



# ATHLETICS FEDERATION OF INDIA

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## **AFI ULTRA RUNNING SELECTION POLICY FOR WORLD / CONTINENTAL AREA CHAMPIONSHIPS 2018 - 19**

1. **Introduction** The International Association of Ultrarunners (IAU) operates under the patronage of the IAAF and holds major competitions at the World and Continental levels. The Athletics Federation of India (AFI) in its endeavor to promote the sport of ultra-running in India aims to send teams for various events which will include the 100 Km World Championships, 24 Hour World Championships and Trail World Championships and also Continental Area Championships if they are held. It is the objective of the AFI to enhance competitiveness in the sport and send a 'strong' team to represent India. The Selection Policy and Race Specific Bench Mark have been decided by AFI for the period 2018 – 19 and are given herein.

### 2. **Race Specific Bench Mark**

(a) **100 Km Race** To be announced later.

(b) **24 Hour Race** Performance of Athletes in a 24 Hour race will be taken into consideration and athletes must achieve the distance as indicated below:

<b><u>World Championships</u></b>	<b><u>Asia &amp; Oceania Championships</u></b>
Men– 205 Km	Men– 185 Km
Women – 165 Km	Women – 145 Km



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(c) **Trail Race** ITRA certifies race routes based on the distance and elevation loss / gain. 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' or 'cotation points' on the **ITRA performance index**, which is an intended 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.

([http://www.itra.org/page/269/FAQ\\_Performance\\_index\\_and\\_scores.html](http://www.itra.org/page/269/FAQ_Performance_index_and_scores.html)).

The Athletics Federation of India for the period of 2018 -19, takes into consideration the ITRA Performance index, however lays down its own standard to select athletes for Trail World Championships. 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/>, if they have participated in races certified by ITRA. **Performance Index values of**

	<u>Men</u>	<u>Women</u>
<u>ITRA Cotation Performance Index</u>	650 (Obtained in Race Category S or M)	550 (Obtained in Race Category S or M)

***athletes in a particular race category in which the Trail World Championship is being held or one race category higher will be taken into account, for selection of athletes for the Trail World Championships. The World Trail Championships are held in two race categories; S (45 Km – 74 Km) and M (75 Km to 114 Km). The 2019 Trail World Championships is a 50 Km race (Race Category S). The Cotation obtained by athletes in a S Race Category and M Race Category will be applicable.***



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## 3. Selection Process

(a) Only Indian Citizens will be considered.

(b) Qualifying period. The athlete should 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. {Example: If the Championship is to be held on 05 June 2019 and the date for submission of the application is 25 March 2019, then the qualifying period will be 04 December 2017 to 25 March 2019.}

(c) 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. Results, which are made available after the last date for submission of the application, will not be considered.

(d) 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 one year from the date of Championships as a proof of fitness.** If not available, the athlete may not be considered for the selection process solely on the basis of having met the Race Specific Bench Marks and Qualifying Period.

(e) 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.

(f) Selection Trails. No selection trails is envisaged during the period 2018 -19. Athletes will be selected based on the results of races provided by the applicant. The results must be available on the Race Website, for verification. If selection trails are planned, it will be announced well in time on the AFI website.

(g) Results of participants of previous World Championships held in the preceding two calendar years will be considered even if they fall beyond the qualifying period of 18 months, as given above at para 3 (b), **provided the Race Specific Bench Mark** are met by the athletes and they meet requirements given at para 3(d).



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4. **Expenditure for participation.** AFI will facilitate the participation of the team at the World / Continental Area Championships. The events are Athlete funded events. **All expenditure towards the participation is to be borne by individual athletes.** Details are as given:

(a) Athletics Federation of India will facilitate the participation of athletes who meet the selection criteria laid down in this document.

(b) 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.

(c) Basic kitting requirements will be met by AFI. Any specific gear required for the race would need to be procured by the athletes.

(d) 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.

(e) 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. The amount will be specified for each event separately. 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.



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- (f) 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.
5. **Invitation of Applications** It will be the endeavor of the AFI to announce the invitation of applications at the earliest. The application process will be open for minimum period of three weeks for athletes to fill in and submit the same.
6. **Additional Information.** The AFI Ultra Running Committee may be contacted at [ultramarathon@indianathletics.in](mailto:ultramarathon@indianathletics.in)

Warm Regards,

**CK Valson**  
**(Secretary AFI)**