

IAAF/Mikkeller
World Cross Country Championships™
Aarhus **30 March 2019**

TEAM MANUAL
Sub-Elite
The Search – 10K

IAAF

TITLE PARTNER

Mikkeller

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1. GENERAL INFORMATION

1.1 Local Organising Committee

Organiser: **Dansk Atletik Forbund**
House of Sports Brøndby Stadion 20
Brøndby, Denmark
Telephone +45 4326 2308
Website: <http://dansk-atletik.dk>
Email: den@mf.iaaf.org

Local Organising Committee IAAF World Cross Country Championships, Aarhus 2019

(LOC) Idrættens Hus
Brøndby Stadion 20
DK-2605 Brøndby, Denmark
Website: www.aarhus2019.com
LOC Director Jakob Larsen
Event Coordinator Katrine Gribel Vorum, katrine@dansk-atletik.dk
General email info@aarhus2019.dk

1.2 Information about Aarhus

Population	273,077 (in 2018)
Currency	Danish krone (1 USD = 6.53 DKK by January 2019)
Time zone	CET (UTC+1)
Altitude	105m
Average rainfall (in March)	33mm
Climate (average in late March)	Min 7C° / Max 12C° temperature, 87% humidity
Shop opening hours	10:00 ~ 18:00
Bank opening hours	10:00 ~ 16:00
Electricity voltage	230V Europlug (Type C and F)
Mobile Telephone Network	GSM/GPRS/EDGE(2G), UMTS(3G), HSDPA (Turbo 3G) and LTE(4G)
Drinking Water	Top quality tap water

1.3 General Programme

GENERAL PROGRAMME

Thursday 28 March 2019

10:00 – 12:30	Official training at the course	Moesgaard Museum
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Friday 29 March 2019

10:00 – 12:30	Official training at the course	Moesgaard Museum
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Saturday 30 March 2019

10:30	Opening Ceremony	Moesgaard Museum
11:00	Mixed Relay 8 km	Moesgaard Museum
11:00	Check in Sub-Elite Women deadline	Moesgaard Museum
11:35	U20 Women 6 km	Moesgaard Museum
12:00	Check in Sub-Elite Men deadline	Moesgaard Museum
12:10	U20 Men 8 km	Moesgaard Museum
12:45	Medal Ceremony U20 Women	Moesgaard Museum
13:00	Women 10 km	Moesgaard Museum
13:45	Medal Ceremony U20 Men	Moesgaard Museum
14:00	Men 10 km	Moesgaard Museum
14:45	Medal Ceremony Women	Moesgaard Museum
14:50	Medal Ceremony Men	Moesgaard Museum

2. Sub-Elite entering the championship race

2.1 Definitions

The following expressions have the following meanings:

Elite = Championships runners entered by their national federation

Sub-Elite = non-championship runners entered through mass race sign up

2.2 Rules for entering

For the first time ever in the history of Cross Country, the IAAF/Mikkeller World Cross Country Championships are open for Sub-Elite runners! You will get the full experience of participating in the championship race with the world's toughest runners.

In order to allow sub-elite runners to enter the championship race, the following rules apply:

- Qualification standards must be met within one year from the WXC
- Sub-elite runners start behind the championship runners at the starting line
- Cut off: By more than 85% after the leading elite runner, the sub-elite runner will be eliminated from the competition. This will be handled by using 2 checkpoints along the course (see map C).
- Sub-elite runners cannot win the championship
- Sub-elite runners must not run in any kind of national uniform or have flags on their uniform
- The maximum size spikes allowed are 15mm

The stated conditions are subject for change by the IAAF.

3. REGISTRATION

3.1 Meeting point

Sub-elite athletes must sign up *at least* 2 hours prior to the race at the Team Information Desk (TIC) in the Team Area. See Map for location.

3.2 Accreditation Wristband

Accreditation is needed to access the Team Area and the Competition area. Upon arrival at the team area, you must present a personal accreditation letter together with photo ID to enter. The accreditation letter will be sent to your registered email Monday 25 March. You must then go to the Team Information Centre (TIC) in the Team Area and sign in, and here you will receive wristband + bib.

Sub-elite accreditation wristband must be worn visibly at all times and must be presented upon request. They are personal and non-transferable.

3.3 Competition Wear Check

Your competition wear will be checked in the Call Room. It is the sub-elite athletes' own responsibility to make sure the competition wear follows the restrictions (See 5.3 Athletes Clothing).

3.4 Information

A posting board will be available at the TIC for the display of start lists, results (partial and final), etc.

