



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

29th IAU 100km World Championships
"Under the Patronage of the IAAF "

WMA 100km World Championships

1st 100km Murcia Regional Championship

Los Alcázares (ESP)

November 27th, 2016





GENERAL INFORMATION SHEET



Table of Contents



A.- WELCOME



B.- LOS ALCAZARES



1.1 NATIONAL ATHLETICS FEDERATION

1.2 FEDERATION OF ATHLETICS OF REGION OF MURCIA

2.0 LOC

3.0 COORDINATION IAU - LOC

4.0 IAU

5.0 WMA

Federación de Atletismo
de la Región de Murcia

6.0 GENERAL COMPETITION INFORMATION

7.0 CENTRAL MEETING POINT LOC & HOTLINE

8.0 PEF'S & FEF'S

9.0 VISA



DEPORTES
LOS ALCAZARES

10.0 TRANSPORTATION PLAN

11.0 ACCOMMODATION

12.0 TECHNICAL MEETING

13.0 TRAVEL GRANTS AND THE USE OF WILDCARDS

14.0 OPENING CEREMONY

15.0 RACE INFO

16.0 CLOSING CEREMONY

17.0 WEATHER CONDITIONS

18.0 GENERAL TIME SCHEDULE OF THIS MIAUC

19.0 MISCELLANOUS

20.0 GENERAL TIME OF INTERNATIONAL OPEN ROAD RACE WORLD
CHAMPIONSHIP

21.0 TOURIST INFORMATION



Federación de Atletismo
de la Región de Murcia



WELCOME BY THE MAYOR OF LOS ALCÁZARES



I want to welcome all athletes, coaching staff, family and fans, and invite you to visit Los Alcázares for you to know our municipality by coming in person and strolling through our streets and beaches, meeting our people and, of course, enjoying our cuisine, unique in the region.

As the President of the Town Council, I want to express my commitment, and that of all of the members of this Town Hall, for our continued support towards sport, being proof of that that this championship will be a historic milestone for Los Alcázares and one where you, the athletes, will be the main stars; and so, to help improving the sport and touristic services of our town, as a way to follow with new challenges to make of Los Alcázares one seat of sports to a national level.

I hope that you enjoy this sport event that our municipality wants to offer to the world and, of course, we welcome you with open arms in this little corner of the Region of Murcia.

Sincerest regards to everyone.

Mr. Anastasio Bastida Gómez
(Mayor of Los Alcázares)

WELCOME BY THE LOC



The Championship organization team are working with enthusiasm for this event, which will be the most important and one of the most ambitious of those made so far in the town of Los Alcázares. For that we will put all our resources to it and create a circuit combining the promenade with urban areas, portraying the values of the town and achieving a quality race for both the athlete as much as for the enthusiast.

With the great weather conditions that allow to practice any sport more than three hundred days per year with very benign temperatures, this event will be most attractive, combining sun, beach and sport.

During the race, Los Alcázares will be the capital of ultrarunning of the world and from the organization we commit to do everything in our hand for the stay of the athletes, coaches, enthusiasts and guests to be as pleasant as possible.

We expect you with excitement!

Mr. Nicolás Ruiz Gómez (Sport Council of Los Alcázares)



WELCOME BY THE IAU



On behalf of the International Association of Ultrarunners, it is my great pleasure to welcome all of you to Los Alcázares for the 29th IAU 100 km World Championships.

Los Alcázares is a small but thriving city, ideally located at the Costa Calida, ensuring 320 days of sun per year, so we hope to find excellent weather conditions for this World

Championships

I have to admit that it is with great relief that we succeeded to get our pinnacle event in place this year. For this achievement we owe enormous thanks to our council member Paco Rico, the municipality of Los Alcázares and the dynamic LOC team. Eventually it is their merit that they joined their forces at the eleventh hour to make this happen. In a relatively short period they worked out this excellent project which was gratefully endorsed and supported by the RFEA, the Spanish National Athletic Federation.

It is our true expectation that these efforts will be rewarded by an exciting competition and for this I wish you all best of luck with your performances !

Mr. Dirk Strumane
IAU President



Federación de Atletismo de la Región de Murcia



LOS ALCÁZARES

Los Alcázares a small, but expanding coastal spa town and former [fishing village](#) on the western side of the [Mar Menor](#) in the [autonomous community and province of Murcia](#), southeastern Spain.

