



PRESENT



WMTA TRC 2021

**AMAZING THAILAND
WORLD MOUNTAIN &
TRAIL RUNNING
CHAMPIONSHIPS 2021**

TEAM MANUAL
NOVEMBER 3rd - 6th, 2022
CHIANGMAI . THAILAND

Sanctioned by



Local Organizing Committee



Organized by



The Amazing Thailand World Mountain and Trail Running Championships 2021

Chiang Mai, Thailand

Event Days: 1-6 November 2022

Race Days: 4-6 November 2022

Team Manual

(Published on 13 October 2022)

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1. GENERAL INFORMATION

1.1 Host country Thailand

Form of Government	Kingdom
Location	Kingdom of Thailand
Area	513,120 km ²
Population	70,049,814
Climate	Tropical
Official language	Thai
Religion	Buddhism, Islam
Capital	Bangkok
Local Time	GMT + 7:00
Electricity	220V with US/EU plug
Driving	Right-Hand side
International Calls	Dial 00 + the country code of the destination country
Telephone Country Code	+66
Currency	Thai Baht (THB) – (1 USD is app. 37,50 THB)

1.2 Host city Chiang Mai

Chiang Mai is located approximately 700 km (435 miles) from the capital city of Bangkok, Thailand at an elevation of 316 m above sea level, surrounded by mountains and lush countryside, it is much greener and quieter than the capital, and has a cosmopolitan air and a significant population, factors which have led many from Bangkok to settle permanently in this "Rose of the North". With a population of more than 1 million, Chiang Mai has become one of the favorite dream destinations in Asia for local and overseas tourists.

Climate

Thailand's climate is influenced by monsoon winds that have a seasonal character (the southwest and northeast monsoon). Most of the country is classified as tropical savanna climate.

Usual weather conditions in November

Maximum temperature: 30°C

Minimum temperature: 18°C

Average temperature: 23°C

Average precipitation per day: 21mm

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2. TRANSPORTATION

2.1 Arrivals

2.1.1 Arrival by plane

The official airport located 9km from the competition venue is Chiang Mai International Airport (CNX), where the LOC will provide welcome services.

Most countries will first arrive at Bangkok Airport (BKK) from international hubs. Passport formalities will take place here, although for some airlines baggage can be directly connected to Chiang Mai. Transfer to Chiang Mai is well signed from the arrival hall at BKK.

Upon arrival at Chiang Mai International Airport, the teams will be met by the LOC at the Welcome Desk located in the arrivals area (after baggage reclaim) for Domestic Arrivals.



Please report to the Welcome Desk or contact the LOC transportation department Sukrittar Kongkhunakon (+66 9 1564 2891; hospitality@wmtrc2021thailand.com) in case you need any support.

The transfer time from the airport to the Accreditation Center located at the Chiang Mai International Exhibition & Convention Center (hereafter CMECC) is approximately 25 minutes.

2.1.2 Arrival by train

Teams arriving by train at Chiang Mai Railway Station (located 11 km from the competition venue) will be met by the LOC according to the schedule declared in the Final Entries and will be taken to the Accreditation Center located at the CMECC.

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2.1.3 Arrival by car

Teams arriving by car to Chiang Mai should proceed to the Accreditation Center located at the CMECC where LOC members will welcome them.

2.1.4 Entry visas

Please refer to appendix 1 for the list of countries and territories entitled to Visa exemptions to enter Thailand.

Teams requiring Visas to enter Thailand should obtain the Visa before leaving their country, from the Embassy or Consulate of Thailand well in advance to ensure all the procedures are carried out in good time.

It is the responsibility of the participating Member Federations to apply for Visas at the Embassies or Consulates of Thailand and ensure that all documents required for the application are complete. Incomplete applications slow down the process and may result in the Visa not being issued on time.

Participants requiring a Visa should contact the LOC for a special letter of invitation by sending an email to secretariat@wmtrc2021thailand.com with the following information:

- Full name (first and last name as it appears in passport)
- Nationality
- Date of birth
- Passport number
- Passport expiry date
- Role in the team (athlete or official)
- Date of entry and departure from Thailand.
- Contact details (Name and Mobile phone number)

The invitation will be sent to you within 3 working days.

2.1.5 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 Amazing Thailand World Mountain and Trail Running Championships (WMTRC2021) and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

2.2 Local transportation

Transportation between the Official Hotels and the competition venue, including course inspections, ceremonies and social functions, will be guaranteed by the LOC shuttle service, which will use the local vehicles (Chiangmai red car) for teams as well as air-conditioned buses where necessary.

2.2.1 To the competition venue (CMECC)

Transfer time between the Official Hotels and the competition venue will be approximately 15-20 minutes, depending on the location of the Official Hotel and the traffic conditions.

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A detailed specific timetable will be posted on the notice boards at the Information desk in each Team Hotel.

2.2.2 To main catering area (CMECC)

During the event period (3-6 November 2022) lunch and dinner for all accredited team members will be served at the CMECC (see section 4.4 of this manual)¹. Transfer time between the Official Hotels and the CMECC will be approximately 15-20 minutes, depending on the traffic conditions.

A detailed specific timetable will be posted on the notice boards at the Information desk in each official hotel.

2.2.3 Official functions

To the **WMRA Congress** (at the CMECC) on Thursday, 3 November 2022 at 9:00, registered delegates shall take the Orange Shuttle Bus operating from 8:00 on the respective day.

For the **Technical Meetings** (see section 5.1.2) team representatives shall take the Orange Shuttle Bus service at their own convenience.

For the **Parade of Nations and the Opening Ceremony** (followed by **Welcome Dinner**) on Thursday, 3 November 2022, starting at 17:30, the LOC will provide a special shuttle service (blue bus) for all athletes and officials according to the following schedule:

Shuttle bus to the Opening Ceremony					
From Official Hotels and CMECC to Opening Ceremony Venue (U Nimman Hotel)					
U Nimman Hotel	Kantary Hills Hotel	Eastin Tan Hotel	Phucome Hotel	Ibis Style Hotel	CMECC
N/A This is the venue of the ceremony	N/A Hotel is in walking distance ²	N/A Hotel is in walking distance ²	16:15 16:20 16:25	16:15 16:20 16:25	Take orange shuttle service

Shuttle bus from the Opening Ceremony				
From Opening Ceremony Venue (U Nimman Hotel) to Official Hotels				
U Nimman Hotel	Kantary Hills Hotel	Eastin Tan Hotel	Phucome Hotel / Ibis Style Hotel	CMECC
N/A This is the venue of the ceremony	N/A Hotel is in walking distance ²	N/A Hotel is in walking distance ²	19:30 20:00 20:30 21:00	N/A

¹ Except on 3 November 2022, when the dinner will be served on the occasion of the opening ceremony at U Nimman Chiang Mai Hotel

² In case of bad weather transportation might be provided (tbc on site)

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For the **Closing Ceremony** (at the CMECC) on Sunday, 6 November 2022, team representatives shall take the Orange Shuttle Bus service.

For the **Farewell Party** (at the Kantary Hills Hotel Chiang Mai) on Sunday, 6 November 2022 at 17:30 the LOC will provide a special transport that will operate in line with the following schedule:

Shuttle bus to the Farewell Party From Official Hotels to Farewell Party Venue (Kantary Hills Hotel)			
From Kantary Hills Hotel	From U Nimman Hotel / Eastin Tan Hotel	From Phucome Hotel	From Ibis Style Hotel
N/A This is the venue of the Farewell Party	N/A Hotel is in walking distance ³	17:15	17:15

Shuttle bus from the Farewell Party From Farewell Party Venue (Kantary Hills Hotel) to Official Hotels			
From Kantary Hills Hotel	From U Nimman Hotel / Eastin Tan Hotel	From Phucome Hotel	From Ibis Style Hotel
N/A This is the venue of the Farewell Party	N/A Hotel is in walking distance ⁴	19:30 20:00	19:30 20:00

For further information and details about the official functions see section 8. of this manual.

2.3 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 Desk of each Team Hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team Leaders will have to confirm departure details during the accreditation process. Any changes to the provided details shall be communicated to the LOC (Information Desk at the Official Hotels or the LOC office at the CMECC), at least 48 hours before departure.

³ In case of bad weather transportation might be provided (tbc on site)

⁴ In case of bad weather transportation might be provided (tbc on site)

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3. ACCREDITATION

3.1 General

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

Any lost or damaged accreditation cards should be reported to the Accreditation Center or TIC at the competition venue. Duplicate cards can be obtained where proof of identity can be established at a charge of 50 USD

Please note that **each accreditation requires a photo** (passport type), which needs to be sent to the Local Organising Committee to secretariat@wmtrc2021thailand.com as soon as possible after the Final Entries deadline, but **latest by 25 October 2022** in compliance with the following conditions:

- The photo must be a passport type image
- The photos must be saved in jpeg format
- The photos must be named by the respective team members and his/her three letter country code (e.g. Tom Example_THA.jpeg)
- Each photo must not exceed 1.0Mb in size
- Optimal resolution of each photo is 600x1000 pixel
- Each photo must be in portrait orientation

Only those accreditations with a photo can be produced in advance, thus speeding up the accreditation process on site. Team Members with no photo provided by the above deadline will have to go to the Accreditation Center in person to have a photo taken and pick up the accreditation card.

Unauthorised use of an accreditation card will result in the card being confiscated.

3.2 Procedure for minor athletes

All athletes who have not yet reached the age of 18 on the day of their arrival to Chiang Mai must sign and submit an official declaration and parental consent form to be eligible to participate at the Amazing Thailand World Mountain and Trail Running Championships 2021. The form must be also signed by the athlete's parent/guardian and acknowledged by the representative of the respective Member Federation. The duly signed forms must be obtained, received, and stored by the concerned Member Federation and made available for the organisers where requested.

