



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

DRAFT

Appendix E

Technical Meeting
for the organisation of a
Major IAU Competition (MIAUC)

WC/EC 100 km GIBRALTAR
WMA WC 100 km
November 7th, 2010



TECHNICAL MEETING

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1.0 IAAF & IAU rules

The MIAUC must be conducted according to the IAAF Rules and IAU Regulations (see Appendix B: Technical guidelines)

2.0 Appointment of a Team of Referees – Control of the Competition Rules

The LOC in co-operation with the National Athletic Federation or its regional department shall **appoint a Team of Referees** and Judges which controls the keeping to the IAAF Rules and IAU Regulations during the entire race. **The leader of the Referee and Judge Team** co-operates thereby closely with the IAU Technical Delegate. Arising problems shall be solved together.

The referees will be:

LOC

MF Dr George Garcia and Mr Louis Chichon

IAU Liesbeth Jansen, IAU Director of Competitions

Forbidden are:

2.1 Pacing, i.e. the 'step making' and the accompany of the MIAUC participants by all not (or no more) at the MIAUC-race participating persons, so also by participants of the Open Race taking place at the same time, also by any kind of technical device. Especially by vehicles of all kinds.



2.2 Support outside the refreshment zones.

Hand over and acceptance of drinks and food, water and sponges, support at the shoe and dress change, assistance by massages and medical service outside the official refreshment zones.

Allowed are:

2.3 Walkmans and radio's. If the course is traffic free, the use of walkmans and radio's is allowed by races from 24 hours and longer.

Keep in mind:

If used by races over shorter distances (for example 100 K) world best times etc. will not be recognized by the IAAF and EAA.

Remarks LOC / IAU:

Part of the race is NOT traffic free, although one full traffic lane available for runners.
Traffic controlled by LOC

2.3 Warning and disqualification

Participants, who offend against these regulations, giving or receiving assistance during the event, shall be informed clearly about the rule offence, cautioned by **showing the 'yellow card'** by the Referee and **warned** that for any repetition they will be disqualified from that event. Warned participants have to be disqualified in the case of the repetition of the rule offence.

3.0 The Race Course & Race Conditions

3.1 Safety of the participants on the race course

At all MIAUC the safety of the participants (and handlers, referees..) on the race course must be ensured.

3.11 The MIAUC should be organized preferably on a **traffic-free** race course (without motor traffic), except controlled traffic from the LOC.

Remarks LOC / IAU:

See 2.3 above

3.12 If the event takes place also **after dark during the night time** the race course must be illuminated sufficiently.

Remarks LOC / IAU:

Street lighting available throughout

3.13 The course should be well **marked and marshalled** where necessary.

Remarks LOC / IAU:

Marshals, direction markers etc. Provided by LOC



3.14 The course should not contain any **dangerous section**

Remarks LOC / IAU: No sections considered dangerous

3.2 Structure of the Road Race Courses

3.21 100 km Road Races

Description of the course:

Short description of the course:

Start from Port area on main road (asphalt), stay on main roads turning north and then south follow city walls into industrial estate, up a small hill and turn north on main road, then down a short hill and onto main road, then turn to go south and repeat most of the route seven times. Finish line at end of 300m straight. See course map Page 7. Further details of the course will be provided in the Technical Documents which will be made available at a later date

Remarks LOC / IAU:

- How many loops (+length): Start Loop plus 19 laps (see attached)

- Open race-course (identical or different ?): **Please fill out**

3.3 Surface and Profile of the Road Race Courses

Remarks LOC / IAU:

- Surface of the course (dangerous sections ?)Tarmac surface throughout

- Climbing ? Total of + meters **10m**
Total of - meters **10m**

- difference start<> finish (altitude / distance)Start and Finish at same altitude

3.4 Climate conditions

Remarks LOC / IAU:

- Average climate conditions over the last 5 years (T° high/low, humidity, wind)

If possible please give details about wind and humidity as well.

