

2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS



WMTRC 2023 Innsbruck-Stubai Team Manual

Published May 16th, 2023





WELCOME MESSAGES

Dear Friends,

I would like to offer you a warm welcome to the 2023 edition of the World Mountain and Trail Running Championships – here in the beautiful Austrian region of Innsbruck-Stubai.

This global running festival will gather elite trail and mountain runners from across the world over the course of the next week, as they run through some of the most spectacular scenery Austria has to offer. Indeed, over 1,100 athletes from more than 60 nations will take on four challenging routes through the Tyrol, cheered on every step of the way by hordes of enthusiastic fans.

Mountain and Trail running has seen a significant rise in popularity over the course of the last few years as more and more people focus on the importance of their physical and mental health. This is a welcome development for us at World Athletics as we look to expand the reach of our sport and promote running at every level and in every form. These Championships provide an exciting opportunity to showcase a different racing challenge for distance runners and for them to come together to celebrate their shared passion for our sport.

Beyond its accessibility, another important benefit of Mountain and Trail running is the fact that it is one of the most sustainable athletics disciplines. Staged outdoors, these events make use of the natural settings – and with no additional or permanent infrastructure required, it allows us to keep our footprint very small.

Speaking of footprints, we are particularly pleased by the Local Organising Committee's sustainability efforts for these championships. As part of World Athletics' Sustainability Strategy, and our commitment to the United Nations' Sports for Climate Action Framework, we are constantly aiming to reduce the emission of our operations. We have embedded mandatory sustainability requirements into all the competitions that we own or sanction, in an effort to drive down the environmental impact of the sport. We are delighted by the cooperation we have received in this regard from the Organising Committee, with their strong commitments in the areas of recycling, regionality and community.

I would like to thank the Local Organising Committee, the City of Innsbruck, the Stubai region, the Tyrol state and the event's official partners and suppliers for their contribution to the running of these championships. I would also like to underline the close cooperation between the World Mountain Running Association, the International Association of Ultrarunners and the International Trail Running Association on the delivery of this event.

I offer my best wishes to all athletes, coaches, officials, volunteers, and of course our loyal fans for the most successful and enjoyable championships.

With kind regards,



Sebastian Coe,
President, World Athletics



Welcome! to the 2nd World Mountain and Trail Running Championships. It is our pleasure to host this second edition in Innsbruck and Stubai in the beautiful Tyrol region of Austria. We are delighted to welcome all junior and senior athletes, coaches, team management, supporters, member federations and fans and we hope you each have a wonderful and unforgettable experience.

The 1st edition of the World Mountain and Trail Running Championships held in Chiang Mai, Thailand was a huge success. We are sure this year's event will build on that success and we are excited to offer this opportunity for athletes to participate at the pinnacle of our sport in the very Heart of the Alps.

ITRA, IAU and WMRA have each hosted multiple races and championships over the years and now we have the privilege of doing so together, on a larger scale than ever, using our experience and expertise to provide a great platform for athletes to compete at the very highest level. We are proud of the growth and development of both the sport and the Championships and grateful to all of the incredible athletes for taking part and making the events so special.

We would like to thank the Local Organizing Committee, the Austrian Athletics Federation and World Athletics for all the cooperation and support during the preparation of the event. The Local Organizing Committee has been working very hard for a long time to deliver a world class event for all of us to enjoy. Danke sehr!

See you in Innsbruck and Stubai!

Janet Ng, President of the International Trail Running Association

Nadeem Khan, President of the International Association of Ultrarunners

Tomo Sarf, President of the World Mountain Running Association





Dear Friends,

Once a Team Manual has been assembled and presented, it really won't take much longer for the opening ceremony of the event to go ahead. That's why I am not only very proud, but also full of joy to be able to send you this document.

You will find all the information necessary as well as interesting facts and details worth knowing about the World Mountain and Trail Running Championships 2023 on the following pages. Facts and figures are essential for anyone wanting to come prepared to the World Mountain and Trail Running Championships 2023 Innsbruck-Stubai and to make the days in Tyrol worthwhile. To make the WMTRC a memorable event, all of us, together, also need the right attitude and the emotionality that a sporting event of this magnitude brings.

I know that all of you athletes will give your best in order to excel and shine in our beloved disciplines, and to think that we will be staging the World Championships in some of the most stunning areas in the Alps not only fills me with pride and joy but also gives me goosebumps. I am certain that we are going to experience a perfect synergy of Alpine and urban elements and influences; and last but not least, I believe that the Championship races will be a success at every level, be it athletically, organizationally or in terms of media coverage. Just look at the numbers: 1,600 participants from 70 countries, and more than 120 media representatives accredited to date. Impressive, isn't it?

The WMTRC 2023 will come to life thanks to you as athletes on the one hand, and thanks to all of you representatives of the national federations on the other hand. Together with a hopefully huge spectator crowd, you will be the ones filling the event with life and spreading the spirit inherent to any sport and international community of like-minded athletes. The mountain- and trail runners' community in specific is a big family that is due to get together in Tyrol in just a few days. One thing is certain: We can expect to celebrate a massive party in Innsbruck-Stubai.

I am already looking forward to welcoming all of you and to sharing the beauty of early summer in Austria with you.

With kind regards,

Alexander Pittl
CEO WMTRC 2023 Innsbruck-Stubai
General Manager Alpine Trailrun Festival GmbH



**2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS**



Dear Federations, Dear Athletes,

With the Innsbruck Alpine Trailrun Festival we have had a highlight event for more than five years, one which takes this special sport from the heart of the city of Innsbruck into the encompassing high mountain surroundings. The fact that we are now, together with the Stubai Valley, the venue of the World Mountain & Trail Running Championships 2023 fills us with pride and joy. I can tell you with absolute conviction that the second edition of the Championships, here in the heart of the Alps, will be a unique event experience for participants, spectators and organizers. With the Innsbruck Alpine Trailrun Festival as a "warm-up", June will deliver exhilarating performances and many hair-raising moments at both the professional and amateur levels of the mountain and trail running scene.

The Innsbruck region is an excellent - and much sought-after - host of major sporting events, demonstrated by our history and recent past: in 1964 and 1976 the region hosted the Winter Olympics, which made Innsbruck world-famous as a sports city and winter sports destination. The Winter Paralympics then followed in 1984, and the Winter Youth Olympic Games in 2012. The legendary Four Hills Ski Jumping Tournament has been a guest in Innsbruck for more than 70 years, and every year it inspires countless people both on-site and in the media. The UCI Road Cycling World Championships and the IFSC Climbing World Championships in late summer 2018, plus the FIS Nordic World Ski Championships in February 2019, repeatedly kindled that thrilling 'world championship feeling' in Innsbruck within just a few months of each other, with the many Athletes and guests from all around the world super-charging the atmosphere in the city and wider region. Hosting the World Mountain & Trail Running Championships 2023 will be another milestone in the acclaimed sporting history of the Tyrolean capital.

I am personally very gratified that there is no need to build new infrastructure for the World Mountain & Trail Running Championships - everything is already here. Nature is the stage for the Athletes and the Innsbruck region is the perfect backdrop for top sporting performances.

"Top performances" are also provided by the Innsbruck region in turn: our restaurateurs and hoteliers welcome guests with the famed Tyrolean 'Gemütlichkeit' - genuine warm-hearted hospitality, seasoned with real culinary delights straight from the local region. We invite you to discover the many traditional inns and modern eateries, and the local sights and landmarks as well as the nearby excursion destinations. The Innsbruck region has so much to offer in terms of cuisine, culture and sport. Should you be able to stay here beyond the event, or should you travel to the Innsbruck region in advance of the event to explore the trails, a variety of alpine adventures and urban city experiences await you.

We look forward to welcoming you to the Innsbruck region soon. Alpine-urban greetings,

Barbara Plattner
CEO Innsbruck Tourism

**INNS'
BRUCK**



2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS
Tirolo



Ladies and Gentlemen,

As we are anticipating the new year, we are looking forward to welcoming you at the World Mountain and Trail Running Championships, taking place in Stubai from June 6 to 10.

Thanks to its central location, the Stubaital can be reached easily and comfortably. Once you have arrived, you will immediately feel welcome in the Alpine surroundings with their multitude of options that are both close to nature and real. With a length of 35 kilometers and surrounded by 80 glaciers as well as 109 peaks surpassing 3,000 meters, the Stubai – as it is called in short – stands for diverse movement competence throughout the year. Close to the regional capital Innsbruck, Stubai enchants with its combination of cultural experiences and natural beauty.

The Stubaital can look back at a long history of mountain running, and it fills me with pride to think that by staging the Mountain and Trail Running World Championships 2023, we will be able to celebrate and at the same time advance this tradition.

With the inception of the Schlickeralmlauf, mountain running was established in the Stubaital as early as the 80s. More than three decades, two successfully staged World Mountain Running Championships (in 2014 and 2021), one edition of the European Mountain Running Championships (2009) and the addition of the STUBAI ULTRATRAIL later, the World Mountain and Trail Running Championships 2023 will be the next milestone for the Stubai Tirol Tourist Association.

It fills us with pride to think that our diverse alpine landscape with its meadows, forests, alpine pastures and glaciers was chosen to be the setting for the second World Mountain and Trail Running Championships. We are working on and developing spectacular routes throughout the year and you can expect the trails leading along the Kalkkögel mountains to Neustift im Stubai and all the way up to the summit of the Elfer to be breathtaking – both figuratively speaking and in the truest sense of the word.

Apart from our running competence, four hiking areas and unspoiled nature are guarantors for a stay that is rich in both variety and Alpine highlights. Add to that the high quality of our accommodation providers, mouth-watering regional cuisine, the Stubai Super Card with a number of free additional services to make use of during your stay, and the heartfelt hospitality, and you can be sure to experience an overall memorable stay.

In case you want to experience all that and come check out all the things the Stubaital has to offer – be it during or prior to the World Mountain and Trail Running Championships 2023 – we are here to offer our support and are looking forward to hearing from you.

See you soon in the Stubaital!

Adrian Siller
Chairman of the Stubai Tirol Tourist Association





2023 WORLD MOUNTAIN AND
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Dear Athletes, Dear all,

Congratulations on taking part in the 2023 World Mountain and Trail Running Championships in Innsbruck and Stubai. We are looking forward to welcoming you in Tirol. Tirol is the Heart of the Alps and has a passion for welcoming guests from across the globe. The hotels and other accommodation providers in our region give their best every day to ensure guests enjoy their stay. Fabulous scenery, hearty food and a genuinely warm welcome make Tirol a perfect place for both rest and relaxation as well as action and adventure.

The landscape of Tirol is made for Mountain and Trail Running. The region has a large network of trails on the valley floor and up in the mountains where runners can look forward to fabulous views and challenging terrain. Dense pine forests and wide-open meadows invite not only runners but also walkers and hikers to train their fitness, coordination and reactions on a range of surfaces. Tirol also hosts many successful trailrunning events such as the Stubai Ultratrail, the Innsbruck Alpine Trailrun Festival and the Pitz Alpine Glacier Trail – a fantastic way to combine a holiday in the Alps with a real sporting challenge.

Whichever route you choose and whatever trails you run, we and the event organisers of the WMTRC in Innsbruck and Stubai look forward to sharing this beautiful region with you. We are happy and proud to be hosting the 2023 World Mountain and Trail Running Championships here in the Heart of the Alps.

Karin Seiler
CEO, Tirol Werbung





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GENERAL INFORMATION



Useful Information

Country Name: Austria (83,878 km²)

Host Region: Innsbruck-Stubai

Population:	Austria	8.979.894
	Innsbruck	130.596
	Stubaital	4.887

Language: German

Local Time: GMT+2:00 (Summer) / GMT +1:00 (Winter)

Driving: Right-handed

Business hours: 9 a.m.–5 p.m.

Shops: 7:30/8:00 a.m.–7 p.m., Saturday 6 p.m.

Weather (June)

Maximum temperature: 24°C

Minimum temperature: 11°C

Average temperature: 18°C

Average precipitation per day: 111,7 mm



Currency and Payments

Currency: Euro

Wireless payment possible almost everywhere (except some mountain huts)

Electricity and Voltage

Electricity: 230V, socket Type F

Measurements

Metric System

Emergency and Medical

Emergency Number: 112
Fire Department: 122
Police: 133

Service

Mobile network: 4G, 5G

Tipping

Approx. 10%

Participation Certificate

Will be provided via our timing partner "race result".

Sim-Cards

As a working mobile phone is part of the mandatory equipment, please check the functionality of your mobile phone provider for Austria.

If you need to buy prepaid sim cards there are multiple stores in Innsbruck available at the city center:

Z Mobile Handyshop
Salurner Str. 10, 6020 Innsbruck
Opening hours: 09-18

Drei Shop
Maria-Theresien-Straße 29-35, 6020 Innsbruck
Opening hours: 09-19



TRANSPORTATION

Entry Visa (Appendix 1)

General Information

The LOC will provide adequate welcome services at the airport, Innsbruck Airport (INN), or Innsbruck train station. Transportation between Team Hotels and various venues, including official and social functions, will also be guaranteed by the LOC shuttle service. Furthermore, the LOC encourages the Member Federations to travel as sustainably as possible. The transportation service period is between the 4th and 11th of June.

