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2006 Supercross Seeded and Non-Seeded Practice

For 2006 Supercross events, riders will be separated into Seeded and Non-Seeded groups for practice.

Supercross Class

At Anaheim 1 (Jan 7, 2006) only:

- The following riders will be considered Seeded Riders for Supercross Class Practices:
 - The top 20 from the 2005 Supercross final standings.
 - The top 20 in points from the 2006 World Supercross rounds (Canada).
 - Past or Present Supercross Lites*, Supercross, or Motocross Champions.
- The following riders will be seeded directly to the evening program:
 - The top 20 from the 2005 Supercross final standings.
 - The top 20 in points from the 2006 World Supercross Rounds (Canada).
 - A total of 26 riders maximum will be seeded directly to the evening program.
- Riders that are considered seeded for practices, but do not have any 2005 or 2006 Supercross points must race in the qualifying heat races (Day Qualifiers) to advance to the evening program.

Starting at the second event (Phoenix, AZ Jan 14, 2006) and thereafter:

- Seeded Riders for Supercross Practices will be the top 20 riders in the point standings in the 2006 AMA Supercross Series.
- The top 20 riders in the point standings in the 2006 AMA Supercross Series will be seeded directly to the heat races in the evening program.
- All other riders will be considered Non-Seeded.
- In the interest of safety, and at his discretion, the Series Manager may seed a rider into seeded practice; however this rider must ride in the day qualifying heat to advance to the evening program.

Supercross Lites East / West

At Anaheim 1 (SX Lites West – Jan 7, 2006) and St Louis (SX Lites East – Feb 18, 2006) only:

- The following riders will be considered seeded riders for Supercross Lites practices:
 - Riders in the top 20 from the 2005 Supercross Lites* East or West final standings.
 - Riders in the top 20 in points from the 2005 Supercross final standings.
 - Past or Present Supercross Lites* or Supercross Champions, or Motocross Lites* or Motocross Champions.
- The top 10 riders from the 2005 Supercross West or East final points standings will be seeded directly to the evening program.
- Riders that are considered seeded for the practices, but are not in the top 10 of the 2005 East or West points standings must race in the qualifying heat races (Day Qualifiers) to advance to the evening program.

Starting at the second event of the West (Phoenix, AZ Jan 14, 2006) and East (Atlanta, GA Feb 25, 2006) and thereafter:

- Seeded riders for practices will be the top 20 in the point standings in the 2006 Supercross Lites East or West Class.
- Riders out of the top 20 in the point standings will be considered Non-Seeded.
- The top 10 riders in the point standings in the 2006 AMA Supercross Lites Series will be seeded directly to the heat races in the evening program.
- In the interest of safety, and at his discretion, the Series Manager may seed a rider into seeded practice however this rider must ride in the day qualifying heat to advance to the evening program.

*Formerly 125