

COIMBRA . MIRANDA DO CORVO . PORTUGAL

# ABUTRES

## 2019 TRAIL WORLD CHAMPIONSHIPS



AN  COMPETITION IN CONJUNCTION WITH 

### TEAM MANUAL

**YOU MAKE IT EPIC**



# TABLE OF CONTENTS

## **1** Organization Structure

- 1.1
- 1.2
- 1.3
- 1.4

## **2** Transport

- 2.1
- 2.2
- 2.3
- 2.4
- 2.5

## **3** Accommodation

- 3.1
- 3.2

## **4** Costs and IAU quota

- 4.1
- 4.2
- 4.3
- 4.4

## **5** Arrival to the hotels zone and accreditation

- 5.1
- 5.2

5.3

5.4

5.5

## **6** **Technical information and competition regulations**

6.1

6.2

6.3

6.4

6.5

6.6

6.7

6.8

6.9

6.10

6.11

6.12

6.13

6.14

6.15

## **7** **Opening ceremony**

7.1

7.2

## **8** **Health policy doping control and assistance to runners**

8.1

8.2

8.3



## WELCOME

### READY FOR AN EPIC JOURNEY?

LOC welcomes all athletes, officials, coaches, the medical team and trail family, hoping that participation in the 2019 Trail World Championships in Portugal.

#### Miranda do Corvo . Coimbra

Miranda do Corvo is a historic town in Portugal, whose first royal document is from the first king, D. Afonso Henriques, in 1136. The number of inhabitants in the region in 2011 (last register) totalled 13,098. The region has an extensive historical heritage: Monastery of Nossa Senhora da Assunção, Sanctuary of Senhor da Serra, Sanctuary of Nossa Senhora da Piedade and the mythical schist village schist, Gondramaz. The maximum altitude is 1.000m.

Coimbra is a city and a municipality in Portugal. The population at the 2011 census was 143,397, in an

area of 319.40 square kilometres (123.3 sq mi). The fourth-largest urban centre in Portugal (after Lisbon, Porto, Braga) it is the largest city of the district of Coimbra, a historic Portuguese city, whose first royal document dates back to D. Afonso Henriques, the first king, in 1136. Among the many archaeological structures dating back to the Roman era, when Coimbra was the settlement of Aeminium, are its well-preserved aqueduct and cryptoporticus. Apart from attracting many European and international students, the university is visited by many tourists for its monuments and history. Its historical buildings were classified as a World Heritage site by UNESCO in 2013.

The Local Organizing Committee wishes you the very best stay and great success. LOC calls for the attention of all athletes, participants and assistants to the absolute respect for the preservation of nature, following the principle.



- **Official name:** República Portuguesa
- **Area:** 92 090 km<sup>2</sup>
- **Population:** 10 374 822
- **Official language:** Portuguese
- **Currency:** Euro. All international credit cards are valid.
- **Local time:** UTC/GMT +00:00
- **Driving:** Right-hand traffic
- **Electricity:** Voltage 220V/ Frequency: 50 Hz/ Plug: C and F
- **Mobile phone network:** 4G,3G, GSM and GPS
- **Mobile phone companies:** MEO, NOS e Vodafone

## 1

## ORGANIZATION STRUCTURE

## 1.1 International Association of Ultrarunners

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

**IAU President**

Name: Nadeem Khan

E-mail: [nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

Mobile: +1 716 392 6657

**IAU General Secretary**

Name: Hilary Walker

Mobile: +44 7884 473 336

E-mail: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

**Logistic & Organisational Coordinator**

Name: Liesbeth Jansen

Mobile: +31 62 2490053

E-mail: [liesbeth.jansen@iau-ultramarathon.org](mailto:liesbeth.jansen@iau-ultramarathon.org)

**Protocol Coordinator**

Name: Robert Boyce

Mobile: +61 4175 57902

E-mail: [robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

## 1.2 International Trail Running Association

Website: [www.itra.run](http://www.itra.run)

**ITRA President**

Name: Michel Poletti (FR)

Mobile: +33 608 029 468

E-mail: [michel.poletti@itra.run](mailto:michel.poletti@itra.run)

**General Project Coordinator**

Name: José Carlos Santos (POR)

Mobile: +315 910 265 526

E-mail: [jose.santos@itra.org](mailto:jose.santos@itra.org)

**Technical Coordinator**

Name: Enrico Pollini

Mobile: +39 335 538 8182

E-mail: [info@ultraibericus.it](mailto:info@ultraibericus.it)

**Communication Coordinator**

Name: Meghan Detourbet

Mobile: +33 6351 256 94

E-mail: [meghan.detourbet@itra.run](mailto:meghan.detourbet@itra.run)

## 1.3 Portuguese Athletic Federation

Website: [www.fpatletismo.pt](http://www.fpatletismo.pt)

**President**

Name: Jorge Vieira

Address: Largo da Lagoa 15B

2799-538 Linda-a-Velha

Mobile: +351 966 395 740

Fax: +351 21 4 14 6 020

E-mail: [jpvieira@fpatletismo.pt](mailto:jpvieira@fpatletismo.pt)