Arrivals

Arrival by Plane

The LOC will provide adequate welcome services at the official airport, Innsbruck Airport (INN). To ensure a proper pick-up procedure, all teams were responsible for including their exact arrival information in the Final Entry Form (FEF). In case of any changes the team must contact the LOC as quickly as possible.

In case of late or lost luggage, please go directly to the designated desk inside the baggage claim area at the airport.

Arrival by Train

To ensure a proper pick-up procedure from the train station, all teams were responsible for including their exact arrival information in the Final Entry Form (FEF). In case of any changes the team must contact the LOC as quickly as possible.

Arrival by Car

Teams arriving by car are kindly asked to go directly to their allocated team hotel, where they will be welcomed by the hotel staff. Please note that parking in Innsbruck is limited and not free of charge, on the individual hotel websites you will find more information about the costs. However, parking at the hotels in Stubai is included. Nevertheless, the LOC encourages due to sustainability reasons to travel by public transport if possible.

The LOC offers also two options of parking in Innsbruck which the teams can pre-book. If you are interested in reserving a parking spot please send an email to the LOC and indicate how many parking spots for what time period and what type of vehicle. Parking permits will be handed out at the accreditation center in Innsbruck.



Parking

In case you require parking at the venue Innsbruck for your team contact info@innsbruck-stubai2023.com. Please indicate how many parking spots are needed, for which days, what type of vehicle and which parking option.

<i>Option 1: Messe West*</i>	Daily Price
Car	20 €
Van	25 €

*10min walking distance to venue

<i>Option 2: Olympiaworld Innsbruck**</i>	Daily Price
Car	10 €
Van	15 €

*10min walking distance to venue

** 30min walking distance to venue, 15min with bus line "J"

Due to limited availabilities parking permits are going to be allocated in a first come, first serve manner. Day tickets are available at Merchandising.

Local Transportation

Transportation between the team hotels and the venues, including official and social functions, will be guaranteed by the LOC shuttle service during the Championship days from 6th to 10th of June. All transportation schedules will be displayed at the info board both in the team hotels as well as in the other venues which are serviced by shuttles.

Bus Shuttle Service

A bus shuttle service will operate between the official team hotels and the competition venues and the significant aid stations (for team officials). Regular travel times will be approx. 30 minutes, depending on the hotel location and traffic conditions. A detailed specific timetable will be posted on the notice boards in each team hotel.

Public Transport

In addition to the dedicated bus shuttle services all team members will have access to public transportation between Innsbruck and Neustift in Stubai. The official accreditation will guarantee free use of public transport from June 4th to 10th.

Departure

A shuttle service will also be in place for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the information board at each team hotel at least 24 hours before departure.

Any changes to the details provided in the FEF shall be communicated to the LOC, at least 48 hours before departure.



ACCREDITATION

General

An accreditation is the process through which WMTRC 2023 identifies, registers, and provides access to accredited venues those with a specific role or function. The right to access an accredited venue and a specific zone is directly linked to the job title and role of the individual. The accreditation of teams will be differentiated into two subcategories of athletes and officials.

Each team member will receive an accreditation card, which must be always worn and should be clearly visible (off-competition). Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints.

Accreditation Centre

The Accreditation Centre will be located at the Innsbruck venue, Landestheatervorplatz, Rennweg 2, 6020 Innsbruck.

The opening dates and times of the Accreditation Centre will be as follows:

Date	Opening Hours
Sunday 4 th of June 2023	10 a.m. – 6 p.m.
Monday 5 th of June 2023	10 a.m. – 6 p.m.
Tuesday 6 th of June 2023	10 a.m. – 8 p.m.
Wednesday 7 th of June 2023	10 a.m. – 8 p.m.
Thursday 8 th of June 2023	10 a.m. – 6:30 p.m.
Friday 9 th of June 2023	10 a.m. – 6:30 p.m.
Saturday 10 th of June 2023	10 a.m. – 6:30 p.m.

In case of arrival outside of the opening times, Teams are kindly requested to report to the Accreditation Centre the next morning.

All lost, stolen or damaged accreditation cards should be reported immediately to the Accreditation Centre, only then a new card can be created. Participants will require to complete a Lost & Stolen Form and present one of the acceptable forms of ID.

Confirmation of Accreditation Data

The team leader will be asked to complete the following formalities **before** the accreditation cards can be issued:

A designated team leader will receive a link via email to fill in each athlete's data and email addresses. Afterwards an accreditation data confirmation email will be sent to each athlete separately.

Each athlete needs to accept the accreditation policy as well as the athlete's agreement. Please note that a separate form needs to be filled out for minor athletes, by the Federation.

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation in the Final Entry. Around one week before the event each team will receive a team specific instruction sheet on how the accreditation cards can be collected.



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Important Information!

Please note that accreditations will only be handed out to the teams once the accommodation invoice has been fully paid by the Member Federation.

Access Areas for Teams

All team accreditations cards will allow access to the team areas, technical areas, changing rooms and physiotherapy. Only athletes with a starting bib who are about to compete will have access to the call room and to the start/finish. The access for team supported aid station is explained in the “Technical Information” section below.

Furthermore, the accreditation can be used to access the Shuttle Bus Service and the public transport of the Innsbruck Verkehrsbetriebe (IVB) and the Verkehrsverbund Tirol (VVT) in Innsbruck and Tyrol.



ACCOMMODATION

Team Hotels

The WMTRC23 are hosted in the regions Innsbruck and Stubai / Tyrol. Based on the accommodation requirements of each team, indicated in the Final Entry Forms, the allocation between the two venues has been done carefully by the LOC.

The name and address of your allocated hotel will be communicated via the World Athletics Event Entry System (EES). For nations without access to the EES, the hotel details will be provided by the LOC via email as soon as the allocation has finished.

Accommodation Costs

The LOC is covering the costs for 4 nights for participating quota athletes and team officials during the event. The LOC will charge Federations 100,- Euros per person per night (including all taxes) for any additional nights, non-quota athletes and additional team officials according to the FEF.

Payment Procedure

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations are kindly requested to settle the outstanding amount by bank transfer latest by **19th, May 2023**.

Payments have to be made in EURO by bank transfer to the following account:

Account Name: Alpine Trailrun Festival GmbH

Bank Name: Volksbank Tirol AG

Bank Address: Meinhardstraße 1, 6020 Innsbruck, Austria

Account Number: 3000080168

BIC/Swift Code: VBOEATWWINN

IBAN: AT58 4239 0030 0008 0168

Cancellation policy: Please note that any cancellation/no-show in accommodation after 30 days before arrival will be fully (100%) charged to the Federation.

Important Information!

As previously stated, the participation at the WMTRC23/the provision of the accreditations requires the payment of any invoices beforehand.

Extra Charges

Meeting room / Medical room

A room for medical/physio treatments will be provided by the LOC at each venue.

Extras

Extras (e.g. laundry, parking, mini bar) have to be paid in cash or credit card directly at the hotel by the Federation. The respective team leader will be requested to deposit a credit card as guarantee for the team's extras.

Hotel Services

Internet Access

Free internet access will be provided at each hotel.



Check-in / check-out

As you will be shuttled to your allocated hotel, the LOC will take care of communicating your check-in and check-out times. For organising purposes, please inform the LOC well in advance of your travel plans.



CATERING

Meals

The accommodation booking comes with a full board service on competition days. For lunch and dinner one beverage (water and the local “skiwasser” - made of raspberry syrup, lemon juice and water) will be available free of charge. Additional drinks must be paid for.

Breakfast

For every night booked in one of our official hotels, continental buffet breakfast will be served at the hotel.

Lunch

On competition days (from 7th to 10th of June 2023), lunch will be served to all accredited team members (athletes and officials) at the respective catering area in both venues. There will be vegetarian and vegan options every day.

On days outside the official competition days, the participating Member Federations remain in charge of arranging lunch for their team members in line with their preferences.

Dinner

During the official event period (from 6th to 10th of June 2023) dinner will be served to all accredited team members at the respective catering area in both venues. There will be vegetarian and vegan options every day.

On days outside of the official event period, the participating Member Federations remain in charge of arranging lunch and dinner for their team members in line with their preferences.

Meal Times

Innsbruck		
<i>Date</i>	<i>Lunch</i>	<i>Dinner</i>
Tuesday, 06.06. (Opening)	/	17:00-18:00 & 19:30- 22:00
Wednesday, 07.06. (Vertical)	12:00 – 15:00	18:00 – 21:00
Thursday, 08.06. (Trail Short)	12:00 – 15:00	18:00 – 21:00
Friday, 09.06. (Trail Long)	12:00 – 15:00	18:00 – 22:00
Saturday, 10.06. (Mountain Classic)	12:00 – 15:00	18:00 – 21:00

Neustift im Stubai		
<i>Date</i>	<i>Lunch</i>	<i>Dinner</i>
Tuesday, 06.06. (Opening)	/	/
Wednesday, 07.06. (Vertical)	12:00 – 15:00	18:00 – 20:00
Thursday, 08.06. (Trail Short)	12:00 – 16:00	18:00 – 20:00
Friday, 09.06. (Trail Long)	12:00 – 15:00	18:00 – 20:00
Saturday, 10.06. (Mountain Classic)	12:00 – 15:00	18:00 – 20:00



TECHNICAL INFORMATION

Technical Information Centre (TIC)

The main function of the TIC is to give each Team Delegation the opportunity to directly reach the LOC competition management regarding any technical issues, especially off-competition. Further, the TIC will function as additional channel to reach each Team Delegation with official race related communications.

The main TIC will be a webspace (reachable via <http://tic.innsbruck-stubai2023.com/>)

- all relevant technical documents (withdrawal, protests & written appeals, etc.)
- the e-mail address to directly reach the LOC competition management for **technical questions, written questions, final announcements**, for the technical meetings and more question out of competition.
- in competition, please see the *section "protests and appeal"* in this document.

In Addition, the official information points at each venue will function as physical TIC, providing with information and documents. If possible, please use the digital TIC.

The opening hours for the information points are: 11:00 – 19:30 daily at the center of each venue.

Please Note: The main information channels for important notices of general interest (e.g. changes on timetable, etc.) remain the team leader's WhatsApp group and E-mail. In addition, we will make available the information at the Team Hotel's information board, too.

Technical Meetings

There will be two technical meetings: one for the mountain races and one for the trail races. The technical meetings will cover:

- Starting procedures (incl. call room and warm-up area)
- Latest information/Updates of the course
- Information about race regulations and jury of appeal
- Update on weather conditions and mandatory gear
- Information on the aid stations
- Information about medical infrastructures
- Answers of written questions
- Distribution of bib numbers for the following day.



The Bib distribution will be as follows:

Race	Date & Time	Place
Technical Meeting Vertical Uphill & Mountain Classic	Tuesday, 06.06.2023 16:00 – 17:00	Conference Room at congress Innsbruck (at Venue)
Bib Distribution Vertical uphill	After technical Meeting	Rennweg 2 6020 Innsbruck 47.270337, 11.395208
Technical Meeting Trail Short & Trail Long	Wednesday, 07.06.2023 17:00 – 18:00	Conference Room at the fire department Neustift
Bib Distribution Trail Short	After technical Meeting	Moos 2-12 6167 Neustift im Stubaital 47.110959, 11.310064
Bib distribution Trail Long	Thursday, 08.06.2023 17:00 – 17:30	Conference Room at the fire department Neustift
Bib distribution Mountain Classic	Friday, 09.06.2023 17:00 – 17:30	Conference Room at congress Innsbruck (at Venue)

Each Team may be represented by a maximum of two people and, if necessary, an interpreter at the Technical Meetings. It is very important that all teams are represented at the Technical Meetings. The Technical Meetings will be held in English.

Any enquiries concerning the technical conduct of the Championships must be made in written form (in English). These questions will be answered at the Technical Meeting. The forms on which the questions must be written shall be returned to the LOC via TIC / E-mail latest by 10:00 on the day of the respective Technical Meeting.

Team Leaders WhatsApp Groups

A WhatsApp group including all Member Federations' team leaders will be created, to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the organizing committee via this group.

It is recommended that Team leaders have a 4G enabled phone with them at all times.

