



July 30th	RD7 MX DESCHAMBAULT	Sunday
07:30	In person Riders Meeting	
08:00	PreMix Practice	12 min
08:16	WMX Practice	12 min
08:30	250 FREE Practice(A/B) NO LAP TIMES	15 min
08:48	450 FREE Practice(A/B) NO LAP TIME	15 min
09:05	Intermission	10 min
09:05	PreMix Staging Closed	
09:15	PreMix Hot Lap	
09:23	PreMix Moto 1	12 min + 2 laps
09:40	PreMix Podium	
09:35	WMX Staging Closed	
09:45	WMX Hot Lap	
09:53	WMX Moto 1	12 min + 2 laps
10:15	WMX Podium	
10:15	Intermission	15 min
10:30	250 B Practice / Qualifying	15 min
10:48	250 A Practice / Qualifying	15 min
11:05	450 A Practice / Qualifying	15 min
11:23	450 B Practice / Qualifying	15 min
11:30	PreMix Staging Closed	
11:40	PreMix Hot Lap	
11:48	PreMix Moto 2	12 min + 2 laps
12:05	PreMix Podium	
12:00	WMX Staging Closed	
12:10	WMX Hot Lap	
12:18	WMX Moto 1	12min + 2 laps
12:35	WMX Podium	
12:35	Intermission / JSR TROPHY AWARD	25 min
12:50	250 Pro Staging closed	
13:00	250 Pro Hot Lap	
13:08	250 Pro Moto 1	25 min + 2 laps
13:40	250 Pro Podium	
13:40	Intermission / YAMAHA bLU cRU AWARD	20 min
13:50	450 Pro Staging closed	
14:00	450 Pro Hot Lap	
14:08	450 Pro Moto 1	30 min+ 2 laps
14:40	450 Pro Podium	
14:40	Intermission / Fred Laflamme award	20 min
14:50	250 Pro Staging closed	
15:00	250 Pro Hot Lap	
15:08	250 Pro Moto 2	25 min + 2 laps
15:40	250 Pro Podium	
15:40	Intermission	20 min
15:50	450 Pro Staging closed	
16:00	450 Pro Hot Lap	
16:08	450 Pro Moto 2	30 min + 2 laps
16:45	450 Pro Podium	