



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 run by a different member of the team. Each team member must cover a pre-set time or distance, before handing over/taking over the baton from the previous athlete, in a marked changeover area. The number of team members may vary, each of whom may participate once in the race.

Terminology

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

The concept of ultramarathon relay race

The 24 hour ultramarathon relay race is on the similar lines as the usual Marathon Ekiden relay. The recommended venue for this type of competition is the traditional 400m athletics track, although it could also be a road event with smaller circuits (perhaps a maximum of 1km in distance). The ultramarathon relay would require team members to complete ultramarathon distances in the process. To achieve this, each team member would have to run a set period of time before the next runner could enter the field. Thus, the ultramarathon relay race would require each team member to complete an ultramarathon distance of minimum 42,2+ km in order for the team to meet IAU standards.

We will have the following format:

- 4 runners x 6 hours each

Categories in the ultramarathon relay races

The following categories can participate 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 400m athletics track or a road course run on a short 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 and only one runner can run during the designated 6h timeframe.
- (d) For the team to remain qualified, each team member needs to complete an ultramarathon distance of minimum 42,2+ km.
- (e) Cumulative team distance will be considered for leaderboard.
- (f) There has to be a designated waiting area and a changeover area. Only athletes running the next leg can be in the waiting area and finally in the changeover area. Cut off times for each area should be specified and communicated before the race. It has to be determined how the changeover will take place (technical description of handing over the baton to the next team member or other form of exchange) to make sure it is clear for the referee that the changeover was performed correctly.
- (g) Time of changeover/handover should take place at the 6h mark. However, if athletes are in the middle of the lap, it should take place at the first occasion when the athlete passes the changeover area after the 6h mark.
- (h) As in all time competitions, one minute before the end of each leg, there will be an audible signal (gun or horn) to warn the participants that the leg is about to finish. When the stipulated time of each leg is reached, another sound signal will warn the participants of the need to handover the baton.
- (i) In track competitions or short circuits (less than 600 meters) the organizer shall provide a change of direction in the middle of each relay (i.e. every 3 hours).
- (j) Refreshment station should be set up for the ultramarathon relay race; this can be the same refreshment station as for the other events in the competition.
- (k) Time keeping system has to be in place to properly monitor the progress and performance of each runner and each team.
- (l) When teams of different categories (male, female and mixed) participate, they must be differentiated with different bibs (either in color or format).



IAU 24H Relay Logo