3.3 Accreditation Center

The Accreditation Center will be located on the ground floor of the Chiang Mai Exhibition and Convention Center (CMECC). This is where the Teams shall report as soon as possible after their arrival, in order to carry out the administrative procedures.

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

Date	Opening hours
Tuesday, 1 November 2022	08:00 to 22:00
Wednesday, 2 November 2022	08:00 to 22:00
Thursday, 3 November 2022	08:00 to 22:00
Friday, 4 November 2022	08:00 to 18:00

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

3.4 Accreditation procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation in the Final Entry Forms. No changes will be accepted after the final entries' deadline.

The Team Leader will be asked to complete the following formalities before he/she can collect the accreditation cards for the whole team:

- LOC accommodation / travelling invoice
- Check of athletes' passports (or a copy) including date of birth for compliance with age groups
- Uniform check
- Collection of competition related forms and information
- Confirmation of the transportation details (Ceremonies, venue inspections, Farewell party, etc.)
- Confirmation of the participation in the official functions (Congress, Team meeting, etc.)
- Confirmation of departure details

3.5 Access areas for teams

All team accreditation cards will allow access to the team areas, warm-up area, TIC (Technical Information Center), changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the course. Furthermore, the accreditation can be used to access the Shuttle Bus Service.

Access to the personal refreshment stations will be controlled through a special pass distributed to the Team Leaders during the accreditation procedure.

The Head of Delegation from each team is invited to the VIP Hospitality area and will be given the necessary access zone on the accreditation card.

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4. ACCOMMODATION

4.1 General information

The Official Hotels listed below will officially open with full services on 1 November 2022. If members of your Federation are planning to arrive earlier, please contact the LOC (secretariat@wmtrc2021thailand.com) well in advance to make sure specific arrangements are made.

4.2 Official hotels

The official hotels for the Amazing Thailand World Mountain and Trail Running Championships 2021 in Chiang Mai are indicated below with the internet address of their homepage where further details can be found:

Team Hotels

U NIMMAN CHIANG MAI HOTEL *****

1 Nimmanhaemin Road, Suthep, Mueang
Chiang Mai 50200

www.uhotelsresorts.com

Distance to the competition venue (CMECC): 4km

EASTIN TAN HOTEL CHIANG MAI ****

1171 Huay Kaew Road, Suthep, Mueang
Chiang Mai 50200

www.eastinhotelsresidents.com

Distance to the competition venue (CMECC): 4km

KANTARY HILLS CHIANG MAI HOTEL ****

44/1-4 Nimmanhaemin Road, Soi12, Suthep, Mueang
Chiang Mai 50200

www.kantarycollection.com

Distance to the competition venue (CMECC): 5km

IBIS STYLES CHIANG MAI HOTEL ***

7/9 M.1 Kanklong Cholprathan Road, Changpuak, Mueang
Chiang Mai 50300

www.all.accor.com

Distance to the competition venue (CMECC): 3km

CHIANG MAI PHUCOME HOTEL ***

2 Kanklong Cholprathan Road, Changpuak, Mueang
Chiang Mai 50300

www.phucome.com

Distance to the competition venue (CMECC): 3km

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Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

VIP Hotels

U NIMMAN CHIANG MAI HOTEL *****

1 Nimmanhaemin Road, Suthep, Mueang

Chian Mai 50200

www.uhotelsresorts.com

Distance to the competition venue (CMECC): 4km

EASTIN TAN HOTEL CHIANG MAI ****

1171 Huay Kaew Road, Suthep, Mueang

Chian Mai 50200

www.eastinhotelsresidents.com

Distance to the competition venue (CMECC): 4km

KANTARY HILLS CHIANG MAI HOTEL ****

44/1-4 Nimmanhaemin Road, Soi12, Suthep, Mueang

Chian Mai 50200

www.kantarycollection.com

Distance to the competition venue (CMECC): 5km

4.3 Accommodation costs

World Athletics Member Federations shall be responsible for all costs incurred as a result of their participation in the Amazing Thailand World Mountain and Trail Running Championships.

The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

Special rates have been negotiated with the Official Hotels (see 4.2 above) and full board accommodation (bed and breakfast at the hotel; lunch and dinner at external location – see 4.4 below) will be provided in the official event period (3-6 November 2022, 4 nights) at the following rates:

Hotel	Cost
U NIMMAN CHIANG MAI HOTEL *****	125 USD / room / night
EASTIN TAN HOTEL CHIANG MAI ****	100 USD / room / night
KANTARY HILLS CHIANG MAI HOTEL ****	100 USD / room / night
IBIS STYLES CHIANG MAI HOTEL ***	50 USD / room / night
CHIANG MAI PHUCOME HOTEL ***	45 USD / room / night

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The same prices will apply for the additional nights (1-2 November 2022) if your team are booking through the LOC during the specified period, but on these days, the above costs include a bed and breakfast service only, thus the participating teams remain in charge of arranging their own lunches and dinners.

This means that if your team is planning to stay in the respective Official Hotel outside the period of 1-7 November 2022, the above rates will not apply, and a separate agreement will have to be made directly with the LOC/respective hotels.

4.3.1 Payment procedures

An accommodation invoice was 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 21 October 2022. If no bank transfer was made, the accommodation requested in the Final Entry Form cannot be guaranteed, moreover, the Team Leader will be requested to settle the accommodation invoice on-site upon arrival at the Accreditation Center.

Advance payments should be made in USD by bank transfer to the following account:

Account Name: Tri-League (Thailand) Co., Ltd.

Bank Name: TTB Bank (TMB Thanachart Bank Public Company Limited)

Account Number: 254-2-08607-5

Swift Code: TMBKTHBK

Please note that **payment on site will be only possible by credit card**. Accepted cards are Master and Visa Cards only

4.3.2 Competition Grants

The World Athletics Partnership may pay to the Member Federation a contribution to the costs of participation based on the number of athletes that start their respective races.

Every Federation that brings at least 2 athletes (1 male and 1 female) to the Championships and preferably with scoring teams (3 male and/or 3 female athletes) will be entitled to the following competition grants to help against the costs of travel and accommodation. Athletes may compete in more than one team for their Federation at the different events but only count once for the purposes of the competition grants.

- | | |
|--|-----------|
| • 2 single athletes | 1.000 USD |
| • 1 scoring team of three athletes or four athletes in total | 2.000 USD |
| • 2 scoring teams of three athletes | 3.000 USD |
| • 3 scoring teams of three athletes | 4.000 USD |
| • 4 scoring teams of three athletes | 5.000 USD |

A scoring team shall be classified in any of the races of the World Mountain and Trail running Championships (can be a male or a female team; in a trail (senior only) or a mountain (senior and/or junior) race). The maximum number of teams eligible for competition grants is four, however, Member Federations do have the opportunity of entering a team for each race (e.g. 10 scoring teams).

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4.4 Meals

Breakfast (between 1-7 November 2022) will be served in the Official Hotels in buffet style and a large selection of suitable food will be available taking into consideration special diets, religion, and culture of the participants.

Breakfast boxes (for short & long trail competitors and their officials) will be served between 4:00 – 6:00 on 5 November at the Information Desk in each hotel. Request for breakfast boxes shall be submitted to the Information Desk latest by 12:00 on 4 November 2022.

During the official period (between 3-6 November 2022) **lunch** will be served to all accredited team members (athletes and officials) at the Food Zone of the CMECC. On days outside of the official period, the participating Member Federations remain in charge of arranging lunch for their team members in line with their preferences. For more information, please contact the LOC at the CMECC or at the Information Desks.

Vouchers for extra lunch on 3-6 November can be purchased from the LOC at the rate of 15 USD.

Lunch for officials helping their athletes competing in the short & long trail competitions on 5 November will be served at the Refreshment Station at Ban Khun Chang Khian. Access to these lunch services will be controlled with the special refreshment passes (see section 6.5.4) distributed to the teams.

During the official period (between 3-6 November 2022) **dinner** will be served to all accredited team members at the CMECC, except on 3 November 2022, when the dinner will be offered on the occasion of the Opening Ceremony at the U Nimman Chiang Mai Hotel.

On days outside of the official period (3-6 November 2022), the participating Member Federations remain in charge of arranging dinner for their team members in line with their preferences.

Vouchers for extra dinner on 3-6 November can be purchased from the LOC at the rate of 25 USD.

Meals times shall be as follows:

- Breakfast on all days 06:00 - 10:00
- Lunch on all days 11:30 - 14:30⁵
- Dinner on 3 November 19:00 - 21:00
on 4-5 November 18:00 - 20:00
on 6 November 17:30 - 20:00

Vouchers – which will be distributed during the accreditation procedure – will allow access to lunch and dinner.

A late serving provision will be made for those athletes retained at the course due to doping controls or protests at the CMECC.

⁵ Lunch on 4 November will be available between 11:30-15:30

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For lunch and dinner, drinking water (Non carbonate) will be available free of charge. All other drinks must be paid for.

4.5 Services in the Official hotels

4.5.1 Information Desks

An Information Desk will be located at the lobby of each Official Hotel with qualified personnel offering relevant information about all aspects of the Amazing Thailand World Mountain and Trail Running Championships, Chiang Mai 2021. The Information Desk's opening hours will be as follows:

Date	Opening hours
Tuesday, 1 November 2022	08:00 - 20:00
Wednesday, 2 November 2022	08:00 - 20:00
Thursday, 3 November 2022	08:00 - 20:00
Friday, 4 November 2022	04:00 - 22:00
Saturday, 5 November 2022	04:00 - 22:00
Sunday, 6 November 2022	04:00 - 22:00
Monday, 7 November 2022	08:00 - 14:00

4.5.2 Meeting room

A room for meeting opportunities will be available at each Team Hotel. Reservations shall be made via the Information Desk ideally at least 24 hours in advance.