The Mar Menor (little sea) belongs to three other municipalities: [San Javier](#), [San Pedro del Pinatar](#) and [Cartagena](#) and is Europe's largest saltwater lagoon. Connected to the adjacent Mediterranean sea by several channels, the Mar Menor has a surface area of almost 20 km² and the fact that it is typically 2-4 degrees warmer than the Mediterranean, makes it a very popular destination for sailing, windsurfing, kiteboarding and other water sports enthusiasts. Los Alcázares beaches holds blue flag awards in recognition of the cleanliness and maintenance of the beaches along the Mar Menor. The award is given annually by the Institute for Spanish Tourism.

Los Alcázares has a base population (2014) of 15735 which rises to over 100,000 during the peak tourist summer holiday season.

On 13 October 1983, the town was granted municipal autonomy, in respect of which it holds an annual week-long celebration featuring live music, shows, windsurfing competitions and firework displays.

Besides the annual celebration of municipal autonomy, like many Spanish towns and cities, Los Alcázares also plays host to numerous fiestas and festivals throughout the year, including a large medieval market at the end of every March, and during the last two weeks in August, 'La Huerta' an international folklore festival and feast in celebration of the region's status as the market garden of Spain.

Los Alcázares was used as a location for the 2008 movie of [Ernest Hemingway's](#) posthumous novel [The Garden of Eden](#), starring [Jack Huston](#), [Richard E. Grant](#) and [Mena Suvari](#). A partly disused historic military air base at the southern end of the town was also used for location filming for the 2010 war movie, [Green Zone](#) featuring [Matt Damon](#), [Greg Kinnear](#) and [Jason Isaacs](#).

Los Alcázares	
Municipality	
	
Coat of arms	
	
Location in Spain	
Coordinates:  37°44'37"N 0°50'59"W	
Country	 Spain
Autonomous Community	 Region of Murcia
Province	Region of Murcia
Comarca	Comarca del Mar Menor
Government	
• Mayor	Anastasio Bastida Gómez (PP)



1.1 NATIONAL ATHLETICS FEDERATION

Country: Spain
Name: Real Federación Española de Atletismo (RFEA)
Address: Avda. de Valladolid, 81. 28008 MADRID (Spain)
Tel: (+34) 91 548 24 23
Fax: (+34) 91 547 61 13
Email: rfea@rfea.es
Website: www.rfea.es



Federación de Atletismo
de la Región de Murcia



1.2 FEDERATION OF ATHLETICS OF REGION OF MURCIA

Country: Spain
Name: Federación de Atletismo de la Región de Murcia
Address: Avda. Juan Carlos I, s/n. 30009 MURCIA
Tel: [+34 868 972 617](tel:+34868972617)
Fax: [+34 868 972 617](tel:+34868972617)
E-mail: info@famu.es
Website: <http://www.famu.es>

2.0 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS LOC

Coordinator Manuel Rico Francés
Email: info@100worldchampionship2016.com
Tel: [+34 667 529 746](tel:+34667529746)
Website: www.100worldchampionship2016.com

PRESIDENT OF EVENT

Contact Anastasio Bastida Gómez
Mayor of Los Alcázares
Website: <http://www.losalcazares.es>
Tel: [+34 968 57 50 47](tel:+34968575047)



Federación de Atletismo
de la Región de Murcia



PRESIDENT OF LOC

Contact Nicolás Ruiz Gómez
Town Councilman of Sport, Youth and Civil Protection
Email: nicolasruiz@losalcazares.es
Tel: [+34 627 916 561](tel:+34627916561)

SECRETARY

Contact Juan Manuel Molina Morote
President of the Federation of Athletics of Region of Murcia
Email: presidente@famu.es
Tel: [+34 654 520 593](tel:+34654520593)

EVENT MANAGER

Contact Manuel Rico Francés
Email: manager@100kworldchampionship2016.com
Tel: [+34 667 529 746](tel:+34667529746)

RACE DIRECTOR

Contact Manuel Rico Francés
Email: racedirector@100kworldchampionship2016.com
Tel: [+34 667 529 746](tel:+34667529746)

