



ATHLETICS FEDERATION OF INDIA

A-90, Phase I, Naraina Industrial Area, New Delhi - 110028
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28 October 2020

AFI ULTRA AND TRAIL RUNNING POLICY : **WORLD / CONTINENTAL AREA CHAMPIONSHIPS 2021**

1. **Introduction.** The Athletics Federation of India has been involved in the sport of Ultra and Trail Running since 2017. The International Association of Ultrarunners (IAU) operates under the patronage of 'World Athletics' [formerly known as 'International Association of Athletics Federation' (IAAF)], and holds major competitions at the World and Continental level. The Athletics Federation of India (AFI) promotes the sport and sends teams for ultra and trail running championships. It is the objective of the AFI to enhance competitiveness in the sport, and send a 'strong team' to represent the country. The Selection Policy, Criteria for Qualifying Races and Race Specific Benchmark as decided by AFI for the year 2021 is given herein.

2. **World Athletics and IAU Championships.**

- (a) 2021 Trail World Championships - (Annexure-A).
- (b) 2021 IAU 24 Hour World Championship –22 May 2021 Timisoara, Romania (Annexure B).
- (c) 2021 IAU 100 Km Asia & Oceania Championships - 5th September 2021, Bengaluru, India (Annexure C)

3. **Invitation of Applications.** The AFI Ultra Running Committee will announce the **invitation of applications** at the earliest. The application process will open at least three months before the date of the Championships, for minimum period of three weeks for athletes to fill in and submit the same. The online application link will be posted on <https://indianathletics.in>

4. **Criteria for recognising races and race results for selecting athletes for World and Asia & Oceania Championships.** Refer Annexure D

5. **Selection Process and Expenditure for Participation.** Refer Annexure E & F.

6. **Selection Committee.** The members of the selection committee are: Gp Capt P D'Souza, Mr Sunil Chainani, Mr Ashok Azhagarasan and Mr. Divesh Bhal (AFI Rep). Mr. Adille J Sumariwalla, President AFI is the Appellate Authority.

7. **Additional Information and queries.** The AFI Ultra Running Committee may be contacted at: ultramarathon@indianathletics.in



(CK Valson)
Secretary



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Annexure 'A'

2021 TRAIL WORLD CHAMPIONSHIPS

The Trail World Championships is to be held in 2021 under the aegis of 'World Athletics' and the probable date would be around or after September 2021. Details of the Trail World Championships and selection criteria will be announced later.



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Annexure 'B'

2021 IAU 24 HOUR WORLD CHAMPIONSHIPS

22 May 2021 – Timisoara, Romania

1. The 2021 IAU 24 Hour World Championships is to be held on 22 May 2021 at Timisoara, Romania.
2. Online applications will open at least three months before the date of Championships.
3. **Race Specific Benchmark.** Athletes should have achieved the following standards **in a 24 Hour Race** within the qualifying period.

Men : 215 Km

Women : 175 Km

Note 1: In case of a tie between the applicants meeting the set criteria, the selection of the athletes would be solely at the discretion of the selection committee.

4. **Qualifying Period.** The qualifying period is from **22 November 2019 till the last date of submission of online application**, which will be announced later.
5. A maximum of 06 men and 06 women meeting the set criteria would be considered.
6. Athletes must note the criteria for recognising races and race results for selecting athletes for World and Asia & Oceania Championships given at Annexure D.



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Annexure 'C'

2021 IAU 100 Km ASIA & OCEANIA CHAMPIONSHIPS

05th September 2021, Bengaluru, India

1. The 2021 IAU 100 Km Asia & Ocean Championships is to be held on 5th September 2021 at Bengaluru, India.
2. Online applications will open at least three months before the date of Championships.
3. **Race Specific Benchmark.** Athletes should have achieved the following standards in a 100 Km Race within the qualifying period.

Men : 9:30 h

Women : 10:30 h

Note 1: In case of a tie between the applicants meeting the set criteria, the selection of the athletes would be solely at the discretion of the selection committee.