4. COURSE AND COMPETITION FACILITIES

4.1 Course

The competition venue is located at Moesgaard Museum, approximately 8km from Aarhus. It is a safe but very demanding course that will test all participants' strength and endurance.

The course is a 2km loop with an average width of 6m and mostly covered in grass. It has a cumulative elevation gain per lap of 68m for Senior Women and Senior Men. The race will be run in clockwise direction and the distance is 10,025m

The course map is attached.

4.2 Sub-Elite Team tent

The Sub-Elite will be appointed a tent in the team area. There will be an appointed team leader for this group.

4.3 Warm-Up Area

A large area is located near the team changing area and will serve as warm-up area prior to the event. Access will be reserved to team members only.

4.4 Start / Finish Area

All necessary facilities will be located at the start area. After the race you must return your transponder, before you return to the Call Room to collect your clothing.

5. COMPETITION PROCEDURES

5.1 Course Inspection

A guided tour of the course and related facilities will take place on 29 March at 12:00. The meeting point will be the Teams' tents in the warm-up area.

5.2 Timetable

Saturday 30 March 2019

10:30	Opening Ceremony
11:00	Mixed Relay (8070m)
11:35	U20 Women (5740m)
12:10	U20 Men (7570m)
12:45	Medal Ceremony U20 Women
13:00	Women (10,025m)
13:45	Medal Ceremony U20 Men
14:00	Men (10,025m)
14:45	Medal Ceremony Women
14:50	Medal Ceremony Men

Any change to the schedule of the races or of the medal ceremonies shall be communicated on site.

5.3 Athletes' Bibs

All sub-elite athletes will receive 1 bib carrying the athlete's name. You will receive your bib at the sign up in the TIC on Saturday morning.

Bibs must be worn in accordance with IAAF Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

Sub-elite bibs differ from the Elite bibs by background colour.

5.4 Athletes' Clothing

Sub-elite runners cannot run in any kind of national uniform or have flags on their competition wear. No sponsors or advertisements are allowed on the competition wear. There is a maximum of 30 cm² for the Manufacturer's logo on the competition wear and 40 cm² on sweatshirts, T-shirts and jackets.

The competition wear will be checked upon arrival at the sub-elite team tent. It is the sub-elite athletes' own responsibility to make sure the competition wear follows the restrictions. Any infringement of the Rules may result in the disqualification of the athlete. Athletes not wearing an approved competition wear will be required to acquire the correct attire before they progress through the Call Room.

Sub-elite athletes' competition wear will be checked once more in the Call Room.

Should an athlete wear two pieces of clothing of the same nature during the Competition, e.g., T-shirt under a Vest and/or leggings under a pair of shorts, **the under garment, if visible, must be clean and free of any markings.**

5.5 Call Room Procedures

The Call Room is situated at the exit of the teams' changing area (see attached map). All

athletes must present themselves at the Call Room not later than 25 minutes before the start of each race and according to the scheduled reporting times as noted below:

Event	Call Room		Arrival at Start Area	Start
	Open	Close		
Women (10025m)	12:20	12:35	12:54	13:00
Men (10025m)	13:20	13:35	13:54	14:00

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their accreditation and bib number
- Distribution of the transponders
- Checking of Athletes' competition wear
- Checking of shoe spikes. The maximum size allowed are 15mm

Athletes must be report to the Call Room wearing their competition wear and **ready to compete**. Any bags, clothing or personal belongings must be left in the changing area. In case of cold weather athletes shall be allowed to take with them their track suit top and / or trousers which they will then have to drop-off in the Call Room. Athletes will have to collect their clothes in the Call Room after their competition.

After leaving the Call Room, athletes will move directly towards the Start Area where there will be the opportunity for a last warm-up on the course.

5.6 Line up for the Start

Sub-elite athletes will be lined up behind the Elite athletes.

There will be pre-calls at 5 minutes, 3 minutes and 1 minute before the start.

5.7 Starter's Commands

The starter's commands will be given in English. The following commands will be used:

- "On your marks"
- Firing the gun

5.8 Cut off

By more than 85% after the leading elite runner, the sub-elite runner will be eliminated from the competition. This will be handled by using 2 checkpoints along the course (see attached map).

If you do not manage your cut-off times, you will be taken out of the race. For men, the cut-off time is 4.00 minutes, while for women it is set at 4.30 minutes.

5.9 Timing

Official timing will be provided by SEIKO with transponders. Two transponders will be delivered to each athlete in the call room. Athletes must wear one transponder on each shoe. Volunteers will help athletes to place the transponders. At the exit of the Call Room, a control mat will be placed in order to check the good functioning and placement of the

transponders.

5.10 Post Competition Procedures

All athletes, upon completion of their event, must proceed to the Mixed Zone located just ahead of the finish line, where they will meet with media for flash interviews.

