

Friday	2.00pm onwards	Camping & arena open for set-up Course open for foot inspection
Saturday	8.00am – 5.00pm 9.00am 9.30am – 4.30pm 5.30pm approx.	Rider registration open First uplift for practise Course open for practise. Uplift for course walk (£1 donation to charity)
Sunday	8.00am 8.30am – 10.30am 11.00am> 2.00pm> 5.30pm approx.	First uplift for practise Course open for practise First timed runs (start times will be posted in arena) Second timed runs (re-seeded off first run results) Prize presentation for top three riders in each category