

2023 IAU 24H World Championships

incorporating

WMA 24H World Championships

IAU General Information Sheet



Taipei City, Chinese Taipei

December 1-2, 2023



Version 2023-08-24

*Check <https://bit.ly/Taipei-24H-WorldChampionships> for updated information.

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1 WELCOME MESSAGES

It is my pleasure to welcome you to the IAU 24 Hour World Championships in Chinese Taipei. This region happens to be at the heart of Asian 24 Hour ultrarunning. This will be quite evident during the entire weekend of these championships.

The event is one of our major championships on the calendar. This year's event promises to be extra special as these are the first 24hr world championships since we returned post-Covid. The event also brings personal memories for me as I ran in my first 24 Hour World Championships in Chinese Taipei in 2006.

The Local Organizing Committee (LOC) under the direction of Frank Kuo and with the collaboration of the Chinese Taipei Association of Ultrarunners (CTAU) have organized several IAU championships in the past with very successful results. The LOC are the organizers of the world renewed Soochow International Ultramarathon.

I had the opportunity to visit Taipei last year to meet the local authorities and visit the championships facilities. The support of the government officials, the experience of the organizers, and the true enthusiasm of the ultrarunning community was very evident throughout the entire trip.

This also happens to be the first time that World Masters Athletics (WMA) is joining us on the 24 hour World Championships. This is a great opportunity for our athletes in the 24 Hour event to enjoy another layer of championships at the same event.

I would like to wish each one of you the very best as you embark on a truly remarkable journey of representing your respective countries at the highest level of this discipline of ultrarunning.

I look forward to seeing you in Chinese Taipei!



Nadeem KHAN

President of International Association of Ultrarunners

Welcome to the World Masters 24h Championships which are embedded in the IAU 24h World Championships 2023. The International Association of Ultrarunners (IAU), World Masters Athletics (WMA) and Chinese Taipei Association of Ultrarunners (CTAU) are inviting you to participate in the Masters Championships 2023 held in Taipei City, Taiwan December 1-2.

Since 2001 the championships were held in Europe. In 2006 Taipei was the first Asian city to host the event. We look forward to the return to Taiwan.

These championships are a win-win situation for the athletes and both World Organizations: IAU, responsible for the Ultra running competitions in the world, and WMA, responsible for world masters' competitions in athletics are offering to the athletes the opportunity of competing in 5 years age groups on an international level.

Together with WMA Non-Stadia Competition Director Archie Jenkins representing WMA at these championships I thank IAU, represented by President Nadeem Khan and General Secretary Hilary Walker, for successful cooperation for many years.

On behalf of the athletes, we sincerely thank our hosts, Chinese Taipei Association of Ultrarunners represented by President Frank Fon-Chu, KUO and International contact Samantha Ying-Hsiu, WANG with their whole team for making it happen. Thank you for the great support you give to all athletes all the time and in so many ways.

I wish to all athletes and guests that you enjoy athletics, friendship and new experiences in the Ultra running family! Let us celebrate together these special days.

On behalf of the WMA Council,



Margit JUNGSMANN
President of World Masters Athletics

On behalf of local organizing committee, I would like to invite the elite ultrarunners from over the world to take part in 2023 IAU 24H World Championship which will be held at Taipei, Taiwan on December 1.

I introduced the ultrarunning sport to Taiwan 25 years ago. I started to organize a 100K race on the highway in 1998. Since 1999, the Soochow 24 H race was held almost every year, the race has been organized for 20 years and become one of the prestigious 24h races in the world. Many world records, continental records and country records were established in the race. Many committee members are involved in the organizing of the coming World Championship race.

Taiwan is famous of its innovation of semiconductors and biotechnologies, but the sustainable development for sports is also valued. We, the Chinese Taipei Association of Ultrarunners, regulated the Carbon Foot Print- Category Product Rule: running events which has been approved by the Department of Environment Protection of government in 2022, since then we can calculate the quantity of CO₂e we produced in a running race. Then we can conduct the reduce activity based on it or even neutralize it by buying enough Carbon credits. The participants can experience the 6R (Reduce, reuse, recycle, remind, refuse and replace) actions and the green technologies of Taiwan during the race. We realize everyone is responsible of the earth ecology even though Taiwan is not a member of United Nations.

The impact of pandemic is not over yet in many aspects. But we can celebrate the survival and stand up again. Let us have a big Ultrarunners reunion in December!



Frank KUO 郭豐州
President of Chinese Taipei Association of Ultrarunners

2 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

IAU Council

Postal Address: 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex

E-mail: info@iau-ultramarathon.org

Website: www.iau-ultramarathon.org

President

Nadeem KHAN (CAN)

E-mail: nadeem.khan@iau-ultramarathon.org

Tel: +1 716 392 6657

Director of Technical Operations

Francisco SANCHEZ-RICO (ESP)

E-mail: paco.rico@iau-ultramarathon.org

Tel: +34 616 50 82 28

Vice President

Robert BOYCE (AUS)

E-mail: robert.boyce@iau-ultramarathon.org

Director of Protocol and Finances

Robert BOYCE (AUS)

E-mail: robert.boyce@iau-ultramarathon.org

General Secretary

Hilary WALKER (GBR)

E-mail: secretary@iau-ultramarathon.org

Tel: +44 7884 473 336

Director of Competition

Diana AMZA (ROU)

E-mail: diana.amza@iau-ultramarathon.org

Tel: +40 721 719 831

Director of Communications

Jacek BEDKOWSKI (POL)

E-mail: jacek.bedkowski@iau-ultramarathon.org

Tel: +41 762 691 250

Director of Marketing and Global Development

Hilmy About SAID (COM)

E-mail: hilmy.aboud.said@iau-ultramarathon.org

IAU Area Representatives

Africa Representative

Solomon OGBA (NGR)

E-mail: solomon.ogba@iau-ultramarathon.org

Asia & Oceania Representative

Nagaraj ADIGA (IND)

E-mail: nagaraj.adiga@iau-ultramarathon.org

America Representative

Arturo Fabian Campanini LOPEZ (ARG)

E-mail: fabian.campanini@iau-ultramarathon.org

Europe Representative

Gregorio ZUCCHINALI (ITA)

E-mail: gregorio.zucchinali@iau-ultramarathon.org

3 WORLD MASTERS ATHLETICS (WMA)

WMA Council

E-mail: admin@world-masters-athletics.com

Website: <https://world-masters-athletics.org/>

President

Margit JUNGSMANN (GER)

