



ATHLETICS FEDERATION OF INDIA

G-3 , Community Center, C-Block, Naraina Vihar, New Delhi-110028

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25 March, 2023

AFI ULTRA, MOUNTAIN AND TRAIL RUNNING POLICY :- **WORLD / CONTINENTAL AREA CHAMPIONSHIPS 2023-24**

1. **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 2023 is given herein.
2. **World and Asia & Oceania Championships.** The upcoming World and Asia & Oceania Championships are:
 - (a) **World Mountain & Trail Running Championships (WMTRC2021)** - 05 June 2023 to 10 June 2023 Innsbruck and Stubai Austria. (**Annexure A**).
 - (b) **2023 IAU 100 KM Asia Oceania Championships** - 30 July 2023 at Bengaluru, India. (**Annexure B**)
 - (c) **2023 IAU 50 KM World Championships** – 5th November 2023 at Hyderabad, India . (**Annexure C**)
 - (d) **2023 IAU 24 Hour World Championships** - 2nd and 3rd December 2023 Chinese Taipei (**Annexure D**)
3. **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>



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4. **Criteria for recognising races and race results for selecting athletes for World and Asia & Oceania Championships.** Refer Annexure E
5. **Selection Process and Expenditure for Participation.** Refer Annexure F & G
6. **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.
7. **Additional Information and queries.** The AFI Ultra Running Committee may be contacted at: ultramarathon@indianathletics.in

Ravinder Chaudhry
Secretary, AFI



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Annexure 'A'

WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS 05 June 2023 to 10 June 2023 Innsbruck and Stubai Austria

1. World Mountain & Trail Running Championships is to be held from 05th to 10th June 2023 at Innsbruck - Stubai, Austria.
2. Online applications will open by 15 March 2023 to 31 March 2023.
3. Race Specific Benchmark. Athletes should have achieved the following standards within the qualifying period.

EVENT	DESCRIPTION (Dist / Elev Gain)	GENDER	RACE SPECIFIC BENCH MARK
Vertical Uphill - Men and Women	7.0 km ± 1020/5	MEN	1: 15 hour
		WOMEN	1 hour 30 min
Mountain Classic (Up and Down) - Men and Women	13.7 Km ± 720	MEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY 10 Km or Half Marathon PERFORMANCE INDEX; AND RACE SCORE - minimum 650
		WOMEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY 10 Km or Half Marathon PERFORMANCE INDEX; AND RACE SCORE - minimum 500



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EVENT	DESCRIPTION (Dist / Elev Gain)	GENDER	RACE SPECIFIC BENCH MARK
Short trail race – Men and Women	45 Km + 3194/ 2772	MEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY Marathon or 50 Km PERFORMANCE INDEX; AND RACE SCORE - minimum 650
		WOMEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY Marathon or 50 Km PERFORMANCE INDEX; AND RACE SCORE - minimum 500
Long trail race - Men and Women	85 Km + 5554/ 5966	MEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY 50 M or 100 K PERFORMANCE INDEX; AND RACE SCORE - minimum 650
		WOMEN	ITRA GENERAL PERFORMANCE INDEX; DISTANCE CATEGORY 50 M or 100 K PERFORMANCE INDEX; AND RACE SCORE of 500

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.

4. **Qualifying Period.** The qualifying period is from 06 June 2022 to 31 March 2023.
5. Athletes meeting the set criteria would be considered.
 - (a) Mountain Races : Upto 03 men and 03 women for each event.
 - (b) Trail races : Upto 03 Men and 03 Women for each event.



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Annexure 'B'

2023 IAU 100 Km ASIA OCEANIA CHAMPIONSHIP, BENGALURU, INDIA

1. The 2023 IAU 100 Km Asia Oceania Championships is to be held on 30 July 2023 at Bengaluru, India.

2. Online applications will open at least two months before the date of Championships. (21 May 2023 till 15 June 2023)

3. **Race Specific Benchmark.** Athletes should have achieved the following standards **in a 100 Km Race** within the qualifying period which is 31 July 2022 to last date for submission of the on line application (tentatively 15 June 2023)

Men : 7:45 h

Women : 9: 17 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 31 July 2022 to 15 June 2023 (or the last date of submission of the online application)

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



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Annexure 'C'

2023 IAU 50 KM WORLD CHAMPIONSHIP, HYDERABAD, INDIA

1. The 2023 IAU 50 KM World Championships is to be held on 5th November, 2023 at Hyderabad, India.
2. Online applications will open at least four months before the date of Championships. (04 July 2023 till 25 July 2023)
3. **Race Specific Benchmark.** Athletes should have achieved the following standards **in an AIMS certified Marathon Race (42.195 KM)** within the qualifying period which is 5th November 2022 to last date for submission of the on line application (tentatively 25 July 2023)

Men : 2:45 h

Women : 3:00 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 05 November 2022 to 25 July 2023 (or the last date of submission of the online application)
5. A maximum of 06 men and 06 women meeting the set criteria would be considered.



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Annexure 'D'

2023 IAU 24 HOUR WORLD CHAMPIONSHIP **2ND AND 3RD DECEMBER 2023– CHINESE TAIPEI**

1. The 2023 IAU 24 Hour World Championships is to be held on 2nd and 3rd December at Chinese Taipei.
2. Online applications will open on 01 August 2023 till 21 August 2023.
3. **Race Specific Benchmark.** Athletes should have achieved the following standards in a 24 Hour Race within the qualifying period.

Men : 220 Km

Women : 180 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 Dec 2022 to** last date for submission of the on line application (**tentatively 21 August 2023**)
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 'E'

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.
4. **Indian Races.** This category would include results of qualifier races, held during the qualification



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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.
- (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.
- (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



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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 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 'F'

SELECTION PROCESS

1. Only Indian Citizens will be considered.
2. **Qualifying period.** The qualifying period is **one year from date of the event till the date announced for close of application.** The athlete should have achieved the Race Specific Benchmark within the period as mentioned at the 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. (Also please refer to Annexure D)
4. **Selection Trails.** No selection trials are planned. If however, planned an announcement will be made on the AFI Web site.
5. **Participation in races after selection.** Participation in races after selection will be solely at the discretion of the selection committee.



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Annexure 'G'

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.