

Warm up

	1 laps FL	1
125 as	1 laps BK	2
	3 laps FR	3
	1 laps BK	4
125 as	3 laps FR	5
	1 laps FL	6
	3 laps FR	7
125 as	1 laps FL	8
	1 laps BK	9
1 laps	Any Easy	10

First set

	1 laps FL	11
475 as	9 laps BK	12
	9 laps FR	13
	9 laps BK	14
475 as	9 laps FR	15
	1 laps FL	16
	9 laps FR	17
475 as	1 laps FL	18
	9 laps BK	19
1 laps	Any Easy	20

Second set

	3 laps BR	21
325 as	3 laps BK	22
	7 laps FR	23
	3 laps BK	24
325 as	7 laps FR	25
	3 laps BR	26
	7 laps FR	27
325 as	3 laps BR	28
	3 laps BK	29
1 laps	Any Easy	30