

GENERAL INFORMATION SHEET

IAU 100KM Asia and Oceania Championship Bengaluru

30 July 2023

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1. INDIA ON THE WORLD MAP

India is the world's largest democracy known for its diverse culture and blend of spirituality and technology. Indian movies, music, and spiritual teachings are now getting quite popular across the globe.

It is the seventh-largest country by area, the second-most populous country in the world.



Though the country's population remains largely rural, India has three of the most populous and cosmopolitan cities in the world—Mumbai (Bombay), Kolkata (Calcutta), and Delhi. Three other cities—Bengaluru (Bangalore), Chennai (Madras), and Hyderabad—are among the world's fastest-growing high-technology centres, and most of the world's major information technology and software companies now have offices in India.

Bengaluru:

Bangalore, officially known as Bengaluru is the capital of the Indian state of Karnataka. It has a population of over ten million making it a megacity. It is located in southern India, on the Deccan Plateau at an elevation of over 900 m (3,000 ft) above sea level, which is the highest among India's major cities.

Bengaluru is sometimes referred to as the "Silicon Valley of India" (or "IT capital of India") because of its role as the nation's leading information technology (IT) exporter. It is now also called Running Capital of India. A demographically diverse city, Bangalore is the second fastest-growing major metropolis in India. The city also houses the Kannada film industry also called Sandalwood.

Due to its elevation, Bangalore usually enjoys a more moderate climate throughout the year, although occasional heat waves can make summer somewhat uncomfortable. The coolest month is January with an average low temperature of 15.1 °C (59.2 °F) and the hottest month is April with an average high temperature of 35 °C (95 °F).

The city is well connected with daily direct flights to several European cities, most cities in Middle East and Southeast Asia. In addition to the regular international carriers, several Indian airlines including Air India, Indigo, Goair and Vistara have flights to Middle East and Southeast Asia.

2. WELCOME



Welcome to the IAU 100km Asia and Oceania Championships 2023. It is our pleasure to be hosting this year's edition in Bengaluru, India.

The last edition of the IAU 24 Hour Asia and Oceania Championships held in India were a huge success and the credit goes to Athletics Federation of India (AFI) and NEB Sports, local organizing committee for envisioning and executing an outstanding championship. This year's event will build on that success and will be a treat for athletes to run in again.

India is quickly becoming a hotbed of ultrarunning in Asia and the development of the sport is truly remarkable given the early stage of the sport in the country. The domestic efforts in development of ultrarunning combined with the international success of the athletes has encouraged more focus and shone more spotlight on the discipline.

I would like to thank Dr. Adille Sumariwalla, President of AFI for his continued support and dedication to the development and progression of ultrarunning in India. Under his leadership India has truly emerged as one of the powerhouses of ultrarunning in Asia.

The local organizing committee has been working very hard. I am confident that this year's event will be outstanding, and I encourage you to be a part of the festivities.

See you in Bengaluru!

Nadeem Khan – President - IAU



It gives me great pleasure to welcome you to India!

It is a privilege for me to be, as President of the Athletics Federation of India, the host of the 100KM Asia and Oceania International Ultra Run championship ever organized in India. It is a historic moment, and I am glad that we will be able to mark it through one of the youngest and most dynamic athletic disciplines: ***ultrarunning***.

We must not forget that this championship would have never been accomplished without the help and implication of the Ministry of Sports and Youth, Karnataka Government. All of them were excited and enthusiastic to organize this world championship and support every step of the organization.

To the best ultrarunners of the moment: Welcome and may you have a great race! I hope that you will spend wonderful days in Bengaluru, marked by friendship and sportsmanship!

Adille Sumariwalla, President of the Athletics Federation of India



I am very happy that the Asia and Oceania 100KM is being held in Bangalore.

On behalf of the Government of Karnataka, it gives me great pleasure to welcome you – we will do our best to try to make your stay comfortable and enjoyable.

Wish you all the best for the championship!!

Rajender Kataria (IAS)

Principal Secretary, Govt of Karnataka, Horticulture & Sericulture Departments.

President - LOC



It gives me great pleasure to welcome you in Bengaluru, the town that combines the most interesting and beautiful things India has to offer!

