



ATHLETICS FEDERATION OF INDIA

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

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AFI ULTRA, MOUNTAIN AND TRAIL RUNNING POLICY : **WORLD / CONTINENTAL AREA CHAMPIONSHIPS 2022-23**

Introduction. The Athletics Federation of India has been involved in the sport of Ultra and Trail Running since 2017, with the first Indian trail running team being sent for the Trail World Championships. Since then, Indian athletes are taking the sport of ultra and trail running forward on the global platform. 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. Recently, under the aegis of the World Athletics, the IAU, International Trail Running Association (ITRA) and World Mountain Running Association (WMRA) have collaborated to bring together mountain and trail running events under event 'World Mountain and Trail Running Championships'. The Athletics Federation of India (AFI) in its endeavour to promote the sport of ultra, trail and mountain running, continues to send teams for these 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 and Race Specific Benchmark as decided by AFI for the year 2022 -2023 is given herein.

1. World and Asia & Oceania Championships.

The upcoming World and Asia & Oceania Championships are:

- a) **2022 IAU 24 Hour Asia & Oceania Championship** – 2nd to 3rd July 2022 Bengaluru, India (**Annexure A**).
- (b) **2022 IAU 100 KM World Championships** - 27 August 2022 Berlin Bernau, Germany (**Annexure B**)
- (c) **World Mountain & Trail Running Championships (WMTRC2021)** - 3rd to 6th November 2022 Chiang Mai, Thailand (**Annexure C**).
- (d) **2023 IAU 100 Km Asia & Oceania Championships** - Bengaluru, India (**Details will be informed later**)
- (e) **2023 IAU 24 Hour World Championships** - 2nd and 3rd December 2023 Chinese Taipei (**Details will be informed later**)

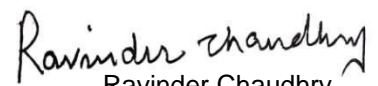
2. Invitation of Applications. The AFI Ultra Running Committee will announce the invitation of applications at the earliest. It will be the endeavour of the committee to open the application process will open at least four months before the date of the Championships, for minimum period of three weeks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

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

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

5. Selection Committee. Selection Committee appointed by the AFI will be responsible for the selection process. Mr. Adille J Sumariwalla, President AFI is the Appellate Authority.

6. For Additional Information and queries, the AFI Ultra Running Committee may be contacted at: ultramathon@indianathletics.in


Ravinder Chaudhry
Secretary, AFI



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Annexure 'A'

2022 IAU 24 HOUR ASIA & OCEANIA CHAMPIONSHIP **2ND AND 3RD JULY 2022 – Bengaluru, India**

1. The 2022 IAU 24 Hour Asia & Oceania Championships is to be held on 2nd and 3rd July 2022 at Bengaluru, India.
2. Online applications will open on 10 April 2022 till 05 May 2022.
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 01 July 2021 to 02 May 2022.
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 'B'

2022 IAU 100 Km WORLD CHAMPIONSHIP **27th August 2022, Berlin Bernau, Germany**

1. The 2022 IAU 100 Km World Championships is to be held on 27th August 2022 at Berlin Bernau, Germany.

2. Online applications will open at least four months before the date of Championships. (27 April 2022 to 18 May 2022)

3. **Race Specific Benchmark.** Athletes should have achieved the following standards in a **100 Km Race** within the qualifying period.

Men : 7:45 h

Women : 10:00 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 **26 August 2021 till 18 May 2022.**

5. A maximum of 06 men and 06 women meeting the set criteria would be considered.



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Annexure 'C'

WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS 03rd to 06th November 2022 Chiang Mai, Thailand

1. World Mountain & Trail Running Championships is to be held from 03rd to 06th November 2022 at Chiang Mai, Thailand.
2. Online applications will open by 02 July 2022 to 02 August 2022.
3. **Events** The events which Indian Athletes can participate are:-

EVENT	DATE	LENGTH	ASCENT	DESCENT
Classic Uphill - Men and Women	04 NOV 22	8.5 km	1014 m	
Classic up and down - Men and Women	06 NOV 22	11.2 Km	+475 m	-475 m
Classic up and down - Junior and Junior Women	06 NOV 22	6.4 Km	+225 m	-240 m
Short trail race – Men and Women	05 NOV 22	40 Km	2777 m elevation gain	
Long trail race - Men and Women	05 NOV 22	80 Km	4910 m elevation gain	

4. **Qualifying Period.** The qualifying period is from **02 November 2021 to 02 August 2022**. If there is postponement of championships dates, the qualifying period will be changed and announced in the online application form.
5. **Team composition :** Athletes meeting the set criteria would be considered.
 - (a) **Mountain Races :** Upto 04 men and 04 women for each event.
 - (b) **Trail races :** Upto 06 Men and 06 Women for each event.



