



ATHLETICS FEDERATION OF INDIA

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F.No. 11-43/AFI/17

December 21, 2018

All Affiliated Units of AFI & Individual Athletes meeting criteria for selection

Subject :- Participation of Ultra Runners in 2019 World Trail Championships - Miranda do Corvo, Portugal on 08th June

Dear Sir,

The Athletics Federation of India (AFI) invites entries for the 2019 World Trail Championships which is organized by the International Association of Ultrarunners (IAU) in conjunction with the International Trail Running Association (ITRA)

Ultra Runners of India who fulfill the guidelines laid down by the AFI viz-a-viz the quota allotted to AFI by the IAU, will officially represent India after selection by the duly constituted AFI Committee. As per the IAU a maximum of six athletes each in the Men & Women category can be sent by the Athletics Federation of a country. The selection criteria has been set by the Athletics Federation of India in the Selection Guidelines uploaded on the AFI website on 21 August 2018.

In this regard, detailed eligibility criteria, guidelines, instructions for selection and participation of Ultra Runners are enclosed as **Annexure 'A'** to this letter. Interested Runners, both from AFI Affiliated Units & Individuals practicing Ultra Running and meeting selection criteria, may send their entry by submitting their details through the **online form** available on the Athletics Federation of India Website- <http://indianathletics.in>

AFI is only facilitating the participation of Indian Ultra Runners who meet qualification levels set by the AFI. The selected athletes will have to bear all expenses of training, kitting, air travel, visa, boarding and lodging and any other related expenses. Selected athletes are expected to deposit with AFI the advances required to be paid by AFI to the LOC at Portugal for their participation.

The last date for receipt of entry online is **28th February 2019, 1700 hrs. (IST)**. No request for acceptance of applications will be entertained beyond the target date. The completed entry forms must be submitted online only. Any queries may kindly be addressed to- ultramarathon@indianathletics.in .

Thanking You

(C.K. VALSON)
Secretary, AFI

2019 TRAIL WORLD CHAMPIONSHIPS
MIRANDA DO CORVO, PORTUGAL 08TH JUNE 2019
SELECTION / PARTICIPATION GUIDELINES AND ELIGIBILITY CRITERIA

Introduction

1. The 2019 World Trail Championships is to be held on 08th June 2019 at Miranda do Corvo, Portugal. (<http://www.iau-ultramarathon.org/>). This is an International Association of Ultrarunners (IAU) Competition in conjunction with the International Trail Running Association (ITRA). Athletics Federation of India (AFI) herein has set out guidelines, eligibility criteria and process for selecting athletes to represent India at the 2019 Trail World Championships. The Trail World Championships will be part of the annual Trilhos dos Abutres held.

The Course

2. The course is a technical Trail of about 50 km, with a total elevation gain / loss of approximately 2100+ meter, and expected to have a cutoff time of 8 hours with intermediary cutoff timings. Details of the course are still to be announced by the Local Organising Committee.

Selection Criteria

3. **ITRA Performance Index-** ITRA certifies race routes based on the distance and elevation loss / gain and technicality involved. ITRA then awards a route with Endurance difficulty points; Mountain level points and a Finisher Criteria. The finishers of these races are awarded a 'score' This score represents an "evaluation" of the performance of a runner in the race in question, the highest possible score being 1000. The various scores given to a runner are used to calculate the runner's performance index (general or by trail category). The **ITRA performance index** is intended to provide a tool for evaluating the speed level of trail runners. In particular, the performance index can be used for comparing the speed of runners around the world, including athletes who may never have run in the same event.

(https://itra.run/page/269/FAQ_scores_and_Performance_index.html)

4. AFI Tool for selection of athletes. **The ITRA Performance Index is the tool that AFI (Ultra Running Committee) is applying to select the Athletes to represent India at the 2019 Trail World Championships.** The performance of Athletes who would be selected to represent India will be based on evaluation of individual athlete's performance as per the Race Category Specific cotation awarded to them by ITRA and given on the ITRA Website. Indian Ultra Trail Athletes can check their individual performance / cotation, under 'Search a runner' section of the ITRA Web site given at <http://www.i-tra.org/community/> .

5. **Minimum Requirements-** The 2019 Trail World Championship is a 50 km technical mountain course, with a total elevation gain / loss of approximately 2100+ meter, having a cutoff time of 8 hours. ***The athlete, in the ITRA race Category of S (45 Km – 74 Km) or M (75 Km to 114 Km) should have obtained a minimum cotation of:***

Men : 650

Women : 550

Selection Process

6. The selection process is as follows:

(a) Only Indian Citizens will be considered.

(b) Online Form. Athletes meeting the criteria need to submit the online form which is posted on the AFI website. (<http://indianathletics.in>)

(c) Qualifying period. The athlete should have run the race category specific races and have achieved the Race Specific Benchmark in a period 18 months before the date of the Championship and up to the date for submission of the application. **The Championship date 08 June is 2019, Last date for submission of the application is 28 February 2019. The Qualifying Period is from 07 December 2017 to 28 February 2019.**

(d) Race Results. The results of the races run by the athlete must be available on the website of the organizer as on the date of submission of the application. Also, the cotation should be available on the ITRA website. Results / cotation which are made available after the last date (28 February 2019) for submission of the application will not be considered.

(e) Proof of Fitness. In addition to meeting the Race Specific Bench Mark and Qualifying period, **athletes will also have to provide details of ultra races run in a period up to 12 months from the Championships date and up to the last date of submission of online form, as a proof of fitness, these are races run from 09 June 2018 to 28 February 2019.** If this information is not available, the athlete may not be considered for the selection process solely on the basis of having met the Race Specific Bench Marks during the Qualifying Period. ***In addition the selected athletes may be required to undergo a fitness test as per the discretion of the selection committee. Failing this, the athlete may not be permitted to participate in the championships.***

(f) Team Composition. Up to 06 Men and 06 Women **or** as specified by the IAU, meeting the standards set by AFI could be selected to represent India.