To ensure that all teams have access to the meeting room, usage may be limited.

Teams requiring any additional service may make separate arrangements through the Information Desk.

4.5.3 Rooms for physiotherapy

A dedicated room for physiotherapy will be provided for the teams with medical staff to set-up their own massage beds.

4.5.4 Internet access

Free internet access will be provided at the Official Hotels.

4.5.5 Hotel check-in / check-out times

Check-in is after 13:00 and check-out is by 14:00.

Please contact Ms. Big / Sukrittar Kongkhunakon (hospitality.wmtrc@gmail.com) for specific arrangements outside these times.

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5. TECHNICAL INFORMATION

5.1 Communication with teams

5.1.1 Technical Information Center (TIC)

The TIC is located at the ground floor of the CMECC (see appendix 2).

The main function of the center is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, the Technical Delegate and the Competition Management of the Championships regarding technical matters.

The TIC will be open according to the following schedule:

Date	Opening hours
Wednesday, 2 November 2022	9:00 – 16:00
Thursday, 3 November 2022	9:00 – 17:00
Friday, 4 November 2022	9:00 – 17:00
Saturday, 5 November 2022	5:30 – 18:00
Sunday, 6 November 2022	7:30 – 15:00

The TIC is responsible for, but not limited to, the following:

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical Delegate and competition management
- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Receipt of withdrawal forms
- Distribution of items confiscated at the Call Room
- Managing additional doping control requests
- Protests and written appeals

The distribution of competition related information and important notices of general interest (e.g. changes to the timetable) at the TIC will be displayed on the notice boards. It will still be possible to request occasional copies of specific event start lists and/or results at the TIC.

Individual communications to specific teams will be nevertheless also available at the TIC preceded by a notice through the Team Leaders' WhatsApp group (see .5.1.3).

5.1.2 Technical Meeting

There will be dedicated Technical Meetings organised ahead of each championship race at the CMECC in order for the Team Leaders to receive updates and information which is not already mentioned in this team manual and will include:

- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Timetable amendments (if any)

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- Starting gates and start procedures
- Presentation of the competition and warm-up venues
- Information about the members of the Jury of Appeal
- Information briefing by the Doping Control Delegate
- Answers to written questions
- Distribution of bib numbers

Race	Date and time of the Technical Meeting
Uphill Mountain Races	Thursday, 3 November 2022 15:00
Trail Races	Friday, 4 November 2022 15:00
Up and Downhill Mountain Races	Saturday, 5 November 2022 16:00

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

Team delegates shall use the Shuttle Service from the Official Hotels. Please refer to the Information Desk in the Official Hotel for detailed information.

Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (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 TIC, latest by 10:00 on the day of the respective Technical Meeting.

5.1.3 Team Leaders' WhatsApp group

A WhatsApp group including all Member Federations' Team Leaders will be created on site, in order to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/Organising Committee via this group.

5.2 Competition venue

5.2.1 The course

The courses for the inaugural the Amazing Thailand World Mountain and Trail Running Championships have been designed to take into account the respective and slightly different traditions of mountain and trail running and make sure they align to World Athletics competition regulations. Most importantly they are courses that both showcase the natural environment of Chiang Mai.

Underfoot all courses have a mix of rough four-wheel drive tracks, forest tracks, some single track but mostly wide enough for people to pass, often with a coating of leaves on the floor, with some rocky and slightly loose terrain.

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The distances and amounts of ascent/descent per race are as follows:

Race		Distance	Ascent/descent
Uphill Mountain Race	Senior Men/Women	8.50 km	1.065 m / 48 m
Short Trail Race	Senior Men/Women	38 km	2.425 m / 2.425 m
Long Trail Race	Senior Men/Women	78 km	4.807 m / 4.807 m
Up and Downhill Mountain Race	Junior Men/Women	6.00 km	225 m / 240 m
	Senior Men/Women	10.70 km	475 m / 475 m

The detailed maps and profiles of the courses are available in appendix 3 of this manual.

Please note that the above measurements, as well as the course maps and profiles in appendix 3 are subject to final confirmation once the courses have been all marked and measured before the championships.

Different checkpoints (with the electronic computer control and manual bib control) will be positioned throughout the courses to ensure all athletes run the whole distance. The records made at the checkpoints will be re-checked at the end of each race.

5.2.2 Inspection and training at the course

No course inspection tour will be organised as the presentation regarding the competition and warm-up areas will be given at the Technical Meeting.

The fully marked courses will be open for training from Wednesday, 2 November 2022 onwards, however, the competition area and the courses will be accessible - at the own responsibility of the athletes - from Thursday, 27 October 2022.

Details about transportation for training sessions will be displayed at the Information Desks in the Official Hotels.

5.2.3 Team boxes

Team boxes located in the warm-up area next to the CMECC will be assigned to the participating Teams according to the number of athletes registered in the final entries. The distribution of the team boxes will be confirmed and communicated in due course after the final entries.

5.3 Entry regulations & final confirmations

5.3.1 Entry rules

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

In accordance with the competition regulations, each World Athletics 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

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- 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 Trail races

All athletes must be able to present if requested to do so by the Technical Delegate, an official document stating their date of birth.

In the event of an injury or illness to a runner, Member Federations may make a substitution of another runner as long as the substitute has already been listed on the Final Entry Form, even if 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 case.

5.3.2 Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition according to the following schedule.

Race	Final confirmation deadline
Uphill Mountain Races	Thursday, 3 November 10:00
Trail Races	Friday, 4 November 10:00
Up and Downhill Mountain Races	Saturday, 5 November 10:00

Confirmation of athletes will not be accepted after the above deadline.

Final confirmations will have to be communicated to the Technical Information Center.

5.3.3 Withdrawals

Withdrawals after final confirmation, have to be submitted, on the official Withdrawal Form, to the TIC.

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6. COMPETITION PROCEDURE

6.1 Timetable

Please refer to appendix 4. for the competition timetable and key dates.

6.2 Competition Bibs

6.2.1 General

For individual events, each competitor will receive 3 bibs which have to be put as follows:

Mountain races:

- one on the front of the competition singlet
- one on the back of the competition singlet
- one on the athlete's personal bag

Trail races:

- one (normal number) on the front of the competition singlet⁶
- one (small number) on the competition bag/camel bag/race jacket⁷
- one (normal number) on the athlete's personal bag

Bibs must not be cut, folded or covered in any way.

6.3 Chip transponders

The timing transponder will be attached to the back of one of the bib numbers provided to the athletes. These transponder bibs will be distributed during the technical meeting together with other bib numbers and the 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.

When exiting the Call Room, it is the responsibility of each athlete to check that his/her name appears on the control screen when they walk over the transponder mat.

6.4 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.

⁶ The bibs can be worn also on a bib holder elastic band

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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.

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 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.

6.4.1 Competition shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel. It is the athletes' responsibility to make sure that the shoes to be used for competition are in full compliance with the applicable World Athletics rule. In case of non-compliance with the TR5, an athlete may be not allowed to compete or be disqualified after the competition with the result being void. The shoes, as the clothing items, will be checked at the Call Room.

6.4.2 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**:

- Survival blanket (140 x 200 cm minimum)
- wind jacket (minimum 120g)
- Whistle
- Mobile phone (fully charged at time of entry to the call room)
- 0.5-litre minimum water container (bottle, soft flask or bladder)
- plastic cup

Further to the above, the following equipment are **authorised** for the athletes competing in the trail races:

- GPS watch
- Poles⁷

The final decision on the mandatory and authorised 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.

⁷ Poles can be carried from the start or picked up only at the designated official aid station(s). If carried from the start they can only be left at designated official aid station. Otherwise runners will have to carry them till the finish line.

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Checks will be applied equally to all athletes. There will also be a mandatory equipment check at the end of the relevant races.

6.4.3 Call Room

The Call Room (except for the Junior Up and Down Mountain Races) is located near the start area at the CMECC. The Call Room for the Junior Up and Down Mountain Races is located near the start area of the respective race (next to the Military Camp). Access to the Call Room will be allowed to athletes only and according to the following reporting times:

Date	Race	Report Call Room	Call Room closes	Leaving Call Room	Start Time
4 November	Uphill Race – Men	09:45	09:55	10:10	10:15
	Uphill Race – Women	10:30	10:40	10:55	11:00
5 November	Long Trail – M&W	5:55	6:05	6:25	6:30
	Short Trail – M&W	6:55	7:05	7:25	7:30
6 November	Up & down – Junior M	8:00	8:10	8:25	8:30
	Up & down – Junior W	8:30	8:40	8:55	9:00
	Up & down – Men	9:15	9:25	9:40	9:45
	Up & down – Women	10:30	10:40	10:55	11:00

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. 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 and European Athletics Regulations:

- Competition Bibs
- Shoes
- Uniforms
- Mandatory and authorised equipment and gear
- Any other kind of advertising

Note: in case of the uphill mountain 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 delivered to the TIC latest by 9:00 on Friday 4, November 2022. The clothing items shall be pre-packed and marked with the following information:

- Race (e.g.: Senior women)
- Country code (e.g.: ESP)
- Bib number of the athlete (e.g.: 405)

On leaving the Call Room, athletes will be directed into the start area to prepare for the race. A warning signal will be given 3 minutes and 1 minute before the start of the race.

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6.5 Specific event procedures

6.5.1 Starting positions

The starting positions in mountain races will be allocated based on the respective team standings (scoring teams only) of the previous edition of the World Mountain Running Championships. Each team shall be lined up behind each other at the start of the respective race. All other teams will be positioned behind in alphabetical order. The allocation of the starting positions will be announced at the Technical Meetings and displayed at the Information Desk in the Official Hotels.

For the trail races, after the top athletes (male and female) are called out and presented to the crowd the other runners then find their own place behind them ensuring that the elite women have equal space on the front line.