4. **Qualifying Period.** The qualifying period is from **05 March 2020 till the last date of submission of online application**, which will be announced later.
5. A maximum of 06 men and 06 women meeting the set criteria would be considered.
6. Athletes must note the criteria for recognising races and race results for selecting athletes for World and Asia & Oceania Championships given at Annexure D.



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Annexure 'D'

CRITERIA FOR RECOGNISING RACES AND RACE RESULTS FOR SELECTING ATHLETES FOR WORLD AND ASIA & OCEANIA CHAMPIONSHIPS

Introduction

1. The Ultra and Trail Running Committee of Athletics Federation of India seeks to promote the healthy growth of the sport of ultra and trail running across the country. Race organisers provide a platform for the athletes to perform across the various disciplines of the sport of ultra and trail running. In the process the athletes could meet standards which would enable them participate at international championships. While all ultra and trail distances or races provide a training platform to athletes, only a few races and distances are considered as qualifier races for selection to international championships. Towards ensuring that results of qualifier races are genuine and international guidelines are being followed, AFI would endeavor to send observers to the AFI affiliated races that are held in India.

2. Selection criteria, qualifier races and qualifying period for selection of athletes to the World or Asia & Oceania Championship in the category of 24 Hour, 100 Km and Trail are announced and published from time to time for the year by AFI on its web page. **Criteria for 'race recognition' and 'race result recognition' are given in the paragraphs below.**

3. **Races affiliated to National / International Sports Federations; and International Races.** This category would include results of qualifier races, held during the qualification period (which are given in the specific race *related Annexure A, Annexure B and Annexure C to this document*) at:

- (a) World / Asia & Oceania Championships conducted under the aegis of WA, IAU and ITRA.
- (b) AFI affiliated ultra and trail races.
- (c) Races abroad which are affiliated to Athletics / Sports Federation of that country.
- (d) An International race which is not affiliated to the recognised Athletics or Sports Federation of that country but is an established race and has been organised as an annual race over the previous three years. (If event is not held in 2020 due to the pandemic, it should have been held for at least 3 of previous 4 years)

4. **Indian Races.** This category would include results of qualifier races, held during the qualification period (which are given in the specific race *related Annexure A, Annexure B and Annexure C to this document*). Indian races affiliated to the AFI and meeting the following criteria would be considered as a qualifier:

(a) The race should have been announced (on race web page / social media) at least 90 days prior to date of the race.

(b) In case of a road race, the course is to be measured by a certified course measurer and details of the course should be made public (on race web page / social media / email to participants) at least one month before the race date. In case of a stadium event, a certificate from the District/ State Sports Authority / Stadium authority certifying the length of the track with lane wise details, is to be shared with AFI at time of getting affiliation and produced to the AFI observers. The race is to be run on exactly the same course for which the measurement has been carried out.

(c) The event is to be electronically timed with individual timing chips for each athlete with a minimum of 2 timing mats and manual check points where required.

(d) The results of all participants should be uploaded on the race web page / FB page within 3 days of conclusion of the race.

(e) Detailed lap wise timings of all participants of the qualifier race and result sheet is to be provided to the ultra and trail running committee within 3 days after completion of the race.

(f) Minimum 02 / 03 independent race observers will be detailed by the AFI Ultra and Trail Running Committee. (The travel and accommodation cost will be borne by the organisers)

(g) The trail race should have an accurate measurement of the elevation gain and loss along with the race being 80% on trail. The trail route should have a recorded gpx track using at least 3 different GPS units of excellent quality (preferable with an altimeter and barometer for higher accuracy) with the altitude calibrated before starting the recording. The recording should be set at 1 point every 10 meters to have the highest recording possible and not 1 point every X seconds. 90% of the gpx track should include altitude and time stamps. All three recordings must be done simultaneously and used to reach a near accurate distance and elevation measurement. The recordings must be made on foot and not through a bike/vehicle to have the highest accuracy

(h) ITRA evaluation is accepted for trail races as a proper evaluation.

