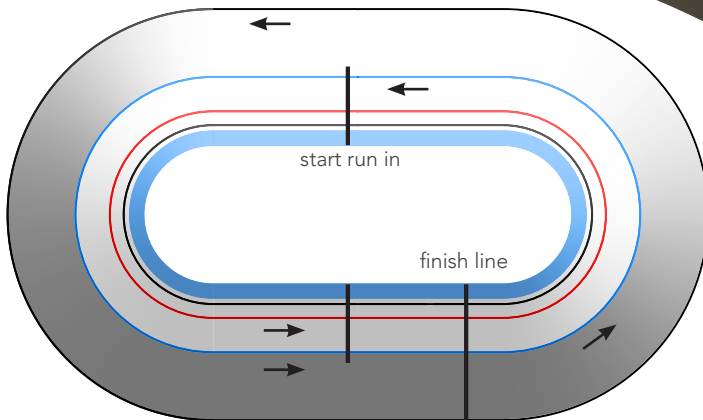




Flying Lap

Get Going



- Riders must be able to ride to the outside rail confidently, ride out of the seat and hold a good line.
- Start at the top rail and drop down after the start line, accelerate hard into the corner.

Riding Terminology



- 1. FINISH LINE** A black line in the centre of a big white line located at the end of the front straight and indicates the finish line for all races except the 500m, kilo, individual pursuit and team sprint events.
- 2. 200M LINE** A line (usually white) located across the track 200m from the finish line. 200m time trials, match sprints and the keirin are timed from this line.
- 3. PURSUIT START AND FINISH LINES**
A line running across the middle of both straights which indicate the start and finish positions for the pursuit and time trial events.
- 4. COTE D' AZURE** This is the blue band on the inside edge of the track. It is not part of the track you race on and it is used solely as a safety and run off area.
- 5. POLE LINE/DATUM LINE** This is the line the track is measured from and holding this line means you travel the shortest distance.
- 6. SPRINTERS LINE** This is the next line up from the pole line and in a sprint finish it plays an important role. Once you drop below this in the last 200m you must stay within the line until the race is over (ie. you must hold a straight line).
- 7. STAYERS LINE** The next line up the track is the stayers line. It is safe to ride above this line if you are on the track with large groups of people and going slower.