E-mail: margit-jungsmann@web.de

Executive Vice President

Lynne SCHICKERT (AUS)

E-mail: lynne.4@bigpond.com

Vice President of Competition

Alan BELL

Tel: +44 (0)7741316951

Treasurer

Jean THOMAS (FRA)

E-mail: thomasjean@wanadoo.fr

World Athletics Representative

Antti PIHLAKOSKI (FIN)

E-mail: antti.pihlakoski@sul.fi

Secretary

Juan ORDONEZ (MEX)

E-mail: secretary@world-masters-athletics.org

4 LOCAL ORGANISING COMMITTEE (LOC)

Chinese Taipei Association of Ultrarunners (CTAU)

Postal Address: 2F-7, No.91, Sec.2, Changsha St., Wan-hua Dist., Taipei City, Taiwan

Tel: +886-2-2383-2646

E-mail: ctau.runner@gmail.com

Website: www.ctau.org.tw

President / Protocol Director

Frank FON-CHU, KUO

E-mail: frank.kuo.run@gmail.com

Race Director

Sufar RONG-FA, SU

E-mail: sufar.ctau@gmail.com

International Contact

Samantha YING-HSIU, WANG

E-mail: yhwang.ctau@gmail.com

Accommodation & Transport Director

Emmy YANN-LING, TU

E-mail: emmy.ctau@gmail.com

Medical Director

Dr. WEI-FENG, KAO

E-mail: wfkao100a@hotmail.com.tw

Treasurer

SHU-HUEI, WU

E-mail: g0416@scu.edu.tw

Sustainable Development Consultant

Ph.D. Vincent WEN-HUEI, HUANG

E-mail: vincenthuang@itri.org.tw

Human Resource Director

YAO-MING, TU

E-mail: yaomin1221.ctau@gmail.com

5 GENERAL RACE INFORMATION

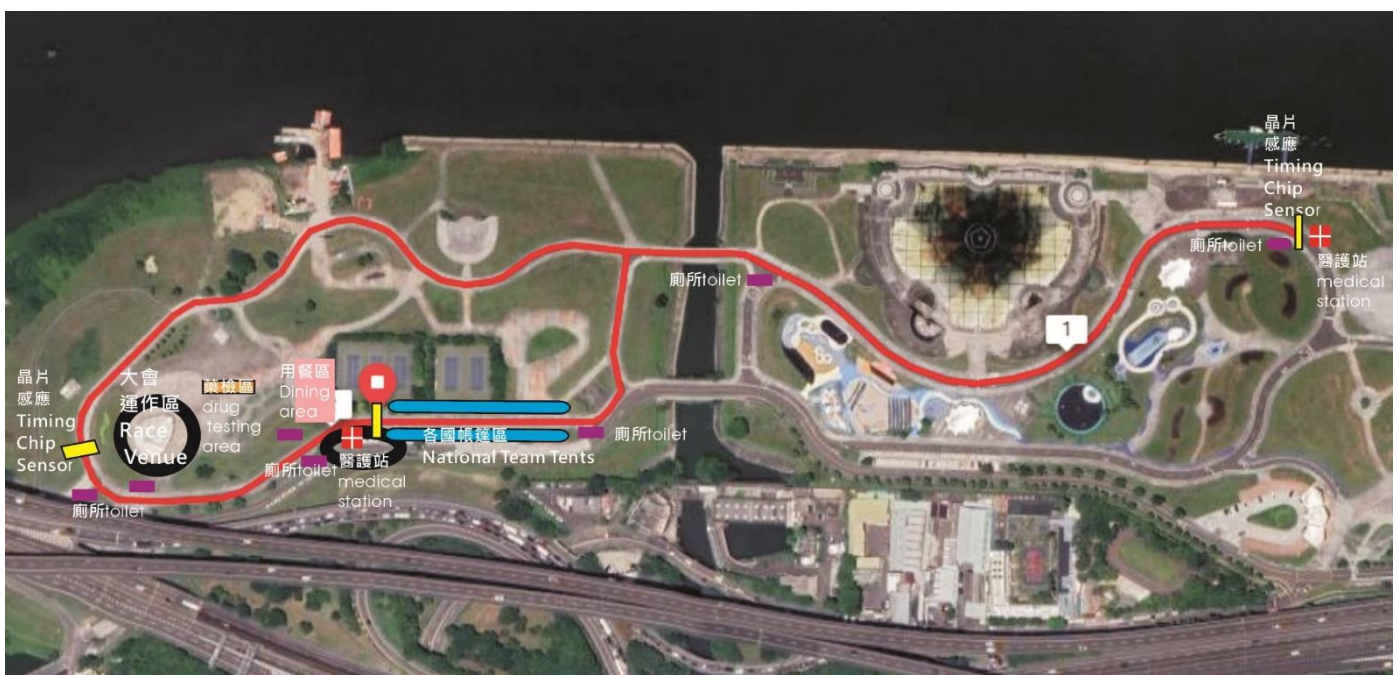
- Race Date** December 1-2, 2023
- Start Time** 10:00 Taiwan Standard Time (GMT+8), December 1, 2023
- Finish Time** 10:00 Taiwan Standard Time (GMT+8), December 2, 2023
- Race Venue** Dajia Riverside Park, Taipei City, Taiwan.
<https://goo.gl/maps/Q2BgpiyNsLhJtoGu8>
 *The venue is near the River Evacuation Gate 10 (Lin An Tai Historical House).

The Course The race course is located in the riverside park. It is 2 KM per lap with flat asphalt pavement. The course is officially measured by an A grade AIMS measurer and all performances will therefore be recognized by IAU.

- Competitions** I. IAU 24H World Championships (check page 9.)
 II. WMA 24H World Championships (please check the GIS announced by WMA.)
 III. Open Race (check page 26.)

Aid Station (Refreshment) National Teams tents at designated areas along the route.
 LOC Aid Station will be located near at the team tent on both sides of the route.
 LOC Aid Station will contain: Local Taiwan hot dishes, Fresh Fruits, Bread, Sandwich, Biscuits, Chocolate, Coffee, Tea, Water, Energy Drink, Colas...
 *Athletes are obliged to carry and use their own reusable cup; there are no separate cups at the aid stations.