\* Available in June

## 1.4 Local Organizing Committee President

### LOC headquarters will be located at:

> During June 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>: at the Trail World Village (Hotel Vila Galé, Coimbra)

> During June 8<sup>th</sup> - Expotrail (Praça José Falcão, Miranda do Corvo)

### LOC President

Name: Tiago Araújo

Mobile: +351 914 004 261

E-mail: trilhos@abutres.net

### Race Director

Name: Pedro Caetano

Mobile: +351 916 532 980

E-mail: race@abutres.net

### Protocol Director

Name: Ana Monteiro

Mobile: +351 912 452124

E-mail: team@cream.pt

### Accommodation Director

Name: Hélder Carvalho

Mobile: +351 214 156 120 \*

E-mail: helder.carvalho@abreu.pt

### Transport Director

Name: Bruno Martins

Mobile: +351 932 112 292

E-mail: bruno.martins@transdev.pt

### Medical Director

Name: Sofia Pereira

Mobile: +351 917 121 047

E-mail: medical@abutres.net

### Marketing And Communications Director

Name: Sérgio Duarte

Mobile: +351 912452123

E-mail: agency@cream.pt

### Administrative and Safety Director

Name: Cláudio Pereira

Mobile: +351 914 235 949

E-mail: geral@geosafety.pt

## 2

## TRANSPORT

## 2.1 TEAM ARRIVALS AND TRANSFER TO TRAIL WORLD VILLAGE (COIMBRA)



The nearest airports to the Trail World Village (Coimbra) are located in Lisbon (LIS) 197km away, and Porto (OPO) 131km away.

With the online reservation, the teams will be able to conveniently collect their cars after arriving at Porto or Lisbon airport.

Teams can go directly to the Trail World Village by using their own transport, transport they have rented, or by using the bus supplied by the LOC.

Car rental at both airports as follows:

- |                 |                     |
|-----------------|---------------------|
| > Sixt          | > Hertz             |
| > Europcar      | > Goldcar           |
| > Avis & Budget | > Guerin Enterprise |

## 2.2 COST OF THE BUS SUPPLIED BY THE LOC

As for the LOC bus it has to be booked in advance before the 8<sup>th</sup> April along with the FEF.

The federations will have to pay in advance via bank transfer or credit card along with the second payment and the FEF.

In order to use the LOC bus, teams as soon as they arrive, should meet the LOC representatives which will be waiting for you, duly identified, in the arrival area of the respective airports.

Cost per person as follows (one way - Airport > Coimbra):

- Lisbon (LIS) 20€
- Porto (OPO) 15€

## 2.3 FREE TRANSFER

The LOC will manage the following transportation for the delegations:

- Hotel/Opening ceremony and return
- Hotel/Start line
- Finish line/Hotel
- Hotel/Closing ceremony and return
- Hotel/Transfer to airport on Sunday 9<sup>th</sup> of June
- Transportation for coaches/officials/medical team, from the start line to Piedade Sanctuary (aid station 1), then to Mestrinhas (aid station 2) and then to the finish line.



## 2.4 TRANSPORTATION OF THE ATHLETES FROM THE HOTELS TO THE START LINE

**Trail World Village** > 07h30

**Arriving at the start line** > 08h00

## 2.5 TRANSPORTATION FOR COACHES / OFFICIALS TO THE AID STATIONS

LOC will manage transportation for coaches / officials / medical team, from the start line to Piedade Sanctuary (aid station 1) and to Mestrinhas (aid station 2), and from those 2 stations to the finish line as follows:

### Coaches / Officials / Medical Team

Officials / coaches must be positioned in the area reserved for each country until 10:00 a.m. (only applicable to Piedade)

#### Miranda>Piedade>Mestrinhas

Miranda do Corvo	Piedade Sanctuary	Mestrinhas Park
08:30	09:00	-
09:30	>	10:30

#### Mestrinhas>Piedade>Miranda

Mestrinhas Park	Piedade Sanctuary	Miranda do Corvo
-	11:00	11:30
-	12:15	12:45
12:00	>	13:00
13:00	>	14:00
14:45	>	15:45



# 3

## ACCOMMODATION

3.1 The Organizing Committee will offer full board accommodation, free of charge, for a maximum of 2 male athletes, 2 female athletes and 2 officials per delegation for a specific number of nights (See section on distance to Portugal).



Accommodation for additional athletes, further delegation members and any eventual additional nights will be charged at the following rates (per room, per night).

The number of rooms and typology are limited and the LOC will consider the order of arrival of the PEF's. If not possible to consider the choice made by the delegation, LOC will inform about the possible alternatives and the costs associated with each one.