| Jan | Feb | Mar | Apr | May | June | July | Aug | Sept | Oct | Nov | Dec |
|------|------|------|------|------|------|------|------|------|------|------|------|
| 16°C | 16°C | 17°C | 19°C | 21°C | 24°C | 27°C | 27°C | 26°C | 22°C | 19°C | 16°C |
| 10°C | 11°C | 11°C | 12°C | 14°C | 17°C | 19°C | 20°C | 19°C | 16°C | 13°C | 11°C |

Relative humidity at 7am 82% Mean speed 12.4KT

Relative humidity at 7pm 72% Average monthly highest 25KT

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3.5 Race Course Measurement

3.51 Km-marks

a. 100 Km road races

Remarks LOC / IAU:

Km marks at :

10Km and marathon mark

Time keeping at :

Finish line and intermediate section (see attached document)

4.0 Time Measurement

The time measurement can be carried out by two methods: By the manual timekeeping and by use of an electronic transponder timing system.

4.1 The electronic transponder timing system

Remarks LOC / IAU:

Yes

4.2 The manual time measurement

Remarks LOC / IAU:

Yes

4.3 Lap times/splits

5.31 In all MIAUC on (small) lapped road race courses or on the track the lap times of each competitor must be recorded separately.

Remarks LOC / IAU:

Electronic (Y/N)

Yes

Manual (Y/N)

Yes

Back-up system

No

Intermediate Timekeeping (where/when ??), official intermediate times ?

At finish line and intermediate Cap point (see attached)



5.0 Organization of the start and finish

The start/finish areas of the course should be arranged to international standards.

The IAU recommends the use of a camera on the finish and/or intermediate line. The use of a camera will make it easier to solve problems in case of protests.

5.1 Start

A Preferential Starting Zone especially only for the National teams and Individual participants of the MIAUC must be fitted out.

Remarks LOC / IAU:

| | |
|---|-------------------|
| Shuttle service to the start ? when ? | unnecessary |
| Dressing rooms: | unnecessary |
| Warming up zone | Available |
| Count down procedure | Yes (P.A. system) |
| Back-up system | No |
| Intermediate Timekeeping (where/when ??), official intermediate times ? | See 4.3 above |
| Will there be a camera on the finish and/or intermediate line? | No |

5.2 Finish at the 100 km Races:

| | |
|--------------------|------------------|
| Remarks LOC / IAU: | Reclamation Road |
|--------------------|------------------|

6.0 Refreshment/Handling Zones and Drinking/Sponging Stations

6.1 100 km Races & 24-Hours Races.

Refreshment/Handling Zones must be provided at least every 5 km. In addition Drinking/Sponging Stations, where (drinking) water and sponges shall be supplied, shall be placed mid-way between the Refreshment Zones (or more frequently if weather conditions make necessary such provision).

The official Refreshment/Handling Zones, marked clearly by the signs "beginning" and "end", are approximately 400 m long.

Remarks LOC / IAU:

| | |
|--|----------------------------------|
| - what kind of drinks (detail) | Water |
| - what kind of sport drinks (composition !) | Powerade |
| - what kind of food (detail) fruit | Pasta, rice, potato and fruit |
| - exact positions of the refreshment stations (exact Km marks) | Water and |



Sponging point at intermediate and adjacent to finish (Set up as follows :
Sponging, Water, Team table, refreshment, Food) (see attached document)

- Collecting of the personal drinks: when - where ? Airco ?
Area past feeding /water station
at Reclamation road
- Bringing the Personal drinks on place (how-who ?) by coach (LOC)
- Personal drink stations : exact positions see attached file
- one table for each country, how big, alphabetic order.. Yes 1m x 1m
- ~~- separated from "open race" or other races ?~~ Please fill out

6.2 Allowed support : ONLY in the Official Refreshment/Handling Zones

Allowed support: refreshments, shoe and dress change, medical support, transmission of information of any kind, accompanying of the athletes within the refreshment/handling zone.

Please note: There is a change in the rules since 1-1-2010.

IAAF rule 240. 8. e:

' Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table.

The consequences of this change in the rules is, that it is from now forbidden to accompany the runners in the refreshment zone. Only hand over of drinks near by the own table is permitted.

