

## Formula Gulf Round 5 & 6 - Timetable V1 (YAS Grand Prix 5.554km)

Time	Activity	Details	Location
<b>Thursday 21st Jan</b>			
10:00	Sign On & Scrutineering	Bring race licence, start permission (if needed) and adult if under 18.	Under race control
11:00-12:00	On going fitness assessments	Individual discussion with Optimal Fitness coach	In GulfSport Awning
12:30	Pre test briefing	Discussion with Tommy Erdos before first test session	Inside race truck
13:10	<b>Practice Session 1 (20 Mins)</b>	First practice session	Be in car & ready to go by 13:05
15:40	<b>Practice Session 2 (20 Mins)</b>	Second practice session	Be in car & ready to go by 15:35
17:20	<b>Practice Session 3 (20 Mins)</b>	Third practice session	Be in car & ready to go by 17:15
18:00-18:30	Seminar	Media training	GulfSport Racing awning
<b>Friday 22nd Jan</b>			
07:20 - 07:35	Drivers Briefing	Briefing from Clerk of the Course, followed by briefing from Tommy Erdos	Drivers briefing room (next to technical bay)
8:10	Qualifying (20 Mins)	New tyres	Be in car & ready to go by 08:05
10:27	Pit lane Opens	Pit lane opens for cars to go to grid for Race 1	Be in car & ready to go by 10:23
10:45	<b>Race 1 (9 Laps)</b>		
11:15	Race 1 Podium	Top 3 drivers after the race report immediately to the podium	Above Race control
14:28	Pit lane Opens	Pit lane opens for cars to go to grid for Race 2	Be in car & ready to go by 14:24
14:46	<b>Race 2 (9 Laps)</b>		
15:16	Race 2 Podium	Top 3 drivers after the race report immediately to the podium	
<p><b>Please note that individual Driver Coaching sessions will be as directed by Tommy Erdos after each track session</b></p>			
<p><b>ALL TIMES ARE PROVISIONAL &amp; MAY BE CHANGED WITHOUT NOTICE. IT IS THE COMPETITORS RESPONSIBILITY TO WATCH THE PROGRESS OF THE MEETING &amp; 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.</b></p>			