



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

FRIDAY	CLASS	SATURDAY
12:15 - 12:35 pm	12 & UNDER CRUISER BOYS & GIRLS	7:00 - 7:20 am
12:35 - 12:50	13-30 CRUISER BOYS & GIRLS	7:20 - 7:35
12:50 - 1:05	31 & OVER CRUISER MEN & WOMEN	7:35 - 7:50
1:05 - 1:25	6 & UNDER BOYS & GIRLS 20"	7:50 - 8:10
1:25 - 1:40	7-12 GIRLS 20"	8:10 - 8:25
1:40 - 1:55	13 & OVER GIRLS 20"	8:25 - 8:40
1:55 - 2:15	7-8 BOYS 20"	8:40 - 9:00
2:15 - 2:35	9-10 BOYS 20"	9:00 - 9:20
2:35 - 2:55	11-12 BOYS 20"	9:20 - 9:40
2:55 - 3:15	13-14 BOYS 20"	9:40 - 10:00
3:15 - 3:35	15-20 MEN 20"	10:00 - 10:20
3:35 - 3:50	21-40 MEN 20"	10:20 - 10:35
3:50 - 4:05	41 & OVER MEN 20"	10:35 - 10:50
4:05 - 4:40	PRO 20"	10:50 - 11:20



**NATIONAL MOTOS  
POSTED ONLINE**

**[motos.usabmx.com](https://motos.usabmx.com)**

**Friday Sign Ups:** 12:00 pm - 4:00 pm

**Friday Race Begins:** 5:00 pm

**Balance Bike:** 5:00 pm

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

**Saturday Race Begins:** 11:30 am

**Balance Bike:** 11:30 am

**Sunday Race Begins:** 8:00 am

No Sign ups / No practice