


# PIT Stop ( PS) & Timing Station ( TS) Plan 2023

	<b>Pit Stop Timing Station</b>		<b>Location</b>	<b>Solid Food</b>	<b>Ride Natural</b>	<b>Hydration</b>	<b>* Facilities</b>
<b>Start</b>	<b>Point Pedro</b>					Water /Jeevani - Local Electrolyte powder	
<b>PS/TS 1</b>	<b>Vavuniya</b>		<b>Rock Side Hotel</b>	Egg Sandwich	Banana / Watermelon	Water /Jeevani	Toilets
<b>PS/TS 2</b>	<b>Dambulla Change Over</b>		<b>Jetwing Lake</b>	Breakfast Buffet ( Milk Rice Toast . Cereal	Banana / Watermelon	Water /Jeevani Tea/ Coffee	Hotel/ Pool showers Pool / Toilets
<b>PS/TS 3</b>	<b>Mahiyangana</b>		<b>Mapakada Village</b>	Vegetable Kottu (Roti based) / Chicken Curry	Banana / Watermelon	Water/ Jeevani	Hotel/ Pool showers Pool / Toilets
<b>PS/TS 4</b>	<b>Wellawaya</b>		<b>Rusira Resort</b>	Egg Sandwich	Banana / Watermelon	Water/ Jeevani	Toilets
<b>Finish</b>	<b>Dikwella</b>		<b>Dikwella Resort &amp; Spa</b>	Dinner Buffet at 7.30 PM Awards at 11.30 Pm Onwards on 28th Oct	Banana / Watermelon	Drink /Water/ Jeevani	Hotel/ Pool showers/ Toilets / A- La Cate menu at 15 % off