MAP OF THE COURSE



6 IAU 24H WORLD CHAMPIONSHIPS

Competition

IAU World 24H Championships have 4 competitions:

- A. Men's individual Competition
- B. Women's individual Competition
- C. Men's Team Competition
- D. Women's Team competition

Eligibility

The IAU 24H WC are only for the athletes and the team official entered by IAU Member Federations. Only athletes and teams officially registered by their National Federation will count for the Championships teams' result. Every Country can send **9 men and 9 women** with a maximum number of officials according to team number (1-6 athletes: 3 officials, 7-12 athletes: 6 officials, 13-18 athletes: 9 officials).

For the individual results, it will only rank the performances(km) of the athletes in each delegation. For the teams' results, only 6 per team, the delegation will be ranked according to the addition of the performances(km) of their 3 best athletes in the team. During the Award Ceremony, IAU medals will be given to 6 athletes and the team leader. **Team leader must confirm the names of these 6 athletes who will be ranked in the team competition before the Technical Meeting (at the Outfit Meeting).**

IAU Member Federations List

As of August 1, 2023, updated from IAU Website; these members are invited to send delegations.

Albania, Algeria, Andorra, Angola, Argentina, Azerbaijan, Australia, Austria, Burundi, Belgium, Belarus, Bolivia, Bosnia - Herzegovina, Brazil, Brunei, Bulgaria, Cambodia, Canada, Cameroon, Chile, Comoros, Congo(Brazzav), Congo(DR), Colombia, Cape Verde Islands, Costa Rica, Croatia, Czech Republic, Denmark, Ecuador, Spain, Estonia, Finland, France, Gambia, Great Britain, Germany, Gibraltar, Greece, Guatemala, Hong Kong, Hungary, Ireland, Iceland, India, Israel, Italy, Japan, Jordan, Kenya, Kyrgyzstan, South Korea, Latvia, Lesotho, Lithuania, Luxembourg, Mexico, Madagascar, Mauritius, Mongolia, Former Yugoslav Republic of Macedonia, Monaco, Namibia, Netherlands, Nepal, Niger, Nigeria, Norway, New Zealand, Paraguay, Peru, Philippines, Poland, Portugal, Qatar, Romania, South Africa, Russia(not allowed to send athletes at this moment), Sierre Leone, San Marino, Serbia, Sri Lanka, Switzerland, Slovakia, Slovenia, Sweden, Sudan, Tunisia, Turkey, Chinese Taipei, Ukraine, Uruguay, United States, Venezuela, Zambia, Zimbabwe

7 ENTRIES - PRELIMINARY (PEF) AND FINAL (FEF) ENTRY FORMS

Preliminary Entry Form

Each Federation must send the form provided by IAU. In order to book the accommodation, each Federation will send a list with numbers of athletes, officials, and other team members.

Final Entry Form

Each Federation must send the forms provided by IAU. With the final entry form, each Federation will send the **final list** with the names of the athletes, dates of birth, sex and curriculum vitae or personal bests, and inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight No.), the requirement about accommodation (number of rooms, number of nights, number of meals) and other special note (vegetarian...) to be provided. Also, the LOC would like to collect the photo of each athlete for promotion use so please provide the athletes' photos when sending the FEF as well.

Please note that the travel and accommodation offer made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

Deadline PEF: August 28, 2023 – 24:00 Taiwan Standard Time (GMT+8)

Deadline FEF: October 16, 2023 – 24:00 Taiwan Standard Time (GMT+8)

The PEF/FEF must be **sent in digital format via emails** before the deadline.

LOC: ctau.runner@gmail.com

IAU: secretary@iau-ultramarathon.org

Subject: "2023 IAU 24H_WC PEF/FEF -Federation Code"

WMA Entry

The information of WMA 24H World Championships, please check the GIS announced by WMA.

Athletes who are already entered in the IAU Championships as part of a national delegations and who wish to be eligible for placing in the WMA Championships must in addition also register on the website before midnight **October 16, 2023 – 24:00 Taiwan Standard Time (GMT+8)**; and pay the extra **entry fee USD\$155**.

Registration Website(Updated on August 18): <https://www.simplyregister.net/register/?e=124644>

The team leader of National Delegation should: mark this athlete in the WMA column in the IAU FEF; and inform the LOC to check this online registration in the FEF email.

8 TRAVEL GRANTS AND THE USE OF WILDCARDS

Travel Grant information/receipts will be scheduled with the Delegations on the occasion of the Outfit Meeting. The allocated Travel Grant for the National Athletics Federations for this MIAUC will be announced nearer the time but will be of the order of the following example:

	A	B	C	Team	
Zone 1	240	180	120	240	>15h flying between the capital of LOC and IAU MF country
Zone 2	192	144	96	192	>9h flying between the capital of LOC and IAU MF country
Zone 3	144	108	72	144	> 4h flying between the capital of LOC and IAU MF country
Zone 4	96	72	48	96	< 4h flying between the capital of LOC and IAU MF country

	A	B	C
Men	>240km	>220km	>200km
Women	>220km	>200km	>180km

*Flying times are calculated point to point and may not reflect the actual time taken.

Team-Grant are paid for maximum one male and one female team, (minimum 3 runners/team). Individual-Grant are paid for maximum 3 men and 3 women per country. All these grants are cumulative.

The Travel Grant will only be paid by Bank Transfer after the event.

The Provisional Travel Grant (PTG) information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank details confirmed and returned to robert.boyce@iaulultramarathon.org prior to the championships. At the start of the race there will be a check of the athletes who have started. If athletes who are on the PTG information, do not start the amount of TG will be changed. Final payment amounts will be made after the event from confirmed athletes who started.

Use of Wildcards

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAUC competition. At every MIAUC a maximum of 2 wildcards (one man and one women) will be given automatically.

Travel Grant questions will be scheduled right before the technical meeting.

If you have any questions about this, please contact the IAU Director of Finance Robert Boyce. robert.boyce@iau-ultramarathon.org

9 CENTRAL OFFICE & RACE VENUE

Central Office

Chientan Youth Activity Center

Add: No.16, Sec. 4, Zhongshan N. Rd., Zhongshan Dist., Taipei 104, Taiwan

<https://goo.gl/maps/7XvsH3beubqcCuDV9>

This will be the central office of LOC and the ceremony venue during the championships.

The Chientan Youth Activity Center is near by the Jiantan station(R15) on the Red line MRT. Walk from Exit 2 for approximately 5-10 minutes.



Race Venue

Dajia Riverside Park <https://goo.gl/maps/Q2BgpiyNsLhJtoGu8>

This will be the race venue during the championships.

The venue is near the River Evacuation Gate 10 (Lin An Tai Historical House). There are beverage vending machines (pay with cash coins) and public toilets in Riverside Park.