DIRECTOR OF COMMUNICATIONS

Contact Adrián Bonache
Email: comunicacion@famu.es
Tel: [+34 672 065 084](tel:+34672065084)

HEAD OF TRANSPORTATION AND PROTOCOL

Contact María Dolores Fernandez Henarejos
Email: mdfernandezhenarejos@losalcazares.es
Tel: [+34 968 582 436](tel:+34968582436)

REGISTRATION

Contact FAMU (Federation of Athletics of Region of Murcia)
Email: inscripciones@famu.es
Tel: [+34 868 972 617](tel:+34868972617)
Website: www.famu.es

3.0 COORDINATION IAU - LOC

GENERAL COORDINATOR

Name Paco Rico (ESP)
Tel: +34 616 50 82 28
Email: paco.rico@iau-ultramarathon.org



4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE www.iau-ultramarathon.org

IAU PRESIDENT

Name Dirk Strumane (BEL)
Tel +32 57 36 69 45 (home)
Mobile +32 474 266 952
Email dirk.strumane@iau-ultramarathon.org



IAU VICE PRESIDENT & TECHNICAL DELEGATE

Name Liesbeth Jansen (NED)
Tel +31 59 7432972
Mobile +31 62 2490053
Email liesbeth.Jansen@iau-ultramarathon.org



Federación de Atletismo
de la Región de Murcia

IAU GENERAL SECRETARY

Name Hilary Walker (GBR)
Mobile +44 7884 473 336
Email secretary@iau-ultramarathon.org



DEPORTES
LOS ALCAZARES

ORGANISATIONS & COMPETITIONS DIRECTOR (+ Travel Grant information)

Name Jan Vandendriessche (BEL)
Tel +32 59 27 60 43
Mobile +32 495 26 78 84
Email jan.vandendriessche@iau-ultramarathon.org

COMMUNICATIONS DIRECTOR

Name Nadeem Khan (CAN)
Tel +1 716 392 6657
Email nadeem.khan@iau-ultramarathon.org

AMERICAS REPRESENTATIVE & DEPUTY DIRECTOR PROTOCOL

Name Lin Gentling
Email lin.gentling@iau-ultramarathon.org

AFRICA REPRESENTATIVE

Name James Evans
Email james.evans@iau-ultramarathon.org



ASIA & OCEANIA REPRESENTATIVE

Name BJ Park
Email bj.park@iau-ultramarathon.org



5.0 WORLD MASTERS ATHLETICS (WMA)

WEBSITE: www.world-masters-athletics.org



TECHNICAL DELEGATE (and WMA liaison for this competition)

Name Brian Keaveney
Mobile +1 416 605 84 78
Email masters@sympatico.ca



Federación de Atletismo
de la Región de Murcia

6.0 GENERAL COMPETITION INFORMATION

Name: **29° IAU 100K World Championship**
24° IAU 100K European Championship
WMA Championship 2016
1st Murcia Regional Championship 100KM

Date: 27 November 2016

Hour: 07:00

Time Limit: 12 hours

Course: On Road.

It is a ten kilometers flat and traffic-free course, that will lead the runners through the town of Los Alcazares and along the promenade by the beach. The course consists of 75 % of asphalt pavement and 25 % of flat pavement of floor tiles. Each kilometer is signposted. The start, the finish and end of each lap will be in the Espejo Square (Plaza del Espejo).

Every lap will be counted and registered in this start-finish area. The result lists will give all the 10 km lap times. The course is officially measured and all records will therefore be accepted by RFEA, EA, IAU and IAAF.

Profile: Start and finish at: 1 meter.

Highest point: 6 meters.





Competition

- Men's individual competition
- Women's individual competition
- Men's Team Competition
- Women's Team competition

Only athletes and teams official entered by their National Federation can compete in this MIAUC.

Every Country can send 9 men and 9 women who can compete in this MIAUC. A team consists of a maximum of 6 members.

No race limitation for the Open Race, but if a IAU Federation brings more than 9 men or 9 women, the additional runners can only compete in the open race and have to pay the normal entry fee and their own accommodation costs as well.

OPEN RACE: YES, with entries limited to 300 athletes.

Limit: 14 hours.

OTHER RACES:

WMA World Championship 100 km individual, start: 7:00.

