

**ATHLETICS FEDERATION OF INDIA  
D.T.O. EXAMINATION**



# **ROAD RACES**

# DISTANCES



The standard distances shall be:

- 5Km
- 10Km
- 15Km
- 20Km
- 21.0975Km (Half Marathon)
- 25Km
- 30km
- 42.195 (Marathon)



# DISTANCES



Other distances in Road races are –

- 100Km
- Road Relay

Road Relays are run over **Marathon distance**, ideally over a 5km loop course with stages of **5Km, 10Km, 5Km, 10Km, 5Km & 7.195Km**

**Half Marathon Road Relays** are run with the stages of **5Km, 5Km, 5Km & 6.098Km.**

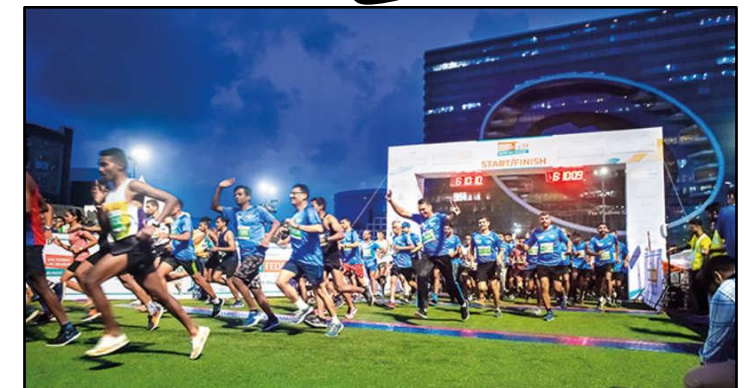
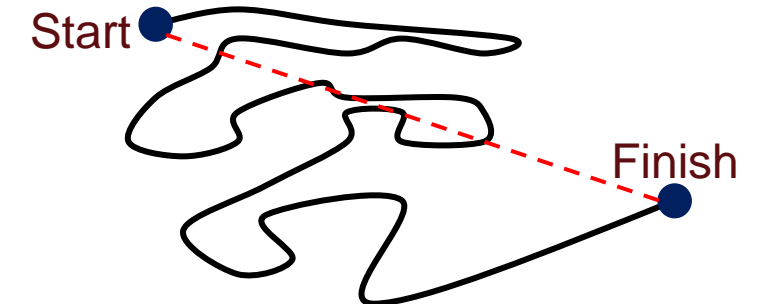




# COURSE



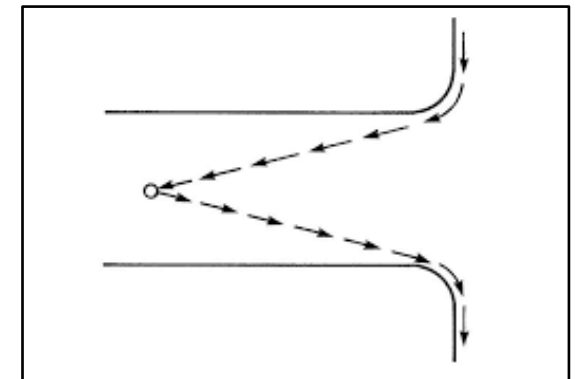
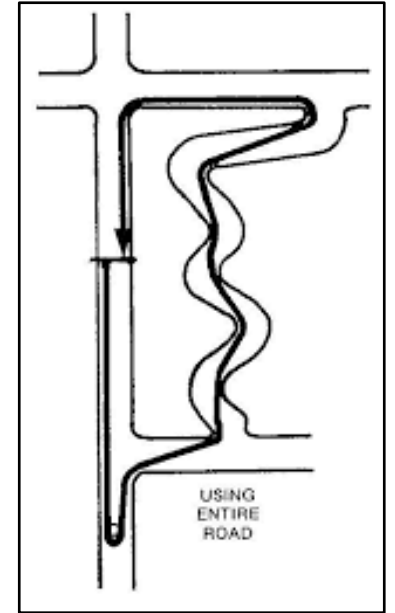
- Road races shall be run on **made-up roads, bicycle paths or foot paths** along the road.
- Road races shall **not** be **on soft grounds or grass verges**.
- The start and finish can be in the Athletic Field of Play.
- The **start and finish** points, **measured along a theoretical straight line** between them should not be further apart than **50% of the race distance**.
- The start, finish and other segments of the race **can be conducted on grass or other non paved surfaces**, but such segments **shall be kept to a minimum**.



# COURSE



- The course shall be **measured** along the **shortest possible route** that an athlete can follow.
- The **measurement** line should be **marked along the course** in distinctive colour.
- The **length** of the course shall **not be less** than the **official distance** for the event.
- The uncertainty in the measurement shall not exceed **0.1%** (i.e. 42m for the Marathon)
- The **length of the course** shall have been **certified in advance** by a **World Athletics approved course measurer**.
- For measurement, the “**Calibrated Bicycle Method**” shall be used.