### VILA GALÉ COIMBRA

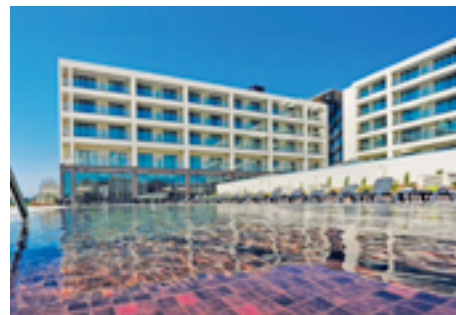
Situated in the historical centre of Coimbra, with an amazing view over the Rio Mondego.

There are two restaurants at the hotel, "Versatile" and "Inevitable", and the pleasant bar "Euphoria".



#### Vila Galé

Rua Abel Dias Urbano, 20  
3000-001 Coimbra . Portugal  
+40.213793/ -8.435914



Full board accommodation (prices per room and per night)

- Single 122,00€
- Twin 169,00€
- Triple 239,50€

### 3.2 DONA INÊS

The Hotel Dona Inês Coimbra is located about 10 minutes on foot from Coimbra city centre and the city's train station.

Guests can relax in the modern Ego Lounge Bar. The restaurant Colo da Garça serves regional Portuguese meals and international cuisine.



#### *Dona Inês*

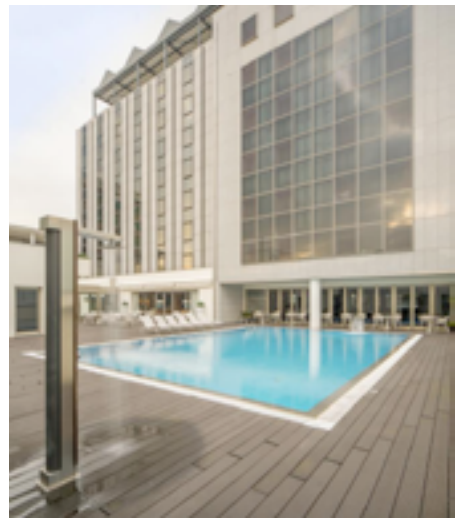
Rua Abel Dias Urbano, 12,  
3000-001 Coimbra . Portugal  
+40.214920 / -8.436790



Full board accommodation (prices per room and per night)

- Single 97,00€
- Twin 141,00€
- Triple 193,00€

The start/finish line is located 28,8km from the delegations' accommodation. The LOC guarantees bus transfer to the start line. The opening ceremony is located in the centre of Coimbra, 10 minutes walk.



1. Hotel Vila Galé; 2. Hotel Dona Inês

## 4

## COSTS AND IAU QUOTA

## 4.1



The Organizing Committee will offer full board accommodation, free of charge, for a maximum of 2 male athletes, 2 female athletes and 2 officials per delegation for a specific number of nights (See section on distance to Portugal).

Travel to Portugal takes less than 4 hours: 3 nights (Thursday 6th, Friday 7th and Saturday 8th June)

- |                       |               |
|-----------------------|---------------|
| ▪ Algeria             | ▪ Hungary     |
| ▪ Andorra             | ▪ Iceland     |
| ▪ Austria             | ▪ Ireland     |
| ▪ Belgium             | ▪ Italy       |
| ▪ Bosnia-Herzegovina  | ▪ Luxembourg  |
| ▪ Croatia             | ▪ Monaco      |
| ▪ Bulgaria            | ▪ Netherlands |
| ▪ Cape Verde Islands  | ▪ Norway      |
| ▪ Croatia             | ▪ Poland      |
| ▪ Czech Republic      | ▪ Portugal    |
| ▪ Denmark             | ▪ Romania     |
| ▪ Former Yugoslav     | ▪ San Marino  |
| Republic of Macedonia | ▪ Serbia      |
| ▪ France              | ▪ Slovakia    |
| ▪ Gambia              | ▪ Slovenia    |
| ▪ Germany             | ▪ Spain       |
| ▪ Gibraltar           | ▪ Switzerland |
| ▪ Great Britain       | ▪ Tunisia     |
| ▪ Greece              |               |

Travel to Portugal takes between 4 and 9 hours: 4 nights (Wednesday 5th, Thursday 6th, Friday 7th and Saturday 8th June)

- |            |                |
|------------|----------------|
| ▪ Belarus  | ▪ Latvia       |
| ▪ Burundi  | ▪ Lebanon      |
| ▪ Cameroon | ▪ Nigeria      |
| ▪ Canada   | ▪ Qatar        |
| ▪ Estonia  | ▪ Sierre Leone |
| ▪ Filand   | ▪ Turkey       |
| ▪ Israel   | ▪ Ukraine      |
| ▪ Jordan   | ▪ Venezuela    |
| ▪ Kenya    |                |

Travel to Portugal takes more than 9 hours: 5 nights (Tuesday 4th, Wednesday 5th, Thursday 6th, Friday 7th and Saturday 8th June)

