



WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

VILLA LA ANGOSTURA 2019

supported by **IAAF**

TEAM MANUAL

Rev. October 17th, 2019

Friday 15th and Saturday 16th, November 2019



LOC : **Patagonia
Eventos**

Official Collaborator:  **AirEuropa**



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Mountain Running and Trail Committee CADA

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LOC director, Patagonia Eventos SRL director

ORGANIZATIONAL STRUCTURE

IAAF

President: Sebastian Coe (GBR)
Cross Country Committee – chairman: Carlos Cardoso (POR)

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President: Jonathan Wyatt (NZL)
General Secretary: Tomo Šarf (SLO)
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WMRA Delegate

WMRA Delegate Tomo Šarf (SLO)

Jury of Appeal will be appointed at the Technical Meeting.

Local Organizing Committee (LOC)

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WELCOME TO ARGENTINA !!!

“MAKA” the World Championships mascot



WELCOME TO VILLA LA ANGOSTURA

Province of Neuquén – Patagonia - Argentina



Argentina

ARGENTINE IDENTITY

Argentina has many peculiarities that have traveled the world by word of mouth with the people who have visited the country. The outgoing personality of its people, who are friendly, fun and effusive; the typical cuisine which includes asado, mate, regional dishes, and dulce de leche treats; the traditional dances like tango, a couples dance with a 2 x 4 rhythm, which was born in Buenos Aires during the 19th century and today has reached an international level, or folklore, with different choreographic forms, according to each area; the passion for football, and the fanaticism for the major players and clubs, Boca Juniors and River Plate being the most popular ones, and the ones that fill their stadiums and cause proliferating displays of excitement every time they play; typical games like truco, a card game in which luck and the ability to trick or deceive the opponent are the most important things, or horse riding games in the outskirts of the city which reveal the powerful Spanish influence and the persistence of old traditions; and, of course, the personality that each special region knows how to maintain and strengthen as time goes by.

LOCATION

The Argentine Republic, with an area of almost 3.8 million square kilometers (1,468,000 square miles), is located in the Southern Hemisphere of the American continent. Its 3,800 kilometers (2,361 miles) in length stretch from 22° to 55° south latitude. The country borders on Uruguay, Paraguay, Brazil, Bolivia and Chile, and on the Atlantic Ocean to the East. The country is touristically divided in 6 regions, and politically divided in 24 provinces.

Official language: Spanish

Telephone code: +54

Time zone: UTC -3

Electricity specifications: 220v 50 Hz



About Neuquén Province

Neuquén Province is located in the southwest of Argentina, in the Patagonia, more specifically in the northwest of this region. It is between 36 and 41 parallel south latitude and between the meridians 68 and 71 west longitude.

Tourism is for the Province of Neuquén, a state policy, and also the second activity in the generation of employment. It is the flag together with production, industrial development, trade and construction, which will allow us to realize the diversification of the economic matrix, increasing the gross regional product through the participation of tourism.

Therefore, to strengthen it from the roots, was made the Provincial Tourism Plan 2015-2019, with the objective of defining lines that are necessary for the development of tourism in a sustainable way in the Province of Neuquén.

We are aware that tourists are looking forward to find direct contact with the different cultures and with its uniqueness. As Pope Francis says, when a city is chosen, it is not just to look but to pinch her to get involved, to feel being at home. Tourism is a tool of social justice, equity in territorial development in the geography of the Province of Neuquén, and there is no one town, one inhabitant, one neighborhood in a city across the whole province that not embraces the cause of tourism to strengthen economic development and welfare of each habitant of this province.

In this context the 2019 World Mountain Running Championship, will allow showing the beauty and hospitality of the habitants from Neuquén and Argentina to the world.

From the sport, it is a historic event for the province and will allow the competitive development of mountain athletics through the incorporation of athletes, who are outside the national and South American sports circuit, within the mountain athletics sports programs. Neuquén is a province that opens to the world and to a horizon that has no limit, allowing us to improve our quality of life.

THE PLACE



The weather

Average temperature in November is 18,2°C. Maximum can reach the 27°C and the minimum under zero, being 2,5°C the lowest average. Although the average rain is 91,1mm only one edition of the K42 was disputed with rain.

The summit of Bayo Hill is the highest point of the race, it reaches the 1.800masl, setting the most extreme conditions with the strongest winds registered in the city and in the area.