Murcia Regional Championship 100 km individual, start: 7:10.

100 km OPEN, start: 7:10.

50 km OPEN, start: 7:10.

Relay Teams 10x10 km, start: 9:00.

WMA 100 KM World Championships

This year the event will not only be the IAU 100 km World Championships but will also include the WMA 100 km World Championships for the various age groups. Athletes wishing to take part in the WMA competition need to ensure that they correctly observe the WMA entry procedure (including payment of the appropriate entry fee).

More details and Official Rules will be available on www.100kworldchampionship2016.com

Members of the National Teams who are entered by their National Federation for the IAU Championships and who want also to take part in the WMA competition should:

- send an email to inform the LOC (info@100kworldchampionship2016.com).
- mark this in the WMA column in the FEF of their country.



Federación de Atletismo
de la Región de Murcia





Those athletes must also pay the extra entry fee for this WMA competition (€ 10) and use the WMA entry procedure as well as the FEF for the IAU competitions.



7.0 CENTRAL MEETING POINT – HEAD QUARTERS LOC & HOTLINE

During the entire MIAUC, the HEADQUARTERS of the LOC will be posted on: COSTA NAREJOS HOTEL ****.

ADDRESS: Río Dobra, 2. 30710 Los Alcázares, Murcia.



HOTLINE ACCOMMODATION & TRANSPORTATION:

Name: Daniel Martínez Contador (language ENGLISH + SPANISH)

Mobile: +34 639 07 32 84



Federación de Atletismo de la Región de Murcia

8.0 PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

The PEF's and FEF's should be completed and sent before the DEADLINE time. For each Federation, the FEF should include the list of its own runners, with names, date of births, sex and personal bests and will inform the LOC about the procedure and the timetables of arrival and departure.

DEADLINE PEF's : 1st October 2016 DEADLINE FEF's : 25th October 2016

All forms must be send in digital format including xls form to both:



LOC

Name: Manuel Rico Francés

E-mail: racedirector@100kworldchampionship2016.com

IAU

Name: Hilary Walker, IAU General Secretary

E-mail: secretary@iau-ultramarathon.org

Payment by bank transfer as outlined below:

FEDERACIÓN DE ATLETISMO DE LA REGIÓN DE MURCIA FAMU

IBAN: ES36 3058 0422 2427 2000 5352

BIC/SWIFT: CCRIES2AXXX

On receipt of the FEF, Member Federations will receive an invoice for the remaining amount that has to be paid before the **27th October**.

Each proof of payment must be sent to inscripciones@famu.es



WMA

IAU MFs should remind their athletes to send their WMA entry separately but it would be helpful if the FEFs indicate those athletes who are eligible to apply.



Preliminary entry form

In order to book the accommodation, each Federation will send a list with the number of their athletes and officials.



Final entry form

With the final entry form, each Federation will send the full list with the names of their athletes, dates of birth, sex and personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided).

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



9.0 VISA

Entry into Spain for stays not exceeding ninety days per six-month period is subject to the conditions set forth in Regulation (EC) N° 562/2006 of the European Parliament and of the Council of 15 March 2006¹.

Citizens from any State of the European Union, Switzerland, Norway, Iceland and Liechtenstein only need a valid national identity document or passport.

Being in possession of a valid visa is required of nationals of third countries included on the list:

Afghanistan	Belarus	Burundi	North Korea
Angola	Belize	Cape Verde	Ivory Coast
Saudi Arabia	Benin	Cambodia	Cuba
Algeria	Bhutan	Cameroon	Djibouti
Armenia	Burma / Myanmar	Chad	Ecuador
Azerbaijan	Bolivia	China	Egypt
Bahrain	Botswana	Comoros	Eritrea
Bangladesh	Burkina Faso	Congo	Ethiopia

¹ Official information from Government:

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/InformacionParaExtranjeros/Paginas/RequisitosDeEntrada.aspx>