- |                    |                 |
|--------------------|-----------------|
| ▪ Argentina        | ▪ Mexico        |
| ▪ Australia        | ▪ Mongolia      |
| ▪ Bolivia          | ▪ Namibia       |
| ▪ Brazil           | ▪ Nepal         |
| ▪ Chile            | ▪ New Zealand   |
| ▪ Chinese Taipei   | ▪ Peru          |
| ▪ Comoros          | ▪ Philipines    |
| ▪ Costa Rica       | ▪ South Africa  |
| ▪ Ecuador          | ▪ South Korea   |
| ▪ Guatemala        | ▪ Sri Lanka     |
| ▪ Hong Kong, China | ▪ United States |
| ▪ India            | ▪ Uruguay       |
| ▪ Japan            | ▪ Zambia        |
| ▪ Lesotho          | ▪ Zimbabwe      |
| ▪ Madagascar       |                 |

Accommodation for additional athletes, other delegation members and any eventual additional nights will be charged at the following rates:

**Dona Inês**

- Single 97,00€
- Twin 141,00€
- Triple 193,00€

**Vila Galé**

- Single 97,00€
- Twin 169,00€
- Triple 239,50€

**\*Price per room which includes:**

- Full-board accommodation, first meal on the arrival day is lunch & last meal on the departure day is breakfast.

## 4.2 PAYMENT PROCEDURES

Please note that Member Federations will need to pay an accommodation deposit when they send in the PEFs. This is because the LOC must pay the accommodation in advance so they need the financial security of a deposit from the teams.

**25<sup>th</sup> of February, along with the PEF: 30%**

**8<sup>th</sup> of April along with the FEF: 70%**

Each proof of payment must be send to helder.carvalho@abreu.pt with reference to 2019 TWC and the Federation Name.

Payment should be done by bank transfer or credit card:

### Abreu Events

- BPI Bank
- Bank account: 6-1292463.000.001
- IBAN: PT50 0010 0000 1292 4630 0013 1
- Swift/BIC BBPIPTPL

## 4.3 MEETING ROOMS

Arrangements can be made for team meeting rooms through the information desk in the hotel. Requests shall be made at reasonable time in advance.

#### 4.4 MEALS

- Everyday: breakfast at the hotel you are staying.
- June 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>: **Lunch and dinner at Hotel Dona Inês.**
- June 8<sup>th</sup>: Meals at the VIP Tent at Miranda do Corvo



June 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>: Meals included at Dona Inês.

	BREAKFAST	LUNCH	DINNER
TUESDAY 4 <sup>TH</sup>			19:30 Hotel Dona Inês
WEDNESDAY 5 <sup>TH</sup>	07:00 Hotel	12:30 Hotel Dona Inês	19:30 Hotel Dona Inês
THURSDAY 6 <sup>TH</sup>	07:00 Hotel	12:30 Hotel Dona Inês	20:30 Hotel Dona Inês *
FRIDAY 7 <sup>TH</sup>	07:00 Hotel	12:30 Hotel Dona Inês	19:30 Hotel Dona Inês
SATURDAY 8 <sup>TH</sup>	06:00 Hotel	12:30 Vip tent	20:00 Vip tent
SUNDAY 9 <sup>TH</sup>	07:00 Hotel		

\* A cerimónia abertura é capaz de terminar às 21h00

# 5

## ARRIVAL TO THE HOTELS ZONE AND ACCREDITATION

### 5.1 ARRIVAL TO THE HOTELS ZONE



- As soon as they arrive teams should go directly to the welcome and accreditation desk at Hotel Vila Galé.

### 5.2 GENERAL INFORMATION

- Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible.
- Security personnel will control all areas.
- The accreditation card is not transferable and does not allow the holder to take another person beyond checkpoints.
- Photos are not required for the accreditation card system.

### 5.3 ACCREDITATION PROCEDURE

- Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the FEF.
- No changes will be accepted after sending the FEF changes to the team members will only be accepted only in case of last minute injury or illness.
- Accreditation cards will be distributed to the team leader at the Hotel Vila Galé, on 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> of May (see "general time schedule" section).**
- If a delegation arrives out of the secretariat opening hours, they must go directly to their hotel. Hotel staff will contact someone from the LOC, who will meet the delegation for the accreditation procedure.
- Team, Press, VIP, LOC and STAFF.**

### 5.4 LOSS OF AN ACCREDITATION CARD

- Any lost or damaged accreditation cards should be reported to the Accreditation Office at the Hotel Vila Galé.
- Duplicate cards can be obtained where proof of identity can be established.

### 5.5 ACCESS AREAS FOR TEAMS

- Vests will be distributed to the coaches/officials as well as accreditation cards for their cars (if applicable), in order to have access to the aid stations.
- A limit of 4 vests (2 teams of 2) and accreditation cards for 2 cars will be given to each team.

# 6 TECHNICAL INFORMATION AND COMPETITION REGULATIONS

## 6.1 GENERAL



The IAU reserves all rights related to the Trail World Championships

- They shall be organized in accordance with regulations of the IAU, ITRA and IAAF.
- The World Championships are open exclusively to

runners entered by their Federation, member of the IAU.

- The Trail World Championships will include a single race, men and women running together.