About Villa la Angostura City



The name Villa La Angostura was coined after an isthmus which connects the land to the Quetrhué peninsula, causing narrowness called angostura (“narrow pass” in Spanish).

Surrounded by lakes and forests, an extraordinary landscape combines with the warmth and singular beauty of the mountain architecture. Villa La Angostura is in the southernmost tip of Neuquén Province at the northern bank of Nahuel Huapi Lake, right next to the Patagonia mountain range, 473 kilometers away from Neuquén capital city, and 1,693 kilometers away from the Argentinean Capital, B.A.

Villa La Angostura is the entrance gate to the Arrayanes National Park, the only place in the world where you can find a natural forest of this species.

Interesting Data

- Population: 12000 approximately
- Annual Growth Rate: (1991-2001) 121.83%
- Population Density: 98.15 inhabitants per km²
- Local communal land: 7960 hectares.

Origin of the Lakes

The formation of the big lakes basin is traced back to the pre glacial age. The glacial age which followed this period covered the entire southern region with an ice layer, by the cooling process. Important volcanic movements and wavy motion of the land reduced the eternal glacial masses, which remained in the surface due to their temperature.

When these glacial masses began to move towards the valleys, this immense snowdrift slowly ran over all that was on their way, deepening the lakes and forming the tugged elements, a sort of natural jetties and wings which are scientifically called "moraine". After the ice disappeared, enormous cavities were left where the lakes of this region began to form, and as the water covered the moraines, another phenomenon took place: by pressing against the moraines' walls the water broke the jetties and moved towards the Atlantic Ocean, forming the current Limay River, only mouth of the waters to the ocean.

Correntoso River. In the south you can find the Correntoso Lake and River, the latter being 132 metres long and one of the shortest rivers in the world. The name Villa La Angostura was coined after an isthmus which connects the land to the Quetrhué peninsula, causing narrowness called angostura ("narrow pass" in Spanish).

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Airport conections



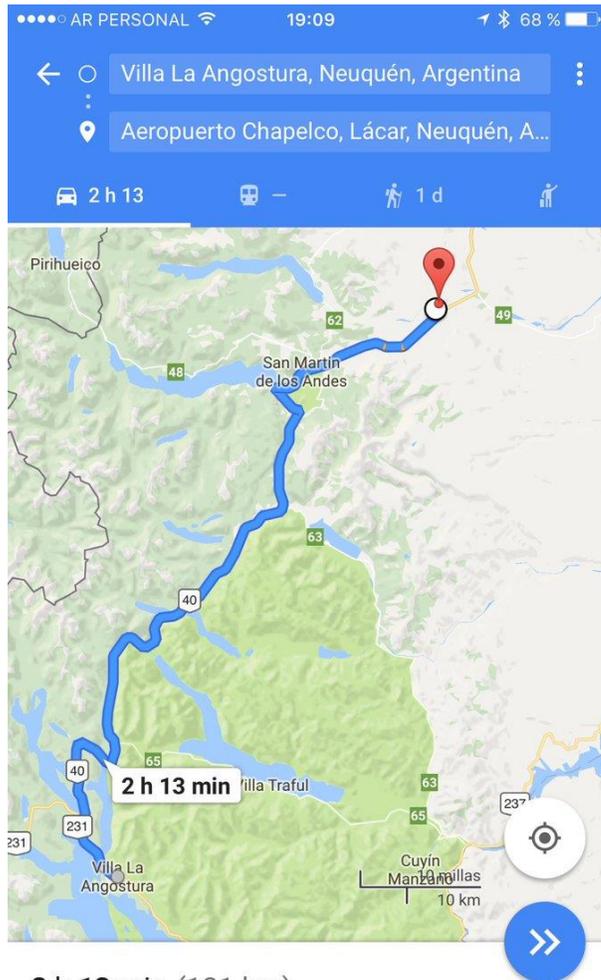
Hours flight from major world capitals to the province of Neuquén:

Europe	Viena	15 hours
	Roma	15 hours
	Copenhagen	16 hours
	Amsterdam	17 hours
	Brussels	18 hours
	Zurich	17 hours
	Budapest	17 hours
	Paris	15 hours
	Athens	19 hours
	Berlin	17 hours
	Istanbul	19 hours
	Madrid	14 hours
	América	Montevideo
Sao Paulo		5 hours
New York		13 hours
Toronto		15 hours
México DF		13 hours
Santiago		5 hours
África, Asia, Oceania	Tokyo	26 hours
	Beijing	26 hours
	Johannesburg	11 hours
	Dubai	19 Horus
	Sidney	16 hours

Distances from Bariloche and San Martin de los Andes airports

From the International “Teniente Luis Candelaria” Airport (BRC) Bariloche City to VLA City: 85 Km.