Competition Venues

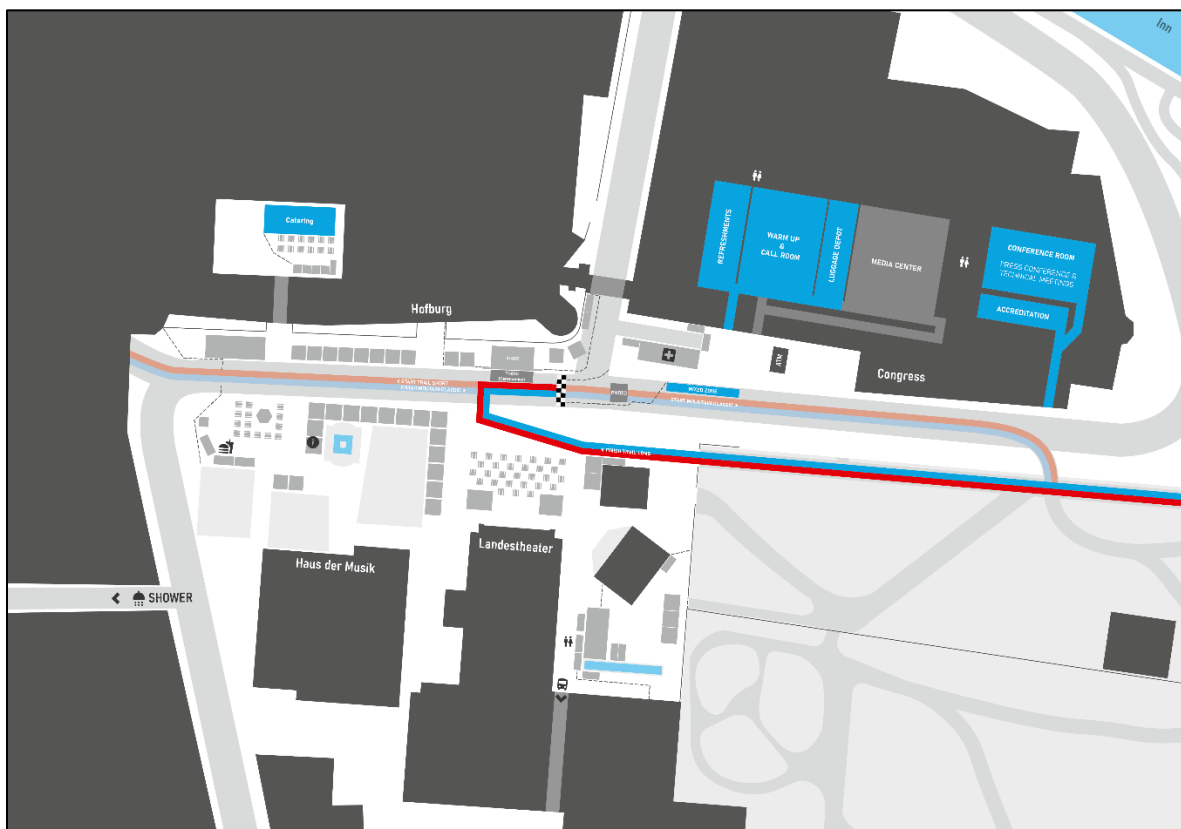
The two main venues Innsbruck and Neustift i. St. are about 30min by car/bus apart. Each of them will host one mountain race and both are connected by the two trail races.

Both venues offer team catering, warm up areas, call rooms, showers, and doping control facilities, as well as a media center, mixed zone, VIP area, expo booths, public catering and a stage for ceremonies and side events.

Venue Innsbruck

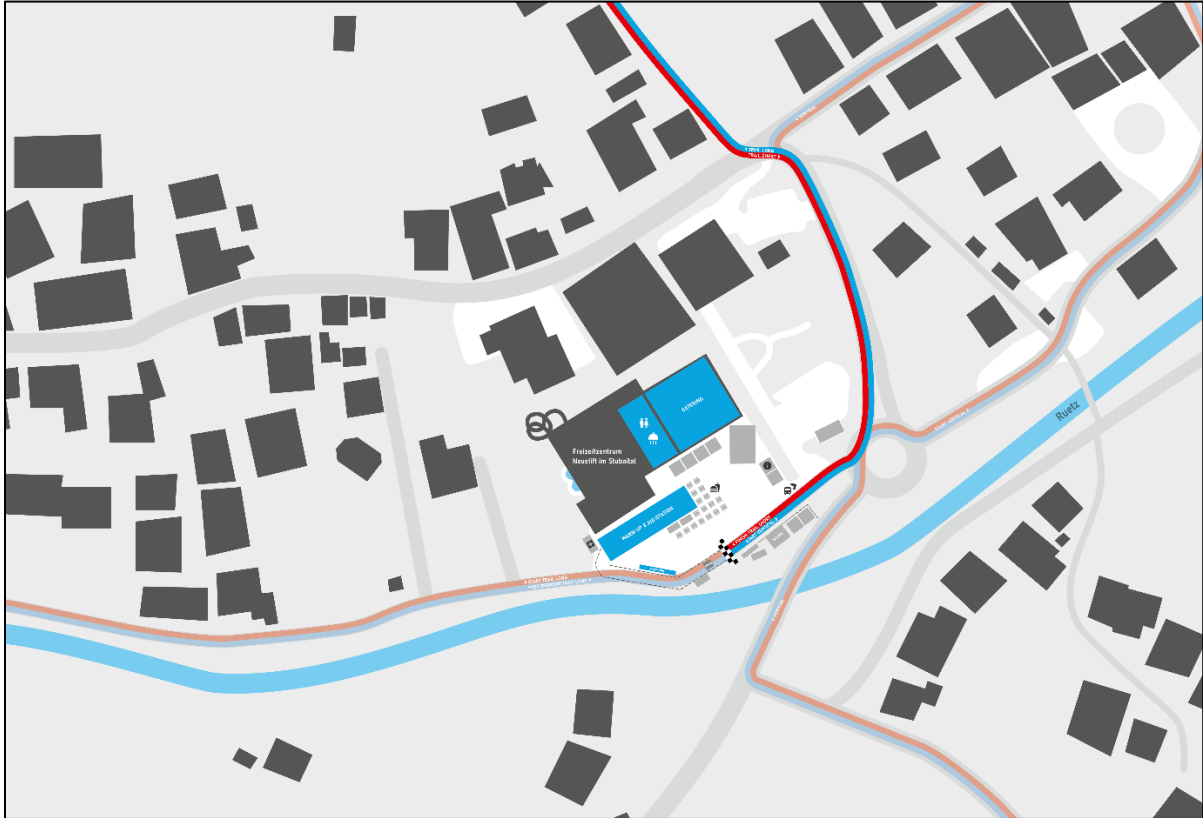
Innsbruck will be hosting the Opening Ceremony, start of the Trail Short, finish of Trail Long (+ medal ceremony), the Mountain Classic race (+ medal ceremony) and the Closing Ceremony.

Furthermore, the accreditation center is in Innsbruck.



Venue Neustift i. St.

Neustift will be hosting the Vertical races (+ medal ceremony), the finish of the Trail Short (+ medal ceremony) and the start for the Trail Long (+ the first team supported aid station).





Vertical:

<https://www.stubai.at/en/skiing-resorts/elferbahnen/>

Trail Short:

<https://www.muttereralm.at/en/muttereralm/opening-hours/25-0.html>

<https://www.stubai.at/en/skiing-resorts/schlick2000/>

Trail Long:

Please note that the “Hoadlbahn” at Axamer Lizum won’t operate on non-competition days.

Entry Regulations and final confirmations

Entry rules

Every World Athletics Member Federation may enter 1 (one) team for each event.

In accordance with the competition regulations, each Member Federation may be represented by 6 (six) athletes in each trail event, and by 4 (four) athletes in each mountain running event considering and respecting the following conditions:

No athlete aged less than 16 (sixteen) or more than 19 (nineteen) years on 31 December of the year of the competition may participate in the Junior Mountain races.

No athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior Mountain races.

No athlete aged less than 20 (twenty) years on 31 December of the year of the competition may participate in the Senior Trail races.

Participation in the Races

In the event of an injury or illness to a runner, Member Federations may make a substitution of another runner if the substitute has already been listed on the FEF, even for a different race. Changes may be made until the final confirmation deadline of the respective race. In case of such changes, the respective Member Federation will be accountable for a financial penalty of 100 USD per change.

In exceptional circumstances the organising partnership will consider requests from Member Federations wishing to make an athlete substitution to a different race to that entered on the FEF for reasons other than injury or illness. If accepted, payment of the financial penalty will still apply.

The final confirmation deadline for all races is 09:00 a.m. the day before the race start. After which no runner changes can be made other than withdrawals. Each deadline will be stated in advance.

Runners who withdraw from an earlier race in the timetable after the final, may still start in subsequent races where there is a valid and confirmed medical reason for the action.

Final Confirmations



Team Leaders or their representatives must confirm the names of those competitors already entered who will take part in the competition at 09:00 a.m. the day before the respective race via TIC or E-mail to the LOC Competition Management. The bib distribution of each race is listed in the section “Technical Meetings” above.

Withdrawals

Withdrawals after final confirmation, must be submitted, on the official Withdrawal Form at the technical meetings/bib distribution timeframe of the respective race.



COMPETITION PROCEDURE

Timetable

Tuesday, 06.06.2023

16:30 Public Race "Krone Hit Race to Höll" mainly on the Mountain Classic Course
17:30 Line-up Parade of Nations **(Please be on time)** at Market Square Innsbruck
18:00 Start Parade of Nations & Opening Ceremony

Wednesday, 07.06.2023

Vertical Uphill

Start public Race: 11:00
Start male: 13:00
Start female: 14:00

Location Start: Venue Neustift
Location Finish: 11er Hut

Thursday, 08.06.2023

Trail Short

Start (male/female): 09:00
Start: Venue Innsbruck
Finish: Venue Neustift

Friday, 09.06.2023

Trail Long

Start (male/female): 06:30
Start: Venue Neustift
Finish: Venue Innsbruck

Saturday, 10.06.2023

Mountain Classic

Start Junior female: 10:00
Start Junior male 11:00
Start male 12:00
Start female 14:00

Start/Finish: Venue Innsbruck

Full Event Schedule see Appendix 2



Competition Bibs

General

For every event, each competitor will receive two bibs both of which must be visible at all times:

- One on the front of the competition singlet (the bib with transponder) attached with pins or bib-holder elastic band.
- One on the back of the competition singlet or backpack if worn.
- One bib number tag will be provided for the athlete's personal bag.

The bibs for the competitions will have the following numbers:

- Vertical: 1xxx
- Trail Short: 2xxx
- Trail Long: 3xxx
- Mountain Classic: 4xxx

Chip Transponder

The timing transponder is attached to the back of the main bib number (front) provided to the athletes. These transponder bibs will be distributed at the place and time noted in section *"Technical Meetings"*. Athletes remain responsible for the proper placement of the transponder bibs (front of the competition clothing). Athletes reporting to the call room without the transponder bib will not be allowed to compete.

In addition, a **GPS tracker will be provided for all trail races and given out** with the Race Bib. It is the responsibility of the athlete to turn it on before the race. The GPS tracker is part of the mandatory equipment and will be considered during the Call Room Check-In. The tracker will be collected directly after the race at the equipment check in the finish area.

Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics TR5 will be strictly applied. Please make sure to follow the World Athletics Marketing and Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Marketing and Advertising Regulations will be removed/taped at the Call Room. This applies to athletes' personal equipment as well (e.g. wind jackets, poles, camel bags, etc.). Member Federations shall present the example of their Team vests during the accreditation procedures where LOC members will take a picture of it.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits. Runners in different races can use different team vests (e.g. with or without sleeves) depending on weather conditions or individual requirements but should always be the federation design.

Additional mandatory and safety equipment (e.g., wind jackets, poles, camel bags, etc.) carried during the races are considered as athletes' personal equipment and do not



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necessarily have to be a team issue, however, all items must follow the World Athletics Marketing and Advertising Regulations and will be inspected as athletes enter the call room. The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during the Flower Ceremonies, interviews at the Competition Venue and Victory Ceremonies.

Competition Shoes

At present World Athletics does not have a list of formally approved mountain and trail shoes. The WMTRC applies the WA shoe construction principles (Athletics Shoe Regulations, point 10, Technical Requirements of Athletics Shoes) concerning the internal construction of the shoe and there are no limitations on shoe sole thickness for mountain and trail running events.

The organisers reserve the right to impound and inspect the internal construction of any shoe suspected of not meeting these requirements (after the race). The shoes impounded may not be returned. If a shoe is impounded, this is the form that should be utilised:

<https://www.worldathletics.org/download/download?filename=e5b98347-3b59-4df5-84ff-d0573519efe0.pdf&urlslug=Athlete%E2%80%99s%20Shoe%20Receipt%20Form%20%E2%80%93%20Sample>

Mandatory and Authorised Equipment

As per the competition regulations, the athletes competing in the trail races must carry with them during the whole duration of the competition the following mandatory equipment:

	Trail Short	Trail Long
Minimum Mandatory	Rain Jacket waterproof, taped seams, with hood <i>Min weight male: 150g; female: 120g</i>	Rain Jacket waterproof, taped seams, with hood <i>Min weight male: 150g; female: 120g</i>
	-	Extra Long Shirt & Pants <i>must be designed for alpine running</i>
	Emergency Nutrition of 200kcal <i>required the full time</i>	Emergency Nutrition of 200kcal <i>required the full time</i>
	Fully charged Mobile Phone with working SIM-Card and Number of Race Control Recommendation: Mountain Rescue EU APP)	Fully charged Mobile Phone with working SIM-Card and Number of Race Control Recommendation: Mountain Rescue EU APP)
	0,5 L Liquids to be carried at start and leaving each aid station <i>additional cup if necessary, no cups available at aid stations, softflask for drinking accepted.</i> Hot temperatures: upgrade to 1 L possible	1 L Liquids to be carried at start and leaving each aid station <i>additional cup if necessary, no cups available at aid stations, softflask for drinking accepted</i>
	Minimum First aid pack Emergency blanket <i>DIN 13164 (L x W). Minimum 210 cm x 130 cm</i> First Aid Dressing, <i>DIN 13 151-M, 80 x 100 mm or similar</i> Whistle	Minimum First aid pack Emergency blanket <i>DIN 13164 (L x W). Minimum 210 cm x 130 cm</i> First Aid Dressing, <i>DIN 13 151-M, 80 x 100 mm or similar</i> Whistle
		Headlamp <i>mandatory to be carried for everyone leaving aid station "Kranebitten" (km 68) after 05:30 p.m. where it can be picked up</i>
	GPS Tracker (will be handed over by bib distribution)	GPS Tracker (will be handed over by bib distribution)
Maybe Mandatory	Extra Long Shirt & Pants <i>must be designed for alpine running</i>	-
	Hat/Gloves	Hat/Gloves
	Rain Pants waterproof, taped seams	Rain Pants waterproof, taped seams
Recommendation	Trailrunning Shoes (highly recommended)	Trailrunning Shoes (highly recommended)
	Sun Protection (Hat, Sunglasses)	Sun Protection (Hat, Sunglasses)
	GPS Watch	GPS Watch
	Poles <i>pick-up and leave only at team assisted aid stations</i>	Poles <i>pick-up and leave only at team assisted aid stations</i>



The final decision on the mandatory and authorized equipment for all races (including mountain races as well) lies with the Technical Delegate of the Event, who will consider distance, prevailing weather, and other risks. A mandatory equipment check will be implemented during the Call Room reporting, while during the race additional checks may also occur. In this case, athletes are obliged to follow the referee's instructions. Checks will be applied equally to all athletes. There will also be a mandatory equipment check at the end of the relevant races.