Philippines	Kenya	Niger	Sudan
Fiji	Kyrgyzstan	Nigeria	South Sudan
Gabon	Kuwait	Oman	Suriname
Gambia	Laos	Pakistan	Swaziland
Georgia	Lesotho	Papua N. Guinea	Thailand
Ghana	Lebanon	Qatar	Tanzania
Guinea	Liberia	Rep. Central	Tajikistan
Guinea-Bissau	Libya	Rep. D. The Congo	Togo
Equatorial Guinea	Madagascar	Rep. Dominican	Tunisia
Guyana	Malawi	Russia	Turkmenistan
Haiti	Maldives	Rwanda	Turkey
India	Mali	Sto. Tome Principe	Ukraine
Indonesia	Morocco	Senegal	Uganda
Iran	Mauritania	Sierra Leone	Uzbekistan
Iraq	Mongolia	Syria	Vietnam
Jamaica	Mozambique	Somalia	Yemen
Jordan	Namibia	Sri Lanka	Zambia
Kazakhstan	Nepal	South Africa	Zimbabwe

10.0 TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)

Airport 1

Name	El Altet (ALC)
Place	El Altet (Alicante)
Distance to AV	70 km

Airport 2

Name	San Javier (MJV)
Place	San Javier (Murcia)
Distance to AV	5 km

The LOC will put up a “welcome helpdesk” in the two airports during the arrival times of the delegations.

The LOC will arrange buses, from airports to AV, each 2:30 hours, adjusted to arrival times.

Car rental Possibilities at all airports



Federación de Atletismo
de la Región de Murcia



Others On Sunday and Monday, after the race, there will be buses which will take you from the AV to the airports.

11.0 ACCOMMODATION - ATHLETES VILLAGE (AV)

1.- COSTA NAREJOS HOTEL****

Address Calle Rio Dobra, 2.
Tel [+34 968 583 980](tel:+34968583980)
Fax [+34 968 583 983](tel:+34968583983)
E-mail info@hotelcostanarejos.com
Website www.hotelcostanarejos.es

2.- 525 HOTEL****aa

Address Calle Rio Borines, 30710. Los Alcazares
Tel [+34 968 574 760](tel:+34968574760)
Fax [+34 968 170 744](tel:+34968170744)
E-mail hotel@525.es
Website: www.525.es

3.- NAREJOS HOTEL**

Address: Av. Constitución, s/n . 30710. Los Alcázares
Tel +34 968575 634
e-mail info@hotellosnarejos.com
website: www.hotellosnarejos.com

Additional information about the AV:

All athletes will be hosted at Costa Narejos****, 525 Hotel**** and Narejos** hotels. There are rooms for 1/2/3 persons.

The LOC will divide the accommodations as economically as possible.

There is Internet connection at every hotel which can be used for free.

All the hotels are smoke-free.

Most of the meetings will be at Costa Narejos Hotel as well.

The Organizing Committee will offer:

- a full board accommodation, free of charge,
 - for maximum 2 male and 2 female athletes per delegation
 - for a maximum of 3 nights for delegations who should fly maximum 4 h
 - for a maximum of 4 nights for delegations who should fly maximum 9 h



Federación de Atletismo
de la Región de Murcia



- for a maximum of 5 nights for delegations who should fly minimum 9 h

The accommodation is available for the additional nights for additional athletes, assistants, and coaches, but at their own cost.

The total amount of accommodation the LOC should take care of maximum 9 male and 9 female athletes per delegation and a maximum of 3/6/9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation.
- Max. 6 officials when 7-12 athletes/delegation.
- Max. 9 officials when 13-18 athletes/delegation.

The accommodation will be charged following this rates:
There are fixed (All-in) prices per person per night:

Costa Narejos Hotel ★★★★★ (360 pax)

- Full Board: 80 €
- Single room in hotel (limited availability) + 25 €

It is possible to use this location to accommodate extra supporters.

525 Hotel ★★★★★ (60 pax)

- Full Board: 80 €
- Single room in hotel (limited availability) + 25 €

It is possible to use this location to accommodate extra supporters.

Narejos Hotel ★★ (60 pax)

- Full Board: 55 €
- Single room in hotel (limited availability) + 20 €

It is possible to use this location to accommodate extra supporters.

The cancellation policy:

- free of charge (**) until November 5th.
- maximum 50% charge (**) until November 12th.
- maximum 100% charge (**) the last 9 days before competition day (November 18th).

(**) this charge will be based on the basic costs for B&B accommodation.