From the “Chapelco” Airport (CPC) San Martín de los Andes to VLA City: 132 km



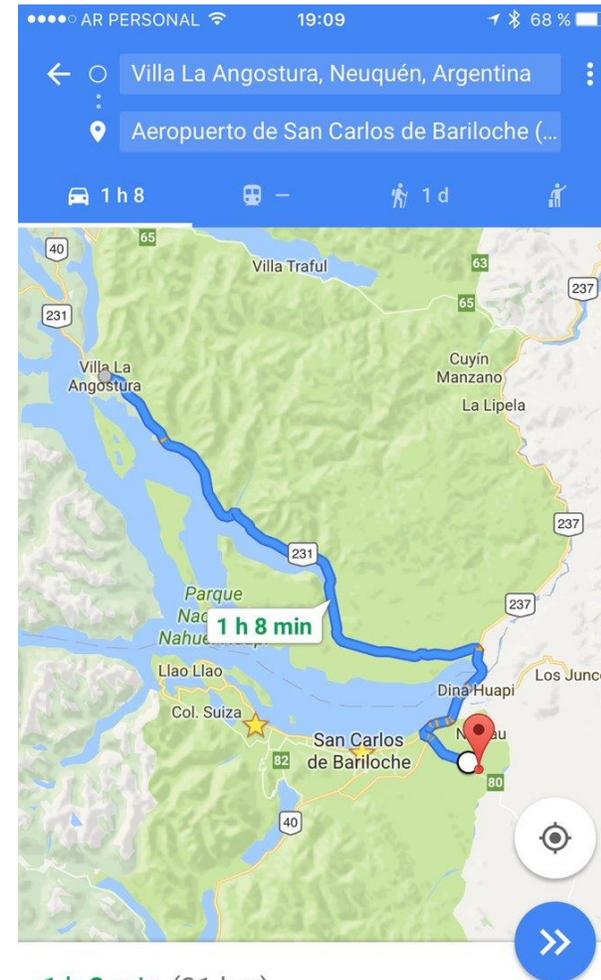
2 h 13 min (131 km)

La ruta más rápida

How far is it from San Martin de los Andes?

Is it an asphalt roadway?

It is a 110 kms long roadway which is 60% made of rubble and 40% of asphalt. It is possible to drive on it as far as the weather conditions permit. It is only closed when there is a great snowfall or there are strong rains in winter. In that case, there is an alternative asphalt route by which it takes 250 kms to get to San Martin de Los Andes.



1 h 8 min (81 km)

La ruta más rápida, el tráfico habitual

How far is San Carlos de Bariloche from Villa La Angostura?

How do I get there from Bariloche?

It is 85 kms away from Bariloche City which takes approximately 1 ¼ hrs journey. It is possible to get there by hiring a van drive from the BRC airport or the Bus Station. It is also possible to come on a transit bus from the Bariloche Bus Station to the Villa La Angostura Bus Station by the following companies: Algarrobal or Albus.

Airlines contact

Aerolíneas Argentinas / Austral:

- Bariloche: Mitre 185
- Teléfonos: 0810-222-VOLAR(86527) – En Aeropuerto 4422144
- Call Center 0810-222-VOLAR(86527)
- Web/Mail:
www.aerolineas.com.ar
info@aerolineas.com.ar

LATAM Argentina

- Sucursal Bariloche: Mitre 534
- Teléfonos: 4427755 / Aerop: 4431077 / fax 4420551 0810-9999-526
- Web/Mail: www.latam.com – lanbariloche@speedy.com.ar

Andes Líneas Aéreas

- Buenos Aires: Av. Cordoba 673, Piso 4
- Teléfonos: 0810-777-26337
- Web/Mail:
www.andesonline.com
bariloche_ld@lade.com.ar