Organizing 100KM Asia and Oceania Championship is another feather in our cap. We, at NEB Sports have been organizing sports events for over a decade and enjoy the sportsmanship we see at events. I assure you a great experience as you compete in your respective categories.

Do make time to visit local attractions as Bengaluru has a lot to offer to tourists be it pubs, parks, local markets, shopping, temples and more – and if you have time, please try to visit some of the many beautiful sites in our vast country

Nagaraj Adiga, Race Director and CMD, NEB Sports

Area Representative Asia & Oceania – IAU

Chairman, Ultra & Trail Running, Selection Committee - AFI

3. LOCAL ORGANIZING COMMITTEE (LOC)

	Name	E-mail	Telephone number
LOC President	Rajender Kataria	contact@nebsports.in	+919206265087
Race Director	Nagaraj Adiga	adiga@nebsports.in	+99845244844
Communication Director	Cauvery Adiga	ultrarunning@nebsports.in	+919206265087
Accommodation & Transport Director	Shilka Abraham Ashwin Adiga	shilka@amanati.events ashwin@nebsports.in	+919619287476 +919901564309
Treasurer	Umesh Poojari	umesh@nebsports.in	+919900249105
Medical Director	Reeth Abraham	reeth@nebsports.in	+919206265087
VIP Hospitality	Umesh Poojari	umesh@nebsports.in	+919206265087
Technical Director	Sunil Shetty	Sunil.shetty@nebsports.in	+919833966208
Accreditation	Reeth Abraham	reeth@nebsports.in	+919206265087

4. ATHLETICS FEDERATION OF INDIA

Office Bearers

S.NO	NAME	POST	E-MAIL
01	Mr.Adille J Sumariwalla	President	president@indianathletics.in
02	Mr. Ravinder Chaudhry	Secretary General	secretary@indianathletics.in
03	Dr. Madhukant Pathak	Treasurer	treasurer@indianathletics.in

5. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS IAU PRESIDENT

Name: Nadeem KHAN

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

Mobile: +1 716 392 6657

IAU VICE PRESIDENT, PROTOCOL, PROJECT COORDINATOR

Name: Robert BOYCE

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

Mobile: +61 417 557 902

IAU GENERAL SECRETARY

Name: Hilary WALKER

E-mail: secretary@iau-ultramarathon.org

Mobile: +44 7884 473 336

IAU DIRECTOR OF COMMUNICATION

Name: Jacek BEDKOWSKI

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

Mobile: +41 762 691 250

TEHNICAL COORDINATOR

Name: Frank Kuo

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

IAU Director of Technical Operations

Name: Francisco Sanchez-Rico

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

IAU Director of Competition

Name: Diana Amza

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

6. GENERAL COMPETITION INFORMATION IAU 100KM Asia and Oceania Championship

Start time: 0800 India Standard Time (IST) on 30 July 2023

Finish time: 2000 IST on 30 July 2023

(IST is GMT + 5 ½ Hours)

Time Limit: 12 hours

Competitions:

- Individual competition - Women
- Individual competition - Men
- Team competition - Women
- Team competition - Men
- Open 100KM event – Men and Women

Only athletes and team's official entered by their National Federation can compete in the IAU 100KM event. Every Country can send a maximum of 6 men and 6 women who can compete in this IAU 100KM Asia & Oceania Championship.

Maximum number of officials:

