



**ROK CUP ROUND 5**  
**PRACTICE - FRIDAY 22/11/19**

| <b>TIME</b>     | <b>CATEGORY</b>               | <b>PROGRAMME</b> |       |
|-----------------|-------------------------------|------------------|-------|
| 9:00 AM         | MINI ROK                      |                  |       |
| 9:15 AM         | JUNIOR GP                     |                  |       |
| 9:30 AM         | EXPERT GP                     | Practice 1       | 15min |
| 9:45 AM         | KF1 ROK/ GP50                 |                  |       |
| 10:00 AM        | SENIOR GP (GROUP 1)           |                  |       |
| 10:15 AM        | SENIOR GP (GROUP 2)           |                  |       |
| 10:30 AM        | MINI ROK                      |                  |       |
| 10:45 AM        | JUNIOR GP                     |                  |       |
| 11:00 AM        | EXPERT GP                     | Practice 2       | 15min |
| 11:15 AM        | KF1 ROK/ GP50                 |                  |       |
| 11:30 AM        | SENIOR GP (GROUP 1)           |                  |       |
| 11:45 AM        | SENIOR GP (GROUP 2)           |                  |       |
| <b>12:00 PM</b> | <b>LUNCH BREAK</b>            |                  |       |
| <b>1:00 PM</b>  | <b>SCRUTINEERING (3HOURS)</b> |                  |       |
| 1:00 PM         | MINI ROK                      |                  |       |
| 1:15 PM         | JUNIOR GP                     |                  |       |
| 1:30 PM         | EXPERT GP                     | Practice 3       | 15min |
| 1:45 PM         | KF1 ROK/ GP50                 |                  |       |
| 2:00 PM         | SENIOR GP (GROUP 1)           |                  |       |
| 2:15 PM         | SENIOR GP (GROUP 2)           |                  |       |
| 2:30 PM         | MINI ROK                      |                  |       |
| 2:45 PM         | JUNIOR GP                     |                  |       |
| 3:00 PM         | EXPERT GP                     | Practice 4       | 15min |
| 3:15 PM         | KF1 ROK/ GP50                 |                  |       |
| 3:30 PM         | SENIOR GP (GROUP 1)           |                  |       |
| 3:45 PM         | SENIOR GP (GROUP 2)           |                  |       |
| 4:00 PM         | MINI ROK                      |                  |       |
| 4:15 PM         | JUNIOR GP                     |                  |       |
| 4:30 PM         | EXPERT GP                     | Practice 5       | 15min |
| 4:45 PM         | KF1 ROK/ GP50                 |                  |       |
| 5:00 PM         | SENIOR GP (GROUP 1)           |                  |       |
| 5:15 PM         | SENIOR GP (GROUP 2)           |                  |       |
| 5:30 PM         | ALL                           | Open Practice    | 60min |