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6. Athletes must note the criteria for recognising races and race results for selecting athletes for World Mountain and Trail Running Championships are given at **Annexure D**.

7. **Race Specific Benchmark.** Athletes should have achieved the following standards within the qualifying period.

EVENT	DESCRIPTION	GENDER	RACE SPECIFIC BENCH MARK
Classic Uphill - Men and Women	8.5 km / 1014 m ascent	MEN	1: 15 hour
		WOMEN	1 hour 30 min
Classic up and down - Men and Women	11.2 Km with +475 m ascent and -475 m descent	MEN	ITRA PERFORMANCE INDEX SCORE of 740 in 10 Km or Half Marathon category*
		WOMEN	ITRA PERFORMANCE INDEX SCORE of 635 in 10 Km or Half Marathon category*
Short trail race – Men and Women	40 Km with 2777 m elevation gain	MEN	ITRA PERFORMANCE INDEX SCORE of 690 in Marathon or 50 Km category*
		WOMEN	ITRA PERFORMANCE INDEX SCORE of 550 in Marathon or 50 Km category*
Long trail race - Men and Women	80 Km with 4910 m elevation gain	MEN	ITRA PERFORMANCE INDEX SCORE of 690 in 50 M or 100 K category*
		WOMEN	ITRA PERFORMANCE INDEX SCORE of 550 in 50 M or 100 K category*

NOTE : * Please refer to <https://itra.run/find-a-runner> for the ITRA Performance Index Score. The ITRA Performance Index against each runner as on date on submission of application form is accepted.

8. **Qualifying Races and Proof of Fitness.** During the qualifying period the athlete should have run a trail / mountain race of similar description. However, due to the pandemic situation, if an athlete meets the race specific benchmark, but has not run a race of similar description during the qualifying period, the athlete would require to produce a proof of fitness in accordance with the Selection Committee and as specified at **Annexure E para 4 (c)**



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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, Mountain and Trail Running Committee of Athletics Federation of India seeks to promote the healthy growth of the sport of ultra, mountain 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, mountain 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 Mountain 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 at:
 - (a) World / Asia & Oceania Championships conducted under the aegis of WA, IAU, WMRA and ITRA.
 - (b) AFI affiliated ultra and mountain & 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. 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.



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(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 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.

(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, Mountain and Trail Running Committee.

(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

5. **International Races.** This category would include results of qualifier races, held during the qualification period. 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



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current year being the 4th year of the race). (If event were 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}.
- (d) The event is to be electronically timed with individual timing chips for each athlete.
- (e) 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.
- (f) The trail race should have an accurate measurement of the elevation gain and loss along with the race being 80% on trail.
- (g) ITRA evaluation is accepted for trail races as a proper evaluation



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Annexure 'E'

SELECTION PROCESS

1. Only Indian Citizens will be considered.
2. **Qualifying period.** The qualifying period is **one year from date of the event**. The athlete should have achieved the Race Specific Benchmark within the period as mentioned race specific annexure.
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, may not be considered. (Please refer to Annexure D)
4. **Proof of Fitness.** If the Race Specific Benchmark has been achieved more than **four 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, Mountain 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 four months prior to date of championship) are as given next:
 - (a) 24 Hour Asia & Oceania Championships
 - (i) 100 Km Race : Men 10 h; Women 13 h
 - (ii) 12 Hour Race : Men 115 Km; Women 90 Km
 - (b) 100 Km Asia & Oceania Championships.
 - (i) Marathon (42 K): Men 3:05 h; Women 3:45 h
 - (c) Mountain & Trail World Championships.
 - (i) Long Trail. 40 Km trail with minimum elevation gain / loss of 1500 m in less than 5 hours for Men and 5:30 h for women.
 - (ii) Short Trail, Vertical Uphill and Classic Up & Down Hill. 20 Km trail with minimum elevation gain / loss of 1000 m in less than 2 h 30 min for men and 3 h for women.
5. **Selection Trails.** 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.



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6. **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 are 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 may provide 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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