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

6.5.2 Starter commands

All instructions will be given in English. The command is "on your marks!" followed by a shot from the starter's gun. For trail races a 10 seconds countdown may be used.

6.5.3 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.

6.5.4 Drinking and refreshment stations

Water and other suitable refreshments will be available at the start and finish area of all races, while the Drinking and Refreshment Stations will be positioned as follows:

Senior Uphill Mountain Races

- Drinking Station at 3.00km and 6.50km

Junior Up and Downhill Mountain Races

- Refreshment Station only at the start and finish⁸

Senior Up and Downhill Mountain Races

- Drinking Stations at 5.40km

Short Trail Races

- Drinking Stations at 18.60km and 32.50km
- Refreshment Stations at 8.70km and 26.20km (located at Ban Khun Chang Khian)
- Team Refreshment Station at 8.70km and 26.20km (located at Ban Khun Chang Khian)

⁸ In case of extreme weather conditions (hot weather) a drinking station will be installed at 2.40km (tbc during the technical meeting)

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Long Trail Races

- Drinking Stations at 16.50km, 40.00km, 59.50km and 73.00km
- Refreshment Stations at 8.70km, 49.60km, and 66.00km (located at Ban Khun Chang Khian) and at 30.40km (located at Pha Nok Kok)
- Team Refreshment Station at 8.70km, 49.60km, and 66.00km (located at Ban Khun Chang Khian)

An athlete who receives or collects refreshment 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 drinking and refreshment stations listed above, but personal assistance can only be provided at the Team Refreshment Stations.

All stations will be slightly off the shortest route. Signs indicating the upcoming Refreshment and Drinking Stations will be displayed 50m before the station.

Drinking Stations

Tables with water will be installed at each Drinking Station.

Refreshment Stations

Tables at the Refreshment Stations with various items will be arranged as follows:

- Tables with water
- Tables with Isotonic drinks and cola (carbonated water)
- Tables with fresh and dried fruits and snacks

Both at the Drinking and Refreshment Stations, the runners will pick up the various items on their own.

Note: during the trail races the athletes are requested to **use their own cups at the drinking and refreshment stations** (see also mandatory equipment listed under 6.4.2. of this manual)

Team Refreshment Station (Personal Refreshment Station)

A maximum of two Team Members or Team Officials per country will be allowed to be present at any one of the personal refreshment stations. However, when Men and Women compete together (e.g. trail races), a maximum of four Team Members or Team Officials per Federation will be allowed. Those Team Members or Team Officials must wear a special pass issued by the LOC, which can be collected during the accreditation procedure.

Procedures for Mountain Races

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

Note: Team Refreshment Station will not be available on the Junior Up and Downhill Mountain races.

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Procedures for Trail Races

Team Members or Team Officials are authorised to place refreshments directly into the athletes' hands from the designated place behind 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.

For Athletes in the trail races, who will not be accompanied by Team Members or Team Officials, the judge, who is responsible for the Refreshment Station, will place the bottles on a specific table. In order to execute this service, the personal refreshments must be handed over to the LOC at the Technical Meeting (on Friday, 4 November 2022 at 15:00) and the bottles with the personal refreshments must display the following information:

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

Note: bottles distributed at the Team Refreshment Stations must duly comply with the World Athletics advertising regulations.

Transportation to the Team Refreshment Stations will be provided as follows:

- On Friday 4, November 2022 (Uphill Mountain races) Team Officials wishing to attend the Team Refreshment Area will need to walk there either from the start of the races (for the Refreshment Station at 3.00km) or the finish area (for the Refreshment Station at 6.50km) as these are positioned in a remote location.
- On Saturday 5, November 2022 (Trail races) the buses will depart from the CMECC to the Team Refreshment Station at Ban Khun Chang Khian (8.70km, 26,20km (for short trail only), 49.60km, and 66km) at 5:15, 6:00, 6:45 and 7:45.

The buses from the Team Refreshment station at Ban Khun Chang Khian will leave at 13:30, 14:00, 15:00, 16:00, 17:00 and 18:00 (after 18:00 on request).

The transport time – including a walk from the bus drop-off station to the actual refreshment station – will take approximately 80 minutes.

Given the road limitations to the Team Refreshment Station at Ban Khun Chang Khian, team officials shall use the special shuttle service offered by the Local Organising Committee. Access to Ban Khun Chang Khian by private cars may be limited.

- On Sunday 6, November 2022 (Up and Downhill Senior Mountain races) Team Officials wishing to attend the Team Refreshment Area will need to walk there from the start of the races as the Refreshment Station is positioned in a remote location.

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Team Leaders shall confirm through the TIC if they wish to use any of the above mentioned transport services latest by 12:00 the day before the respective race.

6.6 Timing & measurement

The official timing will be provided by Thailand Tri-League and Prime Works with Race Results transponder system.

Please note that a GPS tracking system might be in place for the trail races and an additional tracking transponder might be given to the athletes before the start of the respective competitions. Further details will be given to the teams latest during the technical meeting.

6.7 Cut-off times

For the trail races, the maximum time allowed to finish the race will be 8 hours (short trail) and 16 hours (long trail).

The LOC has considered several checkpoints and has calculated the split time needed to be respected in order to enable the participants to reach the finish in the maximum time imposed.

Short trail race:

Checkpoint	Distance from start	Cut-off time	
		time from start	hour
Finish	39,30km	8:00:00	15:30

Long trail race:

Checkpoint	Distance from start	Cut-off time	
		time from start	hour
Refreshment Station	30,40km	5:55:00	12:25
Team Refreshment station	49,60km	10:40:00	17:10
Team Refreshment station	66,00km	12:40:00	19:10
Finish	80,00km	16:00:00	22:30

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

Athletes who exceed the maximum time set for the respective race will be disqualified.

LOC will provide shuttle services back to CMECC to those being eliminated due to cut-off times approximately 30 minutes after the closing of the respective check-point.

6.8 Penalties

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

- Not assisting another runner in distress
- Not wearing the race bib visible and in the correct manner

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- Littering outside of official garbage zones
- Mandatory gear(s) missing at post event 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
- Receiving any kind of assistance outside the authorized areas or made by unauthorized people
- Being accompanied on the course by someone outside the current race

6.9 Scoring

Each race will be scored separately in line with the following regulations:

Procedures for Mountain Races

3 (three) out of the 4 (four) competing athletes shall score. The team results shall be decided by the aggregate of placing recorded by the scoring athletes of each team. The team with the lowest aggregate of placing points will be judged the winner.

Procedures for Trail Races

3 (three) out of the 6 (six) competing athletes shall score. The team results shall be decided by the cumulative time recorded by the scoring athletes of each team. The team with the lowest cumulative time will be judged the winner.

If a team fails to finish with a complete scoring team, it will not be classified in the team result. The athletes finishing shall be counted as individuals in the race result and shall be eligible for the individual placing. No adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

6.10 Ties (Team competition)

In the event of a tie, it shall be resolved in favour of the team whose last scoring runner finishes nearest to the first place.

If two or more athletes tie for a place in a mountain race, the attributable points shall be divided equally between them.

6.11 Prize money

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

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

Note:

- There is no prize money for the Junior competitions, nor for any team classifications.

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- All cash prizes will be subject to a 5% withholding tax deduction as per the law of Thailand.
- Prize money will be paid only after the confirmation of the results of the doping controls. No cash payments will be made on site.

6.12 Post competition procedures

After the competition, athletes leave immediately through the mixed zone.

In the mixed zone, all athletes meet the media: first TV, then radio, and finally the written press. It is for the athlete to decide whether he/she will give an interview.

In races where carrying certain equipment is made mandatory, a gear check will be also conducted in the post event area.

The dedicated bags left in the call room will be brought back to the team tents area for all races other than the uphill mountain races.

Due to the location and nature of the finish, a small bag per athlete will be taken by the LOC to the finish area of the uphill races. These bags shall be handed over to the LOC through the TIC latest by 9:00 on Friday 4, November 2022 (see section 6.4.3 of this manual), Kit left in the call room at the start of the uphill mountain races will be available for collection at the CMECC.

The first three athletes in each event will be requested to attend a Flower Ceremony (see section 8.2.) and may be also asked to attend an official press conference on Friday 4 November at 16:30 at CMECC press conference room. The Flower Ceremonies and the possible press interviews will take priority over all other interview requirements. They will usually be held before doping control.

6.13 Protests and appeals

Protests and appeals are permitted and will be processed in accordance with World Athletics TR8.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf, or by an official representative of a team (World Athletics TR8.3). Such a person or team may protest only if they are competing in the same race to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him/her through the TIC. 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 (posted on the TIC information board).

If the final decision of the Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC. Due to the remote location of the finish area for the Uphill Mountain races, appeals for these specific races could be exceptionally submitted at the Sub-TIC located at Ban Khun Chang Khian finish area.

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Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR8.7 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of 100 USD, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

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7. MEDICAL SERVICES & DOPING CONTROLS

7.1 COVID-19 Protocol

From 1 October 2022, Thailand is fully open to travelers with no entry restrictions.

Any changes to the above measures will be communicated to the participating Member Federations through appropriate channels.

If you have any questions regarding COVID-19 regulations for entering Thailand and/or if you need any proof of COVID-19 status for your return trip home, please contact the LOC at secretariat@wmtrc2021thailand.com.

7.2 Medical services

The LOC medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests, and media) as well as, during the competition, to the spectators at the competition venue.

Below you can find information about the medical care sites and relevant instructions.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number +66 (0) 6 4609 6750 or +66 (0) 9 6603 9253.

7.2.1 Main Medical Center

The Main Medical Center serves the athletes, coaches, other team members as well as members of the competition organisation. The Medical Center is located at the race Center (CMECC) and will be open during the competition periods.