Mandatory equipment violations will result in disqualification.

Call Room

The Call Room will be located near the start area at both venues. Access to the Call Room will be allowed to athletes only (via bib) and the passing of the mandatory equipment and team vest check at the entrance and will be open to the following times:

Date	Race	Entrance Opening	Entrance Closing	Leaving Call Room	Start Time
07.06.2023	Vertical Uphill Men	12:00	12:40	12:55	13:00
	Vertical Uphill Women	13:00	13:40	13:55	14:00
08.06.2023	Trail Short	08:00 a.m.	08:40 a.m.	08:55 a.m.	09:00 a.m.
09.06.2023	Trail Long	05:00 a.m.	06:10 a.m.	06:25 a.m.	06:30 a.m.
10.06.2023	Mountain Classic Junior M	09:00 a.m.	09:40 a.m.	09:55 a.m.	10:00 a.m.
	Mountain Classic Junior F	10:00 a.m.	10:40 a.m.	10:55 a.m.	11:00 a.m.
	Mountain Classic Senior M	11:00 a.m.	11:40 a.m.	11:55 a.m.	12:00 a.m.
	Mountain Classic Senior F	13:00	13:40	13:55	14:00

It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room (Entrance Closing). Athletes arriving late may be excluded from participation in the event. In the Call Room the judges will check the following in accordance with World Athletics Rules:

- Athletes are wearing the national uniform clothing officially approved by WA and confirmed at accreditation.
- Bibs are worn correctly and correspond with start lists.
- Transponders are applied correctly and correspond with the bib number and athlete's name.
- GPS trackers are turned on.
- Advertising on clothing complies with the Rules and Regulations.
- Unauthorised material is not taken onto the course.
- Mandatory gear is being carried (for the trail races).

Note: in case of the vertical uphill races, the LOC will provide a special transportation service of light clothing items (e.g., wind/rain jacket, T-shirt, etc.) which will be delivered to the finish



area by the time of the arrival of the athletes. Such clothing items shall be limited to a minimum (and can only be handed in at the **Technical Meeting** the day before, on 6th of June). The clothing items shall be pre-packed and marked with the following information (or with the distributed number tag):

Race (e.g.: Senior women)
Country code (e.g.: AUT)
Bib number of the athlete (e.g.: 100)

After leaving the Call Room, athletes will be directed into the start area to prepare for the race. The start procedure is explained in a following section.

Luggage Deposit:

For all races, there is a luggage deposit in the athlete area of each venue. For the Trail Races, athletes may hand in one bag at the luggage deposit at **the start venue**. These bags will be transported to **the finish venue** and can be picked up in the post-race athlete's area. Please use the bib tag provided at the bib distribution.

Specific Event Procedures

Start Positions

For all races, after any top athletes are called out and presented to the crowd the other runners then find their own place behind them ensuring that there is only one person per nation on the front line – this will be enforced.

For the trail races, the elite women will be given equal space on the front line.

The Technical Delegate has the power to alter the above starting positions in special circumstances.

Starter Commands

All instructions will be given in English. With five minutes to go athletes will be asked to line up behind the start line. Three-minute and one-minute warnings before the start of the race will be given. A 10s countdown to the start will be given. The start will be “On your Marks” and the gun.

False Start

In the event of a false start, the starter will fire a second shot and officials will raise a tape across the course, 100 m from the start line.



Aid Stations

Vertical uphill:

Team and unsupported drinking station at km4

Trail Short:

Team supported aid stations:

At km10 aid station "Kranebitten"

At km36 aid station "Kreuzjoch"

Unsupported aid station:

At km 22 aid station "Mutterer Alm"

Trail Long:

Team supported aid stations:

At km17,5 aid station "Neustift"

At km43 aid station "Hoadl"

At km67,5 aid station "Kranebitten"

Unsupported aid station:

At km 28 aid station "Adolf-Pichler-Hütte"

At km 54 aid station "Grinzens Sportplatz"

At km 80 aid station "Umbrüggler Alm"

Mountain Classic:

Junior Races: NONE

Senior Races: Team and unsupported drinking station at 7.5km

An athlete who receives or collects refreshments or water from a place other than the official stations, except where provided for medical reasons or under the direction of race officials, or takes the refreshment of another athlete or litters outside of the refreshment zone renders him/herself liable to disqualification by the Referee.

Team officials can be present at any of the aid stations listed above, but personal assistance can only be provided at the team supported aid stations.

All stations will be fully integrated in the racecourse and must be passed in any case. Signs indicating the upcoming aid stations will be displayed 50m-100m before the station.

Unsupported and team supported aid stations for the mountain races will offer the following:

- Tap water or sealed natural water (without gas)
- Flat Isotonic (Basica) drinks and cola
- Fruits and more snacks (e.g., Pretzels, Bars, Gels)
- Team zone for specific nutrition

Unsupported aid stations for the trail races:

- Tap water or sealed natural water (without gas)
- Flat Isotonic (Basica) drinks and cola
- Fruits and more snacks (e.g., Pretzels, Bars, Gels)



Both at the unsupported aid stations and the respective section at the team supported aid stations, the runners can pick up the various items on their own.

NOTE: For the trail races, athletes are obliged to carry and use their own plastic cup (softflask allowed). There are no separate cups at the aid stations (see mandatory equipment).

Team supported aid stations:

A maximum of two team officials per country will be allowed to be present at any one of the team supported aid stations. However, when men and women compete together (e.g. trail races), a maximum of four team officials per Federation will be allowed. Those team officials must wear a special pass issued by the LOC, which can be collected during the accreditation procedure.

Procedures for Mountain Races

Team officials (maximum two per team) are authorized to place refreshments directly into the athletes' hands only from the designated and well-marked area located near the Drinking Stations.

Note: No aid station will be available on the Junior Mountain Classic races.

Procedures for Trail Races

Team officials are authorized to place refreshments directly into the athletes' hands from the designated place behind or next to the team's table. According to the number of athletes competing by country, each team will have its own table or share a table with another team, which will be marked with the national flag and the World Athletics country code. The tables are arranged in alphabetical order according to the three-letter country code where possible except in some sharing instances. Maps with the order of countries will be available at the technical meeting.

For athletes in the trail races, who will not be accompanied by team officials, the judge, who is responsible for the team supported aid station, will place the bottles on a specific table. To execute this service, the personal refreshments must be handed over to the LOC at the entrance of the Call Room. The bottles with the personal refreshments must display the following.

Information:

- Athletes' name
- Athletes' bib number
- Country Code
- Mark (sticker) of the Team Refreshment Station (see details above)

Note: bottles distributed at the team supported aid stations must duly comply with the World Athletics advertising regulations.



Transportation to the team supported aid stations:

Every team official needs to take the dedicated pre-start shuttles to get to the starting venue. From this point the following shuttles are provided.

Vertical Uphill:

Walking distance from the venue to the Gondola “11er Panoramabahn” to the top station. From there, a 40min walk alongside the racetrack to the “Autenalm” where the drinking station is located.

Please respect the public race (starting time 11:00 a.m.) athletes passing by this section, too.

Trail Short:

- Start Venue Innsbruck to aid Station “Kranebitten”: **08.06.2023 – 08:45 a.m.**
- Start Venue Innsbruck to aid station “Kreuzjoch”: **08.06.2023 – 09:15 a.m.****

- Aid Station “Kranebitten” to Finish Venue Neustift: **08.06.2023 – 11:00 a.m.**
- Aid Station “Kreuzjoch” to Finish Venue Neustift: **08.06.2023 – 16:00****

Trail Long:

- Start Venue Neustift to team supported aid station “Hoadl”: **09.06.2023 – 06:45 a.m.****
- Start Venue Neustift/Team supported aid station Neustift to Kranebitten: **09.06.2023 – 10:30 a.m.**

- Team supported aid station “Hoadl” to Finish Venue Innsbruck: **09.06.2023 – 15:00****
- Team supported aid station “Kranebitten” to Finish Venue Innsbruck: **09.06.2023 – 18:45**

Please note:

- *Every aid station is within short walking distance from the bus stop or by the usage of gondolas (**) easy accessible.*

- *The usage of our “Cheering Bus” in-between the shuttle times above is allowed for accredited team officials.*

Timing and Measurement

The official timing will be provided by the LOC and works with Race Results transponder system. In addition, a GPS Tracking including additional GPS devices will be distributed as part of the mandatory equipment for all trail races.

Cut-Off Times

The maximum time allowed to finish each of the trail races is calculated the following:

Trail Short: Thursday, 08.06.2023 – 17:00 (8 hours race time)

Trail Long: Friday, 09.06.2023 – 21:30 (15 hours race time)

The LOC has implemented several additional time barriers at checkpoints for organizational and security reasons.

Trail Short:

Trail Short						
	Distance	⚡	Men	Women	Time Barriers	
			Fastest	Fastest		
Innsbruck	0,0	0	09:00	09:00	Start: 09:00	Innsbruck
Mutterer Alm	22,0	1724	11:00	11:16	13:00	Mutterer Alm
Kreuzjoch	36,3	2898	12:18	12:44	15:30	Kreuzjoch
Neustift/ Stubaital	45,5	3179	13:02	13:35	17:00	Neustift/ Stubaital

Trail Long:

Trail Long				
	Distance	⚡	Time Barriers	
Neustift/ Stubaital	0,0	0	Start 06:30	Neustift/ Stubaital
Hühnerspiel	8,2	1161		Hühnerspiel
Neustift/ Stubaital	17,8	1262	09:50	Neustift/ Stubaital
Axamer Lizum	40,0	3265	14:30	Axamer Lizum
Kranebitten	67,7	4497	18:30	Kranebitten
Rauschbrunnen	71,0	5018	19:15	Rauschbrunnen
Innsbruck	85,3	5558	21:30	Innsbruck

To be authorized to continue the event, competitors must leave each of these checkpoints before the time barrier (whatever is the time of arrival at the checkpoint).

Athletes who exceed the maximum time for the respective race will be stopped from proceeding further.

The LOC will provide shuttle services back to the respective finish area.



General Racing Requirements

Any runner found to have breached the following is liable for disqualification:

- No pacing or being accompanied on the course by someone outside the race.
- No receiving of any assistance outside the authorised areas, including physical assistance from other runners
- Littering outside of the official garbage zones
- Deliberately impeding or blocking another runner
- Deliberately or accidentally shortening the route via going off course

The following infractions will lead to a one (1) hour penalty or disqualification:

- Not assisting another runner in distress if there are no officials/medical personnel available.
- Not wearing the race bibs visible and in the correct manner (front and back)
- Mandatory gear(s) missing at post event gear check or at any random gear check.
- Wearing/holding/using a forbidden item (e.g., headphones) during the race
- Non-compliance with volunteers, organisation staff, referees, and other runners

Prize Money

The top three runners in all races will receive official World Championships medals. In addition, the LOC has provided prize money to the top 5 (five) finishers for the Senior races as follows:

- 1st 4,000 €
- 2nd 2,000 €
- 3rd 1,000 €
- 4th 750 €
- 5th 500 €

NOTE:

There is no prize money for the Junior competitions, nor for any team classifications. Prize money will be paid only after the confirmation of the results of the doping controls. No cash payments will be made on site.



Overall Federation Team Award.

In addition to the individual team championships for each race, an overall Team Trophy will be awarded to Federation that scores highest from a number of the senior races both mountain and trail.

The overall senior team scoring will be based on the positions achieved by up to three athletes per country in up to six events (from the maximum possible of eight events), therefore a maximum of 18 scoring performances. Points will be allocated to runners per event, with the 1st runner being awarded the highest number. For example, assuming the maximum number of runners in any one event is 100, then 100 for 1st, 99 for 2nd etc down to 1 for 100th place, with the maximum points to be decided when all the entries are in, and to be the same for all races.

The team with the highest score will be the winner, trophies will be awarded to the top three team and all teams will be ranked. To be included in the ranking the Federation must include at least one male and one female team, and one mountain and one trail team.