## 6.2 GENERAL TIME SCHEDULE

TUESDAY 4 <sup>TH</sup> OF JUNE COIMBRA	WEDNESDAY 5 <sup>TH</sup> OF JUNE COIMBRA	THURSDAY 6 <sup>TH</sup> OF JUNE COIMBRA	FRIDAY 7 <sup>TH</sup> OF JUNE COIMBRA	SATURDAY 8 <sup>TH</sup> JUNE MIRANDA DO CORVO	SUNDAY 9 <sup>TH</sup> JUNE MIRANDA DO CORVO
0:00-0:00 Welcome at Lisbon and Porto Transfers to Trail World Village	0:00-0:00 Welcome at Lisbon and Porto Transfers to Trail World Village	0:00-0:00 Welcome at Lisbon and Porto Transfers to Trail World Village		06:00 Breakfast at the hotel	
	07:00 Breakfast at the hotel	07:00 Breakfast at the hotel	07:00 Breakfast at the hotel	07:30 Bus departure time for the TWC race (Coimbra > Miranda)	07:00 Breakfast at the hotel
09:00-18:00 Opening of accreditations front office	09:00-18:00 Opening of accreditations front office	09:00 Start of Health Policy testing	09:00 Start of Health Policy testing	09:00 Start of TWC	
				09:25 Arrival of the frontrunners to Vila Nova	10:00 Start of the transfer by bus from the hotel to Airports
			10:00 Technical meeting at Vila Galé	10:20 Arrival of the frontrunners to Piedade Sanctuary	
		11:00 Opening of accreditations front office	11:30-13:00 TWC and UTA Press Conference Lunch at Dona Inês Hotel	11:25 Arrival of the frontrunners to Mestrinhas Park	
12:30-15:00 Lunch at Dona Inês Hotel	12:30 - 15:00 Lunch at Dona Inês Hotel	12:30-15:00 Lunch at Dona Inês Hotel		12:00 Cut off time Piedade Santuário	
				12:05 Arrival of the frontrunners to Gondramaz	
				12:45 Arrival of the frontrunners to the finish line	
				14:30 Cut off Mestrinhas Park	
				15:00-17:30 Special bus transfers (Miranda>Coimbra) (Coimbra>Miranda)	
			16:00 End of Health Policy testing		
			16:00-18:00 Health Policy Commission Meeting		
		17:00 End of Health Policy testing		17:00 Cut off time of TWC race (at the finish line)	
		17:30 Bus transfer of all the delegations from the hotel to the opening ceremony			
		18:00 TWC 2019 Opening Ceremony			
			19:00 Dinner at Dona Inês Hotel	19:00 TWC Closing Ceremony	
19:30 Dinner at the hotel	19:30 Dinner at the hotel				
		20:30 Dinner at Dona Inês Hotel		20:00 Vip Tent Dinner	
				21:00 Theme party to be designated	
				22:00 Return to the hotels (Miranda>Coimbra)	



### 6.3 PRIZES AND TITLES

In the Prizing ceremony medals will be given to the first three positions, (Team and individual, male and female). Teams will be awarded with 7 medals (6 athletes and Team Manager)



#### Individual titles

- > Trail World Champion men
- > Trail World Champion women



#### Team titles

- > Trail World Champion men
- > Trail World Champion women

## 6.4 RACE INFORMATION

This event respects IAAF trail rules. With semi-autonomous character, the race goes through the Louzan Mountain range which reveals the cultural and human side of the Schist Villages in a unique manner, with the nature and the leisure options that this landscape provides. It is home to deer, wild boar and bucks that lurk among cork oaks, chestnut trees, oak and, of course, pine trees. The athletes have the opportunity to pass through a biological park (with

species originating from this mountain range), an environmentally protected area (Mestrinhas park), a sanctuary (Senhora da Piedade) and a shale village (Gondramaz).

- Website : [www.trilhos.abutres.net/](http://www.trilhos.abutres.net/)
- See also: [www.iau-ultramarathon.org/](http://www.iau-ultramarathon.org/)
- See also: [www.itra.run/](http://www.itra.run/)