Remarks LOC / IAU:

MF to provide Judge

6.3 Toilets

Remarks LOC / IAU:

Adjacent to finish line and intermediary part
in lap

6.4 Showers are recommended in case of high temperature conditions

Remarks LOC / IAU:

Not necessary



7.0 National vests and uniforms

7.1 During the entire time of competition all members of the (same) national team must wear (the same) official national vests or shirts.

In the case of bad weather conditions the official national clothes shall be worn over all other clothing.

Exceptional regulation:

In the case that the championship participants of a nation can not use the official competition vests/shirts of their national athletic federation so these athletes from this country shall wear at least same shirts with the well visible name of their country.

The national vests or shirts of all participating nations shall be presented on the Technical Meeting.

7.2 The victory ceremony is a part of the competition. Therefore the athletes must wear their national uniforms also during the victory (and opening and closing) ceremony.

8.0 Race numbers

8.1 Each championship participant must wear two race numbers (without any changes of the form or size), one number in front, the other one on the back. Also in the case of bad weather conditions the both race numbers must be worn every time well visible (over all clothing).

8.2 Special Regulations

8.21 In 24 hours races it is allowed to fix the two race numbers on an elastic band in order to make it possible to change the clothes very much faster and easier.

8.22 In 24 hours races the organizer should provide two number sets (2 x 2 numbers) for each participant in order to prepare the clothes for a necessary change.

8.23 The organizer shall ensure, that the race numbers of the national team members/championship participants are significant different from the participants of the Open race or Relay race

Remarks LOC / IAU:

WMA runners will have their numbers printed on a different coloured background (yellow)

9.0 Scoring System

The MIAUC on the road (100 km, 24 hours) will consist of:

A Men's Individual race, a Women's Individual race, a Men's Team race and a Women's Team race

Last changes of athletes for the Team and Individual races must be made in writing at latest on the Technical Meeting.

In the MIAUC on the track (stadium) only an Individual scoring for men and women is possible.

Remarks LOC / IAU:

Please fill out

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10.0 Additional Scoring and Competition Regulations

10.1 The men's race and the women's race are **two separate competitions**, but both may be start and run simultaneously. See special regulation about forbidden pacing under **point 2.2**.

Remarks LOC / IAU:

Both races start concurrently

11.0 Medical Support/Medical Staff

11.1 An official Medical Staff, consisting of physicians, first aid paramedics and masseurs, shall be appointed by the LOC. The use of the medical support of the official Medical Staff by the athletes is allowed also out of the official Refreshment/Handling Zone.

Remarks LOC / IAU:

How many medical aid stations ?

Two stations plus mobile unit

Where ?

Finish line and intermediary lap area

After the race ? (massage ?)

Massage station available at finish line

11.2 It is necessary to let the medical committee of the LOC know if an athlete uses medication prescribed by a doctor or physician. For this purpose you can use the special form which can be downloaded from the website of the IAU or the website of the IAAF. (TUE Application form).

12.0 Result lists of the MIAUC:

12.1 Intermediate and Provisional result lists:

The provisional, separate result lists for **men** and **women**, shall be published consecutively/successively and as soon as possible at a special well visible information board. The time of the publication shall be noted on the result list.

Remarks LOC / IAU:

When

As soon as possible

Where ?

Athletes village

12.2 Final result lists:

The final official, separate result lists for **men** and **women**, which contain the results of the individual and team classification, shall be published as soon as possible after the finish of the race, at the latest however 1 hour before the Victory Ceremony and shall be put at the disposal to the IAU Technical Delegate and the National team leaders.

Remarks LOC / IAU:

When

As soon as possible



Where ?

Athletes village

13.0 Protests and Appeals (IAAF Rule 146):

13.1 Protests concerning the result or conduct of the MIAUC or concerning athletes acting in unsporting manner and offend the basic competition rules (IAAF Rules 144, 240.8) can be made within 30 minutes of the official announcement of the results of the event.

13.2 Any protest shall, in the first instance, be made orally to the Race Referee by the athlete himself or by an authorised person acting on behalf of the athlete.