Post Competition Procedure

Following each race there will be a Mixed Zone that all competing athletes will have to pass through; here, accredited media (TV, Radio, written Press, online Press) can get flash quotes and conduct interviews, however, athletes are not obliged to speak to media representatives. There will be no press conferences with the medal winning athletes after the races. In races where carrying certain equipment is made mandatory, a gear check and return of the GPS tracker will be also conducted in the post event area before entering the Mixed Zone.

The first three athletes in each event will be requested to attend a Flower Ceremony. The Flower Ceremonies and the possible press interviews will take priority over all other interview requirements. They will be held before doping control.

A post race athlete's area, incl. the opportunity to take a shower and change will be provided at every venue.



Protests and Appeals

Protests concerning the status of an athlete to participate in an event must be made, prior to the commencement of the event, to the Technical Delegate(s). Once the Technical Delegate(s) make(s) a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete “under protest” and the matter be referred to the Organising Partnership/relevant Member Federation.

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The LOC in conjunction with the Technical Delegate of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

Any protest shall be made orally to the Referee by an athlete, by someone acting on their behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.

When a protest is made by or on behalf of an athlete who did not finish a race, the Referee must first ascertain whether the athlete was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case the protest shall be dismissed.

If the Referee makes a decision, there shall be a right of appeal to the Jury. The protest should be made to the Jury through the Technical Information Centre.

An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee or of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on their behalf or by an official representative of a team and shall be accompanied by a deposit of USD 75, or its equivalent, which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same event to which the appeal relates (or are competing in a competition on which a team points score is being conducted). For the vertical uphill the lodging the appeal may also be made via the Team Leaders WhatsApp group in the first instance.

The Jury of Appeal shall consult all relevant persons, including the relevant Referee. If the Jury of Appeal is in doubt, other available evidence may be considered.

The Referee and the Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally such re-consideration may be undertaken prior to the medal ceremony for the applicable event, unless the organising Partnership determines the circumstances justify otherwise.



The decision of the Jury of Appeal (or of the Referee if no appeal to the Jury is made) shall be final and there shall be no further right of appeal.



THE TRACKS

The Courses for the World Mountain and Trail Running Championships 2023 have been designed to represent the region Innsbruck-Stubai by considering not only the most technical challenging trails, but also showcasing the most scenic landscapes. The aim was to create real diverse challenges for the athletes, to make the World Championships titles ones to earn. Underfoot all courses must run on all surfaces possible: Tarmac roads at valley/town crossings, forest roads, single trails in forests with rocks and roots, single trails in high-alpine terrain with rocks, blocks and loose gravel – some late spring snow at the highest points.

While the Inn Valley crossing can be considered as very fast, the mountainsides at the Stubai valley and the famous “Nordkette” of Innsbruck are well known for their technical and steep climbs and downhills. The mixture of these three areas creates the challenge we aimed for.

Both main venues will have very special atmospheres, from the rural calmness to the vibrant urbanity our Start/Finish Venues will be the perfect set for special finish line moments.

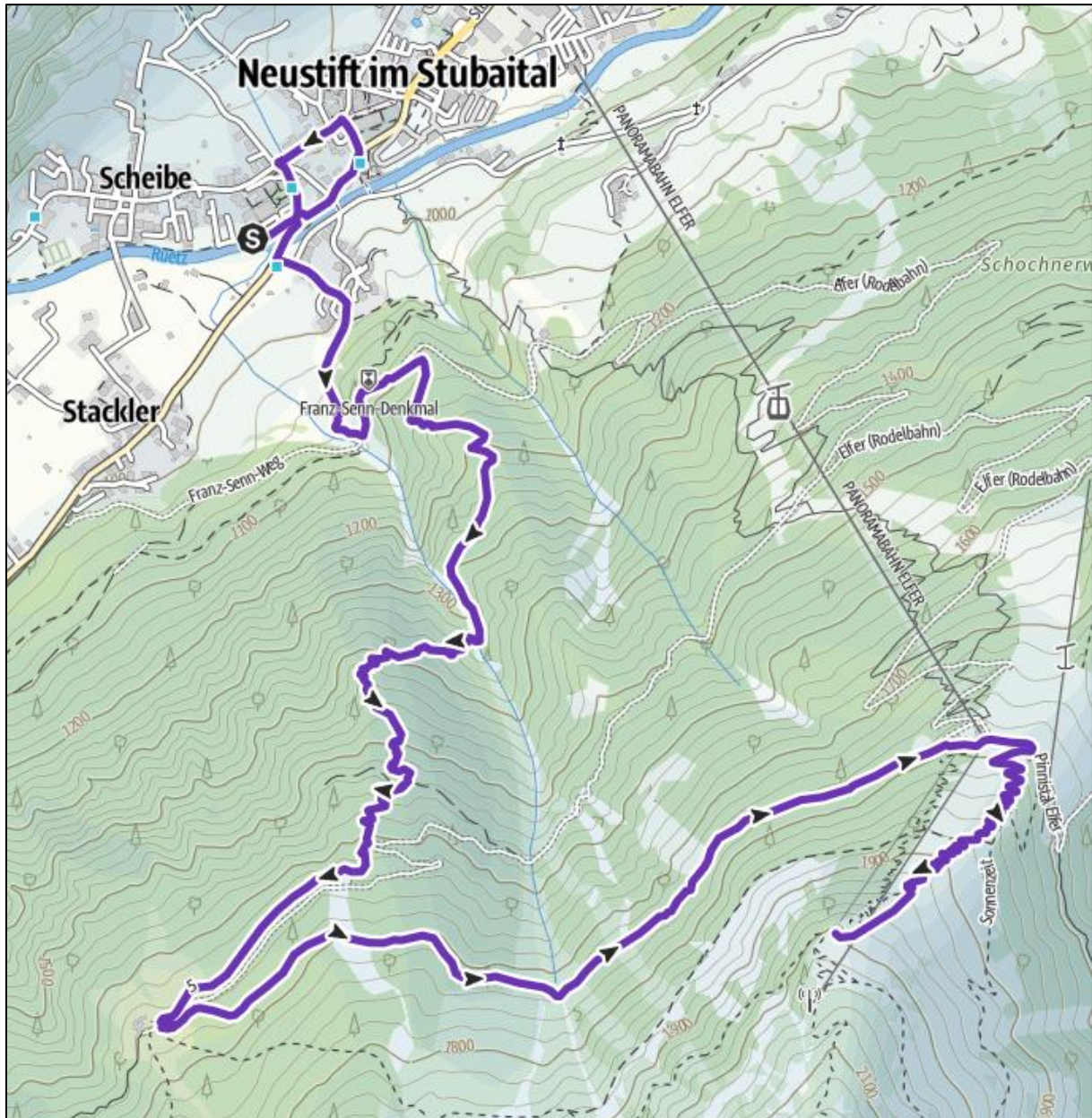
Vertical

Statistics:

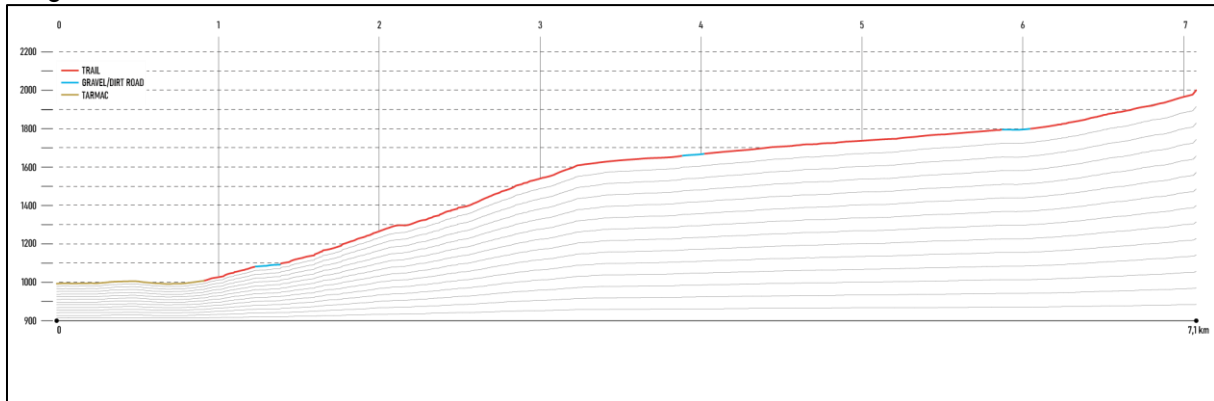
Length: 7km

D+: 1.050

Aid Stations: Team supported water station at km 4 (Autenalm)



Height Profile



Course description

The vertical uphill race starts at our venue in Neustift (Stubai) and honors the long mountain running history of the Stubai valley. After a short **~600m loop through the town** where a good positioning is key, the track directly enters a steep narrow trail where it is still possible to overtake but the better option is to wait a **~250m forest road** ~600m after the trail entrance. The next 1.7km covers almost 50% of the total vertical meters with a steep, zig zag **climb in the forest** and one small river crossing. Overtaking is partly possible but needs mutual respect and cooperation between runners. Please take care at the small river crossing to stay on the trail. Right before the aid station Autenalm (km4) the terrain becomes flatish and really fast.

The second part of the race requires a good speed as on the next **2km of trail, only 155 vertical meters** will be climbed. Overtaking is partly possible. After runners arrive at the mountain station of the gondola overtaking is easy for the rest of the. We finish the race with a **last steep climb** starting with zig zag before reaching an open **steep meadow** (ski slope in winter) to create an intense last kilometer on the small finish area at the mountain hut "11er".

Important to Outline:

Aid Station

For the aid station support we recommend taking the gondola to the top, and walking to Autenalm (approx. 40min). Walking from the valley is possible (4km/500D+) but requires more time. Please respect the public race starting at 11:00 a.m. taking the same course.

Finish Procedure

Due to the fact that the finish is on a mountainside with no road connection, facilities are very limited. All team officials are obliged to take the gondola to the top station, walking from this point alongside the course to the finish area (1km, 200D+).

- At the finish area the following facilities are offered:
 - Finish with Flower Ceremony
 - Moderation/Music
 - First aid
 - Public Restrooms
 - Small luggage depot (just dry shirt/jacket) – needs to be handed in at the Technical Meeting the day before.

All athletes need to go down to the top station of the gondola to return to the valley. If possible, the Anti-Doping sampling will be collected in the valley. An “emergency collection” is possible at the finish area and the top station of the Gondola.

Photos

1) Tarmac at town round



2) Example of steep forest trail





3) Autenalm Aid Station



4) Flatish Trail before and after Autenalm Aid Station



5) Final Climb to Finish



Trail Short

Statistics:

Length: 45.5 km

D+: 3.132

Aid Stations:

Team supported:

Kranebitten (km 9)

Kreuzjoch (km 35)

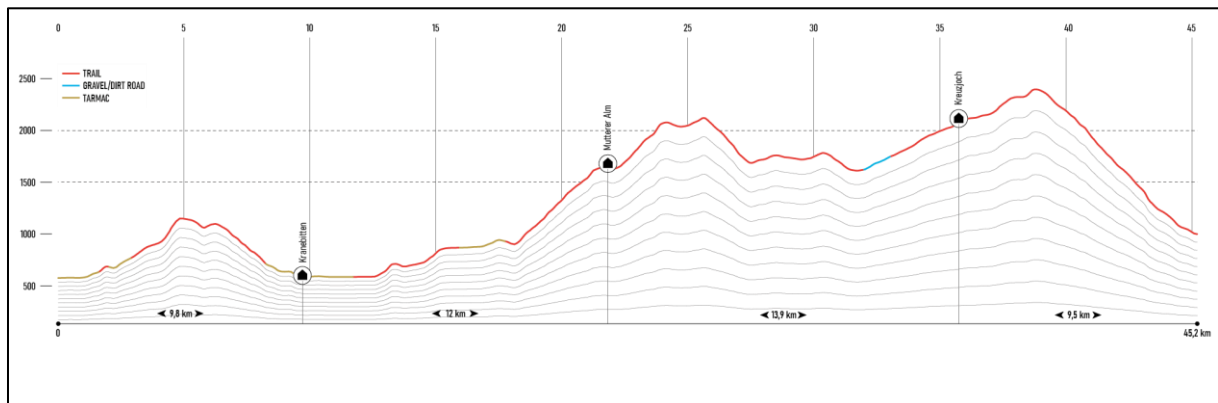
Unsupported:

Mutterer Alm (km 20)

Opt. Starkenburger Hut (km 40) – *unsupported water station only if weather is extreme hot
(will be announced beforehand)*



Height Profile



Overview (Main characteristics):

The trail short starts in Innsbruck and leads through the old town and our city trail (right before the main sight of Innsbruck (the golden roof) over the river Inn and to the trail entrance (after 1.6km). The next 2km you constantly gain height at a moderate steepness. Overtaking is possible almost all the time. Passing the forest church “Höttinger Bild”, the **first very steep climb begins (600m/200 D+)** followed by a very narrow but level rooty single trail for the next 1.5km – overtaking won’t be possible everywhere on this stretch and requires mutual respect and caution.

Reaching “Rauschbrunnen” one of the most favorite places for the Innsbruck locals and a beautiful viewpoint, the first technical downhill starts. The narrow downhill entails many **zig zags which can be very muddy and slippery (especially after rain)** with lots of roots. The end of the downhill becomes wider, reaching the town Kranebitten overtaking is possible. At the bottom of the valley, there is the first team supported aid station “Kranebitten” (km9).

