

**ULTRA MADEIRA 2023 - 7/11/23 (SATURDAY)**

Check Point	Name	Check Point Type	Still Water	Sparkling Water	Isotonic Drink	Pepsi Cola	Banana	Orange	Sliced bread	Date fruit	Raizens	Chips	Sweet potato	Cake	Chocolate	Cookies	Cheese	Crackers	Marmelade	Toast bread	Energetic bars	Jam + Honey	Salt	Toamto	Coffee	Tea	Chicken Soap	Pasta
CP1	Fonte do Bispo	C/S L S PA FA	x	x	x	x	x	x		x				x	x	x			x		x				x	x		
CP2	Bica da Cana	C/S L S PA FA	x	x	x	x	x	x		x	x	x		x				x	x	x	x	x			x	x		
CP3	Encumeada	C/S L S PA FA MP	x	x	x	x	x	x	x	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
CP4	Pico Ruivo	C/S L	x	x	x	x			x		x	x	x	x	x	x	x		x		x	x						
CP5	Pico do Areeiro	C/S L S PA FA MP	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
CP6	Poiço	C/S L PA	x	x	x	x																						
CP1 (30K)	Pico do Suna	L	x																									
CP7	Portela	C/S L S PA FA	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
CP8	Casa das Funduras	C/S L	x	x	x	x	x	x	x						x	x		x	x	x		x	x	x				
Meta	Canical	C/S L S FA	x	x		x	x	x			x	x		x														

**ULTRA MADEIRA 2023 - 08/10/23 (SUNDAY)**

Check Point	Name	Check Point Type	Still Water	Sparkling Water	Isotonic Drink	Pepsi Cola	Banana	Orange	Sliced bread	Date fruit	Raizens	Chips	Sweet potato	Cake	Chocolate	Cookies	Cheese	Crackers	Marmelade	Toast bread	Energetic bars	Jam + Honey	Salt	Toamto	Coffee	Tea	Chicken Soap	Pasta
CP1	Túnel do Canical	C/S L	x	x	x	x																						
Meta	Canical	C/S L S FA	x			x	x	x			x	x		x														

**Abbreviations:** C/S - Check Point/Supply Station; L - Liquids ; S - Solids; PA - Personal Assistance; FA - First Aid; CC - Clothes Change; MP - Medical Post