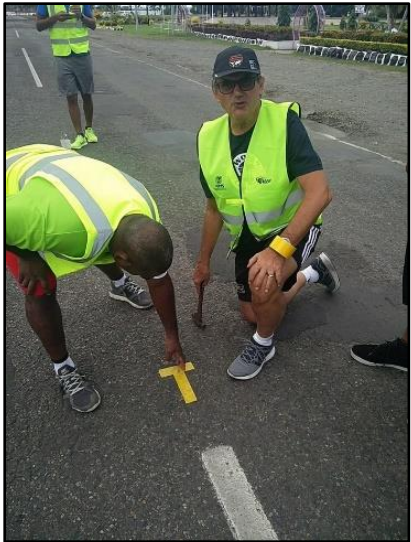




# COURSE MEASUREMENT



## Calibrated Bicycle Method



WORLD ATHLETICS			
INTERNATIONAL MEASUREMENT CERTIFICATE			
Name of Race 10 km GENEVE Aéroport		Distance 10 000 m	
Location GENEVE		Country SWITZERLAND	
Date of Race 07/11/2021	Date of Measurement 02/11/2021	Elevation Change 0 m/km	
Separation 0 % of race distance			
Name(s) of the measurer(s) Christian DELERUE		World Athletics – AIMS Grade A	
Country FRANCE	Certificate Number SUI/2021/109/JFD1823A	Expiry Date 31/12/2025	
International Measurement Administrator Jean François DELASALLE		Registered On 05/11/2021	
Signed 		In cooperation with AIMS Association of International Marathons and Distance Races	

# COURSE



- A course measurement **certificate is valid for 5 years**, after which the course shall be re-measured even there are no obvious changes to it.
- The **distance in kilometers** on the route shall be **displayed to all athletes**.

 WORLD ATHLETICS			
INTERNATIONAL MEASUREMENT CERTIFICATE			
Name of Race <b>10 km GENEVE Aéroport</b>		Distance <b>10 000 m</b>	
Location <b>GENEVE</b>		Country <b>SWITZERLAND</b>	
Date of Race <b>07/11/2021</b>	Date of Measurement <b>02/11/2021</b>	Elevation Change <b>0 m/km</b>	
Separation <b>0</b> % of race distance		World Athletics – AIMS Grade <b>A</b>	
Name(s) of the measurer(s) <b>Christian DELERUE</b>		Expiry Date <b>31/12/2025</b>	
Country <b>FRANCE</b>		Certificate Number <b>SUI/2021/109/JFD1823A</b>	
International Measurement Administrator <b>Jean François DELASALLE</b>		Registered On <b>05/11/2021</b>	
Signed 		In cooperation with  AIMS Association of International Marathons and Distance Races	





# START



- The race shall be started by **firing a gun, cannon, air horn or like device.**
- The **command** for races **longer than 400m** shall be used.
- In races which include large number of athletes, **five-minute, three-minute and one-minute warnings** before the start of the race should be given.





# SAFETY



The Organisers of Road races shall **ensure the safety of athletes and officials.**



They shall **ensure that the roads used for competition are closed to motorised traffic in all directions.**

# DRINKING / SPONGING & REFRESHMENT STATIONS



- Water and other suitable refreshment **shall** be available at start and finish of all races.
- For all events water **shall** be available at suitable intervals of approximately 5Km. For events longer than 10Km, refreshments other than water **may** be made available at these points.
- Water stations and refreshments **may** be placed at more regular intervals considering the climatic conditions.





# DRINKING / SPONGING & REFRESHMENT STATIONS



- Mist stations **may** also be arranged, considering the organizational and climatic conditions.
- Refreshments **may** include drinks, energy supplements, foodstuff or any other item other than water.
- Refreshment will **normally** be provided by Organisers but it may **permit** athletes to provide their own.
- Refreshment **provided** by athletes **shall** be kept under the supervision of officials designated by Organisers from the moment it is received from the athlete.



# DRINKING / SPONGING & REFRESHMENT STATIONS



- Organisers shall **delineate, by barriers, tables or marking on ground**, the area from which **refreshment can be received or collected**.
- It **should not be directly in line** of the measured route.
- Refreshments shall be **placed so that they are easily accessible** to, or may be **put by authorized person into the hands**, of the athlete.
- **Official or authorised person is not allowed to move along with the athlete** while they are taking refreshment or water.





# DRINKING / SPONGING & REFRESHMENT STATIONS



- An athlete may, at any time **carry water or refreshment by hand or attached to their body**, provided it was carried from the start or collected or received at an official station.
- **Collecting water or refreshment** from a place **other than official station** (except for medical reasons under the directions of race officials), **not allowed**. **Warned for first offence, DQ for repetition**.
- **Receiving from or passing to another athlete refreshment, water or sponges, is allowed if collected from official stations**, but **continuous such help** shall be considered **unfair assistance** and warning or disqualifications to be made as applicable.