During other hours the LOC medical department shall be contacted by phone (+66 (0) 8 9996 5375).

7.2.2 Medical Services in the Official Hotels

The medical services in the Team Hotel will be active on demand via LOC. Please contact +66 (0) 8 9996 5375 in case of need for medical assistance.

7.2.3 Medical Care at the Competition Venue

A medical tent will be active at the venue for acute medical assistance. First aid teams (Red Cross marked, supervised by doctors), will be distributed around the course during the competition.

The local medical service will be responsible for any problem concerning an athlete's health at both the competition and warm-up areas. In case of injuries, only the LOC physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of their own team is hurt or needs other medical attention.

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7.3 Physiotherapy services

7.3.1 Physiotherapy services in the Official Hotels

There will be a room available in the Official Hotels for the teams to set-up their own physio benches.

7.3.2 Physiotherapy services at the competition venue

There are well equipped physiotherapy facilities in the post event area. The physiotherapy service will be available for the athletes and will close one hour after the arrival of the last runner in each race.

7.4 Doping controls

7.4.1 General information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules which are compliant with the WADA Code in force since 1 January 2021. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form in the post event area. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for the delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusing or failing to comply with the anti-doping procedures may constitute an anti-doping rule violation and could render them liable to disqualification and may result in further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the national Therapeutic Use Exemption system prior to attending the Championships.

7.4.2 Selection of athletes

The selection of athletes for control will be made on a final position and/or random basis. In addition, the selection of further athletes may be ordered at the discretion of World Athletics.

7.4.3 Additional controls

Athletes requiring doping control (e.g., for ratification of performance) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station.

The cost of this control shall be paid on site with a credit card.

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8. CEREMONIES AND SOCIAL FUNCTIONS

8.1 Parade of Nations, Opening Ceremony, and Welcome Dinner

The combination of the Parade of the Nations, the Opening Ceremony and the Welcome Dinner will be held on 3 November 2022. The program will commence with the Parade of the Nations at 17:30 along the Nimmanhaemin Street and will end in the U-Nimman Chiang Mai Hotel with the Opening Ceremony and Welcome dinner.

Participating teams are requested to actively participate in the ceremony and the flags parade. Further details will be provided upon arrival.

8.2 Flower ceremony

A Flower Ceremony for the individual medalists of all races will take place approximately 15 minutes after the finish of the bronze medal winning athlete. The medalists will be invited to a designated area at the finish area and presented with flowers. Athletes who had been selected for doping control shall come to the Flower Ceremony first and then to the Doping Control Station.

Athletes must wear the official team clothing (competition singlet) for the ceremonies, and no other items shall be taken to the podium, such as flags, bags, or others.

8.3 Victory Ceremonies

The victory ceremony for individuals and teams will take place at the CMECC as scheduled on the event programme.

Athletes must wear the official team clothing for the ceremonies, and no other items shall be taken to the podium, such as flags, bags or others.

8.4 Closing Ceremony

The closing ceremony of the Amazing Thailand World Mountain and Trail Running Championships will take place on 6 November at 14:30 at the finish zone at the CMECC. All team members are invited to attend the ceremony.

8.5 Farewell Party

On Sunday, 6 November between 17:30-20:00 a Farewell Party will be organised at the Kantary Hills Hotel Chiang Mai. Team members are kindly invited to attend this special moment and dedicated transport will be available from the Official Hotels.

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9. CONTACT DETAILS

For further details about the World Mountain and Trail Running Championships in Chiang Mai:

Local Organising Committee

Thailand Tri-league

1567 Siwara Road, Wangthonglang

Bangkok 10310 Thailand

LOC Headquarters

Web: <https://wmtrc2021thailand.com/>

Email: secretariat@wmtrc2021thailand.com

Tel : +662 957 5880, +662 957 58811

World Athletics

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

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The Amazing Thailand World Mountain and Trail Running Championships 2021

Chiang Mai, Thailand

Event Days: 1-6 November 2022

Race Days: 4-6 November 2022

10. APPENDICES

Appendix 1 – List of countries and territories entitled to Visa exemptions to enter Thailand

Passport holders of the following countries/ territories may enter Thailand without a visa					
Ordinary Passport			Diplomatic/Official Passport		
Tourist Visa Exemption Scheme		Bilateral Agreement		Bilateral Agreement	
Period of stay					
30 days		30 days		30 days	
30 days		90 days		90 days	
Andorra	Brazil*	Hong Kong	Argentina	Brunei	Albania
Australia	Korea (ROK)	Laos	Brazil*	Cambodia	Argentina
Austria	Peru*	Macau	Chile	China	Austria
Belgium	Hong Kong**	Mongolia	Peru*	Ecuador	Belarus
Bahrain	Vietnam**	Russia		Hong Kong	Belgium
Brunei		Vietnam**		Indonesia	Bhutan
Canada				Kazakhstan	Brazil
Czech Republic				Laos	Bulgaria
Denmark				Macau	Chile
Estonia				Malaysia	Colombia
Finland				Mongolia	Costa Rica
France				Mozambique	Croatia
Germany				Myanmar	Czech Republic
Greece				Oman	El Salvador
Hungary				Singapore	Estonia
Iceland				Vietnam	Germany
Indonesia					Georgia
Ireland				Diplomatic Only	Hungary
Israel				Bangladesh	India
Italy				Pakistan	Israel
Japan					Italy
Kuwait					Japan
Latvia					Korea (ROK)
Liechtenstein					Kosovo
Lithuania					Latvia
Luxembourg					Liechtenstein
Malaysia					Luxembourg
Maldives					Mexico
Mauritius					Montenegro
Monaco					Morocco
The Netherlands					The Netherlands
New Zealand					Nepal
Norway					Panama
Oman					Peru
The Philippines					The Philippines
Poland					Poland
Portugal					Romania
Qatar					Russia
San Marino					Serbia
Singapore					Seychelles
Slovak					Slovakia
Slovenia					South Africa
Spain					Sri Lanka
South Africa					Switzerland
Sweden					Tajikistan
Switzerland					Tunisia
Turkey					Turkey
Ukraine					Ukraine
UAE					Uruguay
UK					Diplomatic Only
USA					France
					Spain

Remarks

* Passport holders of Brazil and Peru are entitled for tourist visa exemption scheme. Meanwhile, Thailand also holds bilateral agreements on visa exemption for holders of diplomatic, official and ordinary passports for a visit of not exceeding 90 days with Brazil and Peru.

** Passport holders of Vietnam and Hong Kong are entitled for tourist visa exemption scheme. Meanwhile, Thailand also holds bilateral agreements on visa exemption for holders of diplomatic, official and ordinary passports for a visit of not exceeding 30 days with Vietnam and Hong Kong.

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Appendix 2 – Competition Venue Map



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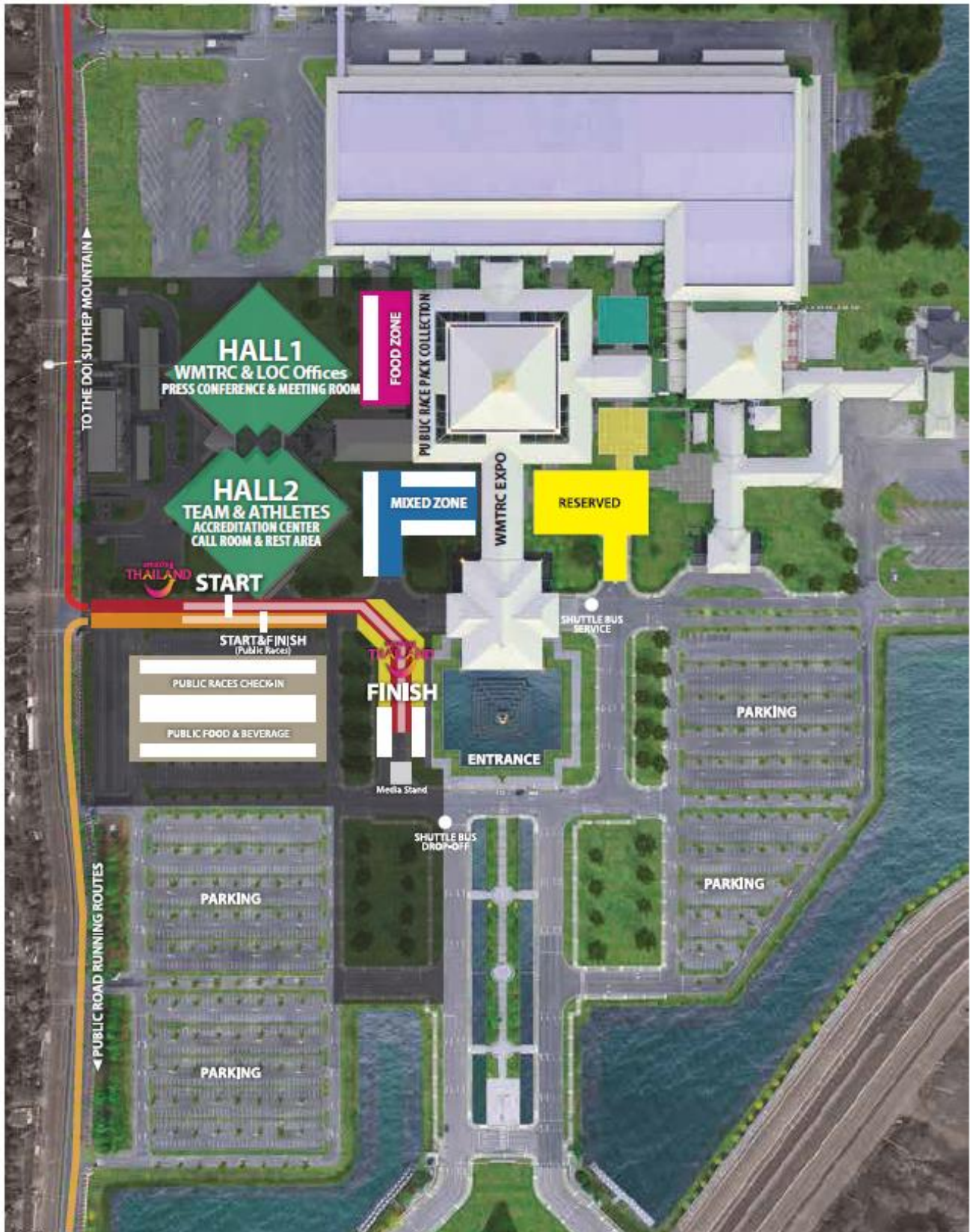