The Inn valley crossing is the next stage of the race. Within the next 8km/400 D+ a mix of tarmac parts through the towns and **short steep and rooty uphill and forest single trails follow.**

The end of this stage is the start of the second big climb to the famous region of the “Kalkkögel” the dolomites of Tyrol. On a forest bike downhill bike track you climb around 6km/1.200 D+ having the first non-supported aid station at “Mutterer Alm” (km20) after 2/3 of the climb and more panoramic viewpoints.

From this point, you enter high-alpine terrain and the **trails become more loose** and potentially muddy, maybe with some snow fields, depending on the weather.

The next 9km offer a demanding mix of uphill and downhill passages through mountain pines, roots and rocks on a narrow and technical trail, caution here.

On the gravelly paths of the famous “Schlicker Alm Lauf”, you constantly climb to the second team supported aid station at the top station of the gondola at “Kreuzjoch” (km35) which is going to be a big audience spot, too.

After the aid station it is going to become more technical and narrower but beautifully high-alpine with an extraordinary view into the Stubai valley and a trail in-between avalanche

barrier. By reaching the Starkenburger Hut, the uphill meters are done and the last downhill to the finish starts.

It is a long and demanding section of **6.5km and 1.400D-** with countless zig zags on narrow rooty forest trails. There will be some muddy and slippery sections. This one will definitely will require concentration. Between leaving the trail, the finish line is just 800m away. So the last tarmac bit down to the town is a short one to enjoy.

Surfaces

Steep uphill



Narrow trails



Downhill down to Kranebitten



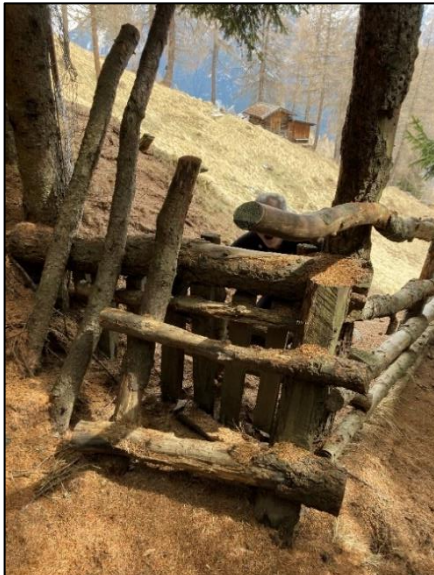
Example of high-alpine Trails



Last Downhill down to Neustift



Please beware that you'll pass grazings which entails small wooden crossovers.





2023 WORLD MOUNTAIN AND
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ITRA



Important to Outline:

Road Traffic Regulations

Big road crossings in the towns will be secured, but especially at smaller side roads of these towns, we cannot close every single road for the runners. Of course, we do everything to make a safe transition and passing possible and advising to stay on a particular side of the road in these sections, guided by pilons and track marshals. But mutual consideration of other street users is necessary in any case.

Trail Long

Statistics:

Length: 85.6 km

D+: 5.554

Aid Stations:

Team supported:

Neustift (km 18)

Hoadl (km 43)

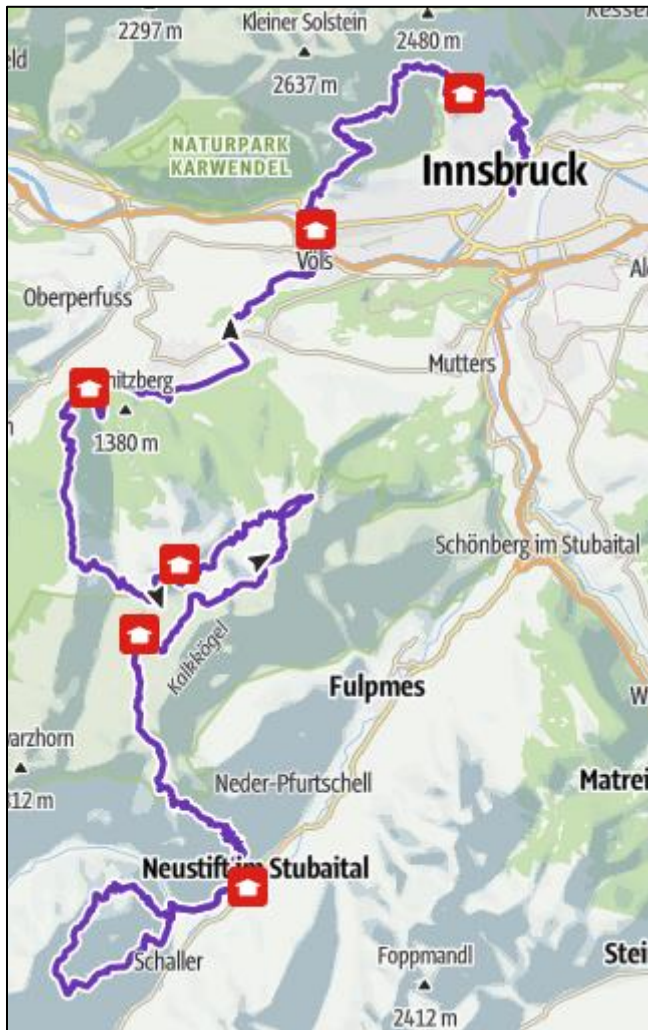
Kranebitten (km 67,5)

Unsupported:

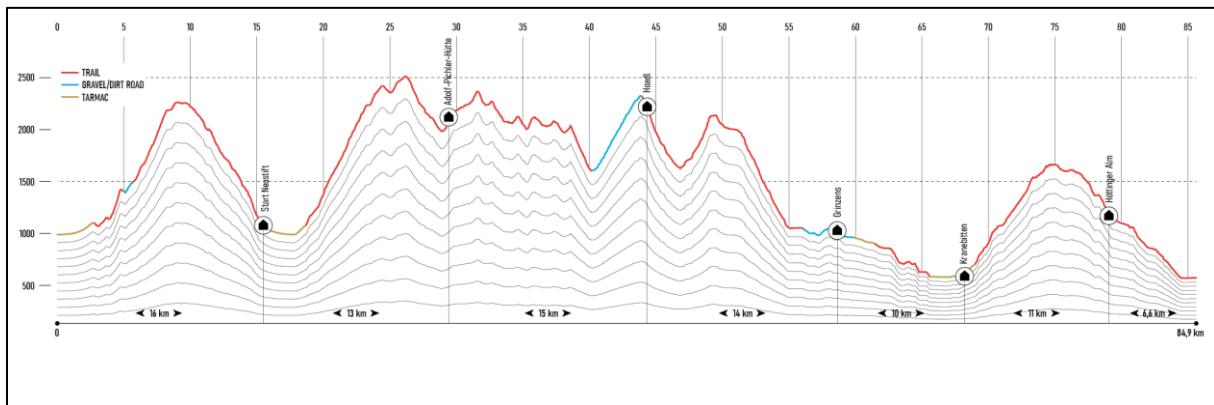
Adolf-Pichler-Hut (km 28)

Grinzens Sportsfield (km 54)

Umbrügler Alm (km 80)



Height profile



Overview (Main characteristics):

The trail long is a constant mix of up and down through diverse and technical challenging terrain providing everything the trail runners' heart asks for. Starting in Neustift, there is a short section alongside the valley river helps to position, before the first uphill over narrow forest trails up to the viewpoint "Hühnerspiel" starts. Here, we traverse the first high-alpine trails until rooty forest trails lead down to the valley again to pass Neustift after 18km where there is the first team supported aid station (km 18).

The next section is steep and demanding, mostly single trailish uphill (7km/1.400 D+) through forests and meadows leading up to the Starckenburger Hut and to the entrance of the famous and beautiful "Kalkkögel" (this is the opposite of the final descent in the short trail race).

From this point, you can expect high-alpine trails, less rooty, but more covered with stones, partially loose material and maybe some snowfield crossings always accompanied by amazing scenery with exposition to an certain degree. Traversing the first mountainside up to the highest point of the whole course at "Seejöchl" (2508m above sea level), the course guides downhill to the first unsupported aid station "Adolf-Pichler-Hütte" (km28).

The next 12km will be flowy but very demanding on the mountainside mixing up- and downhill sections constantly around 2.000m above sea level on rocky alpine trails, until the valleypoint "Axamer Lizum" is reached (km 40).

The following section is mostly on a mix of forest path and single trails with longer climbs (700 D+ & 500 D+) across 2 valleys, passing the team supported aid station "Hoadl" (km 43) and unsupported aid station Grinzens sportsfield (km 54) before reaching the Inn Valley. On these 11km you'll experience the most beautiful alpine scenery you can imagine and with a short ridgeline - a stunning setting.

The following section of 15km is going to be very fast through the towns, but always mixed with some forest trail sections, until the team supported aid station "Kranebitten" (km 67,5).

The final part of the Trail Long leads again up a long and steep uphill (6km/1000D+) and alongside the beautiful "Nordkette". Traversing on a narrow and technical rocky and rooty trail concentration is required. The last downhill starts on narrow and technical trails, where there is the last unsupported aid station "Umbrügler Alm" (km80), becoming wider at the end after passing the last famous viewpoint above the City, guiding to the finish line in the heart of the city.

Important to outline:

As April/May had more snowfall than usually, there is an alternate route for Trail Long. It does add minor 5% to length and heights. The GPX Track is available at the homepage from this moment on. A decision about the routes will be made around one week prior and will be communicated with all relevant information. Until then the original route applies.

Road Traffic Regulations

Big road crossings in the towns will be secured, but especially at smaller side roads of these towns, we cannot close every single road for the runners. Of course, we do everything to make a safe transition and passing possible and advising to stay on a particular side of the road in these sections, guided by pilons and track marshals. But mutual consideration of other street users is necessary in any case.

Photos

Example uphill after passing Neustift



High-Alpine Trails between Starkenburger Hut and Aid Station Adolf-Pichler-Hut



Uphill to Aid Station Hoadl



Ridge Trail before Aid Station Grinzens



Traverse at Nordkette



Mountain Classic

Junior Race

Statistics:

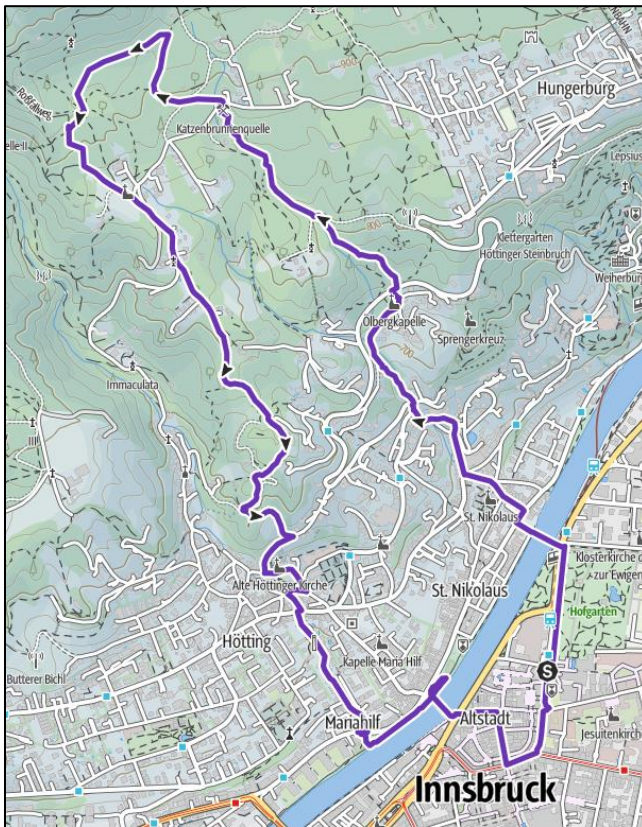
Loop 1 (Junior)

Length: 85.6 km

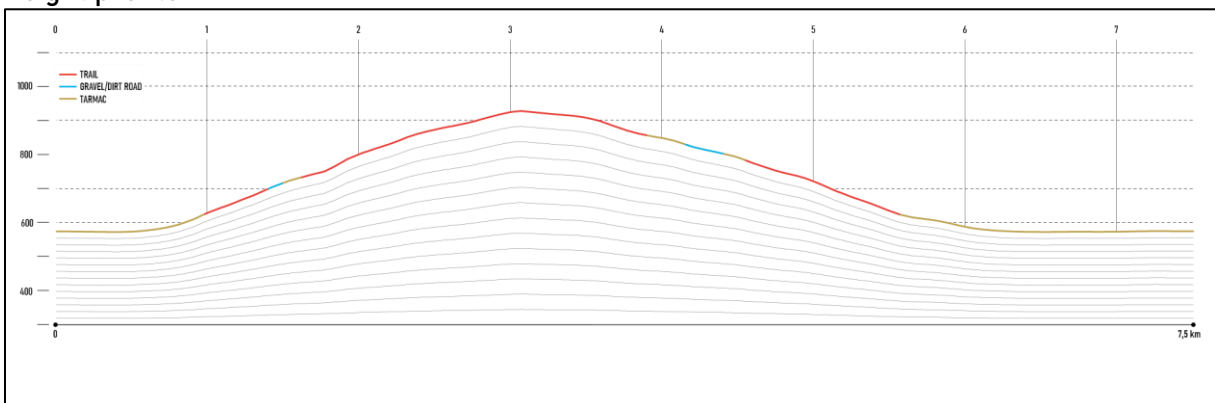
D+: 5.554

Aid Stations:

