



## RUNNING ORDER

Foxhall Heath Stadium, Ipswich—Saturday 22nd February 2024—5pm

### 2025 IPSWICH PRACTICE NIGHT

Session	Time	Formula
1	17.00	1ltr Hot Rods
2	17.08	Ninja Karts
3	17.16	Superstox
4	17.24	Bangers ( <i>1/2 total cars</i> )
5	17.32	Bangers ( <i>1/2 total cars</i> )
6	17.40	National Bangers
7	17.48	1300cc Stock Cars, Historic Stock Cars & National Saloon Stock Cars
8	17.56	Front-Wheel Drive Hot Rods, Lightning Rods & Rookie Rods
9	18.04	2.0 Hot Rods & Stock Rods
10	18.12	Classic Hot Rods & National Hot Rods
11	18.20	1ltr Hot Rods
12	18.28	Ninja Karts
13	18.36	Superstox
14	18.44	Bangers ( <i>1/2 total cars</i> )
15	18.52	Bangers ( <i>1/2 total cars</i> )
16	19.00	National Bangers
17	19.08	1300cc Stock Cars, Historic Stock Cars & National Saloon Stock Cars
18	19.16	Front-Wheel Drive Hot Rods, Lightning Rods & Rookie Rods
19	19.24	2.0 Hot Rods & Stock Rods
20	19.32	Classic Hot Rods & National Hot Rods
21	19.40	1ltr Hot Rods
22	19.48	Ninja Karts
23	19.56	Superstox
24	20.04	Bangers ( <i>1/2 total cars</i> )
25	20.12	Bangers ( <i>1/2 total cars</i> )
26	20.20	National Bangers
27	20.28	1300cc Stock Cars, Historic Stock Cars & National Saloon Stock Cars
28	20.36	Front-Wheel Drive Hot Rods, Lightning Rods & Rookie Rods
29	20.44	2.0 Hot Rods & Stock Rods
30	20.52	Classic Hot Rods & National Hot Rods



### **ALL DRIVERS PLEASE NOTE**

There is a strict **NON-CONTACT** policy at this event, deliberate offenders will be loaded up and may face further action.

We advise all drivers to maintain their racing line and to take notice of all flag and light signals on the raceway. A Blue Flag means, HOLD YOUR RACING LINE TO ALLOW FASTER CARS TO OVERTAKE.

Please be ready to join the raceway for your allocated practice slot, you will not be permitted onto the raceway without your correct personal protective equipment.

**You will be asked to show your wristband before you join the raceway.**

There will be no holding the gate.

If you wish, or have, to end your practice session early please pull wide on the bends and park against the armco retaining wall or in the lay-bys on the home and back straights.

If a RED FLAG is shown during a practice, you MUST stop immediately and safely. Once you have stopped for a red flag, you MUST NOT move again until an official asks you to do so—offenders will be excluded.

Please line up in the HOLDING AREA ready for your practice

**DRIVERS ARE REMINDED TO REMAIN IN THEIR VEHICLES WHILST ON THE TRACK OR PARKED ON THE INFIELD**

**DO NOT DRIVE OR PARK ON THE CENTRE GREEN GRASS**

You are warned that you must not consume alcohol at any time if you are competing—random breath tests may be taken

Race Receiver Channel (*All Formulas*) :- Channel 952

### **\*\*\*REMEMBER YOUR PIT SAFETY\*\*\***

**\*NO SMOKING IN THE PIT AREA**

**\*WHEN WORKING ON CARS ENSURE THAT THE CAR IS SUPPORTED AND NOT LEFT ON A JACK. IF A HIAB IS TO BE USED ENSURE PART OF THE CAR IS OVER THE FLATBED AREA OF THE LORRY.**

**\*ALL FUEL MUST BE KEPT IN SEALED CONTAINERS**

**\*CHILDREN MUST BE ACCOMPANIED IN THE PIT AREA AT ALL TIMES**

Please do not leave any scrap tyres or wheels at the raceway and can all drivers and pit crews assist by putting all rubbish in the bins.

Any questions, please contact race control throughout the evening, lap times will be available.