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Thailand
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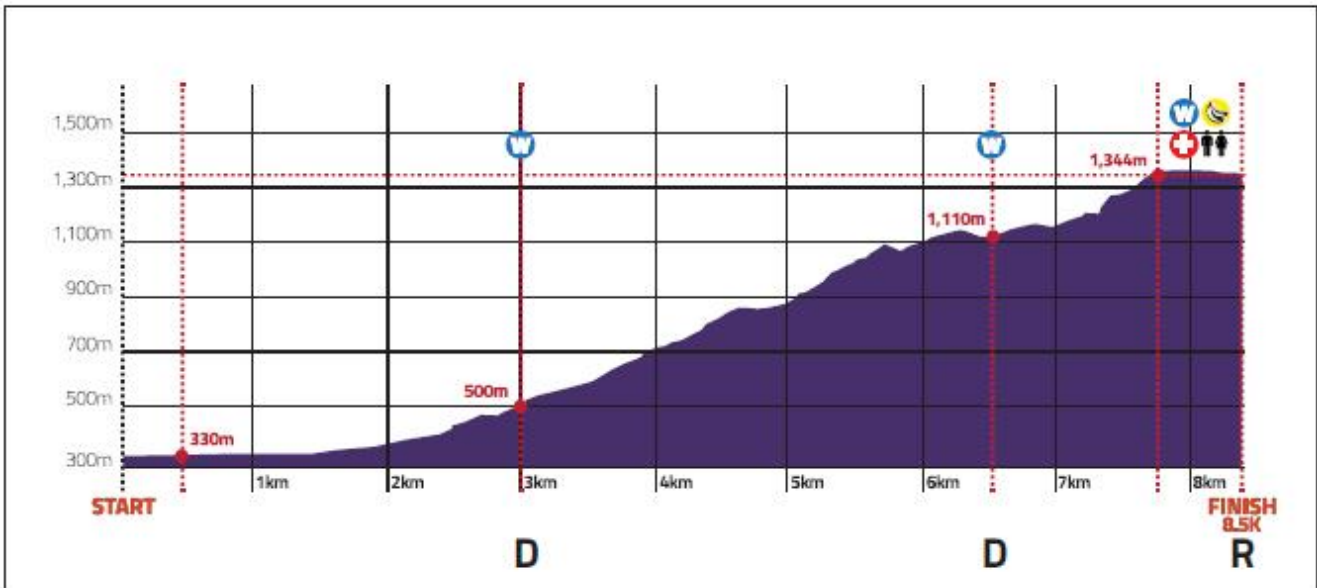
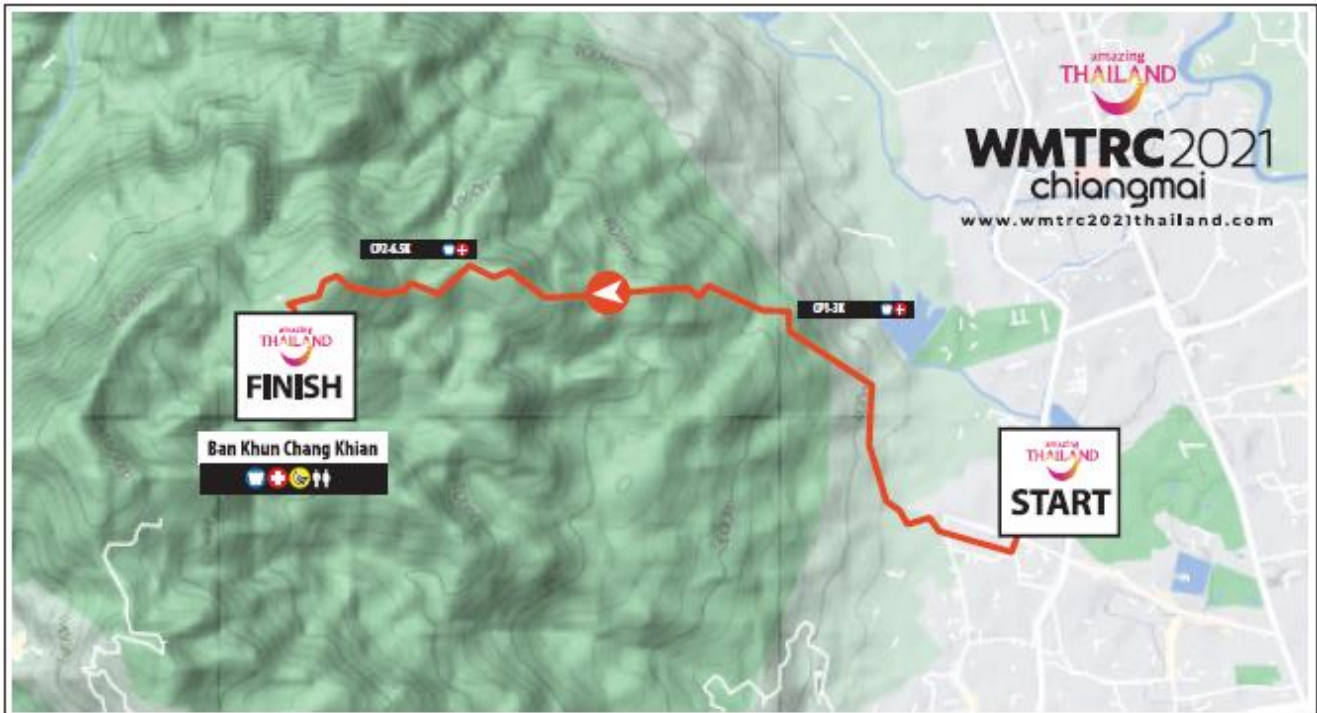
Chiang Mai, Thailand

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Race Days: 4-6 November 2022

Appendix 3 – Map of the courses, loops and course profile

Senior Uphill Mountain Race (on 4 November 2022)



DISTANCE 8.5 km	ELEVATION GAIN 1,021 m	UPHILL +1,065 m	DOWNHILL -48 m	ASPHALTED ROAD Start-Km 1.5
START TIME 4 NOV 2022 (FRI)	10:15 am (Men) 11:00 am (Women)	WATER POINT 2		

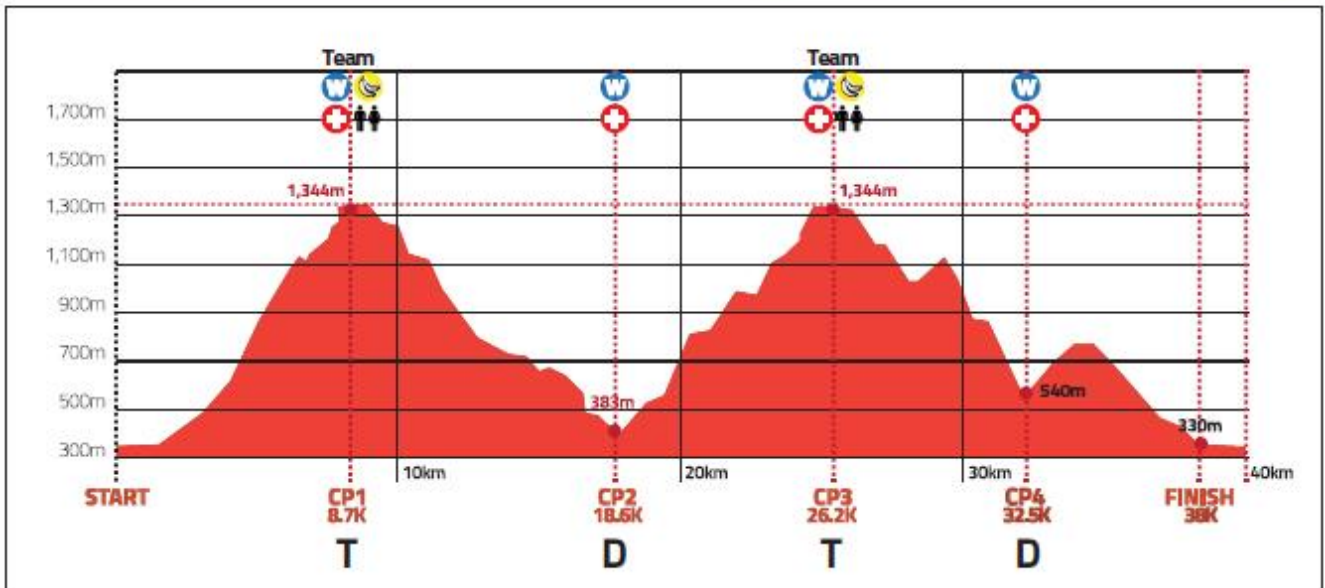
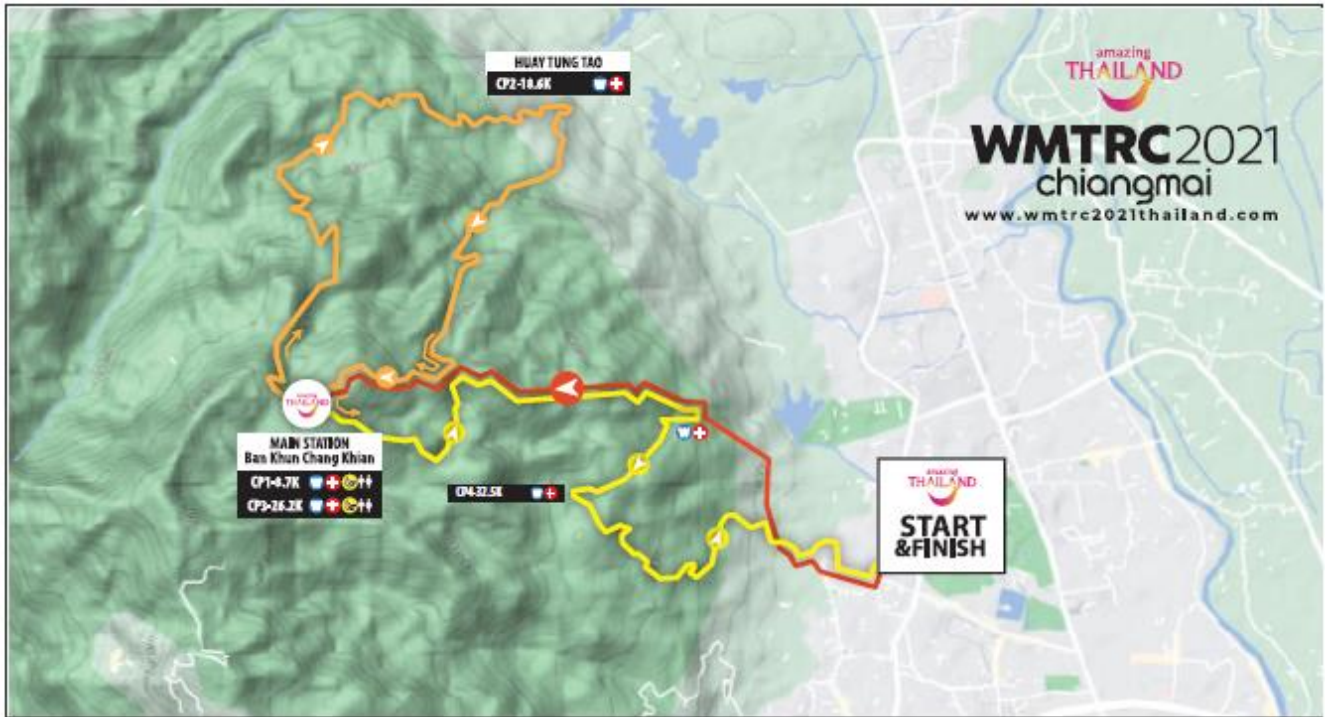
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Chiang Mai, Thailand