The LOC will send an invoice to all delegations. All accommodation fees should be paid before arrival, at least one week prior to the race. This can be done in the FAMU web: www.famu.es (more information through inscripciones@famu.es).



Federación de Atletismo
de la Región de Murcia



FOOD & FOOD SCHEDULE (with reservation)

The confirmed timetable will be issued on arrival. In general:

Breakfast at AV:	7.00 – 10.00 hrs all days before race
	5:00 – 6:00 hrs (incl. pasta) Sunday
	7.00 – 10.00 hrs Monday
Lunch at AV:	13.00 – 15.00 hrs all days before race
Dinner at AV: (FB)	20.00 – 22.00 hrs all days before race
	18:30 – 20.30 hrs RUN Pasta Party Saturday

The RUN PASTA PARTY is FREE for all athletes (maximum of 9 men and 9 women per country) and officials (number as mentioned in this GIS) entered by their National Athletics Federation, as well as for those who paid FB accommodation, and is scheduled as follows:

Date and time Saturday 26th from 18:30 – 20:30 hrs.

Place **Costa Narejos Hotel******

Other info: Other people who want to enter the RUN Pasta Party and the After RUN Meal can buy a ticket for € 15,00 each.

12.0 PRESS CONFERENCE:

Place	Athlete Village at Costa Narejos Hotel
Day	Saturday November 26th
Time	09.30-10.00

13.0 IAU CONGRESS.

Place	Athlete Village at Costa Narejos Hotel
Day	Saturday November 26 th
Time	10:10 to 13:00

Extra info: Up to 3 members per IAU Federation can attend but with one representative mandated to vote for the Federation. This is the IAU Congress where the IAU Executive Council is elected for the next four years 2016- 2020. Member Federations will have received separate communications regarding the CONGRESS and will receive further details.

14.0 DELEGATION OUTFIT MEETING

Place	Athlete Village at Costa Narejos Hotel
Day	Saturday November 26 th
Time	14.30 -14.55



Extra Info Team leaders/managers to present their national uniforms and confirm the athletes who are competing. This is mandatory for all member federations who are competing.



15.0 TRAVEL GRANT CONFIRMATION

Place Athlete Village at Costa Narejos Hotel

Day Saturday November 26th

Time 15.00 – 15.40

Extra Info Team leaders/managers to confirm travel grant allocations. Travel grants will only be circulated by bank transfer after the championships and after there is confirmation that athletes start the event.



Federación de Atletismo de la Región de Murcia

16.0 TRAVELGRANTS AND THE USE OF WILDCARDS

The allocated Travel Grant for the National Athletics Federations for this MIAUC is as follows:



	(TG) TEAM	(IG) A	(IG) B	(IG) C
ZONE 1	400 €	400 €	300 €	200 €
ZONE 2	320 €	320 €	240 €	160 €
ZONE 3	240 €	240 €	180 €	120 €
ZONE 4	160 €	160 €	120 €	80 €

TEAM-Grants are paid for maximum one male and one female team, (= minimum 3 runners/team).

IG-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 .

The travel grant invoice has to be signed before the TECHNICAL MEETING, see details under point 15.0.(Travel Grant confirmation).

After the start of the race there will be a last check of the athletes who started.

If athletes who are on the TG paper did not start the amount of TG will be changed.

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



The table shows that if you send a full team then you will receive a basic team grant (TG).

Then additionally you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete.

On the IAU website, www.iau-ultramarathon.org, you'll find a list of the runners of your Federation who belong to category A, B or C. This list will be updated and published regularly.

USE OF WILDCARDS

The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular MIAUC. Every year you can use maximum 2 wildcards (combined, men and women) / MIAUC. This regulation gives the opportunity to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognised performance. Limiting the total amount of WILDCARDS means that the countries should choose their "WILDCARD runners" carefully. These WILDCARD-athletes must be indicated on the Final Entry Forms (FEF) for that particular MIAUC.

In the event you should have any questions about all of this, please contact the IAU Director Of Organisations : jan.vandendriessche@iau-ultramarathon.org

17.0 TECHNICAL MEETING

Place	Athlete Village at Costa Narejos Hotel****
Day	Saturday November 26 th
Time	15:45 – 16:45
Extra info	Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary an timetable of the shuttle buses.