Team size

1-6 Runners – Max 3 officials

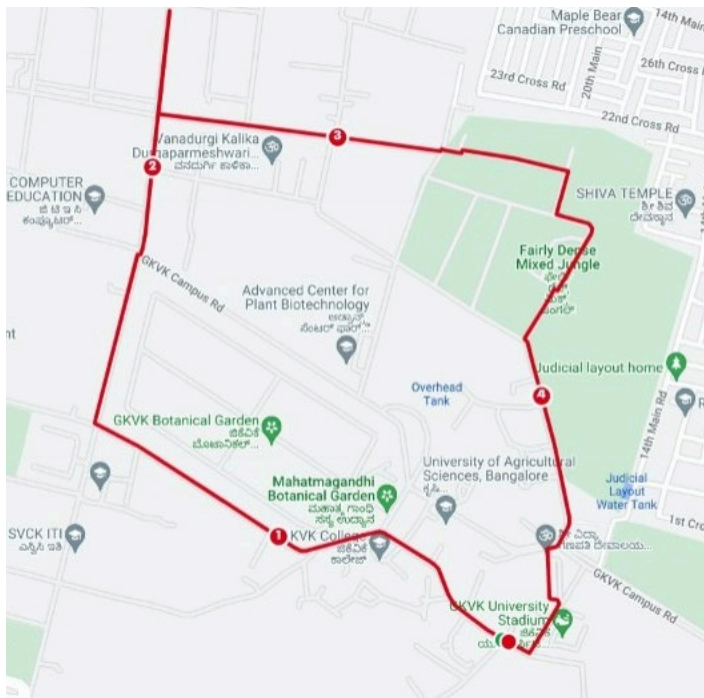
7-12 Runners – Max 6 officials

The START and the FINISH of the competition is at the GKVK Campus

The course is a 5km out and back road. Start and finish line near the GKVK University Stadium.

The course is officially measured by an A grade IAAF measurer and all performances will therefore be recognized by AFI, IAU and IAAF.

The LOC will provide security at the venue for the participants and officials.





Refreshment points:

- National Teams tents at designated areas
- General refreshment point at start/finish area
- Water and isotonic drink at start/finish point

Refreshment Indicative Menu:

1. Local Indian healthy, freshly made hot dishes
2. Freshly Cut Fruits
3. Sandwich - Bread, Butter, Cucumber, Tomato
4. Coffee/Tea
5. Buttermilk
6. Lemon Juice
7. Biscuits

Mineral Water, Fast & Up (Energy drink), Colas

7. TRANSPORTATION PLAN

Bengaluru airport is located 28 km away from hotel. The road distance can be covered in about 1-1.5 hours by bus. Travel to and from the airport will be arranged at no extra cost for those staying at the official hotel for the race provided the booking is made while submitting the FEF.

In order to use the LOC bus, teams should meet the LOC representatives who will be waiting for them, duly identified, near the arrival area of the airport. The LOC will set up a welcome desk at the airport during the arrival times of the delegations.

FREE TRANSFER The LOC will manage the following transportation for the delegations:

- Hotel – Opening ceremony and return
- Hotel – Start line
- Finish line – Hotel

8. ACCOMMODATION AND MEALS

The LOC will offer full board accommodation, free of charge, for a maximum of 2 male athletes and 2 female athletes per delegation for a specific number of nights:

The duration of the free stay is:

- For 3 nights accommodation: - from Lunch of Friday 28th July until Breakfast on Monday 31st July
- For 4 nights accommodation: - from Lunch of Thursday 27th July until Breakfast on Monday 31st July
- Hotel: Courtyard by Marriott Bengaluru Hebbal

No. 2, 55, Outer Ring Rd, Jogappa Layout, Nagavara,
Bengaluru, Karnataka 560045 • 080 6122 6777

Ph: +91 80-6122 6777

The Courtyard hotel is 8 km from the racecourse.
Rooms come with a satellite TV, a minibar, a safety deposit box and a private bathroom.

Hotel rates per person including breakfast, lunch and dinner.

✓ SINGLE ROOM – 150 USD/ night

✓ TWIN ROOM – 100 USD/ person/night

MEALS

Everyday breakfast, lunch and dinner are served at Hotel IBIS.

➤ Breakfast: 6:00 – 10:00

➤ Lunch: 13:00 - 15:00

➤ Dinner: 19:00 - 21:00

On race day, refreshments will be served on the course.

9. PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

DEADLINE PRELIMINARY ENTRY FORM (PEF): May 01st

In order to book the accommodations, each Federation will send:

- A list with the number of athletes and officials.
- Arrival and departure dates.
- Required numbers of rooms and their typology (single, twin).
- Required numbers of nights.

Every country can send 6 men and 6 women athletes and can

nominate one non-travelling reserve for each team in case of late withdrawal. For the teams' results, the delegations will be ranked according to the addition of the performances of their 3 best athletes.

Maximum number of officials:

1-6 athletes - 3 officials

7-12 athletes - 6 officials

In addition, the following information must be sent:

- Billing information
- Federation name
- Federation address and contact details
- Country

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

DEADLINE FINAL ENTRY FORM (FEF): June 01st 2023

With the final entry form, each Federation will send the final list with the names of their athletes, dates of birth, gender and their personal bests. Each Federation will also inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms and their typology and required number of nights.