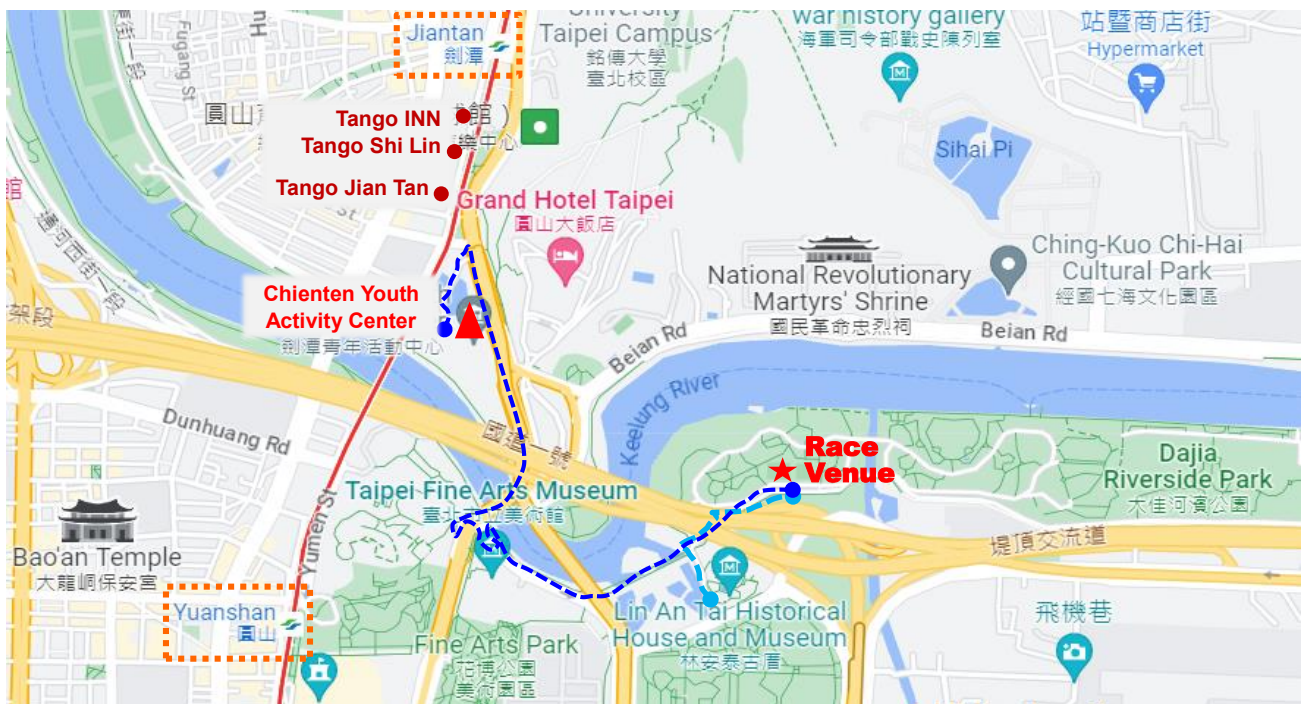


Chientan Youth Activity Center to Race Venue

The center is about 2 km to the race venue. Team can have a course inspection or training by walking.

<https://ridewithgps.com/routes/43456638>

Starting from the front gate of Chientan Youth Activity Center, turn right and go along the road on the right-hand sidewalk. → Cross the Zhongshan Bridge, and there is a stair at the end of the bridge. → Go down the stair and follow the guide signs, then enter the riverside by another stair. → After entering the riverside, go straight along the riverside route to reach the venue.



10 ACCREDITATION

Throughout the event, the central office of the LOC will be located at the **Chientan Youth Activity Center**, the accreditation procedure will also be organized at there. The accreditation service hours depend on the arrival of the teams and will inform the team leader about the process.

National team's accreditation card will be prepared in advance of the event, based on the information provided by the Member Federation in the FEF.

Each team member will receive an accreditation card after the team arrive. The accreditation card which must be worn at all times and should be clearly visible (off-competition). LOC staff will control certain areas exit. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. No changes will be accepted after the final entry deadline.

Any lost or damaged accreditation card should be reported to the LOC. Duplicate cards can be obtained where proof of identity can be established at a charge of USD\$30.

Please note that accreditations will only be handed out to the teams once the accommodation invoice has been fully paid by the Member Federation.

Team Leaders WhatsApp Groups

A WhatsApp group including all Member Federations' team leaders will be created for the championships, to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the organizing committee via this group.

11 SUSTAINABLE DEVELOPMENT IN WORLD CHAMPIONSHIPS

The LOC of IAU 24h World Championship has set out to establish a new model for the world championship, pledging to deliver this more responsible and sustainable event.

Sustainability Ambition

The LOC will focus on implementing two indexes of the SDGs of the United Nations, SDG 12 - Responsible consumption and production and SDG 13 - Climate actions. During the period of organizing world championship, we will adopt 6R policy which are Reduce, Reuse, Recycle, Remind, Refuse, and Replace. The actions are for the benefit of reducing the Carbon footprints and reducing the using of plastic products.

Green Partners

We invite all the participants as our Green partners. You can bring a worn running shirt (made in polyester) with you and put it into the recycle box on site. The Taiwan local textile company will recycle your running shirt and produce some new t-shirts for next championship.

The participants will have the chance to experience more green technologies in the race. Such as the power source on site is the hydrogen power provider instead of diesel fuel generator. However, we need your cooperation as well, please bring your own water cup, then we can reduce a huge amount of paper water cups. Let's have a green race together!



12 WEATHER CONDITIONS

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain.

Average weather conditions during the last 5 years in Taipei:

December 1-2	Temperature			Precipitation	Humidity	Wind Speed
	Average (°C)	Max (°C)	Min (°C)	Average (mm)	Average (%)	Average (m/s)
2022	16.6	24.8	8.3	90.5	82	5.8
2021	18.3	27.2	12.3	54.0	77	5.9
2020	18.1	26.4	7.6	145.0	88	7.9
2019	19.7	29.5	11.6	136.2	77	7.9
2018	19.5	30.5	12.3	54.4	75	7.7

For more information, please visit Central Weather Bureau website: <https://www.cwb.gov.tw/eng/>

13 VISA

Please visit the website for visa detail and information.

