

EASTCOAST

NATIONALS

PRACTICE SCHEDULE

FRIDAY

8:30 - 8:50am

8:50 - 9:10

9:10 - 9:30

9:30 - 9:50

9:50 - 10:10

10:10 - 10:30

10:30 - 10:50

10:50 - 11:10

11:10 - 11:30

11:30 - 11:50

11:50 - 12:10 pm

12:10 - 12:30

12:30 - 12:50

12:50 - 1:15

CLASS

12 & UNDER CRUISER BOYS & GIRLS

13-30 CRUISER BOYS & GIRLS

31 & OVER CRUISER MEN & WOMEN

6 & UNDER BOYS & GIRLS 20"

7-12 GIRLS 20"

13 & OVER GIRLS 20"

7-8 BOYS 20"

9-10 BOYS 20"

11-12 BOYS 20"

13-14 BOYS 20"

15-20 MEN 20"

21-40 MEN 20"

41 & OVER MEN 20"

PRO 20"



**NATIONAL MOTOS
POSTED ONLINE**

motos.usabmx.com

Friday Sign-ups: 9:00 am-12:00 pm

Balance Bike: 1:15 pm

Friday Race Begins: 1:30 pm

Saturday NO PRACTICE

Online sign-ups only until 7am

Moto corrections: 7:00-8:30 am

Saturday Race Begins: 9:00 am

Sunday Race Begins: 8:00 am

No Sign ups / No practice