Innsbruck Passing (Elites only)

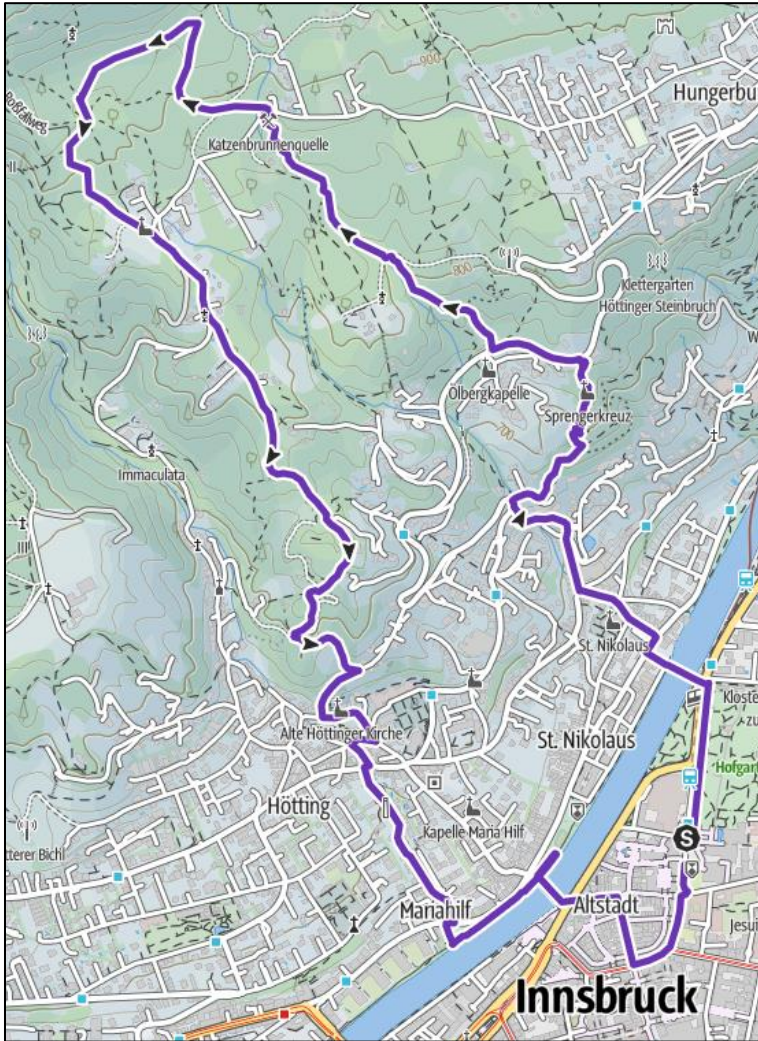


Height profile:

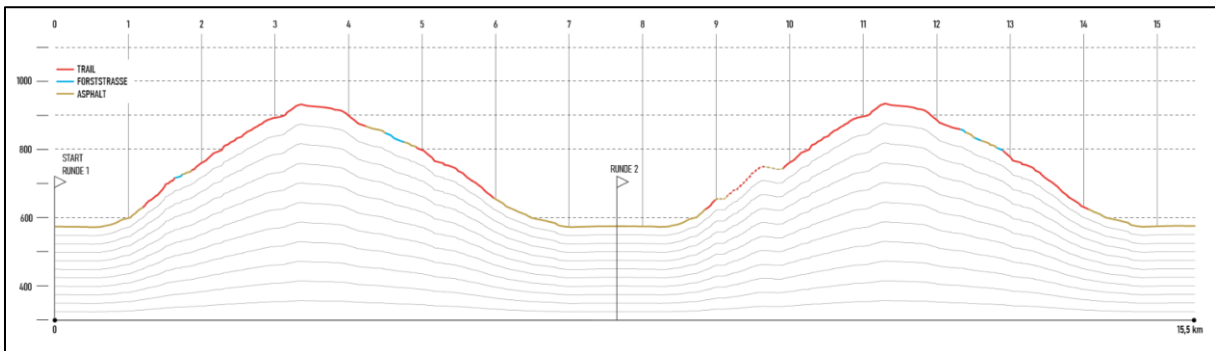


Senior Race

Loop 1 + Loop 2
 Length: 7,5km + 8km
 D+: 374 + 377
 Aid Station
 Innsbruck Passing (Water Station)



Height profile



Course description

Junior/Senior Loop 1:

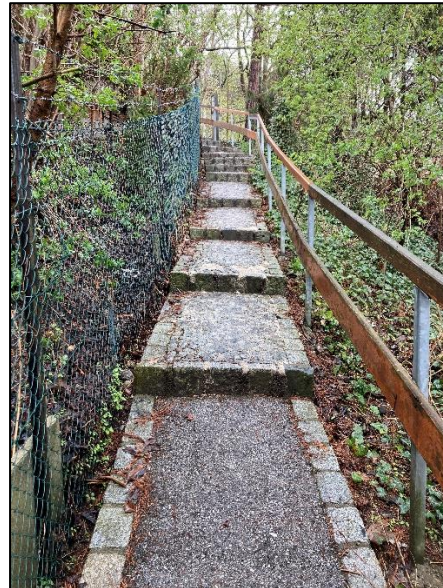
Starting at our Venue, the course runs east, and after 350m a 3m narrow bridge followed by a narrow stairway (after 1km). The course goes through an old part of Innsbruck remaining narrow until the trail entrance is reached (1.1km). The trail remains narrow, so please take care when overtaking. Reaching the height of the course, a short traverse follows on wider trails. After a short tarmac section at the “Gramartboden” the technical downhill continues, all the time wide enough to overtake.

Reaching the city area again, after a short while the runners go along the city trail which ends 500m before the finish line. Out of the old town, and 2 curves later the finish straight is ahead.

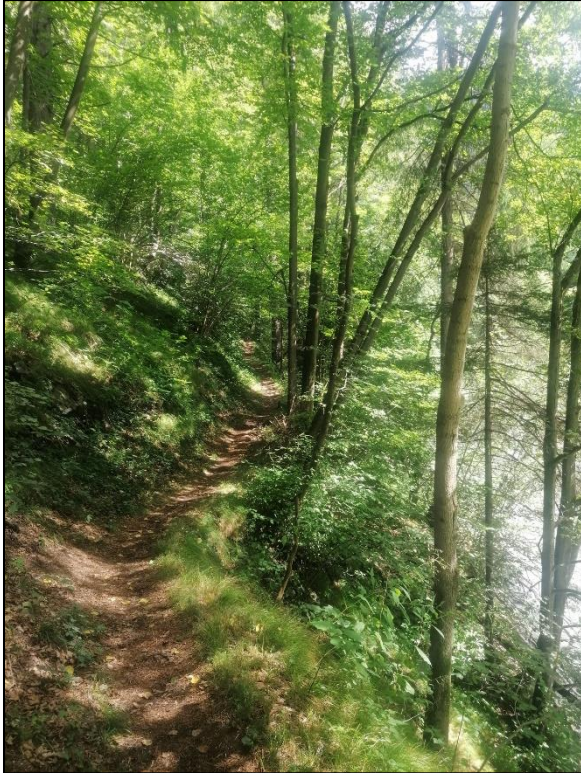
Senior Loop 2:

Basically, identical for most of loop 1 but taking a detour after the stairway taking in a short but technical uphill section to improve the overall difficulty level.

Narrow Bridge and Stairs



Uphill Trail examples



Downhill Trails





MEDICAL SERVICES AND DOPING CONTROLS

For further information will be provided in the official medical handbook distributed separately.

Insurance

Participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the WMTRC23 and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

Medical Services

Main Medical Center

There will be medical service centers in the finishing area, one for athletes and one for spectators.

Medical Services in the Official Hotels

See below the contact details of the WMTRC partner doctors, or contact the public emergency service at phone number 122 (fire), 133 (police) or 144 (ambulance)

Local Hospital:

Innsbruck

Tirol Kliniken /University Hospital Innsbruck

Anichstraße 35

6020 Innsbruck

Phone Number: +43 050 5040

Open hours 24/7

The University Hospital Innsbruck has more than 1.400 beds offering all medical disciplines. It is one of the biggest hospitals in Austria. The flight time by helicopter is approximately 10 min from all running points in the Stubai area. By emergency car it can be reached within 25 min from Neustift.



Local Doctors

The listed physicians can be contacted as partner of the WMTRC23.

Neustift

Dr. Robert Lugmayr

Scheibe 39

6167 Neustift

Phone Number:

+43 52262214

Email:

hausarzt.neustift@gmail.com

Innsbruck

In case of medical need in Innsbruck (no emergency) there is a special medical service during weekends and holidays. In addition, all WMTRC23 hotels have a list with working hours of available physicians.

Ärztlicher Funkbereitschaftsdienst (City Medical Service)

Available from Friday or holiday 8 p.m. until the next working day 7 a.m.

Fallmerayerstraße 6

6020 Innsbruck

Phone Number:

+43 512 360006

General Physicians:

Dr. Arthur Wechselberger

Speckbacher Straße 11

6020 Innsbruck

Phone Number

+43 512 582125

Email:

praxis@dr-wechselberger.at

[Open on Friday June 9th](#)



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Dr. Martina Gärtner-Oberthaler

Maria-Theresien-Straße 6

6020 Innsbruck

Phone Number

+43 512 31 99 00

Email:

info@allgemeinpraxis-innsbruck.at

[Open on Friday June 9th](#)

Dr. Momen Radi

Col-Di-Lana-Straße 33

6020 Innsbruck

Phone Number

+43 512 263686

Mobile

+43 664 3381395

Email:

[Open on Friday June 9th](#)

Dr. Wolfgang Müllauer

Technikerstraße 3, 6020 Innsbruck

Phone Number

+43 512 293262

Email:

wolfgang.muellauer@hotmail.com

[Open on Friday June 9th](#)

Sports Traumatology/Orthopaedics:

GELENKpunkt Prof. Dr. Christian Fink

Olympiastraße 39

6020 Innsbruck

Phone Number:

+43 512 397030 or +43 664 3532220 (hotline)

Email:

info@gelenkpunkt.com

In case of any medical questions please contact our LOC medical team, available from June 5th to 10th, 07:00 a.m. – 07:00 p.m.. Contact information are available in the media handbook distributed separately.



Local Pharmacy:

The listed pharmacies are partners of the WMTRC2023.

Neustift

St. Georg Apotheke

6167 Neustift Dorf 30

Phone Number

+43 5226 3100

Email:

apotheke.neustift@tirol.com

Innsbruck

Apotheke Zur Triumphpforte

Leopoldstraße 12-14

6020 Innsbruck

Phone Number

+43 512 7271120

Email:

apotheke@triumphpforte.at

Apotheke Zur Universität

Innrain 47

6020 Innsbruck

Phone Number

+43 512 573585

Email:

uni.apo@aon.at

Medical Care at Competition Venues

Athletes' medical service at the competition venues will be operative 60 minutes before and until 30 minutes after official end of the competitions.

Technical resources for all venues:

RTW: Ambulance car with equipment for Basic Life support including AED + monitoring (min. ECG, SpO₂), Oxygen, Infusions, basic medication.

NRTW: Ambulance car with equipment for Advanced Life support including AED (+manual defibrillation) + monitoring (min. ECG, SpO₂, RR), oxygen, intubation, infusions, advanced medication.

Medical Room: with Equipment for Advanced Life support including AED (+manual defibrillation) + monitoring (min. ECG, SpO₂, RR), oxygen, intubation, ventilator, infusions, advanced medication.



Physiotherapy Services At the Competition Venues

2 Physiotherapists will be at the competition venue before start and in the athletes area after finishing. There will be an open area at every venue for medial treatments.

07.06.

11:00 – 14:00 Stubai

08.06.

08:00 – 09:00 Innsbruck

13:00 – 17:00 Stubai

09.06.

04:30 – 06:30 Stubai

15:00 – 21:30 Innsbruck

10.06.

09:00 – 17:00 Innsbruck

Doping Controls

The Anti-Doping Regulations of the World Anti-Doping Code of the World Anti-Doping Agency will be applied. Post-competition doping controls are carried out by the Austrian National Anti-Doping Agency (NADA Austria). The doping control stations will be situated in the Innsbruck Congress (Trail Long, Mountain Classic), at the Neustift Sports Center (Trail Short, Vertical).



CEREMONIES AND SOCIAL FUNCTIONS

Parade of Nations and Opening Ceremony

The Opening Ceremony and the Parade of Nations will take place on Tuesday, June 6, 2023 in Innsbruck at the Main Venue.

The Meeting point for all teams is at 05.30 pm. at the Market Square in Innsbruck. We ask you to be on time as we have a tight protocol for the opening ceremony.

From there teams will walk to the stage at the Landestheater Vorplatz – our venue in Innsbruck. There, the teams will be presented with video support, moderation and entertainment. During the Opening Ceremony, two designated athletes will hold a pledge (in English and German) for sustainability:

LEAVE NO TRACE: Words like nature and climate protection, sustainability and personal footprint are becoming ever more important and must be filled with life whenever and wherever possible. With this in mind, it is my intention to do my bit at the WMTRC 2023 Innsbruck-Stubai: *I will leave nothing behind but my footprints.*

Afterwards, we will present our own WMTRC23 song to all those present. Musical entertainment will then be provided by a well-known German pop musician, Gregor Meyle. Start of the concert is at 8:00 p.m. with free access for public.

