

COMPETITIVE RIDE STARTING TIME

PR TEAMS	4	3
Riders/Group	2 to 3	2 to 3
Time Interval	2 Min	3 Min
Breaks /Hr	4	3
Break Time	5 Min	5 Min
Riders/hour	48	36
	2 min	3 min
1st Group	:00	:00
	:02	:03
	:04	:06
	:06	:09
	:08	:12
	:10	:15
	BREAK	BREAK
	:15	:20
	:17	:23
	:19	:26
	:21	:29
	:23	:32
	:25	:35
	BREAK	BREAK
	:30	:40
	:32	:43
	:34	:46
	:36	:49
	:38	:52
	:40	:55
	BREAK	BREAK
	:45	
	:47	
	:49	
	:51	
	:53	
	:55	
	BREAK	