Hillingdon Slipstreamers

Club Championships
U14, U16 Skills Course

Run around cone

Dismount/Mount

27m	2.5m
24.5m	1.5m
23m	1.5m
21.5m	1.5m
20m	2.5m
17.5m	2.5m
15m	1.5m
13.5m	1.5m
12m	1.5m
10.5m	4m
6.5m	3m
3.5m	3.5m

Slalom

5 Second Track Stand

Slalom

Bottle put/pick

Bottle pick/put

Start/Finish
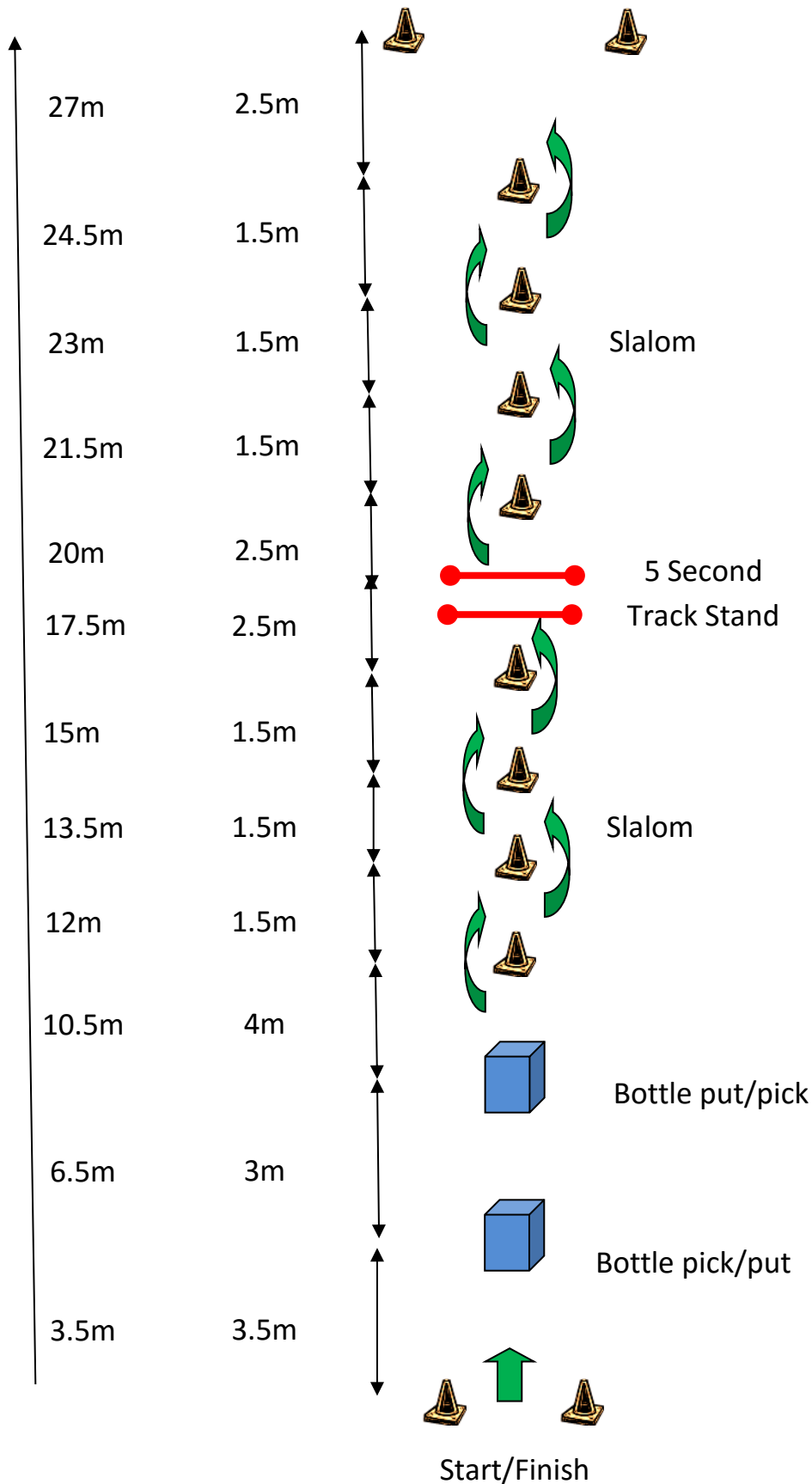
The rider starts off from the start gate

Picks up a bottle from the first crate and drops it off on the second crate

The slalom is then next

Followed by a 5 second track stand

Then another slalom

The rider dismounts at the Mount/Dismount gate and runs around the end cone with the bike

The rider then re-mounts their bike at the mount/dismount gate, and retraces their path back along the course, going through the slalom, track stand, slalom, bottle pick-up/put down, to finish at the start/finish gate.

Equipment required:-

13 cones

2 crates with bottles