13.3 The referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury.

13.4 An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of US \$100 (or its equivalent), which will be forfeited if the protest is not upheld. (IAAF Rule146)

14.0 Jury of Appeal

14.1 At all MIAUC a **Jury of Appeal**, which should normally consist of three persons, shall be appointed. One of its members shall be the Chairman and another the Secretary. The Jury of Appeal at the IAU Events shall consist of one member nominated by the IAU, one member nominated by the Federation of the host country and one member approved by the delegates at the Technical Meeting. If necessary an 'external' Secretary, who has no vote, can be nominated by the IAU.

**IAU
MF
Tech.Meeting**

**Chairman
Secretary**

JURY OF APPEAL
Jan Vandendriessche
Fernando Cavilla and Linda Alvarez

The decisions of the Jury of Appeal shall be final.



15.0 Doping Controls:

15.1 Number of doping tests:

The first three men and the first three women must be tested; in addition 2 others at random. Both the male and female finishers, have to be tested also (i.e. 10 tests in all). Also EPO tests need to be undertaken. The random tests should preferably be the runners who ran a new World Age Best Performance, a Continental Best Performance or National Best Performance.

15.2 Forms.

The forms needed to fill out for the doping tests will be handed over to the athletes by the LOC .

15.3 Information of the athletes

The athletes selected to the doping tests must be **informed immediately** after the finish; they must go, every time accompanied and supervised by Doping-Stewards, as soon as possible to the Doping Control.

Remarks LOC / IAU:

Place

Past finish Line

Where ?

Athletes village

16.0 TIME SCHEDULE:

The Time Schedule of the most important activities

Technical Meeting

When: Saturday November 6th 2010
Time: 2 pm till 3 pm
Location: MV Princess Danae (Athletes Village)

Financial Matters

(payment of the Travel Grants and extra costs)

When: Right after the technical meeting
Location: MV Princess Danae (Athletes Village)

Opening Ceremony

When: Saturday, November 6th 2010.
Time: 5pm (gathering of delegations at 4.30 pm for the beginning of the Ceremony)
Location: Tercentenary Sports Hall, Bayside Sports Centre
- Runners will be picked up for this Opening Ceremony
Location: MV Princess Danae (Athletes Village)
Time: **5PM**

Pasta Party

When: Saturday, November 6th 2010.
Time: After the Opening Ceremony
Location: MV Princess Danae (Athletes Village)
Prize for non-delegation members:
All persons in Athletic Village Free of Charge
Others £5.00



Start of the race

Runners will be picked up to bring them to the start

No need

Location: Race starts from outside Athletes Village, Waterport Road,
North Mole
Start race: 06.30 am, Sunday November 7th
End race: 06.30 pm, Sunday November 7th The end of the course at Reclamation Road (under American War Memorial)

Prize & Closing Ceremony

When: Sunday, November 7th
Time: 08.30 pm
Location: Tercentenary Sports Hall, Bayside Sports Centre
Runners will be picked up to bring them to the Closing Ceremony
Time: 07.45 pm
From: MV Princess Danae (Athletes Village)

Others:

Runners will be picked up to bring them back to the Athletes Village after the Closing Ceremony

Time: approx 09.15 pm
From: Tercentenary Sports Hall, Bayside Sports Centre

Extra:

A CELEBRATION drink and dinner will FINISH the ceremony at the Athletes Village (MV Princess Danae), at approx 10pm



17.0 Remarks of the team coaches

If there're any remarks and/or questions about these rules and regulations, write them down and put them in the special "Technical Meeting Box" which can be found in the athletes village at least 2 hours before the TM takes place. All questions and remarks will be discussed and answered during the TM.

| | |
|------------------------------------|-----------------------------------|
| | Name : Country : |
| Question concerning point : | Remarks and/or questions |
| | |



Summary of Changes:

- Febr. 2010: 1. **6.2** The change in the IAAF rule 240.8.e.
The consequences of this change in the rules is that it is from now forbidden to accompany the runners in the refreshment zone. Only hand over of drinks near by the own table is permitted.
- July 2009: 1. 2.3 Use of walkmans
2. 5.0 Use of a camera at the finish/intermediate line
3. 5.3 Finish of the 24 hours race
4. 11.2 TUE application form
5. 15.2 Forms for the doping tests