

TIMETABLE

CHECK-INS

Port Macquarie

TO BE CONFIRMED, Port Macquarie

THURDAY 16th	4pm to 8pm	Everyone
FRIDAY 17th	3pm to 8pm	217km - 160km - Pacer - 100km Staged Race - 100km Solo - 75km Staged Race - 50km - 5km
SATURDAY 18th	4pm to 8pm	25km - 13km - 2.5km

Race Hub

Race hub, morning of the event

SATURDAY 18th	5am to 6am	Race registration and bib pick up - 100km, 75km Staged, 50km, 5km. If you have not done your mandatory check and collected bib by 6am, you will not be racing.
SUNDAY 19th	5am to 6am	Race registration and bib pick up - 25km, 13km. If you have not done your mandatory check and collected bib by 6am, you will not be racing.

Race Hub

TENT



FRIDAY 17th	10.00am	Race Hub is open to Support Crews/Friends/Family/Runners to set up transition tents.
FRIDAY 17th	9.00pm	Race start/finish hub CLOSED to transition tents being put up. (You can't put tents up Saturday)
SUNDAY 19th	2pm	Race Hub is open to vehicles



 **COASTAL**
HYGIENE SERVICES

TIMETABLE RACE STARTS

Race Hub

Briefing 15-30 mins before

FRIDAY 17th	5.30pm	217km Race
	7.00pm	160km - 100 Staged Race [Day 1]
SATURDAY 18th	6.30am	100km Solo
	7.30am	50km - 100km Staged Race [Day 2] - 75km Staged Race [Day 1]
	10.00am	5km
SUNDAY 19th	7.00am	25km - 100km Staged [Day 3] - 75km Staged [Day 2]
	7.30am	13km
	11.00am	FREE Kids Race Start 2.5km

TIMETABLE

Race Hub

SATURDAY 18th	TRAFFIC 5am to 7.30am	PLEASE NOTE ONLY 1 WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM (NO DROP OFF AND GO EITHER MORNING)
	6.30am	100km Staged Race [Day 1 must be finished] 75km Staged Race [Day 1 must be finished]
	50KM CUT OFF 10.30pm	50km Race Cut-Off [15hrs for UTMB points, MUST BE FINISHED TO GET UTMB points] NOTE: You will be allowed to continue until Sunday 2pm, (NO UTMB points)
	11.59pm	- If the 160km runner has pulled out already or has not come back to start their 5th lap, their Pacer is allowed to start their 50km 2 lap reverse direction solo - If the Pacer completes the 50km – 2 laps before 2pm they will receive a 50km finishers medal. - If they don't start at 12am, they may not finish the 2 laps before 2pm - If 160km runner arrives back to start their 5th lap and their Pacer has decided to leave at 12am, they will have to continue on without them



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Race Hub

SUNDAY 19th	TRAFFIC 5am to 7.30am	PLEASE NOTE ONLY 1 WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM [NO DROP OFF]
	75KM CUT OFF 5.30am	Last Lap [4th lap / 75km cut off] 100km [must have left by 5.30am or you will not be allowed to continue]
	6.00am	100km Staged Race [Day 2 must be finished], 75km Staged Race [Day 1 must be finished]
	7.00am	If the 160km runner has pulled out already or has not come back to start their 6th lap, their 25km pacer/s are allowed to start their 25km 1 lap reverse direction solo. If the pacer completes the 25km – 1 lap before 2pm they will receive a 25km finishers medal, this decision will be up
	2.00pm	Course Closed to ALL Runners



DON'T LIMIT YOUR
CHALLENGES
CHALLENGE
YOUR LIMITS

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