Flybondi

- <https://www.flybondi.com> - hola@flybondi.com

Norwegian

- 0800 345 7952

Teléfonos: 54 11507 89745

- <https://www.norwegian.com/ar>

GENERAL SCHEDULE

Day	Time	
Tuesday 12-11	13:00 - 18:30	WMRA officials arrival
	14:00 – 21:00	Teams arrival - Option C – See page 34
Wednesday 13-11	09:00 - 20:30	Accreditation for Teams at Conventions Center
	12:30 - 13:30	Lunch at the Jaime De Nevares School
	12:00 - 21:00	Press Room open hours
	14:00 - 21:00	Teams arrival - Option A & B – See page 34
	16:00 – 19:00	IAAF Mountain & Trail Running Seminar at Conventions Center
	All day	View course WCh and WLDCh
	20:00 - 21:00	Dinner at the Jaime De Nevares School
Thursday 14-11	All day	View course WCh and WLDCh
	07:00 - 21:00	Press Room open hours
	09:00 - 12:00	WMRA Congress at Arrayanes Conventions Center
	09:00 - 20:30	Accreditation for Teams at Arrayanes Conventions Center
	10:00 - 20:00	Open Race accreditation in CEF 7
	12:30 - 13:30	Lunch at the Jaime De Nevares School
	14:00 - 21:00	Teams arrival
	14:00 - 18:00	Collection of personal souvenir kits for WCh and WLDCh (for each athlete in CEF 7 Open Race Accreditation Center)
	17:00	Press round selection elite runners at Arrayanes Conventions Center
	17:00	WCh Technical Meeting at Arrayanes Conventions Center (Subject to changes)
	19:00	Opening Ceremony at San Martín Square
	20:00 - 21:00	Dinner at the Jaime De Nevares School
	20:00 - 22:00	VIP reception- Bandurrias Food & Co

GENERAL SCHEDULE

Day	Time	
Friday 15-11	07:00 - 21:00	Press Room open hours
	09:00 - 20:00	Open Race accreditation in CEF 7
	09:45	WCh Juniors - Men - Race Start at Golf
	10:15	WCh Juniors - Women - Race Start at Golf
	10:15	Estimated First arrival Juniors Races at Paseo de los Pioneros Square
	11:45	WCh Seniors - Men – Start at Paseo de los Pioneros Square
	12:15	WCh Seniors - Women – Start at Paseo de los Pioneros Square
	12:30 - 14:30	Lunch at the Jaime De Nevares School
	13:30	WCh Flowers Ceremony San Martin Square
	14:30	15km Open Race Start Paseo de los Pioneros Square
	15:45	Open Race 15km General Award Ceremony San Martin Square
	17:00	WLDCh Technical Meeting at Arrayanes Conventions Center
	19:00	WCh Awards and Closing Ceremony at Arrayanes Conventions Center
	20:00 - 21:00	Dinner at the Jaime De Nevares School
Saturday 16-11	07:00 - 21:00	Press Room open hours
	07:00 – 12:00	Teams departure and transfer to the airport – Option C – See page 34
	08:40	WLDCh (42km) Start
	09:00	Open Marathon Start Paseo de los Pioneros Square
	12:30 - 14:30	Lunch at the Jaime De Nevares School
	13:15	Flowers Ceremony Long Distance WLDCh San Martin Square
	13:30	Award General Open Marathon Race San Martin Square
	19:00	WLDCh Awards and Closing Ceremony at Arrayanes Conventions Center
	21:00 - 22:00	Dinner at the Jaime De Nevares School
23:00	"Kfest" After Race Party (Adrián Mercado Municipal Gym)	
Sunday 17-11	7:00 - 12:00	Teams departure and transfer to the airport - Option A & B – See page 34
	12:00	Kids 42

OFFICIAL PLACES

Paseo de los Pioneros Square:

Senior Men and Women Classic World Championship Start
Senior Men and Women Long Distance World Championship Start
Open Races Start
Finish Line for All Distances

