



LARRY KING LAW'S LANGLEY SPEEDWAY
18TH ANNUAL HAMPTON HEAT SCHEDULE
UPDATED JULY 8



FRIDAY - JULY 24, 2026

- 11:00AM – 7:00PM** Sign-in at front office and gates open **LMSC's** only. All transporters will enter thru pit gate 4 and enter the infield thru turn 2. Track officials will be there to assist you
- Transporters will be staged on the back stretch
 - Tractor trailer transporters to the high side - Transporters with regular enclosed trailers to the low side
 - Parking will start at the entrance to pit road in turn 4 and parking will be as you enter the track
 - If you would like to park beside another team you must be in line together
 - Practice Tires and Qualifying/Race tires will be mounted starting at 11:30am
 - Teams that cannot make Friday's practice time will be allotted time on Saturday morning starting at 11:00am to mount tires.
 - Qualifying/Race tires will be impounded.
 - All paperwork needs to be completed before the end of the day
- 12:30PM – 1:00PM** Crew chief meeting at the start finish line on pit road to cover the afternoon and Saturday morning events
- 1:30PM** **LMSC** pre-tech inspection line opens. Inspection line will open during practice. Inspection will be on 4" blocks to check tread width, wheel base, body measurements and (No/Go) gauges on tops of Carburetors on the car
- 1:30PM – 6:00PM** **LMSC** Open practice. We will start with and maintain 14 cars on the track at a time. There will be a 3-minute break every 30 minutes if needed to clear the gates.
- 6:00PM** Tire Impound area closes
- 6:30PM – 7:00PM** All teams must start clearing out of the infield to allow track crews to complete their work in preparation for the Hampton Heat activities.
- 7:00PM** **LMSC** Garage closes

SATURDAY - JULY 25, 2026

- 11:00AM** Pit gates open **LMSC's** only.
- 11:00AM** Tire Impound opens
- 11:00AM** Main parking lots open
- 12:00PM – 12:35PM** **LMSC** Open practice round 1. We will start with and maintain 14 cars on the track at a time.
- 12:00PM** Pit gates open for UCARS
- 12:00PM** Grandstands open
- 12:40PM – 1:15PM** **LMSC** Open practice round 2. We will start with and maintain 14 cars on the track at a time.
- 1:15PM** Release **LMSC** qualifying tires (tires may be purged)
- 1:30PM** UCARS practice round 1.
- 2:00PM** UCARS practice round 2. 2nd round of practice will set the feature line-up.
- 2:30PM** Outside pits public parking opens (UCARS must stay in their pit area until race time.)
- 2:30PM – 3:10PM** **LMSC** MANDATORY driver, crew chief, and spotters meeting. Meeting will be in the pavilion VIP area outside of turn 4. Qualifying order will be pulled at this time.
- 3:10PM** **LMSC** ALL WORK IS COMPLETE AND CARS MUST BACKED OUT OF THEIR PIT AREA at this time and proceed to the technical inspection building. All cars will mount qualifying tires in their respective pit area. Maximum air pressure in the tech line is 20lbs in the left-side tires and 30lbs in the right-side tires. Air pressure can be adjusted on the qualifying line. (Air can be let out only)
- 3:20PM – 3:35PM** UCARS drivers meeting at the outside pits maintenance building
- 3:30PM** **LMSC** teams remove all pit stall tents in preparation for qualifying
- 3:45PM** **LMSC** qualifying begins (three laps = 1 scuff lap then green-white-checkered). All cars will be impounded in your pit stall backed in at a 45-degree angle and remain on the ground. Once the car is in place no team members or work is allowed at this time. **LMSC** final work session will be 30 Minutes and will start at 6:30pm
- 4:30PM – 5:00PM** Infield Fan Fest Set Up
- 4:30PM – 5:00PM** Remove transporters from the infield
- 5:00PM – 6:30PM** PBR Hampton Roads Fan Fest featuring The Dan Nichols Band (front stretch & pit road)
- 6:30PM – 7:00PM** **LMSC** Final Work Session
- 7:00PM** **LMSC** Driver Introductions
- 7:20PM** Invocation/ National Anthem
- 7:35PM** UCARS (35 laps/30 minute limit)
- 8:05PM** **LMSC** line up on front stretch
- 8:20PM** Command to start engines
- 8:30PM** 18th Annual Hampton Heat (200 laps)

Subject To Change

RACE PROCEDURES

- The Hampton Heat is 200 lap event and Caution laps will NOT count. The CONE and FREE PASS rules will be in effect may result in double file restarts
- There will be one (1) break at or about lap 100. Pit road will be closed at the break until race control relays for the caution truck to come to pit road. Cars will not go to their pit stalls you will be double filed on pit road
- This is a six (6) tire feature race
- The two (2) race event tires will be released at the start of the race and can be used at the lap 100 break.
- Four (4) practice tires will be checked in to be used as emergency change flat on the rim tires
- All tires used must have been purchased and recorded by the tire officials at the track July 24th or 25th

CAUTIONS

- Slow down and get single file. Your position will be determined by the last completed green flag lap do not pass or run side by side
- Caution truck will be in turn 1. Be conscious of safety equipment
- Pit road speed is 35 MPH. Caution laps will not count during the feature race. Be aware of the free pass car going to the outside. We will cone up with 2 to go
- You must maintain caution truck pace (explain) stay closed up to the car in front of you
- No work under red flag. Race control may see the need for a Red/Yellow
- If you are involved in an accident and cannot continue, stay in your car with your helmet and restraints on Drop your window net down. If you cannot drive your car back to the pit you must take the mandatory ride in the safety vehicle and be released in the infield Care Center
- At no time are you permitted to pass the caution truck, unless you are directed to do so by race control your spotter will relay this message to you
- If the red flag is displayed, STOP on the track at the direction of race control we will line you up in the position you would have held on the restart NO PASSING
- Winner to Start / Finish line 2-5 plus pole winner to tech area

RESTARTS

- All restarts will be in the re-start zone. The leader does not need to reach the start / finish line first but must be the first one to accelerate in the re-start Zone
- You may pass to the inside or outside once your car reaches the Start-Finish Line.
- Stay closed up to the car in front of you. If you lay back in race controls judgment, you may be penalized
- Be careful weaving after one to go

TIRE IMPOUND GUIDELINES

FRIDAY

- Tire impound opens at 11:00am
- Tires will be rolled out to competitors as per their size requested
- (6) six qualifying/race tires will be rolled out first. The car number and a "Q" will be marked on the inside and outside and placed to the side in the impound area
- Up to (8) practice tires will be rolled out second. The car number and a "P" will be marked on the inside and outside. These tires will be mounted and must immediately leave the tire impound area
- Once all practice tires are mounted the qualifying/race tires will be mounted and must remain in the impound area

SATURDAY

- Tire impound opens at 11:00am
- For new teams that were not at Friday's practice tires will be rolled out to competitors as per their size requested
- (6) six qualifying/race tires will be rolled out first. The car number and a "Q" will be marked on the inside and outside and placed to the side in the impound area
- Up to (8) practice tires will be rolled out second. The car number and a "P" will be marked on the inside and outside. These tires will be mounted and must immediately leave the tire impound area
- Once all practice tires are mounted the qualifying/race tires will be mounted and must remain in the impound area
- After qualifying prior to the 6:30pm final work session each competitor must register (4) four scuff tires to be used as emergency flat on the rim change tires. These tires must have been purchased at this event

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