Bureau of Consular Affairs, Ministry of Foreign Affairs, TAIWAN
<https://www.boca.gov.tw/np-137-2.html>

Passports must be valid for at least 6 months, and visitors must have a confirmed return air/sea ticket or air/sea ticket or a visa for the next destination, and a confirmed seat reservation for departure flight.

Taiwan allows visa-exempt entry for visitors intending to stay for short periods of time for certain passport holders. Categories include tourism, visiting friends or relatives, business, attending exhibitions, fact-finding, social visits, and international exchanges.

Visitors who are not eligible for visa-exempt entry may be eligible for entry via a different scheme by way of approved third country visas or may be eligible for online e-visa application. Others are required to apply for a visa at a diplomatic mission abroad. For more information, please check the above link.

14 TRAVEL & TRANSPORTATION

Taipei is served by two airports:

Taiwan Taoyuan International Airport (TPE)

This is the main airport in Taiwan. Its majority served for most of the international flights. Buses or MRT to Taipei and the HSR shuttle bus direction can be found inside the terminals.

<https://www.taoyuan-airport.com/?lang=en>

The TPE airport is located 40km away from accommodation and the venue. The road distance can be covered in about 1 hours by driving.

Taipei Songshan Airport (TSA)

This airport is in Taipei city. It scheduled flights serving domestically in Taiwan, and to some cities in East Asia. MRT Station (BR13) and Taxi can be found outside the terminals.

<https://www.tsa.gov.tw/?culture=2>

The TSA airport is located 7km away from accommodation and the venue. The road distance can be covered in about 20 mins by driving.

China Airlines – Best Fare (Updated on August 24)

China Airlines brings people together every day, all around the world. The global route network of China Airlines and its cooperating partner offers optimal connection and combination options, so you will benefit from a quick flight to Taiwan.



If you choose to take China Airlines, you can receive the best fare by entering the **Corporate ID: TW052053** while booking the flight ticket on the following website. You will reach the booking platform via this link: <https://www.china-airlines.com/> and select the country / region of your departure. The best fares in your country / region will automatically be displayed when you search, and varying at different flight locations.

Transfers From and To Airport

Travel to and from the airport will be arranged at no extra cost for those staying at the official accommodation for the race and the booking will be made while submitting the FEF. Teams should meet the LOC staff who will be waiting for them at the arrival area of the airport. The returning transportation to airport after race will be arranged about 3 hours before the airplane takes off. The transportation schedule will be given out after the arrival.

Local Transportation

Taipei is a city of public transport. You can find more detail information of public transportation through following link: <https://www.travel.taipei/en/information/trafficlist>

The LOC will organize the transportation for the athletes staying in the official accommodation, from and to the race venue for the competition on the race day: 2-3 hours before start, and 1-1.5 hours after finish. The final schedule will be announced at the technical meeting.

During the race, there will be a shuttle service between the venue and the accommodation.

Race Venue → Chientan Youth Activity Center		
Time	December 1, 2023 Friday	13:00, 15:00, 17:00, 19:00, 21:00, 23:00
	December 2, 2023 Saturday	05:00, 07:00, 09:00, 11:00
Chientan Youth Activity Center → Race Venue		
Time	December 1, 2023 Friday	14:00, 16:00, 18:00, 20:00, 22:00
	December 2, 2023 Saturday	06:00, 08:00, 10:00

15 ACCOMMODATION & MEALS

Official Hotels

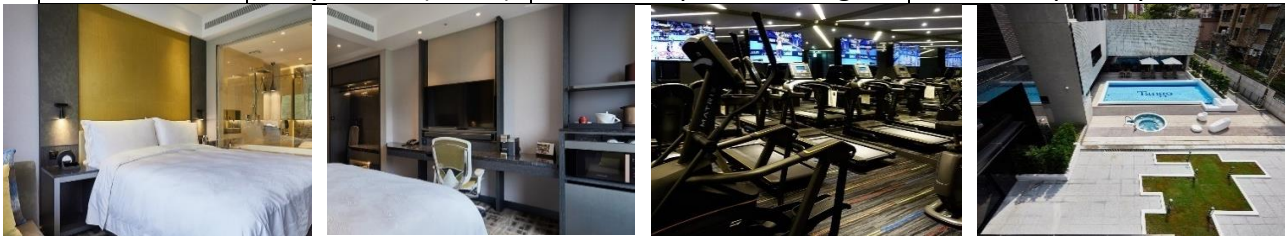
The number of each room type is limited. LOC will be arranged according to the time when the team submits FEF and the available number of remaining rooms. If the number of required rooms is insufficient, the reservation will be adjusted after discuss with the team.

1. Tango Hotel – Jian Tan (4 stars)

Add: No.16-6, Jihe Rd., Shilin Dist., Taipei City 11166 ,Taiwan

Tel: +886-2-2886-2999

Room Type	Number of person	Room Rate	Number of rooms available
Double Room	1-2 persons (1 bed)	USD \$240 per room/night	72 rooms per day

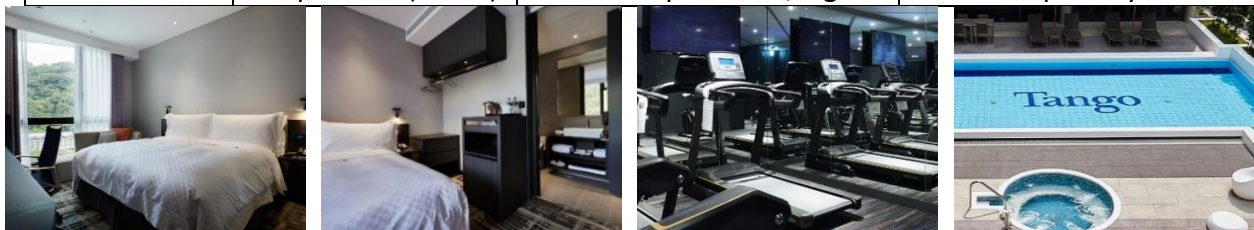


2. Tango Hotel – Shi Lin (4 stars)

Add: No.16-8, Jihe Rd., Shilin Dist., Taipei 111013, Taiwan

Tel: +886-2-2886-6888

Room Type	Numbers of person	Room Rate	Number of rooms available
Double Room	1-2 persons (1 bed)	USD \$220 per room/night	30 rooms per day



