

The Ultra Challenge Rimonim Israel – official time table

Tuesday 05.03.2019

13:00-16:00 – Rimonim Galei Kineret

16:00 – Briefing for overseas participants

17:00 – Briefing for Israeli participants

18:30 - Dinner

Wednesday 06.03.2019

5:00 – Light breakfast for athletes and their crew members.

07:00 Starting first day of The Ultra Challenge Rimonim Israel from Gali Kineret

11:00 - Check out

13:00 – Cut-off swimming. Any athlete not reaching the swim finish by then will be declared a "Participant" and **may** be allowed to continue at his/her own risk.

19:00 – The bike course Stage I will be **CLOSED 12 hours after the start of Stage 1**. Any athlete not reaching the finish by then will be declared a "Participant" and may be allowed to continue at his/her own risk. Last athlete arrival at the Rimonim Jerusalem hotel for reception and dinner.

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Thursday 07.03.2019

05:00 - Breakfast buffet for athletes and their crew members. Each crew will take Breakfast Box for athletes and crew members.

07:00 – Start of day 2 from Lido Junction.

The bike course **Day 2** will CLOSE 12 hours after the start. Any athlete not reaching the finish by then will be declared a "Participant" and may be allowed to continue at his/her own risk.

Reception and dinner at the Rimonim Hotel in Eilat.

Friday 08.03.2019

05:00 – light buffet for athletes and their crew members.

06:00 - The 85 km double-marathon starts from Rimonim Eilat To Yotveta and back. The run course will vary from flat to rolling hills with a mix of asphalt and dirt road

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The Run course has **additional cut-offs at 42 km – 6 hours and at 63 km – 9 hours.**

Athletes not making these cut-offs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified and not eligible for any awards. Cut-off times may be modified if course conditions warrant.

The Run course **will be closed 12 hours after the start of Day 3.**

Any athlete not reaching the finish by then will be declared a "Participant".

Saturday 09.03.2019

10:00 - Awards Brunch & Celebration