# TIMING IN ROAD RACES



- **Electronic Transponder Timing system** is used in Road races.
- It has **Sensors / antennas** to read the **RFID chip** provided on **BIBs** of each participants.
- Such **Sensors / antennas** are placed at the **start and finish point** and the **key points** on the course.





# RACE CONDUCT



- An athlete may **leave the marked course** with the **permission** and **under the supervision of an official**. They **shall not shorten** the distance to be covered by doing so.
- If the **Referee** is satisfied on a report from a Judge or Umpire that an athlete left the marked course and thereby **shortened the distance** to be covered, they **shall be disqualified**.
- **Umpires** should be placed **at regular intervals** and at **all key points**. Other Umpires should **move along the course during the race**.





# START OF ROAD RACE





# RUNNERS ON ROUTE





# FINISH OF ROAD RACE





# MIST & SPONGE STATIONS





# REFRESHMENT AND WATER STATIONS



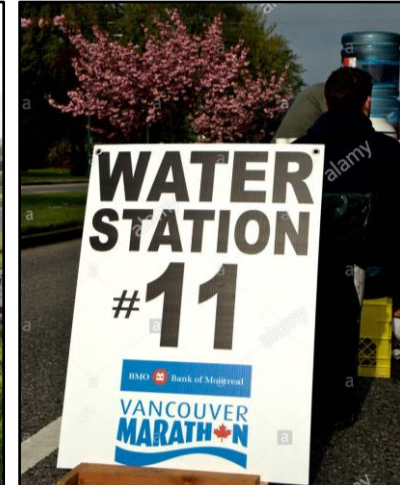


# PILOT VEHICLES



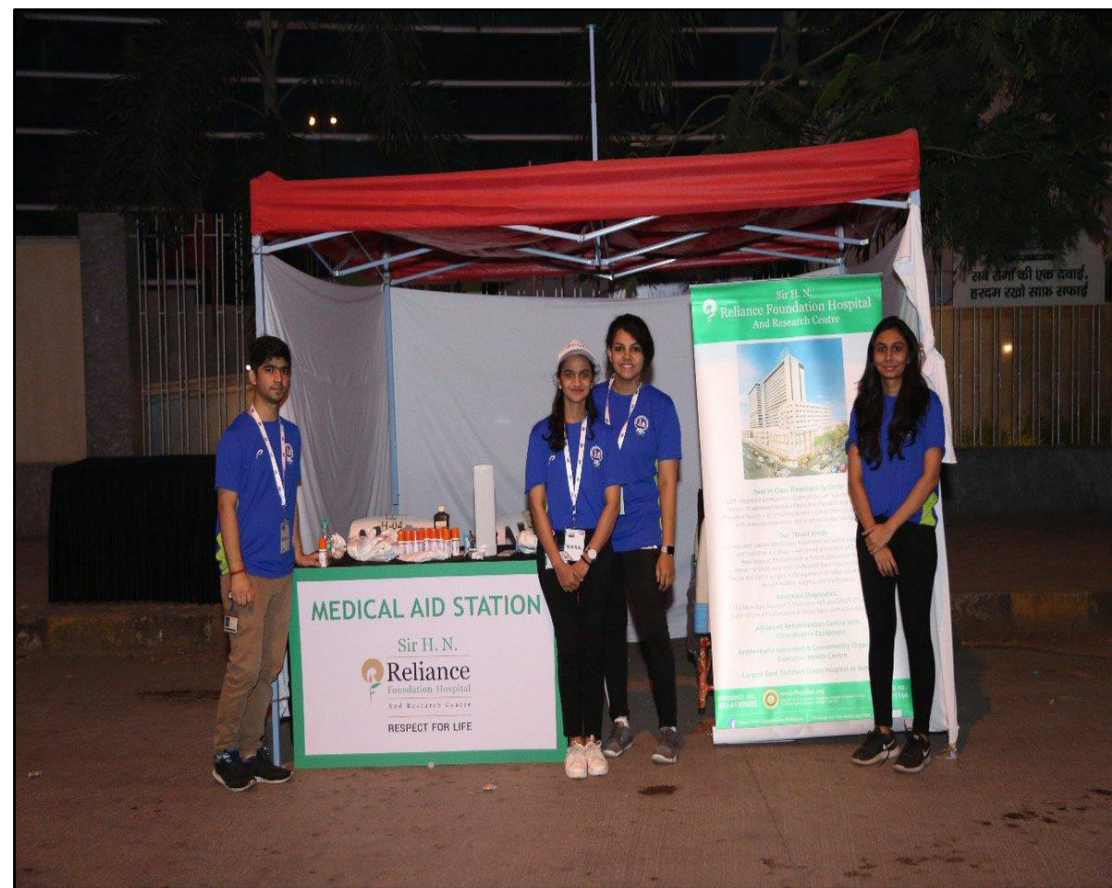


# KILO METER MARKERS & SIGNAGES





# MEDICAL STATIONS



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***THANK YOU***