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Race Days: 4-6 November 2022

Short Trail Race (on 5 November 2022)



DISTANCE 38 km	ELEVATION GAIN 2,425 m	OFF-ROAD 6 km	CLIMB 15.4 km	DESCENT 16.1 km
START TIME 5 NOV 2022 (SAT) 07:30 am	CUT-OFF 5 NOV 2022 (SAT) 03:30 pm	MAX TIME 8 hrs	TEAM ASSISTANCE 2	WATER POINT 4

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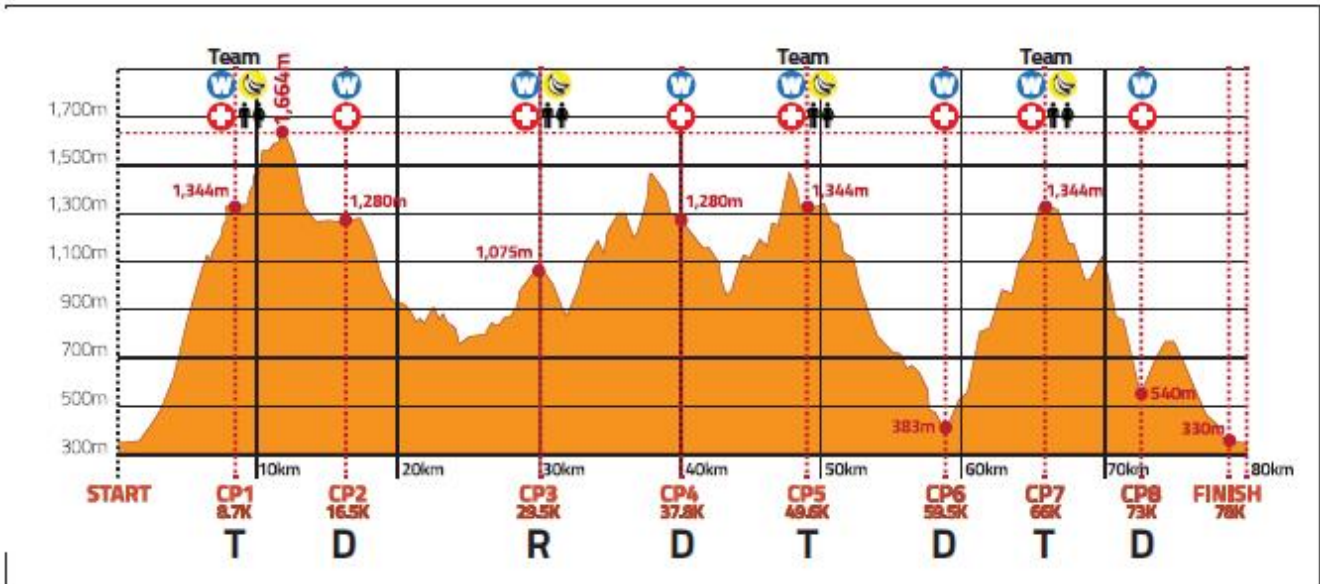
The Amazing Thailand World Mountain and Trail Running Championships 2021

Chiang Mai, Thailand

Event Days: 1-6 November 2022

Race Days: 4-6 November 2022

Long Trail Race (on 5 November 2022)



DISTANCE
78 km

ELEVATION GAIN
4,807 m

OFF-ROAD
24.7 km

CLIMB
27.1 km

DESCENT
33 km

START TIME
5 NOV 2022 (SAT)
06:30 am

CUT-OFF
5 NOV 2022 (SAT)
10:30 pm

MAX TIME
16 hrs

TEAM ASSISTANCE
3

WATER POINT
8

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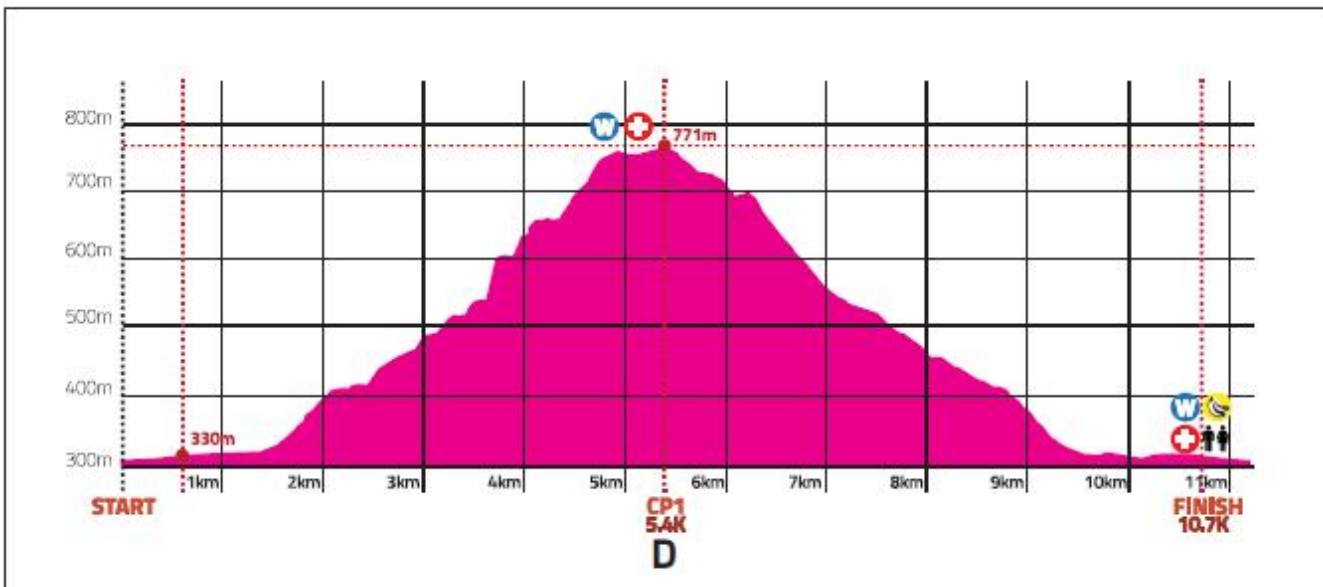
The Amazing Thailand World Mountain and Trail Running Championships 2021

Chiang Mai, Thailand

Event Days: 1-6 November 2022

Race Days: 4-6 November 2022

Senior Up and downhill Mountain Race (on 6 November 2022)



DISTANCE
10.7 km

ELEVATION GAIN
+-443 m

UPHILL
+475 m

DOWNHILL
-475 m

ASPHALTED ROAD
Start-Km1.5
Km 9.2-Finish

START TIME
6 NOV 2022 (SUN)

09:45 am (Men)
11:00 am (Women)