(g) **Selection Procedure.**

(i) **No selection trials will be carried out.**

(ii) Athletes will be selected based on the specified Race Category Races run during the qualifying period and the ITRA Race Category Specific cotation awarded under the S or M category.

(iii) In the event of a tie between the athletes who meet the selection criteria of cotation 650 for men and 550 for women, preference will be given to the athlete with a higher General cotation.

(iv) If there is a tie between athletes in the General cotation, then preference will be given to the athletes with more experience in trail races, and will be decided by the selection committee.

(h) **Intimation of Selection Results.** Selected athletes will be intimated by e-mail and result of the selection will be posted on the website of AFI- (<http://indianathletics.in>) one week after the last date of submission of applications, 28 February 2019.

7. **Expenditure for participation.** The details are as given:

(a) **Athlete Funded Event.** The selected Athletes will have to bear all cost of training, nutrition supplements, travel, visa, accommodation, and any other expenses related to these events. Athletes will be responsible for booking their flight tickets and processing their visa applications in time. AFI and the Local Organizing Committee of the event will provide documents required for processing the visa.

(b) **Kitting.** Basic kitting requirements will be met by AFI and is to be worn during the Championships. Any specific gear required for the race including shoes would need to be procured by the athletes.

(c) **Accommodation.** Although the IAU / LOC provides free boarding and lodging for up to 02 Men and 02 Women athletes (or as decided by IAU), the cost for accommodation will be shared among all athletes (men and women) selected and all athletes will be required to pay for accommodation equally. Accommodation payments will be done through AFI.

(d) **Payment for accommodation.** Selected athletes will be required to make a deposit in INR with the AFI towards accommodation. This amount will be decided on the basis of accommodation costs as specified by the LOC. Athletes will be required to give their willingness to fund their participation in the event at the time of submission of the application form and make the necessary deposit on time. Failure to make the accommodation deposit on time will result in withdrawal of the athlete's entry. Details of payments to be made will be intimated later.

(e) Refund of accommodation costs. If an athlete withdraws his / her name and is unable to proceed for the event once the final payments have been done by the AFI, the refund of payment made on account of accommodation will be subject to the same being refunded by the LOC and other expenditure incurred in the process.

(f) Sponsorship. If sponsorship is received for the team, the terms and conditions of the same will be intimated to the selected athletes.

8. Participation in competitions / races after announcement of selection. Athletes selected to represent the country are not to participate in any competition / races unless cleared by the Ultra Running Committee of AFI.

9. Selection Committee. The selection committee meeting will be held in the first week of March 2019 following which final team will be announced. The decision of selection committee will be final in regard to selection of the final team for the Trail World Championships 2019.

10. **IMPORTANT DATES**

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| (a) | Publication of Invitation | : | 20 December 2018 |
| (b) | Cutoff date at 1700 h to
receive completed applications | : | 28 February 2019 |
| (c) | Announcement of team | : | 07 March 2019 |
| (d) | First installment of Advance
payment by selected athletes | : | Will be intimated later |
| (e) | Final installment of Advance
payment by selected athletes | : | Will be intimated later |
| (f) | Processing of visa | : | On receipt of
Invitation letter from
the LOC, Portugal. |
| (g) | Departure for Portugal | : | 01-03 June 2019 |
| (h) | 2019 Trail World Championships | : | 08 June 2019 |
| (j) | Departure from Portugal for India | : | 11 June 2019 |

IMPORTANT DETAILS REQUIRED TO FILL THE ONLINE APPLICATION FORM : 2019 TRAIL WORLD CHAMPIONSHIPS

1.	Full Name of Applicant			
2.	Gender			
3.	Date of Birth (Such a 01 Jan 1966)			
4.	Do you hold an Indian Passport? If Yes please give Passport Number			
5.	e-mail Address			
6.	Cell Phone Number(s)			
7.	Present Address			
8.	Detail of Trail Races (S / M) within the Qualifying period of 07 December 2017 to 28 February 2019 having the best ITRA Cotation	Name of Ultra Trail Race	ITRA Cotation	Web Link to the official race result
9.	Proof of Fitness - Detail of Ultra Races run between 09 June 2018 to 28 February 2019	Name of Ultra Race	Timing / distance achieved	Web Link to the official race result

<p>10.</p>	<p><u>Undertaking by applicant who submits the application form</u></p>	<p>(a) If selected, I undertake to bear all expenditure associated with my participation in the 2019 Trail World Championships.</p> <p>(b) If I am unable to bear my expenses, I will not claim as my right nor will I insist that AFI should bear my expenses.</p> <p>(c) I undertake to pay the advance required and as mentioned at para 7 of Annexure A</p> <p>(d) I undertake to make necessary arrangements to obtain my air ticket and visa required for travel for the 2019 Trail World Championships</p> <p>(e) Incase I am unable to obtain my air tickets and visa in time, I am aware that I stand to forfeit the advances paid by me and will not insist on a refund from the AFI or the Organisers of the 2019 Trail World Championships.</p> <p>(f) I will not participate in any competitions after selection is announced unless cleared by AFI Ultra Running Committee.</p> <p>(g) I agree to the terms and conditions of Sponsor if any, as approved by the AFI</p>	<p>(PLEASE MENTION IF YOU AGREE OR NOT INTERESTED)</p>
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*** Trail Ultra S (45 to 74 km)

Trail Ultra M (75 to 114 km)