

YTF Check Point Schedule

Ver 6.3

	Location	Distance	Cut Off Time	Drinks	Food
Start Point	Tai Tong	0.00 km		Water, Sport Drinks	n/a
SCP 1	Sze Pai Shek Shan	7.50 km		n/a	n/a
CP 1	Fung Kat Heung	12.50 km	13:30 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Noodles, Bread, Chocolate, Bananas.
SCP 2	Ta Shek Wu	19.50 km		water	n/a
CP 2	Kadoorie Farm and Botanic Garden	27.50 km	18:20 (Jan 05)	Water, Sports Drinks, Hot Chocolate, Hot Chinese Tea.	Swiss-rolls, Small Cake, Chocolate, Bananas, Oranges.
SCP 3	Sze Fong Shan	33.80 km		n/a	n/a
CP 3	Wun Yiu	39.50 km	22:40 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Fried Rice, Fried Noodle, Bread, Chocolate, Bananas, Oranges.
SCP 4	Grassy Hill	43.30 km		n/a	n/a
Finish Point	Fo Tan	49.50 km	02:00 (Jan 06)	n/a	n/a