3. Tango INN – Ji He (3 stars)

Add: No. 18, Jihe Road, Shilin Dist., Taipei 111013, Taiwan

Tel: +886-2-2885-6666

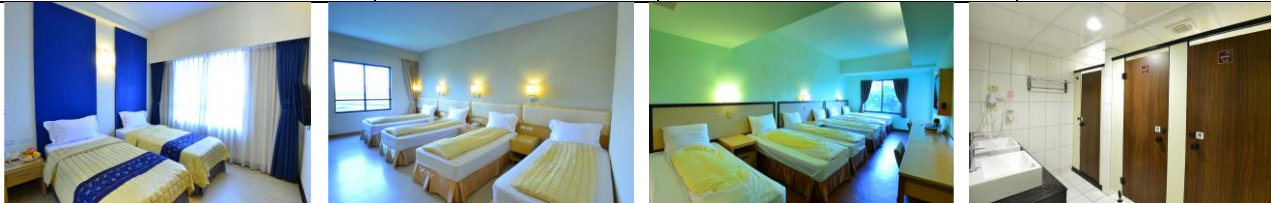
Room Type	Numbers of person	Room Rate	Number of rooms available
Double Room	1-2 persons (1 bed)	USD \$200 per room/night	31 rooms per day



4. Chientan Youth Activity Center (3 stars)

Add: No.16, Sec. 4, Zhongshan N. Rd., Zhongshan Dist., Taipei 104, Taiwan
Tel: +886-2-2885-2151

Room Type	Numbers of person	Room Rate	Number of rooms
Standard Twin Room	2 persons (2 beds)	USD \$180 per room/night	57 rooms per day
Standard Quad Room	4 persons (4 beds)	USD \$280 per room/night	51 rooms per day
Standard Six-People Room	6 persons (6 beds)	USD \$390 per room/night	47 rooms per day



Front Desk Services and Facilities

The basic front desk service include: currency exchange (USD to TWD), baggage storage, tour information..., and extra service (e.g., Laundry) that have to be paid directly to hotel by the team. The basic facilities include: hairdryer, kettle, AC, Wi-Fi, TV, mineral water...; the Tango hotel have fitness and swimming pool; the Youth Center have separate shower room and toilet in a room.

*For the ambition of sustainability, **we recommend you to bring and use your own** toiletries and flip-flops, to avoid small packaged toiletries waste and dispense with disposable bathing slippers.

The LOC is covering the cost of **Standard Twin Room** for 2 male and 2 female athletes **Full-Board** for certain nights during the duration of their stay in official accommodation.

For >9h flying between the capital of LOC and IAU MF country: 5 nights.

For 4-9 hours flying between the capital of LOC and IAU MF country: 4 nights.

For < 4h flying between the capital of LOC and IAU MF country: 3 nights.

Any additional nights, non-quota athletes and team officials will charge the price as above table.

Payment Procedure

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations are kindly requested to pay the outstanding amount in USD by online credit card or bank transfer latest by **October 30, 2023**.

*Online Credit Card:

LOC will provide a specific link to team leader via email to finish the online payment.

*Bank Transfer to the following account:

Account Name: Chinese Taipei Association of Ultrarunners

Bank Name: CTBC Bank Co., Ltd. / Wanhua Branch

Bank Address: 1F., No.92, Sec.2, Changsha St., Wanhua District, Taipei City 108, Taiwan

Account Number: 668-54016632-5

IBAN: CTCBTWTP 668

Cancellation policy

Please note that 40% of the deposit will be refunded for cancellation before November 12, 2023. Any cancellation/no-show in accommodation after November 12, 2023, will be fully (100%) charged to the Federation.

Check-in / Check-out

As you will be shuttled to the hotel, the LOC will take care of communicating your check-in times as possible (subject to availability). For organizing purposes, please inform the LOC well in advance of your travel plans. Check-out time: before 11:00 a.m.

Hotel Area Information

These official hotels are near by the Jiantan station(R15) on the Red line MRT. Walk from Exit 2 for approximately 5 minutes can arrive hotel. There are some convenient stores and supermarket about 400m; and restaurants, food stalls, night market nearby the MRT Station.

Convenient Store (24H):

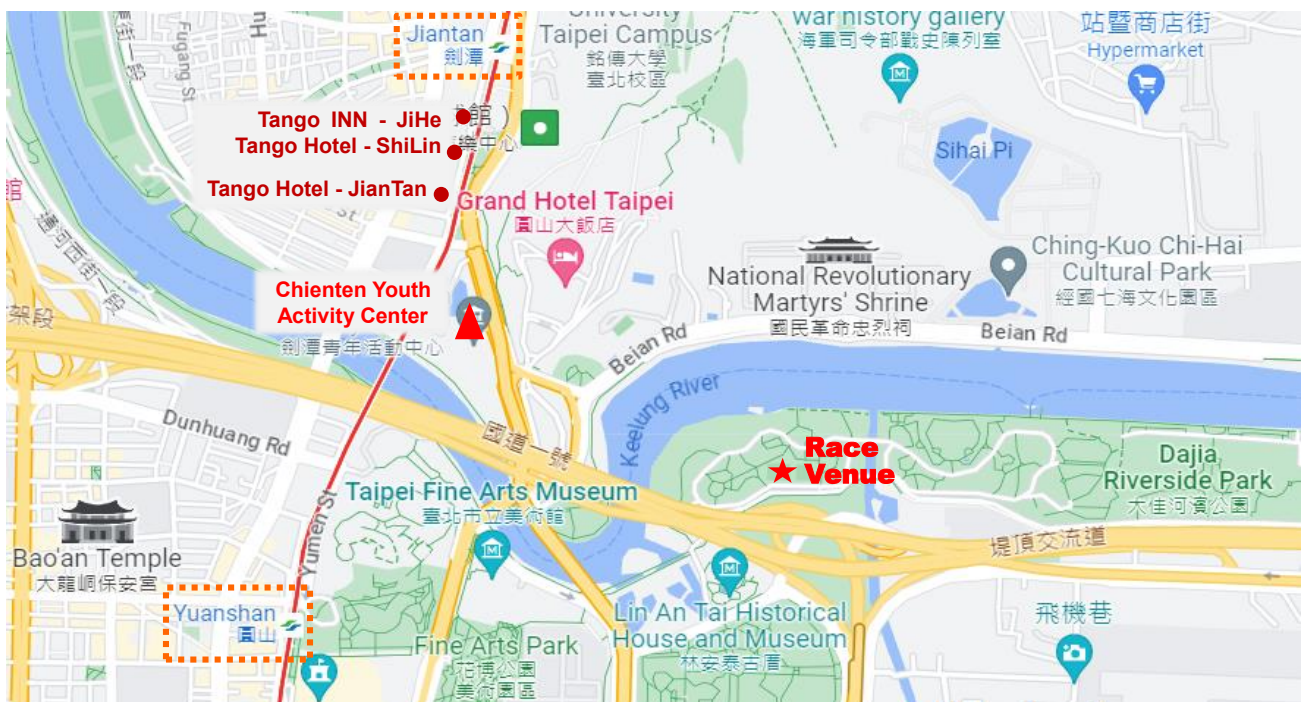
7-ELEVEN <https://goo.gl/maps/fsHs3a2f6KDGC2rm8>

