

ATURCARA PERLIS PUTRA ULTRA MARATHON

21 DECEMBER 2019	ACTIVITY
6.00 AM	- CREW SETUP CHECKPOINT (CP) & FLAG OFF
6.05 AM	- WARMING UP
6.20 AM	- TECHNICAL BRIEFING
6.30 AM	- FLAG OFF 20 KM
7.00 AM	- WARMING UP
7.20 AM	- TECHNICAL BRIEFING
7.30 AM	- FLAG OFF 5 KM
10.45 AM	- PRIZE GIVING CEREMONY 5 KM & 20 KM - GRAND LUCKY DRAW 5 KM & 20 KM
11.00 AM	- EVENT ENDS & DISPERSED
11.30 AM	- CREW SETUP 55 KM & 75 KM
12.00 PM	- CREW REST
3.00 PM	- CREW SETUP ROUTE & CHECKPOINT (CP) 55 KM & 75 KM
3.30 PM to 5.10 PM	- CHECK IN DROP BAG 75 KM - MANDATORY ITEMS CHECK 75 KM
4.30 PM	- WARMING UP
5.15 PM	- TECHNICAL BRIEFING
5.30 PM	- FLAG OFF 75 KM
8.00 PM to 9.40 PM	- CHECK IN DROP BAG 75 KM - MANDATORY ITEMS CHECK 55 KM
9.45 PM	- TECHNICAL BRIEFING
10.00 PM	- FLAG OFF 55 KM
22 DECEMBER 2019	ACTIVITY
10.45 AM	- PRIZE GIVING CEREMONY 55 KM & 75 KM
11.00 AM	- EVENT ENDS & DISPERSED