The forms must be sent via email to both this email addresses:

LOC: ultrarunning@nebsports.in

IAU: secretary@iau-ultramarathon.org

Please note that the accommodation and transfer offers made by the LOC are conditional on the prompt receipt of the entry forms and payment within the deadlines.

10. TRAVEL GRANTS AND THE USE OF WILDCARDS

TRAVEL GRANTS AND THE USE OF WILDCARDS

An example of the allocated Travel Grants in Euros for the National Athletics

Federations for this MIAUC is as follows:

	A	B	C	Team
Zone 1	380€	285€	190€	380€
Zone 2	304€	228€	152€	304€
Zone 3	228€	171€	114€	228€
Zone 4	152€	114€	76€	152€

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

TEAM-Grants are paid for maximum one male and one female team, (Minimum 3 runners/team). Individual-Grants are paid for maximum 3 men and 3 women/country. All these grants are cumulative.

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@iaultramarathon.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.

Zone 1 = >15h flying between capital LOC and capital IAU member country

Zone 2 = >9h flying between capital LOC and capital IAU member country

Zone 3 = >4h flying between capital LOC and capital IAU member country

Zone 4 = <4h flying between capital LOC and capital IAU member country

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

WILDCARDS

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU 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-ultramathon.org

11. OPEN EVENT

In addition to the championships, there will be an Open 100KM run with prizes for first 3 Men and Women. Athletes wishing to enter should write to ultrarunning@nebsports.in

Entry fee for Open event is USD \$50.

Participants in Open event can opt to stay at the Hotel Courtyard by Marriott (subject to availability) at the same rates as athletes in the Championships.

12. VISA REQUIREMENTS

Any foreign visitor wishing to visit India should have a valid passport.

For more detailed information on Visa requirements, please access the following link: <https://indianvisaonline.gov.in/>

Details of countries whose citizens can get a Visa on Arrival is on following link:

<https://www.tourism-of-india.com/tourist-visa-on-arrival-in-india.html>

13. ACCREDITATION PROCEDURE

Accreditation badges will be prepared in advance of the event, based of the information provided by the Member Federation in the FEF.

No changes will be accepted after the final entry deadline, except in case of lesion, last minute illness of one of the team members.

Accreditation badges will be handed out on teams` arrival.

14. MEDICAL

The safety and welfare of competitors is of paramount importance to the Medical Team.

In accordance with rule 53.1 of the IAAF 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 IAAF 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

For safety reasons, upon arrival, the Teams will be asked to sign a Medical Waiver.

15. TIMING

NEB Sports has been conducting many running events for more than 5 years over various distances with some events have over 20,000 competitors. NEB Sports will use two different timing systems with timing mats placed around the course to get the highest accuracy.

16. IMPORTANT TIMES AND DATES

Outfit meeting and Travel Grant Confirmation

Saturday, July 29th between 14:00-15:00, Hotel Courtyard by Marriott Team leaders/managers to present their national uniforms, to confirm the athletes who are competing.

Technical Meeting

Saturday, July 29th between 14:00 – 15:00, Courtyard by Marriott

The Meeting will be conducted in English.

Press Conference –July 29th 15:00-16:00, Hotel Courtyard by Marriott

Opening Ceremony

July 29th between 18:00 – 19:00, Hotel Courtyard by Marriott. All athletes must be present on time. 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 outfit

Awards and Closing Ceremony

Sunday, July 30th at 2030, at GKVK Campus

17. GENERAL TIME SCHEDULE

This is the proposed timetable. The confirmed and final timetable will be handed out upon arrival.

Thursday 30 th June	All day	Arrival of the teams
Saturday 29 th July	14:00 – 15:00	Outfit meeting and Travel Grant Confirmation
	15:00 – 16:00	Press Conference
	16:00 – 17:00	Technical Meeting
	18:00 – 19:00	Opening Ceremony
	19:00 – 20:30	Pasta Dinner
Sunday 30 th July	0800	Start of IAU 100KM Asia & Oceania
Sunday 30 th July	2000	Finish of IAU 100KM Asia & Oceania
Sunday 30 th July	20:30	Awards and Closing Ceremony
Monday 31 st July	All day	Departure of the teams

**We look forward to having you over in
India!**