Gondramaz

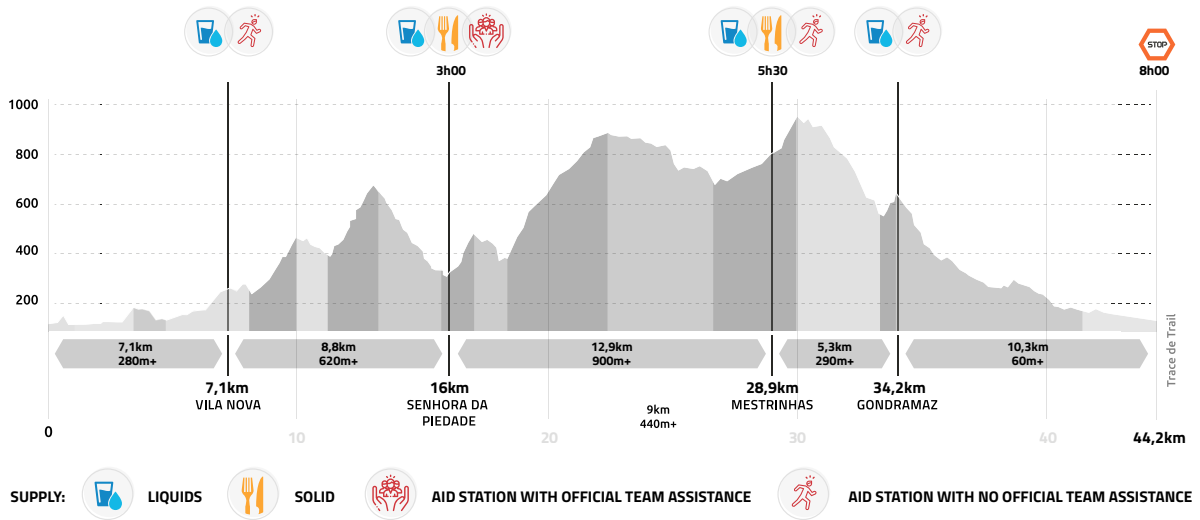
## 2019 TWC

- Men's individual competition
- Women's individual competition
- Men's team competition
- Women's team competition

Only athletes and teams entered by their National Federation can take part in the official competition. Federations can select up to 9 athletes per gender (maximum 9 men and maximum 9 women), 6 of

whom can take part in the team competition. The 3 other athletes will be entered for the individual competition only.

The "team members" need to be identified before the start of the competition by the Technical Meeting at the latest. The first 3 athletes per country will determine the team score which is based on the accumulated finishing times.



PASSAGE	DESCRIPTION	ALT.	CUMUL			INTERMEDIATE		
			DIST.	D+	D-	DIST.	D+	D-
Miranda do Corvo	Start	77	0	0	0	0	0	0
Vila Nova	Water Point	233	7.1	286	132	7.1	280	132
Senhora da Piedade	Aid Station/ Official Assistance	279	16	912	711	8.8	620	576
Mestrinhas	Aid Station/ No Official Assistance	775	28.9	1820	1124	12.9	900	416
Gondramaz	Water Point	631	34.2	2114	1560	5.3	290	436
Miranda do Corvo	Finish	77	44.2	2181	2181	10.3	60	590



- Date > 8<sup>th</sup> June 2019 TWC
- Start time 09:00h
- Max. Time 08.00h
- Course Trail
- Distance 44.2km
- Total height 2200m



Live Trace

## OPEN RACE

- Date  
> 9<sup>th</sup> June 2019 TWC
- Start time 09:00h
- Max. Time 10.00h
- Course Trail
- Distance 44km
- Total height 2200m

Film section on the web site:



[www.trilhos.abutres.net](http://www.trilhos.abutres.net)

There will also be one Open Race/Portugal Nacional Ultra Trail Championships (Ultra Trilhos dos Abutres), limited to 1.000 runners, with the same track of TWC, but in the next day.

At any time, the organization reserves the right to change the route or change the schedule of the event. It also reserves the right to cancel the event in case of dangerous climate conditions, by appointment of the ICNF (Institute of Nature and Forest Conservation), entity with authority to cancel the event in case of fire risk.

## 6.5 REFRESHMENTS AND AID STATIONS

At Senhora da Piedade there is an aid station with food and drinks there will be supporting staff from the national teams where the runners can go directly. Moreover, they can pick up some drinks and food from the "open" area.

At Mestrinha there is another aid station with food and drinks, and although there is no place for official support in terms of supply, the official staff will have a dedicated area to verbally instruct athletes if they wish.

There will also be 2 other only water supply points at Vila Nova e Gondramaz.

Plan to carry enough water and food to be self-sufficient between each aid station.

At the water points as well as in Mestrinhas aid station runners cannot have the help of their staff or from the LOC staff. They will have to help themselves.

## 6.6 ENTRIES

The final entries by name must be made by the Federation of the country of the athlete before April 8<sup>th</sup>.

## 6.7 TEAM RANKING

- A team will appear in the team results if it has 3 ranked athletes on arrival.
- Delegations who have entered 7, 8 or 9 runners, must nominate, at the technical meeting, the six who will compete for the team result.
- The result will be done by adding the times of the 3 three athletes from those nominated by the team.
- The winning team will be the one that scores the lowest total time by adding the times of its first 3 athletes on the team.
- In case of a tie, it will be decided in favour of the best third of each team.

## 6.8 TECHNICAL MEETING

- Location: Vila Galé Hotel
- Date: 7<sup>th</sup> June 2019
- Time: 10:00h



### [Interactive Map](#)

The Technical Meeting will be held on **Friday June 7<sup>th</sup> at 10:00 am, at the Vila Galé hotel. Open to two delegates by team, it will be conducted in English and** chaired by the **General Project Coordinator Mr. José Santos and by the Technical Coordinator Mr. Enrico Pollini.**

The provisional Agenda is:

- Welcome
- Presentation of the International Officials and Competition Officials
- Information regarding technical matters: course, departure, refreshment (stations and personal drinks, cut off times, security, finish, respect of rules and penalties
- Information regarding medical and anti-doping matters
- Information regarding logistical matters (local transportation, return to the air-port ...)
- Information regarding protocol matters (Award and Closing Ceremony)
- Answering of questions submitted in writing by the delegations
- Each team manager of the national teams with more than 6 athletes will indicate who is not counting for the team ranking at the end of the Technical Meeting.

