

bocaina



Food Stations

Are established by organization; food & drinks will be provided in the water by a canoeist or another person responsible.

Refreshing stops are at the same time for all groups.

There will be a fixed schedule established by the organization for all stops.

Each break will last maximum 5 minutes.

FOOD STATIONS TIME SCHEDULE

GRUPO	1º PARADA -1h25 de Salida	2º PARADA – 2h40 de Salida	3º PARADA – 3h40 de Salida	4º PARADA – 4h 40 de Salida
LENTO Salida 07:45am	9.10 HRS	10.25 HRS	11.25 HRS	12.25 HRS
MEDIO Salida 08:00am	9.25 HRS	10.55 HRS	11.55 HRS	12.55 HRS
RAPIDO Salida 08:20am	10.05 HRS	11.20 HRS	12.20 HRS	13.20 HRS

Note; After the 2nd stop there will be a next stop each hour until the finish.

** In case that the start times will change, the time of the stops will be adjusted proportionally.

What type of food & drinks will be provided by the organization during the race?

- Water, isotonic drinks, fruits, energy gels, Vaseline and Biodramina

Can a volunteer in a kayak provide a swimmer with his/her proper food or drinks?

- **NO.** Except energy gels which can be inside of the neoprene of the swimmer.