



ELS BASTIONS® SKYRACES

Races programme

The program of events detailed below is provisional and will be expanded as the acts are confirmed.

31/05/2019	UBSTNS	TBSTNS	MBSTNS	SBSTNS	mBSTNS	ACTIVITY	PLACE
17:00 a 20:00	X	X	X	X		Bib race delivery for Short, Marathon, Trail & Ultra	Municipal Sports Hall (Ribes de Freser)
17:00 a 20:00	X					Drop bag for Núria (red) pick up	Municipal Sports Hall (Ribes de Freser)
20:00 a 20:30	X	X	X	X		Briefing Short, Marathon, Trail & Ultra (Catalan)	Cinema (Ribes de Freser)
21:00 a 21:30	X	X	X	X		Briefing Short, Marathon, Trail & Ultra (Spanish/English)	Cinema (Ribes de Freser)
17:00 a 22:00	X	X				Drop bags for Campelles/Pardines (black) & Trail for Núria (green) pick up	Municipal Sports Hall (Ribes de Freser)
23:15 a 23:45	X					Check of the compulsory technical material	Municipal Sports Hall (Ribes de Freser)
23:45 a 23:55	X					Short briefing	Municipal Sports Hall (Ribes de Freser)
0:00	X					Start Ultra Els Bastions*	Municipal Sports Hall (Ribes de Freser)
01/06/2019	UBSTNS	TBSTNS	MBSTNS	SBSTNS	mBSTNS	ACTIVITY	PLACE
4:15 a 5:15		X				Bib race delivery and drop bag for Núria (green) pick up	Municipal Sports Hall (Ribes de Freser)
5:15 a 5:45		X				Check of the compulsory technical material and drop bag for Núria (green) pick up	Municipal Sports Hall (Ribes de Freser)
5:45 a 5:55		X				Short briefing	Municipal Sports Hall (Ribes de Freser)
6:00		X				Start Trail Els Bastions*	Municipal Sports Hall (Ribes de Freser)
5:15 a 6:15			X			Bib race delivery for Marathon	Municipal Sports Hall (Ribes de Freser)
6:15 a 6:45			X			Check of the compulsory technical material	Municipal Sports Hall (Ribes de Freser)
6:45 a 6:55			X			Short briefing	Municipal Sports Hall (Ribes de Freser)
7:00			X			Start Marathon Els Bastions*	Municipal Sports Hall (Ribes de Freser)
6:15 a 7:15				X		Bib race delivery for Short	Municipal Sports Hall (Ribes de Freser)
7:15 a 7:45				X		Check of the compulsory technical material	Municipal Sports Hall (Ribes de Freser)
7:45 a 7:55				X		Short briefing	Municipal Sports Hall (Ribes de Freser)
8:00				X		Start Short Els Bastions*	Municipal Sports Hall (Ribes de Freser)
8:15 a 9:15					X	Bib race delivery for Mini	Municipal Sports Hall (Ribes de Freser)
9:00 a 9:15					X	Start Mini Infants (2005-2006)	Municipal Sports Hall (Ribes de Freser)
9:15 a 9:30					X	Start Mini Alevins (2007-2008)	Municipal Sports Hall (Ribes de Freser)
9:30 a 9:45					X	Start Mini Benjamins (2009-2010)	Municipal Sports Hall (Ribes de Freser)
9:45 a 10:00					X	Start Mini Benjamins/ Prebenjamins (2011-20014)	Municipal Sports Hall (Ribes de Freser)
10:00 a 10:30					X	Awards ceremony for Mini	Municipal Sports Hall (Ribes de Freser)
10:30 a 11:00				X		Expected arrival of the first runners of Short	Municipal Sports Hall (Ribes de Freser)
12:30 a 13:00			X			Expected arrival of the first runners of Marathon	Municipal Sports Hall (Ribes de Freser)
13:00 a 13:30	X					Expected arrival of the first runners of Ultra	Municipal Sports Hall (Ribes de Freser)
13:30 a 14:00				X		Awards ceremony for Short	Municipal Sports Hall (Ribes de Freser)
14:00				X		Short closure	Municipal Sports Hall (Ribes de Freser)
15:00 a 15:30		X				Expected arrival of the first runners of Trail	Municipal Sports Hall (Ribes de Freser)
15:30 a 16:00			X			Awards ceremony for Marathon	Municipal Sports Hall (Ribes de Freser)
16:00 a 16:30	X					Awards ceremony for Ultra (Men category)	Municipal Sports Hall (Ribes de Freser)
18:00 a 18:30		X				Awards ceremony for Trail (Men category)	Municipal Sports Hall (Ribes de Freser)
20:30 a 21:00	X					Awards ceremony for Ultra (Female category)	Municipal Sports Hall (Ribes de Freser)
21:00 a 21:30		X				Awards ceremony for Trail (Female category)	Municipal Sports Hall (Ribes de Freser)
23:00			X			Marathon closure	Municipal Sports Hall (Ribes de Freser)
02/06/2019	UBSTNS	TBSTNS	MBSTNS	SBSTNS	mBSTNS	ACTIVITY	PLACE
2:00	X	X				Ultra & Trail closure	Municipal Sports Hall (Ribes de Freser)