## 6.9 BIBS NUMBERS AND CHIPS

- For the competition, each athlete must wear 2 bibs, which is mandatory: one at the front and one at the back. The bib's numbers should be visible all the time.
- The chips will be attached to the bibs.
- The bibs will be given to the team leader after the technical meeting.
- LOC will forbid participation for any athlete using a different bib from his own.

## 6.10 CUT-OFF TIMES

- The maximum time allowed for the entire race will be 8 hours.
- LOC has considered 3 points and has calculated the split time needed to be respected in order to enable participants to reach the finish in the maximum time imposed.
- To be authorized to continue the event, competitors must leave each of these checkpoints before the time limit set (whatever is the time of arrival at the checkpoint).
- Athletes who exceed the maximum time of 8h will be disqualified. Athletes will be stopped if they don't leave the following points by the specific time:

### 2019 TRAIL WORLD CHAMPIONSHIPS

PASSAGE	DISTANCE			ACCUMULATED		ATHLETE		
	ALT.	ACUM.	INTERM.	D+	D-	FAST	SLOW	
Miranda do Corvo	77	0	0	0	0	00:00	00:00	
Vila Nova	233	7.1	7.1	286	132	00:25	00:55	
Sr <sup>a</sup> Piedade	279	16	8.8	912	711	01:20	03:00	STOP
Parque das Mestrinhas	775	28.9	12.9	1820	1124	02:25	05:30	STOP
Gondramaz	631	34.2	5.3	2114	1560	03:05	06:15	
Miranda do Corvo	77	44.2	10.4	2181	2181	03:45	08:00	STOP

## 6.11 MANDATORY, ADVISABLE AND AUTHORIZED GEAR

### Mandatory gear:

- Survival blanket (140 x 200 cm minimum)
- Whistle
- A fully-charged mobile phone
- 0,5 liter minimum water container (bottle, soft flask or bladder)

### Allowed gear

- MP3
- GPS watch
- Poles (poles can be carried from the start or picked up only at the official aid station of Senhora da Piedade at Km 16. If carried from the start they can only be left at Senhora da Piedade. Otherwise runners will have to carry them till the the finish line).

### Advised gear

- 1liter minimum water container (bottle or bladder)
- Reusable cup: There will not be any glasses or cups provided at the aid stations.
- Food reserve
- If the weather is bad, LOC highly recommends that you change the gear you will use and carry accordingly. You will be running on a course in the mountains. Plan to wear technical clothing + long pants + head band / beanie + gloves.

**Notice:** depending on climatic conditions, there may be changes to the material, this information being rectified during the technical meeting.

## 6.12 CONTROLS AND CHECKS

**Starting area:** Only accessible by athletes who are on the start list. A control will be carried out on mandatory gear. A Bibs control will also be made to assure that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements.

**Checkpoints during the course:** Different checkpoints will be positioned throughout the course to ensure a perfect regularity of the race (with the electronic computer control and manual control bib). All these controls will then be re-checked on arrival.

The LOC will set up a team of referees who will be spread over the entire route. This team will take note of violations and notify the Race Jury who is composed of 3 members (1 IAU + 1 ITRA + 1 LOC) and has the authority to penalize or disqualify these athletes.

▪ During the race a mandatory gear control could occur. In this case, athletes are obliged to follow the referee's guidelines. Controls will be applied equally to all athletes.

▪ There will also be an random gear control at the end of the race.

▪ **Assistance to the runners by the team staff:** Assistance to the runners can only be made at Senhora da Piedade and at arrival. Only 2 members of the staff with the proper accreditation will be allowed in each of these areas.

▪ At Senhora da Piedade (aid station 1) they will be placed at their Country's assistance table, identified with the Country's flag. Assistance outside these areas or made by unauthorized people will be penalized.



### 6.13 DISQUALIFICATION

Following infractions will lead to a disqualification:

- Refusal to equipment checking
- Lacking any piece of the mandatory gear
- Refusal to accept the anti-doping control or the ITRA health policy procedures
- Departure from a control point after the time barrier
- No compliance of the course track
- Transferring his/her number to another runner without having informed the organization

### 6.14 PENALTIES

Following infractions will lead to a 1h penalty:

- No compliance with volunteers, organization staff, referees and other runners
- Not assisting another runner in distress
- Receiving any kind of assistance outside the authorized areas or made by unauthorized people
- Not wearing the race bib visible and in the correct manner
- Be accompanied on the course by someone outside the current race.

### 6.15 PROTESTS AND APPEALS

- Race Jury will be composed of 3 members (1 IAU + 1 ITRA + 1 LOC).
- Any litigation or claims must be addressed to the Race Jury.
- All claims must be made to the Race Jury with a deposit of 100€.
- They must be made within a maximum of 30 minutes just after the announcement of results
- The forms will be provided at the Technical Meeting. All the omitted situations in this manual will be judged by the Race Jury.