(i) The results of races may not be considered if above criteria are not met or on account of complaints brought to the notice of the Committee by the appointed Observers



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5. International Races. This category would include results of qualifier races, held during the qualification period (which are given in the specific race related Annexure A, Annexure B and Annexure C to this document). International races meeting the following criteria would be considered as a qualifier:

- (a) The race should have been announced (on race web page / social media) at least 3 months prior to date of the race.
- (b) The race should be an established race which has been organised as an annual race over the previous three years. (For example: To be considered as a 100 Km qualifier, XYZ 100 Km Ultra Race should have been organised as an annual event over the previous three years, the current year being the 4th year of the race). (If event is not held in 2020 due to the pandemic, it should have been held for at least 3 of previous 4 years)
- (c) There should at least 25 athletes (men and /or women) in a particular event who have finished the race. {For example in the XYZ 100 Km Ultra Race there should be at least 25 participants who have finished the 100 Km race}.
- (c) The event is to be electronically timed with individual timing chips for each athlete.
- (d) The final results of all participants should be available on the race web page. E-mail confirmation of an individual's results from race organisers will not be accepted.
- (e) The trail race should have an accurate measurement of the elevation gain and loss along with the race being 80% on trail.
- (f) ITRA evaluation is accepted for trail races as a proper evaluation

SELECTION PROCESS

1. Only Indian Citizens will be considered.
2. **Qualifying period.** The athlete should have achieved the Race Specific Benchmark within the following period:
 - (a) **2021 IAU 24 HOUR WORLD CHAMPIONSHIP.** The qualifying period is from **22 November 2019 till the last date of submission of online application**, which will be announced later.
 - (b) **2021 IAU 100 Km ASIA & OCEANIA CHAMPIONSHIPS** The qualifying period is from **05 March 2020 till the last date of submission of online application**, which will be announced later.
 - (c) **2021 TRAIL WORLD CHAMPIONSHIPS.** The qualifying period will be announced later.
3. **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. (Also please refer to Annexure D)
4. **Proof of Fitness.** If the Race Specific Benchmark has been achieved more than 9 months before the **date of Championships**, the athletes will be required to provide 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 Benchmarks and Qualifying Period. If required, the Ultra and Trail Running Committee may choose to hold 'proof of fitness run' in which athletes meeting the selection criteria would need to participate at a given time and place which, will be announced later. Races and timings / distances which will be considered as proof of fitness (in the period of 9 months prior to date of championship) are as under:
 - (a) For 24 Hour Asia and Oceania Championships.

- (i) 100 Km Race : Men 12 h; Women 13 h
- (ii) 24 Hour Race : Men 155 Km ; Women 140 Km
- (iii) 12 Hour Race : Men 100 Km; Women 92 Km

(b) 100 Km World Championships.

- (i) 100 Km Race : Men 12 h; Women 13 h
- (ii) 12 Hour Race : Men 100 Km; Women 92 Km
- (iii) Marathon (42 K): Men 3:15 h; Women 3:45 h
- (iv) 50 Km Race : Men 4:00 h; Women 5:00 h

5. **Team Composition.** Up to 06 Men and 06 Women, meeting the standards set by AFI could be selected to represent India.

6. **Selection Trials.** No selection trials are envisaged for the Championships to be held in 2021. However, if there is a tie between athletes meeting the criteria, the selection of the athlete would be solely at the discretion of the selection committee.

7. **Participation in races after selection.** Once selected for the races mentioned in this document, the restrictions given below will be applicable. Athletes are not permitted to participate in races/ sporting tournaments without explicit permission of the selection committee.

(a) less than 02 months from the date of Championships races longer than 12 hours /100 km are not permitted.

(b) less than 01 month from date of Championships, races longer than 21 k is not permitted.

(c) less than 15 days from date of Championships, racing / participation in any sporting event is not permitted.



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Annexure 'F'

EXPENDITURE FOR PARTICIPATION

All the mentioned Championships 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 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.

- (f) 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.
- (g) If the Championship attracts a sponsor, in which the travel and accommodation is either fully or largely paid by the sponsor, then the athlete would be required to abide by certain conditions laid down by the AFI to meet the requirements of the sponsor. Details would be intimated at the appropriate stage.

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