Flower Ceremonies

The Flower Ceremonies will take place approximately 15 minutes after the finish of the bronze medal winning athlete. The medalists will be guided to the area for the ceremony close to the finish area. Athletes who had been selected for doping control shall come to the Flower Ceremony first and then to the Doping Control Station, guided by a chaperon.

Clothing: Medalists must wear the Federation's official team clothing. The responsibility for compliance lies with the respective delegations.

Medal Ceremonies

The Medal Ceremonies for individuals and teams will take place in Neustift or in Innsbruck depending on the race.

What	Where	Ceremony Start
Vertical, 07.06.2023	Venue, Neustift	6:30 pm
Trail Short, 08.06.2023	Venue, Neustift	6:30 pm
Trail Long, 09.06.2023	Venue, Innsbruck	6:30 pm
Mountain Classic, 10.06.2023	Venue, Innsbruck	6:30 pm

Address Venue Neustift:
Freizeitzentrum Neustift Stubaital
Stubaital Str. 110,
6167 Neustift



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ITRA



Adress Venue Innsbruck:
Landestheater Vorplatz Innsbruck
Rennweg 3
6020 Innsbruck

We ask the medalists, individuals and teams, to be in the backstage area 15 minutes before the start of the ceremony. A volunteer will welcome the medalists at the entrance of the backstage area and guide them to the meeting point. Please be on time.

Clothing: Medalists must wear the Federation's official team clothing.
The responsibility for compliance lies with the respective delegations.

There will be dedicated shuttles after the end of the ceremony to bring the athletes back to their respective Hotel. See more information in section *Transport*.

Closing Ceremony and Closing act

The Closing Ceremony will take place after the final award ceremony of the Mountain Classic races. In an impressive way we will say goodbye to all participants of the World Championship. After this artistic act, another German pop singer, Tim Bendzko will start the party. The athletes catering will be open till 09.00 pm. Additionally on the venue there will be foodtrucks and bars open till 10.00 pm

Start: approx. 7.30 pm

Venue in Innsbruck:
Landestheater Vorplatz
Rennweg 3
6020 Innsbruck



SIDE EVENTS

WMTRC Experience

Cheering Bus

If you are interested to cheer for your teammates and get to the most important spots (hop on/off style) of the courses. Then you can use our cheering bus for free with your accreditation. For more information about the cheering bus and how you can get tickets for your **family and friends** please see the link.

VIP Tickets

Family and Friends can enjoy our VIP race hospitality from 07.-10.06.2023. Further information and the [ticketshop](#) are online.

Show Race

A show race on Sunday, 04.06.2023 will introduce the topic Mountain- and Trail Running to the public. A low number of athletes will run through and against each other at our City Trail in the heart of Innsbruck to promote our sport and to create awareness for the upcoming Championships. If you would like to voluntarily participate in this promotional event, please don't hesitate to contact us.

Public Races

Two public races will take place within the WMTRC days. We would love if coaches, team officials, family and friends will participate at the races. The fee is 20€ per bib.

Please see <https://www.innsbruck-stubai2023.com/en/public-races> for information and registration.

World Athletics Mountain & Trail Running Seminar

Monday, 5 June, 9 am – 5 pm, Innsbruck Cube

In this seminar, World Athletics, its partner associations in the off-road running space (ITRA, WMRA, IAU), delegates from national athletics federations and privately-owned race circuits, event organisers, host institutions and representatives from the media will exchange views and provide unique perspectives on what's in store for mountain and trail running, with a particular emphasis on the globalisation of the sport, its economic model and its governance structures. The day will be a mix of presentations, interviews and round-table discussions.

Between lunch and the afternoon session of the seminar, the opening press conference of the WMTRC 2023 Innsbruck-Stubai will be held.

Representatives from all national federations are invited to participate. The admission is free, with complimentary lunch and morning refreshments. The capacity is limited to 75 people, with admissions allocated on a first-come, first-served basis. World Athletics reserves the right to limit admission to 2 representatives per Federation if the event is



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oversubscribed. Please register your interest emailing alessio.punzi@worldathletics.org, or calling/texting +33 643 916 335, no later than Thursday 1 June.

Expo

The exhibition will take place in the venue in Stubai as well as in Innsbruck. Many well-known sporting goods manufacturers and other interesting suppliers will be there.

Opening hours:

Innsbruck on Tuesday to Saturday 11.00 to 19.30.

Stubai on Tuesday to Friday 11.00 to 19.30.

Cultural highlights and local experience for all teams.

Monday, 5. June Cultural Experience Night, Stubai, free of charge including transportation through the LOC from and to the venues (regional music, food and entertainment). More information on our official website and to book your ticket for free, please visit <https://ticketorganizer.eu/event/excursions>

Tuesday, 6. June. Get to know our home region Tyrol, Innsbruck and Stubai. Visit the attractions around the venues. Minimal financial outlay and free transportation with the public transport system. More information on our official website and to book your ticket for free, please visit <https://ticketorganizer.eu/event/excursions>

Live Concert and Side Event

Sunday, 4. June 05.00 pm – EOFT Film Night, Innsbruck

Tuesday, 6. June 08.00 pm – Opening Act, Gregor Meyle (GER), Innsbruck

Tuesday, 6. June 08.00 pm – Opening Act, Mundewurz live (AUT), Stubai

Wednesday, 7. June 07.00 pm. – Music Act, Stubete Gäng (SUI), Innsbruck

Wednesday, 7. June 08.00 pm. – Music Act, DJ Instyle (AUT), Stubai

Thursday, 8. June 07.30 pm. – Music Act, Sebastian Krieger (AUT), Innsbruck

Friday, 9. June 07.30 pm. – Trailfilm Festival, Stubai

Saturday, 10. June 08.45 pm. – Music Act, Tim Bendzko (GER), Innsbruck

City Trail

The City Trail is certainly one of the highlights of this World Championship. Under the landmark of the city of Innsbruck, the golden roof, we will construct a trail of natural materials to unite runners and spectators in the city. Also, daily promotion activities of our sponsors and expo exhibitors will take place here. The City Trail is open to the public from Tuesday to Friday during the World Championships and of course, part of the racetrack for Trail Short and the Mountain Classic races.



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CONTACT DETAILS

LOC



info@innsbruck-stubai2023.com

World Athletics (WA)

6-8, Quai Antoine 1er, BP 359
MC 98007 Monaco Cedex
Web: www.worldathletics.org
Tel: +377 93 10 88 88; Fax: +377 93 15 95 15

World Mountain Running Association (WMRA)

6-8, Quai Antoine 1er, BP 359
MC 98007 Monaco Cedex
Web: www.wmra.ch
Email: info@wmra.info

International Trail Running Association (ITRA)

World Trade Center
Av. De Gratta-Paille 2
CH -1018 Lausanne
Web: www.itra.run
Email: contact@itra.run

International Association of Ultrarunners (IAU)

6-8, Quai Antoine 1er, BP 359
MC 98007 Monaco Cedex
Web: www.iau-ultramarathon.org
Email: communication@iau-ultramarathon.org



APPENDIX SECTION

ENTRY VISA APPLICATION PROCESS

WHO HAS TO APPLY FOR AN ENTRY VISA?

Get [general information](#) on visa requirements of your individual country.

WHICH VISA SHOULD YOU APPLY FOR?

For short stays up to 90 days you will need to apply for a Schengen Visa. If your entry country to Europe is not Austria, you will need to check country specific regulations.

WHEN TO APPLY FOR A SCHENGEN VISA?

Visa application and processing times vary from country to country. Please check with the [Austrian Embassy](#) in your country if you have to make an appointment and by when to need to submit your application to get the visa in time for travelling.

HOW TO APPLY FOR A SCHENGEN VISA?

You can download your [visa application form](#).

Before starting to fill in the form, please have your valid identify card or passport as well as travel documents to hand.

For your application, please find below the details you have to provide in the “Inviting Company“ Section:

LOC - Company Details	Contact Person LOC
Alpine Trailrun Festival GmbH	Simone Fuchs
Klammstrasse 116	info@innsbruck-stubai2023.com
6020 Innsbruck	Phone: +43 512 275721-0
Austria	

REQUIREMENTS FOR THE ISSUE OF SHORT STAY (SCHENGEN) VISAS

There is no automatic entitlement to a Schengen Visa. The Austrian Embassy in your country must ensure that the following requirements have been met in each individual case:

1. An eligible passport valid for at least 3 months after the trip
2. Two recent photographs, passport-sized
3. Proof of sufficient funds to cover the stay in Austria
4. Travel Insurance with minimum €30,000 coverage
5. A letter explaining the purpose of the trip to Austria / Visa invitation letter
6. Proof of accommodation, such as hotel reservations
7. A travel itinerary for Austria, including entry and exit dates and flight numbers

add. 5-6) to support your visa application, the Local Organizing Committee of the World Mountain and Trailrunning Championships 2023 Innsbruck-Stubai will issue required documents.



Event Schedule

DATE	TIME	EVENT	LOCATION
Sunday, June 4	13:00-15:00	Show Race	City Trail in front of the Golden Roof, Innsbruck
Monday, June 5	09:00-17:30	World Athletics Seminar	Innsbruck Cube, Landestheater-Vorplatz, Innsbruck
Tuesday, June 6	09:00	WMRA Congress	Conference Room, Congress Innsbruck
	09:00	TT Schoolday & "Beweg dich Tirol Tour"	Landestheater-Vorplatz, Innsbruck
	16:30	KRONE Race to Höll (Public Race)	Landestheater-Vorplatz, Innsbruck
	18:00	Opening Ceremony with Sara De Blue	Landestheater-Vorplatz, Innsbruck
	20:00	Opening Act: Gregor Meyle	Landestheater-Vorplatz, Innsbruck
	20:00	Mundewurz'n	Freizeitzentrum Neustift
Wednesday, June 7	11:00	SPORTLER Vertical (Public Race)	Freizeitzentrum Neustift
	13:00	Start Vertical Men	Freizeitzentrum Neustift
	from 13:00	Live broadcast Vertical Men & music	Landestheater-Vorplatz, Innsbruck & Freizeitzentrum Neustift
	14:00	Start Vertical Women	Freizeitzentrum Neustift
	from 14:00	Live broadcast Vertical Women & music	Landestheater-Vorplatz, Innsbruck & Freizeitzentrum Neustift
	14:30	John Blaser Group	Landestheater-Vorplatz, Innsbruck
	18:30	Medal Ceremony Vertical	Freizeitzentrum Neustift
	18:30	Live broadcast Medal Ceremony Vertical	Landestheater-Vorplatz, Innsbruck
	19:30	John Blow	Freizeitzentrum Neustift
	20:00	DJ InStyle	Freizeitzentrum Neustift
	19:00	Stubete Gäng	Landestheater-Vorplatz, Innsbruck
Thursday, June 8	09:00	Start Trail Short Women & Men	Landestheater-Vorplatz, Innsbruck
	from 09:00	Live broadcast Trail Short & music	Landestheater-Vorplatz, Innsbruck & Freizeitzentrum Neustift
	12:00	Brass band Neustift	Freizeitzentrum Neustift



DATE	TIME	EVENT	LOCATION
	12:00	Brass band Wilten	Landestheater-Vorplatz, Innsbruck
	from 12:00	"Frühshoppen"	Freizeitzentrum Neustift
	approx. 13:00	Finish Trail Short	Freizeitzentrum Neustift
	14:30/19:30	IXact Coverband	Freizeitzentrum Neustift
	16:00	ORF Band	Landestheater-Vorplatz, Innsbruck
	18:30	Medal Ceremony Trail Short	Freizeitzentrum Neustift
	19:30	Sebastian Krieger	Landestheater-Vorplatz, Innsbruck
Friday, June 9	06:30	Start Trail Long Women & Men	Freizeitzentrum Neustift
	from 10:00	Live broadcast Trail Long & music	Landestheater-Vorplatz, Innsbruck & Freizeitzentrum Neustift
	approx. 14:30	Finish Trail Long	Landestheater-Vorplatz, Innsbruck
	18:30	Medal Ceremony Trail Long	Landestheater-Vorplatz, Innsbruck
	19:30	Trail Running Film Festival & closure	Freizeitzentrum Neustift
	19:30	Flash Forward	Landestheater-Vorplatz, Innsbruck
Saturday, June 10	from 09:30	Live broadcast Mountain Classic & music	Landestheater-Vorplatz, Innsbruck
	10:00	Start Mountain Classic Junior Men	Landestheater-Vorplatz, Innsbruck
	11:00	Start Mountain Classic Junior Women	Landestheater-Vorplatz, Innsbruck
	12:00	Start Mountain Classic Men	Landestheater-Vorplatz, Innsbruck
	14:00	Start Mountain Classic Women	Landestheater-Vorplatz, Innsbruck
	18:30	Medal Ceremony Mountain Classic	Landestheater-Vorplatz, Innsbruck
	19:30	Closing Ceremony	Landestheater-Vorplatz, Innsbruck
	20:45	Closing Act: Tim Bendzko	Landestheater-Vorplatz, Innsbruck