Supermarket:

Carrefour market <https://goo.gl/maps/vB9aRPWroUXGTudc9>

Simple Mart <https://goo.gl/maps/kXo5AKrPBL3fYVxb7>

There are the Shilin night market, Taipei fine arts museum, and Taipei story house, Grand Hotel Taipei...around this area. If you like outdoor activity, there is also a Chientan Shan Trail nearby, which is a short trail with stairs & rest stops, leading uphill via a forest to a deck offering sweeping city views.



Meal

Breakfast will take place in each hotel. Lunch and dinner will be served in the **Chientan Youth Activity Center’s dining hall**. Please indicate food restrictions of the athletes within the final entry form notice. The meals served in the Chientan Youth Activity Center’s dining hall are only provided to the accredited team members (athletes and officials) who booked official hotel by FEF.

Breakfast

For every night booked in each official hotel, continental buffet breakfast will be served.
Breakfast Time 07:00-09:00.

Lunch

During the official event period (from November 29 to December 2, 2023), lunch will be served to all accredited team members (athletes and officials) at the Chientan Center’s dining hall. There will be vegetarian options every day.

Dinner

During the official event period (from November 28 to December 2, 2023), dinner will be served to all accredited team members (athletes and officials) at the Chientan Center’s dining hall. There will be vegetarian options every day.

On the days outside the official event period, the participating Member Federations remain in charge of arranging lunch and dinner for their team members in line with their preferences.

Date		Lunch Time	Dinner Time
Tuesday, Nov 28, 2023	-	n/a	18:00-20:00
Wednesday, Nov 29, 2023	-	12:00-14:00	18:00-20:00
Thursday, Nov 30, 2023	Opening	12:00-14:00	18:00-20:00
Friday, Dec 01, 2023	Race Day	12:00-14:00 At race site catering area	18:00-20:00 At race site catering area
Saturday, Dec 02, 2023	Medal & Closing	12:40-14:40	19:00-21:00

16 GENERAL PROGRAMME

Date	Time	Activities	Location
Tuesday, November 28	All day	Arrival of the teams	
	18:00-20:00	Dinner	Chientan Center Dining Hall
Wednesday, November 29	All day	Arrival of the teams	
	12:00-14:00	Lunch	Chientan Center Dining Hall
	18:00-20:00	Dinner	Chientan Center Dining Hall
Thursday, November 30	All day	Arrival of the teams	
	09:00-10:00	IAU Congress Meeting	Conference Room
	11:00-12:00	Press Conference	Conference Room
	12:00-14:00	Lunch	Chientan Center Dining Hall
	13:30-14:00	Outfit meeting and TG Confirmation	Conference Room
	14:00-15:00	IAU WC Technical meeting	Conference Room
	16:30-17:30	Opening Ceremony	Chientan Center Main Hall
	18:00-20:00	Welcome Dinner	Chientan Center Dining Hall
Friday, December 1	10:00	Start of the Race	Race Site
	12:00-14:00	Lunch	Race Site Catering Area
	18:00-20:00	Dinner	Race Site Catering Area
Saturday, December 2	10:00	Finish of the Race	Race Site
	11:00-12:00	Open Race Award Ceremony	Race Site
	12:00-14:00	Lunch	Chientan Center Dining Hall
	18:00-19:00	IAU & WMA Championships Award & Closing Ceremony	Chientan Center Dining Hall
	19:00-21:00	Farewell Banquet	Chientan Center Dining Hall
Sunday, December 3	All day	Departures of the teams	

17 IMPORTANT PROGRAM INFORMATION

IAU Congress Meeting

Thursday, November 30 at 09:00, Chientan Youth Activity Center, Conference Room.

Press Conference

Thursday, November 30 at 10:00, Chientan Youth Activity Center, Conference Room.

Outfit Meeting & Travel Grant Confirmation

Thursday, November 30 at 13:30-14:30, Chientan Youth Activity Center Conference Room.

This meeting is mandatory for all delegations. Team leaders need to present their national uniforms for inspection, and to confirm the athletes who are competing and be ranked.

The bibs and the chips will distribute at the meeting. There are 4 bib numbers and 2 systems of timing chips provided. The first timing chip is on the back of bib number tags. The second chip should be tied on the shoe or strap to the ankle, and the team leader is responsible for collecting the chips from athletes after the race and returning as a team at the certificate pick-up area.

Technical Meeting

Thursday, November 30 at 14:00-15:00, Chientan Youth Activity Center Conference Room.

The Meeting is for IAU and WMA Championships, and will be conducted in English. Each Team may be represented by a maximum of two people. Any inquiries concerning the technical conduct of the Championships must be made in English to the LOC via following link latest by 09:00 on the day of the meeting. These questions will be answered at the meeting.

Question Form: <https://forms.gle/3d2uTxF3wxyRUu8QA>

Opening Ceremony

Thursday, November 30 at 16:30-17:30, Chientan Youth Activity Center Main Hall

The Meeting point for all teams is at 16:00 at the outdoor Square in Athlete Village. We ask you to be on time as we have a tight protocol for the opening ceremony. If it rains, the teams will proceed to Main Hall directly. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and to wear their federation official team clothing.

Welcome Dinner

Thursday, November 30 at 18:00-20:00, Chientan Youth Activity Center, Dining Hall.

IAU Award & Closing Ceremony

Saturday, December 2 at 18:00-19:00, Chientan Youth Activity Center, Dining Hall.

Medalists must wear the Federation's official team clothing. Medalists, individuals and teams, will be arrange a seat in the front of the stage, please be on time and follow the guide on site.

Farewell Banquet

Saturday, December 2 at 19:00-21:00, Chientan Youth Activity Center, Dining Hall.

18 MEDICAL & INSURANCE

Physiotherapy Services

Physiotherapists will be at the competition venue during the race. There will be an open area at the venue for medical treatments. The service time will be announced on site.