At the end of the Mixed Zone:

- athletes shall be asked to return the transponder
- athletes selected for doping control shall be notified by a doping control officer

10. MEDICAL SERVICES

10.4 Medical Services at the Course

During the competition, emergency medical teams and ambulances will be stationed on the course and at the finish line. A Medical Centre will be set up near the finish line in the Old Manor buildings.

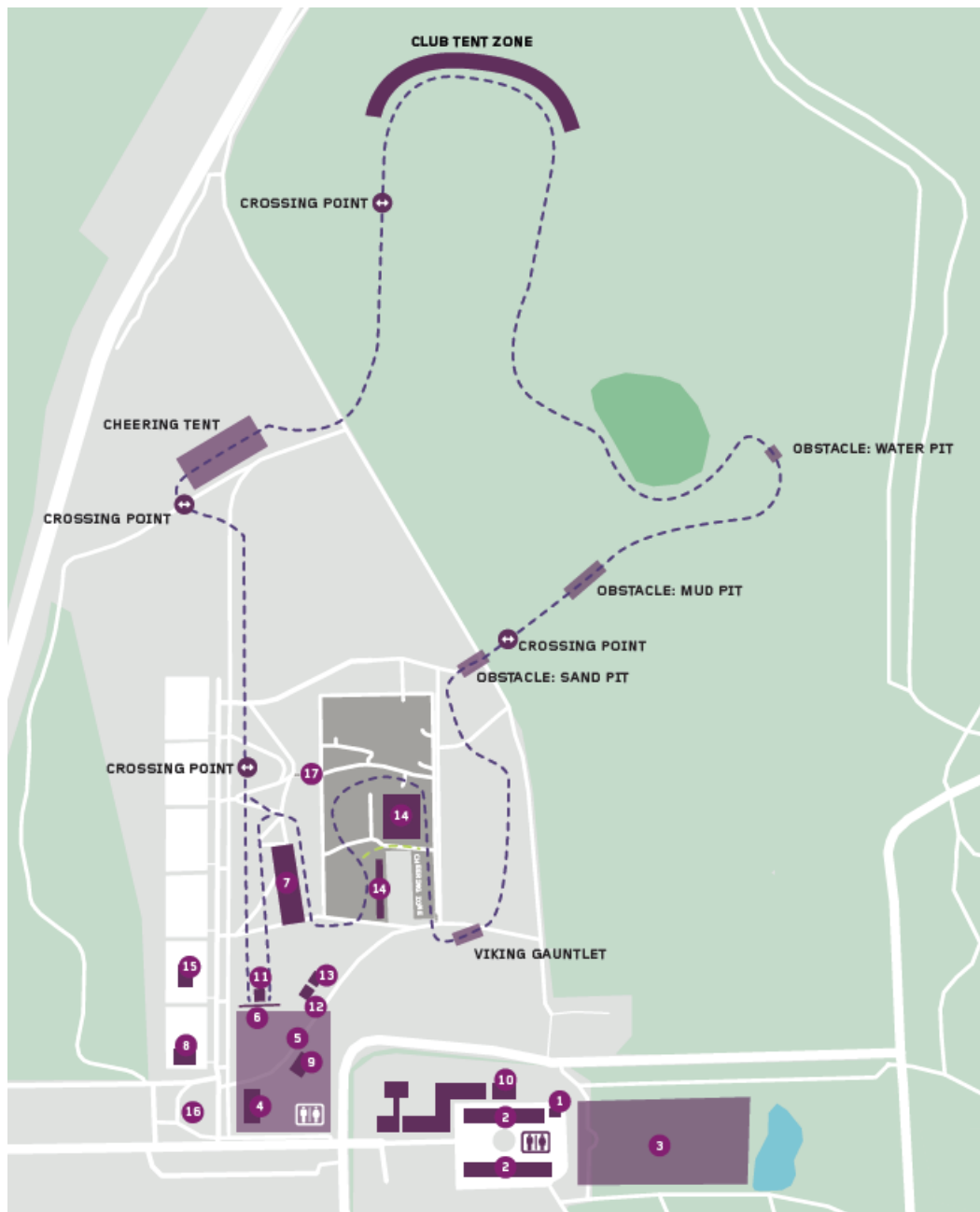
The LOC Medical Services will provide a first aid treatment. Patients requiring further treatment shall be transferred to partner hospitals.

11. DOPING CONTROL

Doping Control will be conducted according to the IAAF Rules and IAAF Anti-Doping Regulations (latest editions available on the IAAF website) and under the supervision of the IAAF Anti Doping Delegate.

