Sessions are subject to change.

Saturdays 15:00 – 18:00

**Cost £15** (per session)

Possible track equipment	Equipment Hire	Participation	Accreditation Required
Gates, derny & Electronic timing	Charge (£3)	Minimum 1 Maximum 30	Full



# Sir Chris Hoy Velodrome

## Events 2019

### September

- Saturday 14<sup>th</sup> – Super Saturday (Masters & Women)

### October

- Saturday 19<sup>th</sup> – Super Saturday

### November

- Friday 8<sup>th</sup> to Sunday 10<sup>th</sup> – UCI Track Cycling World Cup  
(Track Closure Monday 28<sup>th</sup> October – Wednesday 13<sup>th</sup> November)
- Saturday 16<sup>th</sup> – Super Saturday
- Friday 29<sup>th</sup> to Sunday 1<sup>st</sup> – Scottish Cycling Senior National Championships

### December

- Saturday 7<sup>th</sup> - Scottish Madison Championships (Festive Flyer)
- Wednesday 18<sup>th</sup> - Pies and Pursuits
- Saturday 28<sup>th</sup> – Festive Fun Session

### Track League

- Block 1 – 2<sup>nd</sup> October – 11<sup>th</sup> December
- Christmas Break – 18<sup>th</sup> December – 8<sup>th</sup> January
- Block 2 – 18<sup>th</sup> January – 11<sup>th</sup> March



# Sir Chris Hoy Velodrome

## Season price list

### Adult sessions

Session	Cost
Family Session	£8.15
Accreditation 1	£15
Accreditation 2	£15
Accreditation 3	£30
Accreditation 4	£30
Accred Progression	£10
Accredited Ride	£10
DST Endurance	£23
Team Pursuit	£23
Individual Pursuit	£15
Madison	£15
DST Sprint	£23
Sprint Session	£10
Sprint Programme	£15
Derny Accreditation	£12
Derny Session	£15
Coach Led Workout	£10
Women's Only Session	£10
Para Session	£6.10

### Junior sessions

Session	Cost
Family Session	£5.75
Junior Accreditation 1	£10
Junior Accreditation 2	£10
Junior Accreditation 3	£19
Junior Accreditation 4	£19
Junior Skills session	£10
Under 14 Development	£8
Youth Development	£14
Junior Accredited Drop In	£8