



CANADIAN / U.S. N.A.G. POINTS EARNED

CAPITAL CITY

NATIONALS

JUNE 24-26, 2022

NEPEAN, ON, CANADA / NEPEAN BMX

PRACTICE SCHEDULE

| Friday | Class | Saturday |
|--------------|----------------------------|--------------|
| 2:30-2:55 pm | 13 & under Cruisers | 8:00-8:25 am |
| 2:55-3:20 | 14 & over Cruisers | 8:25-8:50 |
| 3:20-3:45 | 7 & under Boys & Girls 20" | 8:50-9:15 |
| 3:45-4:10 | 8-10 Boys & Girls 20" | 9:15-9:40 |
| 4:10-4:35 | 11-13 Boys & Girls 20" | 9:40-10:05 |
| 4:35-5:00 | 14-16 Boys & Girls 20" | 10:05-10:30 |
| 5:00-5:25 | 17 & Over Boys & Girls 20" | 10:30-10:55 |
| 5:25-5:50 | Pros | 10:55-11:20 |



MOTOS POSTED ONLINE
motos.usabmx.com



NEPEAN BMX

93 Houlahan St.
Ottawa, ON K2J3Y7
nepeanbmx@gmail.com

Friday Registration: 2:00-4:30pm for Friday, Saturday & Sunday

Race Time: 6:00pm

Saturday Registration: 8:30-10:00am for Saturday & Sunday

Race Time: 11:30am

Sunday Corrections: 7:00-7:30am

Race Time: 8:00am