Medical

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with rule 53.1 of the WA Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and/or pathology – in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests form of use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner`s ability or not to participate in the competition.
- e. Accept that, under rule 144 of the WA Competition Rules, the Medical Team decision on participation before or during the race is final.
- f. Any RTPCR/Vaccination Report will be as stipulated by the local government.

Insurance

The LOC provide public liability insurance and medical cover for the race on site. Participating Member Federation are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from 2023 IAU 24H World Championships and during the event itself. Please take necessary steps to fulfil these requirements well in advance.

A person who registers on the website or submits the entry form with the team means that he/she agrees and consents to accept medical treatment from the LOC or their medical personnel in the event that he/she is injured or otherwise becomes ill or incapacitated during the Championships. In the event of any emergency medical treatment or services provided to the person requiring the payment of fees, he/she agrees to pay these fees upon request.

Doping Controls

The Anti-Doping Regulations of the World Anti-Doping Code of the World Anti-Doping Agency will be applied. Post-competition doping controls will be carried out in accordance with the WA Rules and by the Taiwan Anti-Doping Association (TADA).

Teams who need a doping control (at their cost about USD\$610) for the ratification of a national record have to indicate it in the FEF.

Team leader might like to keep a copy of athletes` passport for identification if asked by an official or if the athlete of the team is chosen for a doping test.

19 OPEN RACE

In addition to the athletes of the IAU and WMA Championships, there will be a limited number of runners allowed to take part in the competition. Runners wishing to enter should

- a. register via the LOC website: <https://bao-ming.com/eb/content/5753#reg> before **October 16, 2023** or sold out.
- b. provides the proof of an achievement of a minimum of 150km within the past 4 years for both man and woman; the proof can be athlete's DUV page link (DUV: <https://statistik.d-u-v.org/>).
- c. pays an **entry fee of USD\$170**.

The LOC will finalise and announced the list of the accepted participants.

Open Race - Registration Pack Distribution

To proceed the distribution procedure, open race participants please present the passport. The registration pack will include total of 4 bib numbers for each athlete, pins, timing IC chip, and other information and souvenir the LOC will provide.

There will be 2 systems of timing chips provided. The first timing chip is on the back of bib number tags. The second chip should be tied on the shoe or strap to the ankle, and this chip should be returned after the race at the certificate pick-up area with a deposit refunded.

Overseas runners

Registration Pack can be pick-up as follows:

November 30, 2023, 13:30-15:30 at the conference room at the Chientan Center.

December 1, 2023, 08:00-09:00 at the race venue service tent.

Domestic runners

Registration Pack will be sent out a week before the race date to the register domestic address. Those who register after October 16, 2023 will have to pick-up the bib at the race venue service tent on December 1, 2023 from 08:00-09:00.

Open Race - Award

There are no age or team award of the open race. Awards will be given for first, second and third place individuals. Awards for open race will be given out at the race site about 1 hour after the race finished.

Special Award

The open race runner who can run above IAU international level will receive a golden statuette as special award · the runner who can run above the IAU national level will receive a silver statuette and the runner run over 180K can receive a bronze statuette.

The runners should visit the service tent – referee crew and retrieve the statuette after the race results have been posted on the website. No postal service will be provided.

Statuette	Golden (INT Level)		Silver (NAT Level)		Bronze	
	Men	Women	Men	Women	Men	Women
Eligibility	244K	224K	217K	199K	200K	180K

20 HOST INFORMATION



TAIWAN

Location:	East Asia
Capital:	Taipei
Area:	Taiwan: 36,000 km ² Taipei: 271 km ²
Population:	Taiwan: 23,361,084 Taipei: 2,501,988
Language:	Taiwanese, Traditional Chinese, English
Currency:	New Taiwan Dollar (NTD\$)
Local Time:	GMT+8 / UTC+8
Electricity:	110V, socket Type A & Type B
Business Hours:	Office: Weekdays 09:00-18:00 General Stores: Almost open daily 10:00/11:00-21:00/22:00 Convenience Stores: Open daily, 24 hours a day (some open at 07:00~23:00)
Useful Phone Numbers:	Emergency Numbers Police (Free Service): 110 Emergency Numbers Fire, Ambulance (Free Service): 119 24-Hour Toll-Free Travel Information Hotline: 0800-011-765

Tourist Attraction

Taipei is the capital city of Taiwan. Taipei is a place that foreigners can get around easily. Taipei is home to various world-famous architectural or cultural landmarks which include Taipei 101, Chiang Kai-shek Memorial Hall, Dalongdong Baoan Temple, Hsing Tian Kong, Lungshan Temple of Manka, National Palace Museum, Presidential Office Building, Taipei Guest House, Ximending, and several night markets dispersing over the city. Its natural features such as Maokong, Yangmingshan, and Beitou hot springs are also well known to international visitors.



Travel in Taipei

<https://www.travel.taipei/en>

Money Issues

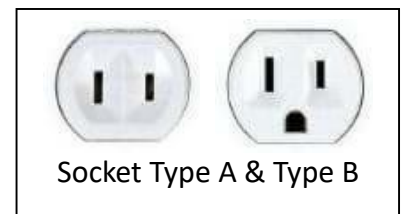
The currency of Taiwan is the new Taiwan Dollar (NTD\$). Foreign currencies can be exchanged at airport, government-designated banks and some hotels front desk. Receipts are given when currency is exchanged, and must be presented in order to exchange unused NT dollars before departure.

Cash is more widely accepted in the street snack bars; and the credit cards are accepted in the shops or restaurants. Most of local stores do not receive Traveler's Check, therefore travelers who have Traveler's Check, please exchange for NT dollars.

Hotels and restaurants in Taiwan often charge a 10% service fee included. Even though tipping is not mandatory, the service staff greatly appreciate if you tip them for their good service.

Electricity

Taiwan uses electric current of 110 volts at 60 cycles, appliances from Europe, Australia or South-East Asia will need an adaptor or transformer. Many buildings have sockets with 220 volts especially for the use of air conditioners.



Getting Around

To get around in the city, you can take advantage of the bus or MRT system. Get a copy of the local tour guide or bus / MRT book, it can tell how to get where you want to go. If you are planning on traveling for longer distance, the High-speed Railway or railroad system should be handy.

Bus/MRT/Taxi

The MRT system is popular in Taipei, and they are neat and convenient. You can easily transfer between MRT and buses to most scenic spots.

There is lots of Taxi in Taipei city; there is a fixed price system by distance. Uber service is popular as well in Taipei.

