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## *IAU 24 hour Ultramarathon Relay race*

### *IAU Guidance document*

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#### **The relay race**

A relay race consists of a set number of stages, with each leg ran by a different member of the team. In most relay races, each member covers the 'same distance', before handing over the baton / takes over from the previous athlete, in a marked exchange zone. The team composition is generally four with each member being allowed to participate once during that race.

#### Terminology

Leg: one of the 4 sections that a relay race is divided into. A leg can only be run by a single designated team member.

#### **The concept of ultramarathon relay race**

The 24 hour ultramarathon relay race is on the similar lines as the usual 4 x 100 m or 4 x 400 m track and field relay event. This could be a road event as well. The ultramarathon relay however would require the members of the team to complete ultramarathon distances in the process. To achieve this, each team member would require to run a fixed time period before the next runner can enter the field. Thus, for the 24 hour ultramarathon relay to meet the criteria of each team completing an ultramarathon distance of minimum 50 km, we could have the following format:

- (1) 4 runners x 6 hours each

#### **Events in the ultramarathon relay races**

The following events can be held in the 24 hour ultramarathon relay race:

- (a) 24 hour Ultramarathon relay race - Men
- (b) 24 hour Ultramarathon relay race - Women
- (c) 24 hour Ultramarathon relay race - Mixed (Women and Men Team, 2 men and 2 women)



## **Event Rules**

- (a) The event should preferably be held on a 400 m track or a road course run on a loop.
- (b) The event will have a 6 hour fixed time period over four legs amounting to 24 hours. Each leg will commence after every 6 hours when the next team member can enter the track/road looped course.
- (c) Each member of the team can run only once during the event.
- (d) For the team to remain qualified, the cumulative distance of the team should be a minimum of 50 km.
- (e) Cumulative team distance will be considered for leaderboard.

## **Requirements for introducing 24Hr Ultramarathon Relay Format in World Championship**

- (a) The 24 Hour Ultramarathon Relay should have been successfully executed in a minimum of 3 IAU labelled running events, on a track or on a road looped course.
- (b) Each event should have a minimum total of 25 teams finishing the 24Hr Ultramarathon Relay category.
- (c) At least one trial event should take place in 2023, 2024 and in 2025. If World Championships are initiated they will be organized in 2026.