

Trackstar
Norfolk Arena
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King's Lynn
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1300 STOCK CAR RULES OF RACING

5 May 2025

Dear Driver

Welcome to King's Lynn for today's 1300 Stock Car meeting and many thanks for your support. . . another fantastic turnout and we really appreciate you coming along. We hope you have a good afternoon's racing and we hope to see you again soon.

Start of Races – NEW STARTING POSITION FOR RACES

PLEASE NOTE THAT THERE ARE GREEN TYRES BETWEEN TURN 3 AND TURN 4. THE LEAD WHITE TOPS MAY START AT ANY PERIOD BETWEEN THESE TWO TYRES. THE SAME GOES FOR ANY RESTARTS. DRIVERS STARTING BEFORE REACHING THE FIRST GREEN TYRE WILL BE DOCKED PLACES. IT IS IMPORTANT THAT ALL DRIVERS FROM ALL GRADES GO AT A STEADY ROLLING PACE UNTIL THE RACE STARTS. ANY DRIVER WHO STARTS RACING BEFORE THIS WILL BE DOCKED OR EXCLUDED FROM THE RACE. YOU HAVE ALL BEEN WARNED. THE LEAD WHITE TOP MUST SET A STEADY PACE AND THE POLE SITTER IN EACH GRADE IS RESPONSIBLE FOR MAINTAINING THE GAP BETWEEN GRADES.

IMPORTANT INFORMATION

Please note that drivers who in the opinion of the Steward "ride the fence" to gain an advantage will be excluded from the race.

Please note that if your car needs recovering after a race you must wait inside your car and not get out of it.

PLEASE ENSURE YOU ARE USING YOUR RACEIVER AND THAT IT IS TUNED TO CHANNEL 952 (FREQUENCY 461.8875). FAILURE TO HAVE A WORKING RACEIVER WILL SEE YOU EXCLUDED FROM THE RACE

SCRUTINEERING

scrutineering will now take place on the centre green. please line up at the pit gate where you will be allowed onto the scrutineering area. to help avoid a queue at start time, please take your car to scrutineering as soon as you can.

PLEASE NOTE THE FOLLOWING POINTS

WHEN DRIVING TO THE SCRUTINEERING AREA AND GOING THROUGH THE PIT GATE PLEASE TAKE CARE AND DO NOT DRIVE OVER 5MPH. PLEASE GO STRAIGHT TO THE SCRUTINEERING BAY. DO NOT DRIVE AROUND THE TRACK – YOU MAY BE LOADED IF YOU DO THIS!!!

IT IS THE DRIVER ONLY (NOT A MECHANIC) WHO TAKES THE CAR TO SCRUTINEERING IN CASE THERE ARE ANY PROBLEMS. NOBODY APART FROM THE DRIVER IS ALLOWED IN THE SCRUTINEERING AREA.

PLEASE ALSO REMEMBER THAT FIREPROOF GLOVES ARE MANDATORY AND THESE NEED TO BE PRESENTED AT SCRUTINEERING.

We would like to take the opportunity to remind you of some of our important Rules of Racing.

No Drivers Door Hits

No attacking cars on the Concrete Safety Area. All of the concrete area is designated as a safety area.

If you enter the concrete area inside the ring of tyres you should stop immediately and under no circumstances exceed 5mph.

No driver must exit their car on the infield or on track unless there is a major problem – IE Fire. At the end of a race you must remain in your car whilst recovery takes place. In the event of a stoppage and your car being recovered unless you need to exit the car for a medical reason you must remain in it.

If you win a race or have a trophy to come please pull up next to the trophy table on the middle and wait for an official to tell you to exit your car.

In the event of a stoppage the race will be restarted with any backmarkers between the top six drivers which are on the lead lap removed and sent to the back of the grid. These drivers will gain a lap back in the race. No driver must attempt to overtake or unlap themselves without being instructed to do so by an official. Any driver doing so OR moving on red flags without being instructed to do so will be excluded from the race.

Drivers should not have Smart-devices on their person during racing. Some have technology built into them, which could trigger responses from Emergency Services on impact.

Meeting Format

Format

- 1. 1300cc Stock Car Heat 1**
2. Micro Bangers Heat 1
3. 1600cc Bangers Heat 1
- 4. 1300cc Stock Car Heat 2**
5. 2L Bangers Heat 1
6. Micro Bangers Heat 2
- 7. 1300cc Stock Cars Heat 3**
8. 1600cc Bangers Heat 2
9. 2L Bangers Heat 2
- 10. 1300cc Stock Cars Final**
11. Micro Bangers Final and Destruction Derby
12. 1600cc Bangers Final and Destruction Derby
13. 2L Bangers Final and Destruction Derby

We will be running a 2/3rds format in the heats. The Final will be open to available cars.

Heat 1

SS	303											
R	244	671										
B	53	401	473	887								
Y	13	22	144	149	197	368	460	690				
W	28	85	127	133	136	209	254	319	382	720	790	
	919											

Heat 2

SS	167											
R	244											
B	142	401	473	517	887							
Y	13	33	144	191	197	388	460	916				
W	28	102	127	185	209	307	319	702	720	818	904	
	919											

Heat 3

SS	167	303										
R	671											
B	53	142	473	517								
Y	22	33	149	191	368	388	690	916				
W	85	102	133	136	185	254	307	382	702	790	818	
	904											

Please note that in the event of a stoppage the track curator may decide to water the track before the restart. If this happens you will be shown the 2 rolling lap board and the first rolling lap will be behind the water cart. During daylight it is highly probable that this will happen.

Wheels and Tyres and Rubbish

Please ensure you take all your rubbish with you including wheels and tyres. Any driver leaving wheels and tyres in the pits will be subject to an ORC ban. Please take your rubbish away with you or put it in one of the bins provided.

Pit Safety

Please note there is no smoking in the pits

There is a strict walking pace speed limit in the pits

When working under your car you must make sure it is supported by either a proper axle stand or with some wheels and not just left on a jack so if the car slips off the jack there is something to stop it causing a serious injury to whoever is underneath it. If a Hiab is used ensure part of the car is over the flatbed area of the lorry.

All fuel must be kept in sealed containers.

- In the pit area the speed limit shall not exceed walking pace at all times! Drivers and mechanics are reminded they must not encourage members of the public

(especially children) into the pit area. Members of the public are not permitted to gain entry to any racing venue via the pit gate entrance under any circumstances.

- When drivers are working on their car in the pits they should be aware at all times that members of the public may be in the pit area, as well as other competitors, mechanics and members of their families. The driver should make sure that a member of their crew is responsible for ensuring no-one is placed in danger by their work. Members of the public should be at least 2 metres away when carrying out any mechanical work.
- Normal Health and Safety rules apply within the Pit area. This particularly applies when mechanical equipment is being used like hiabs, stihl saws and welding equipment. Drivers must ensure that the people who are operating this equipment are fully qualified to do so and have the appropriate personal protective equipment such as goggles and footwear. The actions of the drivers crew remain their responsibility throughout the raceday.
- Fuel should be stored in approved containers and well away from public areas. When re-fueling a vehicle, a second person must be present with a fire extinguisher. Extra care should be taken if the engine is still hot. Members of the public should be at least 2 metres back when re-fueling.
- It is an ORCi rule in all formulas that a fully operational Fire Extinguisher is kept with all tow vehicles and its position is known to all your pit crew.
- When driving any vehicle in the pits you must always obey the 5 mph limit.
- Children must be accompanied by an adult at all times.