<https://goo.gl/maps/HapLNk6vxLQ2>



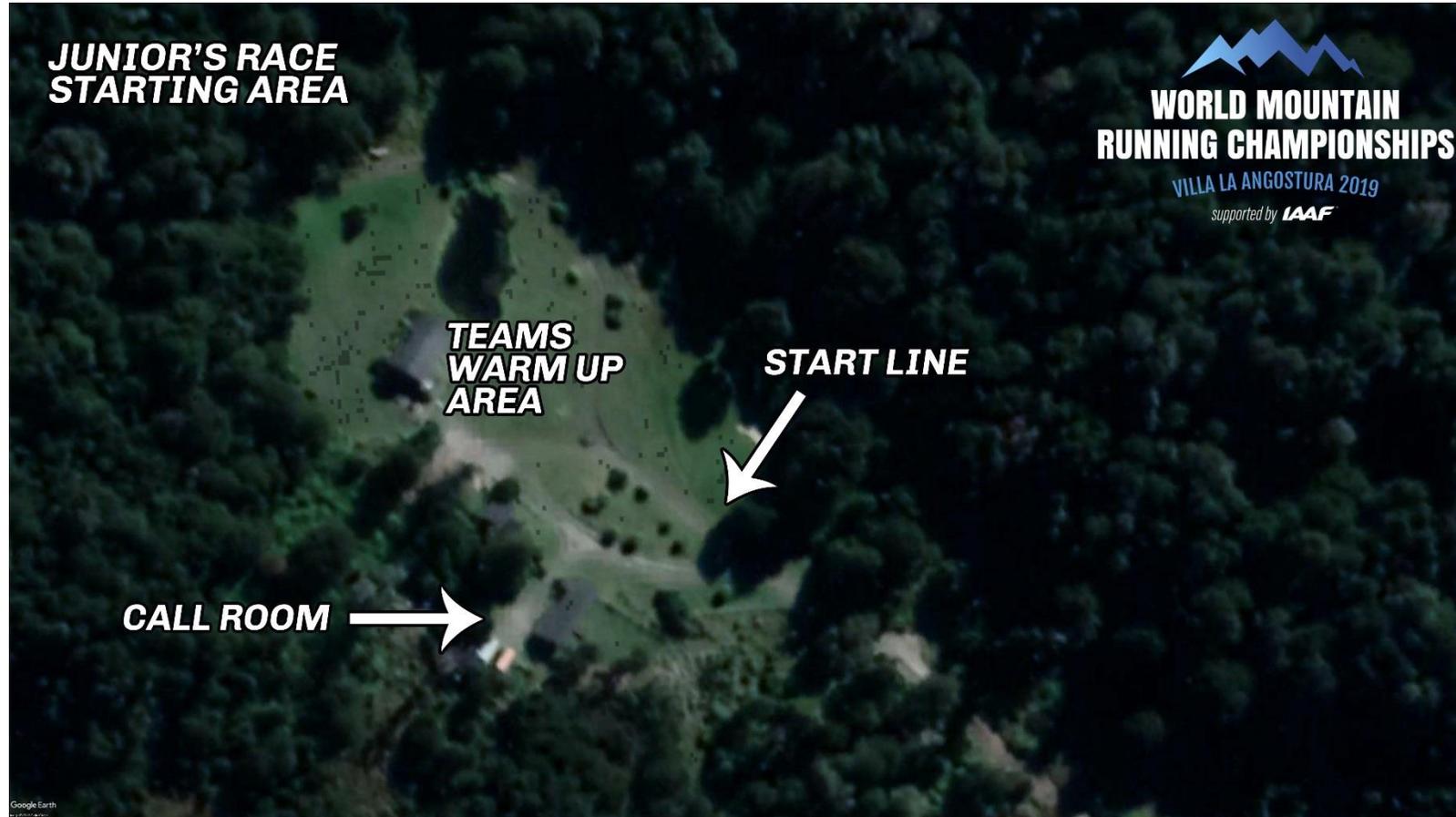
Senior WCh and LDWCh Start Area

<https://goo.gl/maps/wnRETRWsMfL2>



