

THE HAJAR

ULTRA 110 KM

Al Hamra
Start Line

23 November 2023

06:30 Am

Emergency Numbers

Alhletes must ensure that the following event emergency numbers are loaded onto thrie phones prior to starting the race:

9144 9899

9999

Technical Section **Steep / hazardous** **Cables Section**

WC **Toilet** **Poor Signal** **Drop Bag** **Crew Access**

Food **Soup** **Snack** **water**

1 Appropriate safety protocol will be implemented at the cabled section

2 The participants on the 110km are expected to drop their baggage at the start line in Al Hamra and collect the bags after the race from Berkhat Al Mouz at the finish line.

Cabel Section

7 Alila

Cut off time
11:00 Pm

10 Wad Bani Habib

Cut off time
07:30 Am

14 Masirat Ruwajih

Cut off time
01:00 Pm

12 Al Aqar

Cut off time
01:00 Pm

13 Sallut

Cut off time
01:00 Pm

15 Muaydn

Cut off time
06:30 Pm

16 Tawi sadh

Cut off time
06:30 Pm

Birkat al Mouz

24 November 2023

Cut off time
06:30 Pm