**ROK CUP ROUND 5**  
**RACE DAY 1 - SATURDAY 23/11/19**

| <b>TIME</b>     | <b>CATEGORY</b>              | <b>PROGRAMME</b>        |         |
|-----------------|------------------------------|-------------------------|---------|
| 9:00 AM         | MINI ROK                     |                         | 10min   |
| 9:13 AM         | JUNIOR GP                    |                         | 10min   |
| 9:26 AM         | EXPERT GP                    | WARM UP                 | 10min   |
| 9:39 AM         | KF1 ROK/ GP50                |                         | 10min   |
| 9:52 AM         | SENIOR GP (GROUP 1)          |                         | 10min   |
| 10:05 AM        | SENIOR GP (GROUP 2)          |                         | 10min   |
| <b>10:20 AM</b> | <b>ALL</b>                   | <b>DRIVERS BRIEFING</b> |         |
| 11:00 AM        | MINI (GROUP B)               |                         | 10min   |
| 11:13 AM        | MINI (GROUP A)               |                         | 10min   |
| 11:26 AM        | JUNIOR GP                    |                         | 10min   |
| 11:39 AM        | EXPERT GP                    | QUALIFYING              | 10min   |
| 11:52 AM        | KF1 ROK/ GP50                |                         | 10min   |
| 12:05 PM        | SENIOR (GROUP B)             |                         | 10min   |
| 12:18 PM        | SENIOR (GROUP A)             |                         | 10min   |
| <b>12:28 PM</b> | <b>LUNCH BREAK</b>           |                         |         |
| 1:28 PM         | MINI ROK (A-B)               |                         | 10 laps |
| 1:43 PM         | MINI ROK (C-D)               |                         | 10 laps |
| 1:58 PM         | JUNIOR GP                    |                         | 10 laps |
| 2:13 PM         | EXPERT GP                    | HEAT 1                  | 10 laps |
| 2:28 PM         | KF1 ROK/ GP50                |                         | 10 laps |
| 2:43 PM         | SENIOR GP (A-B)              |                         | 10 laps |
| 2:58 PM         | SENIOR GP (C-D)              |                         | 10 laps |
| <b>3:13 PM</b>  | <b>MARSHAL BREAK (15MIN)</b> |                         |         |
| 3:28 PM         | MINI ROK (B-C)               |                         | 10 laps |
| 3:43 PM         | MINI ROK (A-D)               |                         | 10 laps |
| 3:58 PM         | JUNIOR GP                    |                         | 10 laps |
| 4:13 PM         | EXPERT GP                    | HEAT 2                  | 10 laps |
| 4:28 PM         | KF1 ROK/ GP50                |                         | 10 laps |
| 4:43 PM         | SENIOR GP (B-C)              |                         | 10 laps |
| 4:58 PM         | SENIOR GP (A-D)              |                         | 10 laps |
| <b>5:08 PM</b>  | <b>END OF DAY 1</b>          |                         |         |



**ROK CUP ROUND 5**  
**RACE DAY 2 - SUNDAY 24/11/19**

| TIME            | CATEGORY                     | PROGRAMME             |         |
|-----------------|------------------------------|-----------------------|---------|
| 9:00 AM         | MINI ROK                     |                       | 10min   |
| 9:13 AM         | JUNIOR GP                    |                       | 10min   |
| 9:26 AM         | KF1 ROK/ GP50                | WARM UP               | 10min   |
| 9:39 AM         | EXPERT GP                    |                       | 10min   |
| 9:52 AM         | SENIOR GP (GROUP A)          |                       | 10min   |
| 10:05 AM        | SENIOR GP (GROUP B)          |                       | 10min   |
| 10:25 AM        | MINI ROK (A-C)               | HEAT 3                | 10 laps |
| 10:40 AM        | MINI ROK (B-D)               |                       | 10 laps |
| 10:55 AM        | SENIOR GP (A-C)              |                       | 10 laps |
| 11:10 AM        | SENIOR GP (B-D)              |                       | 10 laps |
| <b>11:20 AM</b> | <b>LUNCH BREAK</b>           |                       |         |
| 12:30 PM        | MINI (GROUP B : EVEN)        |                       | 14 laps |
| 12:49 PM        | MINI (GROUP A : ODD)         |                       | 14 laps |
| 1:08 PM         | JUNIOR GP                    |                       | 16 laps |
| 1:29 PM         | EXPERT GP                    | PRE - FINAL           | 16 laps |
| 1:45 PM         | KF1 ROK/ GP50                |                       | 16 laps |
| 2:06 PM         | SENIOR (GROUP B : EVEN)      |                       | 18 laps |
| 2:29 PM         | SENIOR (GROUP A : ODD)       |                       | 18 laps |
| <b>2:47 PM</b>  | <b>MARSHAL BREAK (15MIN)</b> |                       |         |
| 3:02 PM         | MINI ROK                     |                       | 16 laps |
| 3:23 PM         | JUNIOR GP                    | FINAL<br>(GRID START) | 18 laps |
| 3:46 PM         | KF1 ROK/ GP50                |                       | 18 laps |
| 4:09 PM         | EXPERT GP                    |                       | 18 laps |
| 4:32 PM         | SENIOR GP                    |                       | 20 laps |
| <b>5:12 PM</b>  | <b>PRIZE PRESENTATION</b>    |                       |         |