



**BMX Cycling
Practice Schedule**

Monday 18th August 2008

Class	Phase	# Riders	minutes	Start	Finish
<i>Women</i>	<i>Practice Session 1</i>	<i>16</i>	<i>01:00:00</i>	<i>09:00:00</i>	<i>10:00:00</i>
<i>Men</i>	<i>Practice Session 1</i>	<i>32</i>	<i>01:30:00</i>	<i>10:00:00</i>	<i>11:30:00</i>
<i>Break</i>			<i>01:00:00</i>	<i>11:30:00</i>	<i>12:30:00</i>
Alternates	Practice Session 1		01:00:00	12:30:00	13:30:00
<i>Women</i>	<i>Practice Session 2</i>	<i>16</i>	<i>01:00:00</i>	<i>13:30:00</i>	<i>14:30:00</i>
<i>Men</i>	<i>Practice Session 2</i>	<i>32</i>	<i>01:30:00</i>	<i>14:30:00</i>	<i>16:00:00</i>

Tuesday 19th August 2008

Class	Phase	# Riders	minutes	Start	Finish
<i>Women</i>	<i>Practice Session 3</i>	<i>16</i>	<i>01:00:00</i>	<i>09:00:00</i>	<i>10:00:00</i>
<i>Men</i>	<i>Practice Session 3</i>	<i>32</i>	<i>01:30:00</i>	<i>10:00:00</i>	<i>11:30:00</i>
<i>Break</i>			<i>01:00:00</i>	<i>11:30:00</i>	<i>12:30:00</i>
Alternates	Practice Session 2		01:00:00	12:30:00	13:30:00
<i>Women</i>	<i>Gate Practice</i>	<i>16</i>	<i>00:30:00</i>	<i>13:30:00</i>	<i>14:00:00</i>
<i>Men</i>	<i>Gate Practice</i>	<i>32</i>	<i>01:00:00</i>	<i>14:00:00</i>	<i>15:00:00</i>

Team Manager Meeting



**BMX Cycling
Competition Schedule**

Wednesday 20th August 2008

Class	Phase	# Riders	#Runs	minutes	Start	Finish
<i>Men</i>	<i>Warm up</i>	32		00:30:00	07:50:00	08:20:00
<i>Women</i>	<i>Warm up</i>	16		00:30:00	08:20:00	08:50:00
Break				00:10:00	08:50:00	09:00:00
Men	Seeding time trial, run 1	32	32	00:45:00	09:00:00	09:45:00
Women	Seeding time trial, run 1	16	16	00:24:00	09:45:00	10:09:00
Break				00:06:00	10:09:00	10:15:00
Men	Seeding time trial, run 2	32	32	00:45:00	10:15:00	11:00:00
Women	Seeding time trial, run 2	16	16	00:24:00	11:00:00	11:24:00
Break				00:16:00	11:24:00	11:40:00
Men	Quarterfinal 1	32	4	00:12:00	11:40:00	11:52:00
Break				00:13:00	11:52:00	12:05:00
Men	Quarterfinal 2	32	4	00:12:00	12:05:00	12:17:00
Break				00:15:00	12:17:00	12:32:00
Men	Quarterfinal 3	32	4	00:16:00	12:32:00	12:48:00

Thursday 21st August 2008

Class	Phase	# Riders	#Runs	Duration (min)	Start	Finish
<i>Men</i>	<i>Warm up</i>	32		00:30:00	07:50:00	08:20:00
<i>Women</i>	<i>Warm up</i>	16		00:30:00	08:20:00	08:50:00
Break				00:10:00	08:50:00	09:00:00
Women	Semifinal 1	16	2	00:08:00	09:00:00	09:08:00
Men	Semifinal 1	16	2	00:08:00	09:08:00	09:16:00
Break				00:14:00	09:16:00	09:30:00
Women	Semifinal 2	16	2	00:08:00	09:30:00	09:38:00
Men	Semifinal 2	16	2	00:08:00	09:38:00	09:46:00
Break				00:14:00	09:46:00	10:00:00
Women	Semifinal 3	16	2	00:08:00	10:00:00	10:08:00
Men	Semifinal 3	16	2	00:08:00	10:08:00	10:16:00
Break				00:14:00	10:16:00	10:30:00
Women	Main Final	8	1	00:05:00	10:30:00	10:35:00
Break				00:05:00	10:35:00	10:40:00
Men	Main Final	8	1	00:05:00	10:40:00	10:45:00
Break				00:15:00	10:45:00	11:00:00
Women	Medal Ceremony			00:08:00	11:00:00	11:08:00
Break				00:02:00	11:08:00	11:10:00
Men	Medal Ceremony			00:08:00	11:10:00	11:18:00