

Formula Gulf Round 1 & 2 - Timetable V1

Time	Activity	Details	Location
Thursday 12th Nov			
09:30-09:50	Sign On	Bring race licence, start permission (if needed) and adult if under 18.	Under race control
10:00 - 11:50	Fitness Assessments	Individual discussion with Optimal Fitness coach to start developing fitness plan	In GulfSport Awning
12:00	Pre test briefing	Discussion with Andy Pardoe before first test session	Inside race truck
12:30	Practice Session 1 (20 Mins)	First practice session	Be in car & ready to go by 12:25
14:35	Practice Session 2 (20 Mins)	Second practice session	Be in car & ready to go by 14:30
16:40	Practice Session 3 (20 Mins)	Third practice session	Be in car & ready to go by 16:35
17:30	Seminar	Presentation about "Being a Professional Athlete", held by David Labouchere	Drivers briefing room (next to technical bay)
Friday 13th Nov			
08:00 - 08:30	Sign On	Bring race licence, start permission (if needed) and adult if under 18.	Under race control
08:00 - 08:30	Scrutineering	Please leave all your race wear with your car by 08:00 for inspection	Pit garage
8:50	Drivers Briefing	Briefing from Clerk of the Course, followed by briefing from Andy Pardoe	Drivers briefing room (next to technical bay)
9:30	Qualifying (20 Mins)	New tyres	Be in car & ready to go by 09:25
11:35	Race 1 (14 Laps)	Top 3 drivers after the race report immediately to the podium	Be in car & ready to go by 11:25
15:00	Race 2 (14 Laps)	Top 3 drivers after the race report immediately to the podium	Be in car & ready to go by 14:50
<p>Please note that individual Driver Coaching sessions will be as directed by Andy Pardoe after each track session</p>			
<p>ALL TIMES ARE PROVISIONAL & MAY BE CHANGED WITHOUT NOTICE. IT IS THE COMPETITORS RESPONSIBILITY TO WATCH THE PROGRESS OF THE MEETING & BE READY AT LEAST 10 MINUTES PRIOR TO THE START OF THE RACE. IN IDEAL CONDITIONS THE QUALIFYING OR RACING PROGRAMME MAY BE BROUGHT FORWARD BY UP TO 20 MINUTES.</p>			