

Trackstar
Norfolk Arena
Saddlebow Road
King's Lynn
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1400 STOCK CAR RULES OF RACING

19th September 2026

Dear Driver

Welcome to King's Lynn for today's racing and many thanks for your support; we hope you enjoy the evening.

Drivers if you win prize money, please take your licence with you to collect; if you are collecting on behalf of someone else, please also have their licence with you.

Drivers when going to scrutineering – you should be appropriately dressed. i.e. Tshirts on please. Only the driver of the car can take it car to scrutineering.

You must remain in your car whilst queuing at pre meeting checks; and then get out of the car once you're at the front/ the scrutineers are ready for you.

We have seen an increase in the number of wheels/ tyres and other general racing debris being left in our pit area – please be advised we now have CCTV installed – any found leaving anything behind will face a ban or fine – please take it home with you.

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

1. Junior Banger Heat 1- on track at 4.40pm
2. Micro Banger Last Chance
- 3. 1400 Stock Car Heat 1**
4. 1600cc Banger Heat 1
5. Micro Banger UK Championship
- 6. 1400 Stock Car Heat 2**
7. Junior Banger Heat 2
8. 1600 Banger Heat 2
- 9. 1400 Stock Car Heat 3**
10. Micro Banger Allcomers 1
11. Junior Banger Final

12. 1400 Stock Car Final

13. 1600 Banger Final and Destruction Derby

14. Micro Banger Allcomers 2 and Destruction Derby

Meeting formats are subject to car availability and time constraints, which could result in a change.

The 1400 Stock Car are racing a two thirds format; heat splits are below. Races are graded order, and race winners must start at the back of their grade for the remaining races. The Final is for all available cars.

Heat 1

SS	168	304	368								
R	244	391									
B	99	673	700	733							
Y	22	33	85	197	382	401	460	512	517	573	790
	887										
W	28	93	114	209	233	356	751				

Heat 2

SS	1	168	303	304							
R	244										
B	157	673	702	733							
Y	22	41	85	319	401	441	460	504	517	671	681
	790										
W	29	93	199	209	256	356					

Heat 3

SS	1	303	368								
R	391										
B	99	157	700	702							
Y	33	41	197	319	382	441	504	512	573	671	681
	887										
W	28	29	114	199	233	256	751				

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 of 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.