Junior WCh Start Area

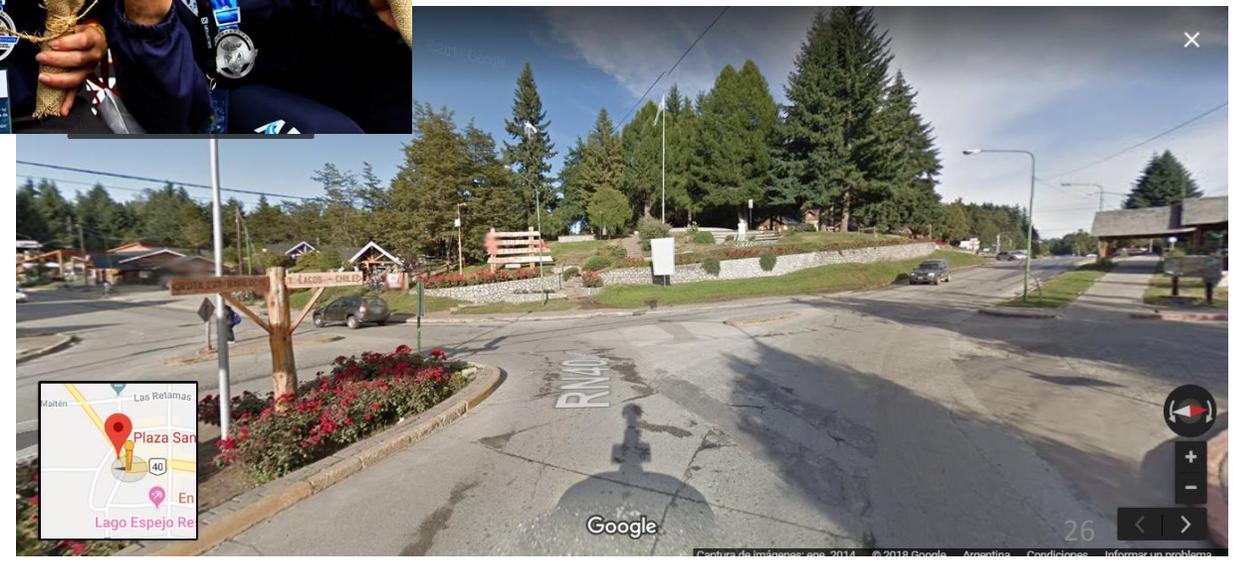
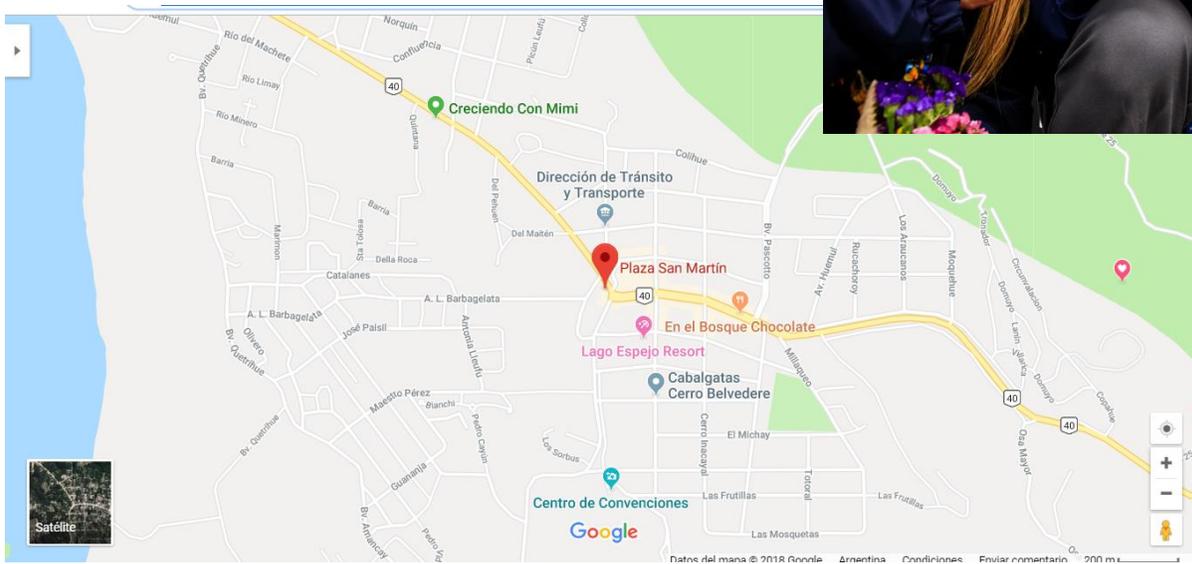
<https://goo.gl/maps/T4GXBVowxKU2>



