



Mt Disappointment 50k & 50M Cut-off Times

| Location | 50k Distance | 50k Cutoff | Clock time | 50M Distance | 50M Cutoff | Clock time |
|--------------|--------------|------------|------------|--------------|------------|------------|
| Start | | | 6:30am | | | 6:30am |
| Red Box #1 | 5.7 | | | 5.7 | | |
| Clear Creek | 10.7 | 3hr 15min | 9:30am | 10.7 | 2hr 30min | 9:00am |
| Josephine #1 | 13.4 | | | 13.4 | 3hr 30min | 10:00am |
| Red Box #2 | 21.2 | 7hr 0min | 1:30pm | 21.2 | 6hr 0min | 12:30pm |
| Westfork | 26.2 | 8hr 30min | 3:00pm | 26.2 | 7hr 30min | 2:00pm |
| Newcomb #1 | N/A | | | 29.5 | 9hr 0min | 3:30pm |
| Newcomb #2 | N/A | | | 31.9 | 9hr 45min | 4:15pm |
| Shortcut | N/A | | | 40.9 | 11hr 45min | 6:15pm |
| Westfork #2 | N/A | | | 44.7 | 13hr 0min | 7:30pm |
| Finish | 31.5 | 11hr 0min | 5:30pm | 50.0 | 15hr 0min | 9:30pm |

 = absolute cut-offs

 = suggested cut-offs

 = 50M cut-off - MUST go finish on the 50k course

AC 100 (comparison)

| Location | Distance | Cutoff | Clock time |
|-----------------|----------|------------|------------|
| Start | 0 | 0 | 5:00am |
| Inspiration Pt. | 9.3 | 3hr 15min | 8:15am |
| Vincent Gap | 13.85 | 4hr 20min | 9:20am |
| Islip Saddle | 25.91 | 8hr 5min | 1:05am |
| Eagle's Roost | 29.98 | 9hr 35min | 2:35pm |
| CloudBurst | 37.54 | 11hr 30min | 4:30pm |
| Three Points | 42.72 | 13hr 0min | 6:00pm |
| Mt. Hilyer | 49.08 | 15hr 0min | 8:00pm |
| Chilao | 52.8 | 16hr 10min | 9:10pm |