



## Ultra Trail Australia 100km Nutrition & Hydration Template

Check Point	Distance (km)	Your Approximate Time	Nutrition (What will you take/ consume?)	Hydration (How much do you need?)
Start - Scenic World	11.4			
CP1 - Narrow Neck	20.2			
CP2 - Dunphy's Camp	14.4			
CP3 - Six Foot Track	11.3			
CP4 - Katoomba Aquatic Centre	12.1			
Water Point	9			
CP5 - Queen Victoria Hospital	12.8			
Emergency Aid Station	8.8			