WATER POINT
1

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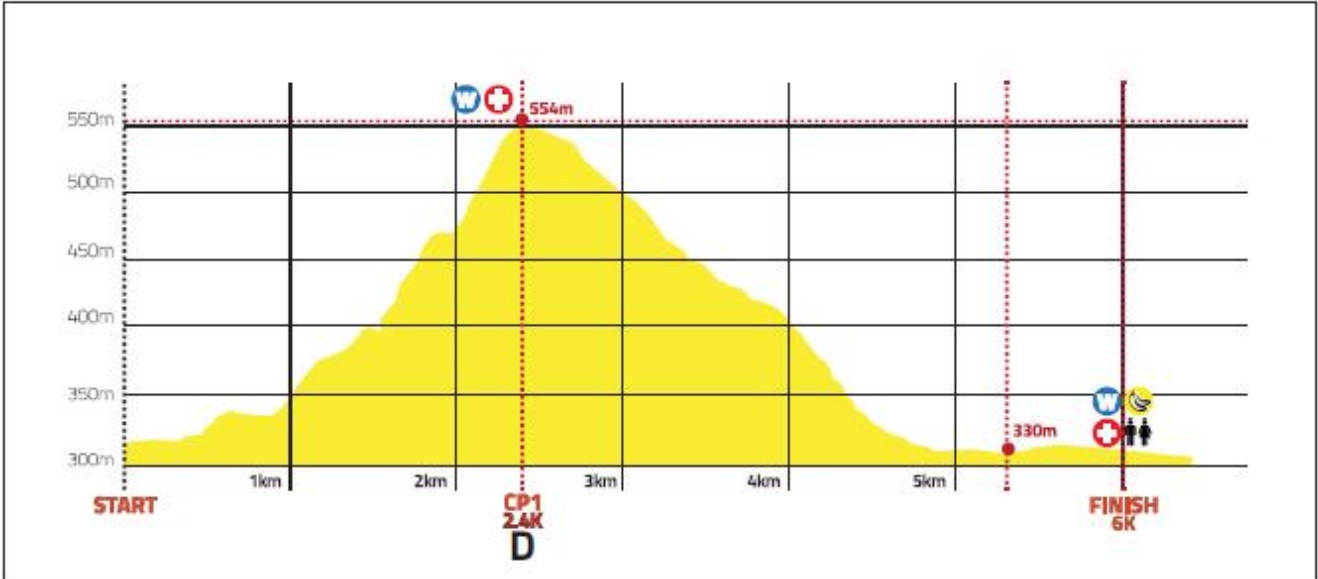
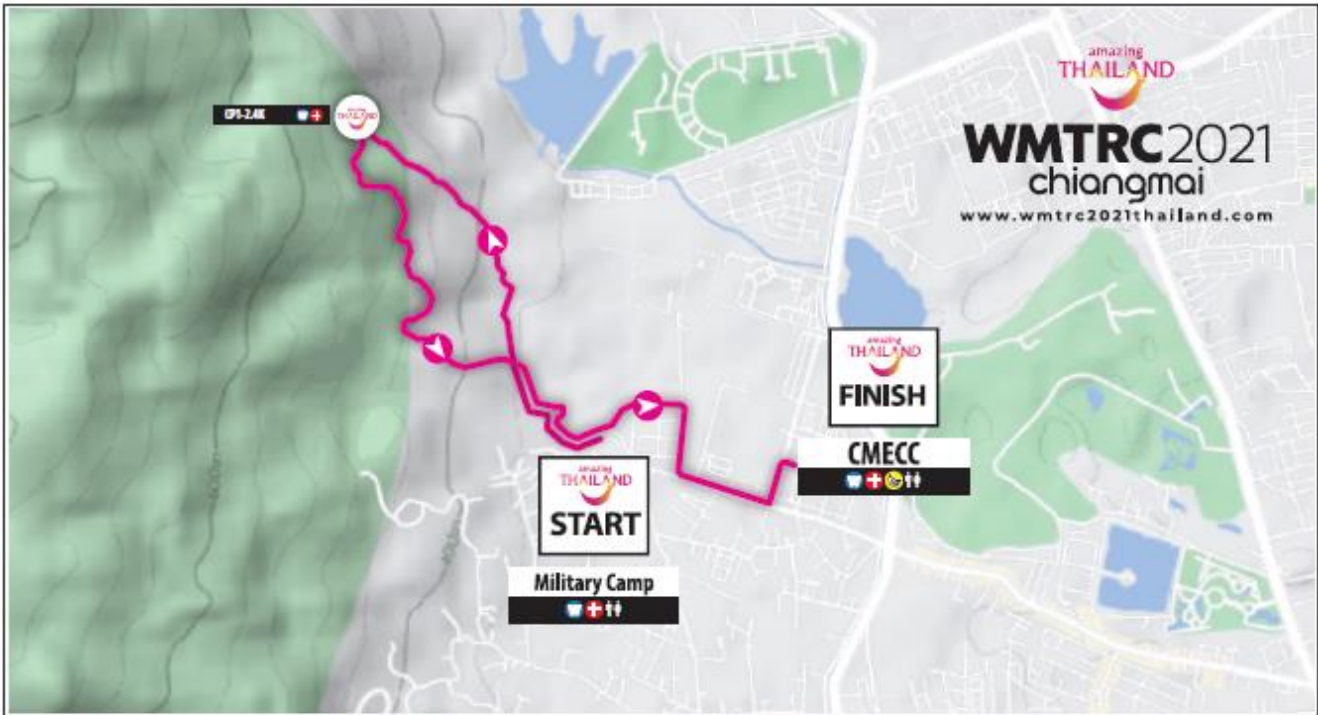
The Amazing Thailand World Mountain and Trail Running Championships 2021

Chiang Mai, Thailand

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Race Days: 4-6 November 2022

Junior Up and downhill Mountain Race (on 6 November 2022)



DISTANCE
6.0 km

ELEVATION GAIN
+-228 m

UPHILL
+225 m

DOWNHILL
-240 m

ASPHALTED ROAD
Start-500m
Km 4.8-Finish

START TIME
6 NOV 2022 (SUN)

08:30 am (Junior Men)
09:00 am (Junior Women)

WATER POINT
1

Note: the drinking station will be installed at 2.40km in case of extreme weather conditions (hot weather) - tbc during the technical meeting

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The Amazing Thailand World Mountain and Trail Running Championships 2021

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Appendix 4 – Key dates and General Programme

TUESDAY 1 NOV	WEDNESDAY 2 NOV	THURSDAY 3 NOV	FRIDAY 4 NOV	SATURDAY 5 NOV	SUNDAY 6 NOV	MONDAY 7 NOV	
				4:30 Race Venue Open	4:30 Race Venue Open	All Day Airport Shuttle	
			5:30 Race Venue Open	5:00-5:30 Trail Athletes Warm-up	5:30 Road Races Check-in (Public)	Morning-14:00 Teams Check-out	
7:00-22:00 Airport Shuttle	7:00-22:00 Airport Shuttle	7:00-22:00 Airport Shuttle	7:00-22:00 Airport Shuttle	5:15-7:45 Transportation up to Main Refreshment	6:00 START/10K ROAD (Public)		
8:00-22:00 Accreditation	8:00-22:00 Accreditation	8:00-22:00 Accreditation	8:00-18:00 Accreditation		6:35-8:00 FINISH 10K (Public Road)		
			8:00-9:30 Uphill Athletes Warm-up	6:30 START/LONG TRAIL (Men&Women)	7:00-7:15 Awards Ceremony (Road Races)		
			8:00-8:30 Transportation up to Finish area	7:30 START/SHORT TRAIL (Men&Women)	7:30-8:00 Up&Down Athletes Warm-up		
				8:30 START (Public Trail 40k)	8:30 START/UP&DOWN (Junior Men)		
	9:00-16:00 Courses Visit	9:00-16:00 Courses Visit	10:15 START/UPHILL (Men)		9:00 START/UP&DOWN (Junior Women)		
		9:00-12:00 WMRA Congress	11:00 START/UPHILL (Women)		9:00-9:40 FINISH/UP&DOWN (Juniors)		
			11:00 FINISH/UPHILL (Men)		9:45 START/UP&DOWN (Men)		
			12:00 FINISH/UPHILL (Women)		10:30-10:50 FINISH/UP&DOWN (Men)		
			11:15-12:15 Flower Ceremony (Men&Women)	11:00-15:30 FINISH/SHORT TRAIL (Men&Women)	11:00 START/UP&DOWN (Women)		
	11:00-19:30 WMTRC Expo	11:00-19:30 WMTRC Expo	11:00-19:30 WMTRC Expo	11:00-19:30 WMTRC Expo	12:00-12:30 FINISH/UP&DOWN (Women)		
		11:00-19:30 Race Pack Collection (Public Races)	11:00-19:30 Race Pack Collection (Public Races)	11:00-19:30 Race Pack Collection (Public Races)			
			12:30-13:00 Transportation back to start area		13:00-14:00 Awards Ceremony (Up&Down Races)		
			15:00 START (Public Mountain 11k)	15:00-22:30 FINISH/LONG TRAIL (Men&Women)	14:00-14:30 WMTRC Post Races Conference		Late Check-out after 14:00**
		15:00-16:00 Technical Meeting (Uphill Races)	15:00-16:00 Technical Meeting (Trail Races)		14:30-15:00 Closing Ceremony		
			16:00 1st FINISHER (Public Mountain 11k)	16:00-17:00 Technical Meeting (Up&Down Races)			
			16:30-17:30 WMTRC Press Conference	18:00-20:30 Dinner	17:30-20:00 Farewell Party		
		17:30-18:30 Parade of Nations	17:30-18:00 Awards Ceremony (Uphill Races)	18:00-18:15 Awards Ceremony (Long Trail Race)			
		18:30-19:00 Opening Ceremony	18:00-20:30 Dinner	18:15-18:30 Awards Ceremony (Short Trail Race)			
		19:00-20:30 Welcome Dinner	18:30 LAST FINISHER (Public Mountain 11k)	18:30-18:45 Awards Ceremony (Public Trail Race)			

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The Amazing Thailand World Mountain and Trail Running Championships 2021

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Appendix 5 –City Map with Championships sites



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WMTRC 2021 chiangmai



NOVEMBER 3rd - 6th, 2022



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