

RTA MUSHRIF PARK CYCLING CENTRE

ZONE NAME: ROAD TRACK RIDE

WEEK 4: 18 NOVEMBER - 24 NOVEMBER

	START TIME	FINISH TIME	LEVEL	AGE GROUP	DISTANCE
SATURDAY	9:00 AM	10:00 AM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	9:00 PM	10:00 PM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
SUNDAY	7:00 AM	8:00 AM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
	5:00 PM	6:00 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	9:00 PM	10:00 PM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
MONDAY	7:00 AM	8:00 AM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
TUESDAY	7:00 AM	8:00 AM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
	4:00 PM	5:00 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
WEDNESDAY	7:00 AM	8:00 AM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
THURSDAY	7:00 AM	8:00 AM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	4:00 PM	5:00 PM	INTERMEDIATE	12 YEARS OLD & ABOVE	12 KM
	7:30 PM	8:30 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
FRIDAY	7:00 AM	8:00 AM	BEGINNER	12 YEARS OLD & ABOVE	5 KM
	7:30 PM	8:30 PM	BEGINNER	12 YEARS OLD & ABOVE	5 KM