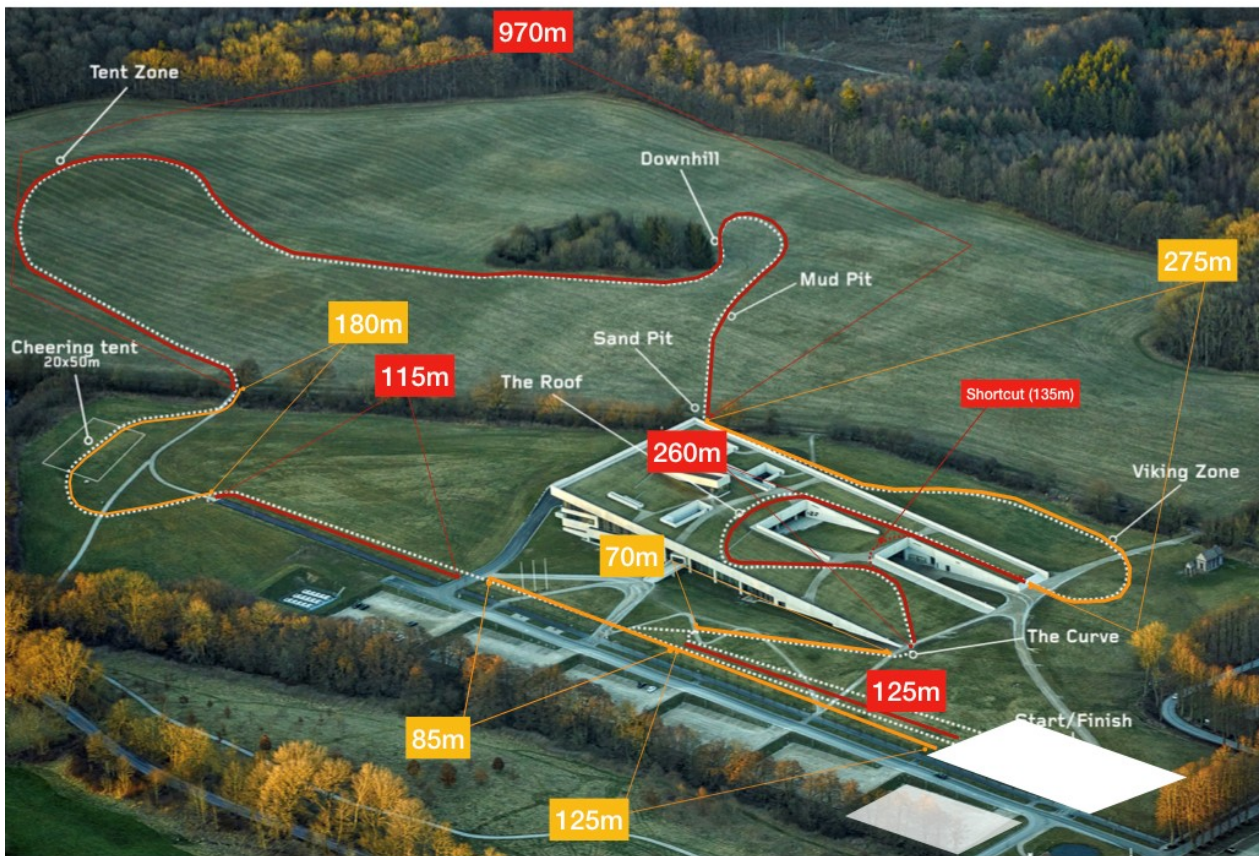
Both blood and urine doping control testing will be carried out in Doping Control Stations located at the competition venue.

COURSE AND COMPETITION MAP A



- | | | | |
|--|----------------------|-------------------------|------------------------|
| <p>----- Course</p> <p>----- U20 Women</p> | 1. TIC | 7. Relay Exchange Zone | 13. VIP Tribune |
| | 2. Team Tents | 8. Medical Tent | 14. VIP Area |
| | 3. Warm Up Area | 9. Mixed Zone | 15. IAAF + LOC Offices |
| | 4. Call Room | 10. Doping Control Zone | 16. Bus Shuttle |
| | 5. Start/Finish Area | 11. Medal Ceremony | 17. Entrance Museum |
| | 6. Start/Finish Line | 12. Press Tribune | |

COURSE AND COMPETITION MAP B



Race	Number of laps	Total length	Laps details
Senior Women	5	10,025m	3 laps of 1955m + 2 laps of 2080m
Senior Men	5	10,025m	3 laps of 1955m + 2 laps of 2080m

COURSE AND COMPETITION MAP C - CUT OFF POINTS