18.0 OPENING CEREMONY

Place	Costa Narejos Hotel
Day	Saturday November 26 th
Flag Parade	17:00



Ceremony time 17:30

Followed by the PASTA-PARTY

Place Same place

Time 18:30 – 20:30 hrs

There will be buses to take from and to other the hotels.

19.0 RACE INFO

More specific details can be found in the brochure of the TECHNICAL MEETING

20.0 CLOSING CEREMONY

Place Espejo Square (Departure/finish line)

Day Sunday November 27th

Time 19:30 hrs

Transport Departure from AV for people who went back to AV during the day (Only for those who returned exceptionally to the AV, this will be explained more in detail during the Technical Meeting).

Departure time of the bus from AV: 18:30 hrs.

Info After the closing ceremony all will be taken back to AV by buses.

Departure time of the buses: from 20:30 hrs.

21.0 WEATHER CONDITIONS

The expected weather conditions for the date and location of the race are as follow²:

- At 7:00, 10±3 °C, humidity 83±12%.
- At 10:00, 13±3 °C, humidity 73±17%.
- At 13:00, 17±3 °C, humidity 61±19%.
- At 16:00, 17±3 °C, humidity 60±16%.
- At 19:00, 14±3 °C, humidity 74±15%.

Extra info: the weather forecast for the race day will be given at the Technical Meeting.

22.0 GENERAL TIME SCHEDULE OF THIS MIAUC

The proposed time table/ The confirmed timetable will be issued on arrival.

² Information provided by Forecast.io:

<https://forecast.io/#/f/37.753029,-0.83981/1480244400>



Federación de Atletismo
de la Región de Murcia



Saturday November 26th 2016

- 09:15 - 10:00 Press Conference
- 10:10 - 13:00 Congress (the first 5 min Welcome of the LOC)
- 13:10 - 14:25 Lunch
- 14:30 - 14:55 Delegation Outfit Meeting
- 15:00 - 15:40 Travel Grant Confirmation
- 15:45 - 16:45 Technical Meeting - Collection bibs WC
- 17:00 - 18:25 Flag Parade - Opening Ceremony
- 18:30 - 20:30 Pasta Party

Sunday November 27th 2016

Material transport to km 0 and km 5	5:30
Departure for the race from AV	5:45
Entrance calls	6:30
Start of the race	7:00
Start AVM world championship	7:00
Two Flower Ceremonies (After the 3rd male and 3rd female)	
Post-race press conference (Time coordinated with the Director of Communication)	
Closing Ceremony	19:30
Place: Espejo Square (Departure/finish line)	
End Closing Ceremony	20:30
Place: Espejo Square (Departure/finish line)	
After the closing ceremony all will be taken back to AV by buses.	
Departure time of the buses	from 20.30 hrs
End of the race	19:00
Departures from finish line to Athlete Village	from 14:00
Departure buses to airports	
On Sunday and Monday, after the race there will be buses which will take you from the AV to the airports.	

Monday 28 November

There will be buses which will take you from the AV to the airports



Federación de Atletismo
de la Región de Murcia



23.0 MISCELLANEOUS

PRESS: If you need a press card, let the LOC know. Send a mail to manager@100kworldchampionship2016.com

MEDICAL (1): if as athlete or official you are not insured under your Athletic Member Federation for your participation then you should check that you have the relevant insurance to cover or accept the liability. All costs for ambulance transport and in hospital are your (or your insurance's) responsibility. All costs are subject to the Spain rules for hospital treatment and emergency transportation.

MEDICAL (2): In case of the athletes is using medicines, athletes should have informed their national federations and have completed the official TUE form, a copy of which should be given to the LOC, before the race.

24.0 GENERAL TIME OF INTERNATIONAL OPEN ROAD RACE

Collection of bib numbers for athletes and teams: 26th November (Technical Meeting).

Place: Costa Narejos Hotel****

Time: from 11:00 to 20:00.

25.0 TOURIST INFORMATION

Information provided by:

Town Hall of Los Alcázares

Website www.losalcazares.es/index.php/es/concejalias/turismo?id=128

Tel [+34 968 582 436](tel:+34968582436)

Autonomous Community of Region of Murcia

Website www.murciaturistica.es/en/home/

Tel [+34 968 277 702](tel:+34968277702)