

MID AMERICA NATIONALS

P R A C T I C E S C H E D U L E

Friday	Class	Saturday
9:30 - 9:55am	13 & Under Cruiser	8:00 - 8:25am
9:55 - 10:15am	14 & Over Cruiser	8:25 - 8:50am
10:15 - 10:40am	7 & Under Boys & Girls	8:50 - 9:15am
10:40 - 11:00am	8-10 Boys & Girls	9:15 - 9:40am
11:00 - 11:25am	11-13 Boys & Girls	9:40 - 10:05am
11:25 - 11:50am	14-16 Boys & Girls	10:05 - 10:30am
11:50am - 12:15pm	17 & Over Men & Women	10:30 - 10:55am
12:15 - 12:45pm	Pros	10:55 - 11:20am



**NATIONAL MOTOS
POSTED ONLINE**

motos.usabmx.com

Friday

Friday Sign Ups: 9:00 - 11:30 am

Balance Bike: 12:45 pm

Friday Race Begins: 1:00 pm

Saturday

Saturday Sign Ups: 7:30 - 9:30 am

Saturday Race Begins: 11:30 am

Balance Bike: 11:30 am

Sunday

Sunday Race Begins: 8:00 am

No Sign ups / No practice