## 7

## OPENING AND CLOSING CEREMONIES

## 7.1 OPENING CEREMONY



- Location: Praça do Comércio, Coimbra
- Date: Thursday 6<sup>th</sup> June in order to facilitate the athletes rest before the race
- Time: 18:00h

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 wear their federation dress.

## 7.2 AWARD AND CLOSING CEREMONY

- Place: Calvário, Miranda do Corvo
- Date: Saturday, 8<sup>th</sup> June
- Time: 19:00h

All athletes are warmly invited to take part in the official dress of the team.



# 8 HEALTH POLICY DOPING CONTROL AND ASSISTANCE TO RUNNERS

## 8.1 HEALTH POLICY



In accordance with the rule 53.1 of the IAAF Competition Rules, a preventive health-related action(\*) is set up for the Trail World Championships. This action aims to strengthen the medical supervision and the safety related to the specificities of trail running races. This action is managed jointly by the IAU and the ITRA, in collaboration with the Association AFT (Athletes For Transparency). This action is led by a Medical Commission composed of 3 doctors, who are the race Medical Director and two doctors designed by ITRA's Health Commission. They can take advice from the experts of their choice.

### Each runner agrees to:

1. Declare the following information to the Medical Commission:

- any medical history and/or pathology in particular those which may increase risk during the sport
- the regular use of treatments and medicines during the 30 days prior to the start of the race
- all requests or use of a substance or method subject to a Therapeutic Usage Exemption (TUE).

The declaration of these information to the Medical Commission is done through each runner's ITRA health space that each runner can create free of charge on ITRA website:



[http://itra.run/page/381/Mon\\_espace\\_sante.html](http://itra.run/page/381/Mon_espace_sante.html)

2. Submit any urine, and/or blood, and/or hair, and/or saliva samples required from 30 days before the competition and up to 7 days after the competition and the associated analyses requested by the Medical Commission, on the understanding that the costs for the sampling and analysis are covered by the Organization.

3. Not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.

4. Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him/her. The Health Commission is the authority with which the participant can exercise this right.

5. Answer any meeting request on site or remotely (phone or videoconference) that the Medical Commission may ask for in order to discuss their ability or not, to participate in the competition. As a result of the meeting, in accordance with the rule 144 of the IAAF Competition Rules, the Medical Commission may declare a "no start" to the runner for health reasons. The medical information declared on the health space and the results of analysis are accessible only to the Medical Commission and the medical team of the race. Any unreasonable breach, refusal, or transmission of erroneous information in connection with the health policy can result in the runner's exclusion from the competition.

\*This action has neither the vocation nor the competence to be substitute for national and international regulations concerning anti-doping.

## 8.2 DOPING CONTROL

Doping control shall be conducted in accordance with IAAF Rules and Regulations and carried out by the FPA (Federação Portuguesa de Atletismo) Doping Control Delegate. Both urine and blood samples may be collected immediately before, during and immediately after the competition.

- Athletes selected for doping control shall be informed by anti-doping officers. Athletes will be required to sign a confirmation of notification. Athletes who are going to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).
- A selected athlete will be allowed a maximum of one hour to report to the DCC but should report as soon as possible from the time of official notification.

All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes who are required to use prescribed medication for the treatment of a medical condition should clearly indicate them on the official form at the Doping Center.

- Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.
- The selection of athletes for control will be made on a final position and/or random basis by the Doping Control Delegate.

## 8.3 ASSISTANCE TO RUNNERS

It's up to the runner in difficulty to call the rescue, or to ask another runner to do it if seriously injured. Procedures are:

- If not seriously injured and able to progress the runner should go to the nearest aid station, or pick up point, and call for help there. These are the pick up points and their location:

**Vila Nova:** 40.05791, -8.31943 (7,2km)

**Corujeira:** 40.04989, -8.2944 (14km)

**Senhora da Piedade:** 40.06482, -8.30125 (16km)

**Parque Eólico:** 40.05191, -8.27411(22,8km)

**Mestrinhas:** 40.0389, -8.2822 (30km)

**Gondramaz:** 40.06215, -8.27411 (34,4km)

**Espinho:** 40.08695, -8.29045 (39,4km)

- If not able to progress the runner should call the emergency number located on the bib
- Only in case of life emergency and lack of mobile coverage the runner should call to (#112)

- It is reminded that the hazards of all kinds related to the environment and the race can make you wait for help for longer than expected (between 5 and 25 minutes in normal times - which can go up to 40 minutes in some cases).

▪ Your safety will depend on the quality of the equipment you put in your bag.

- A runner using a doctor or a rescuer submits to their authority and undertakes to accept their decisions.

▪ Doctors are empowered to disqualify (by invalidating the race number) any competitor "deemed" unfit to continue the event and to evacuate by any means runners they consider to be in danger.

- Each runner has to provide assistance to any person in danger and inform emergency services.



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