San Martin Square:

Opening Ceremony
Flower Ceremony

<https://goo.gl/maps/Cmee51db1Nk>



Arrayanes Convention Center:

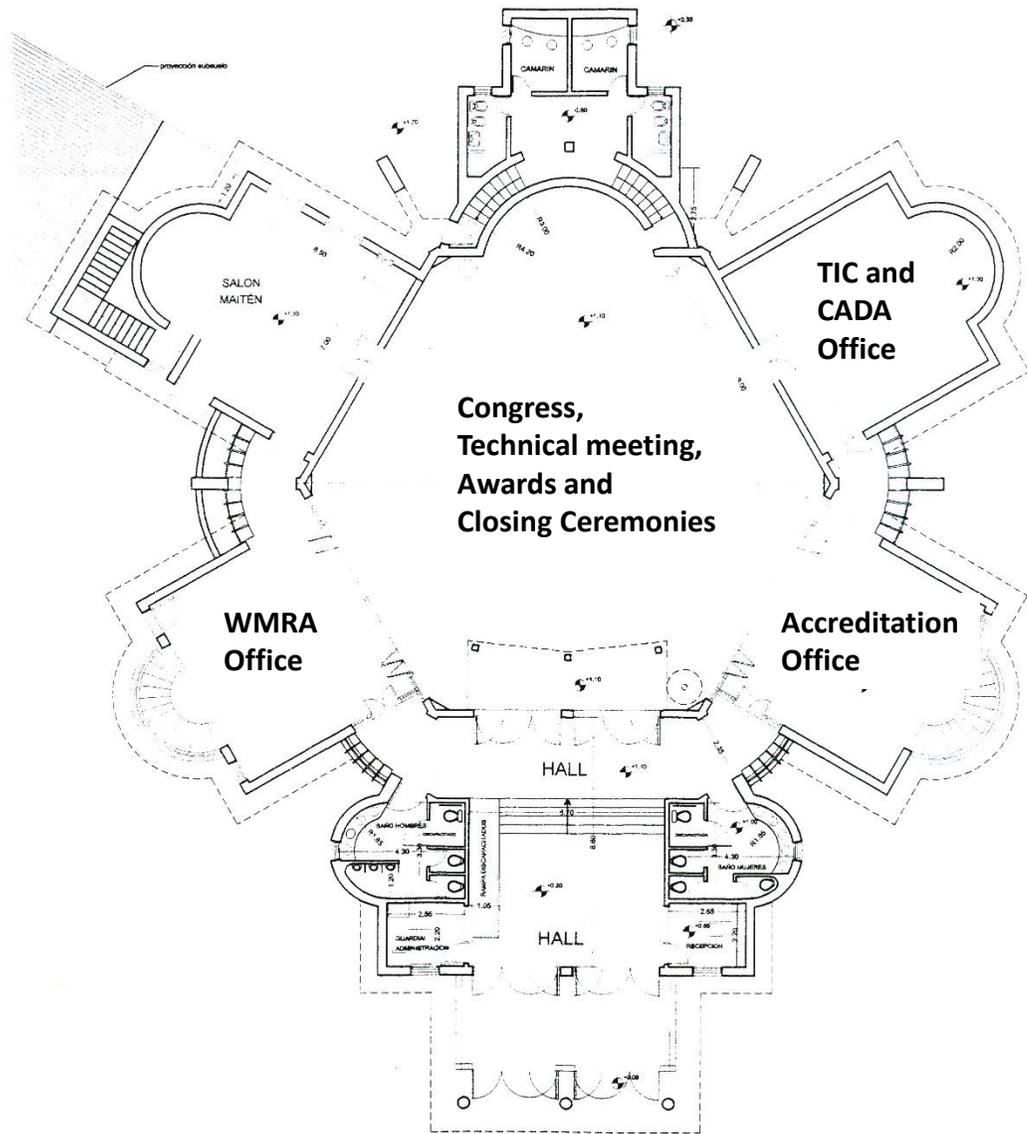
Teams accreditations
WMRA Congress
Technical Meeting
Award & Closing Ceremony
Technical Information Center (TIC)
IAAF's Development Seminar



Arrayanes Convention Center Location

<https://goo.gl/maps/1bm4gJnxFZM2>



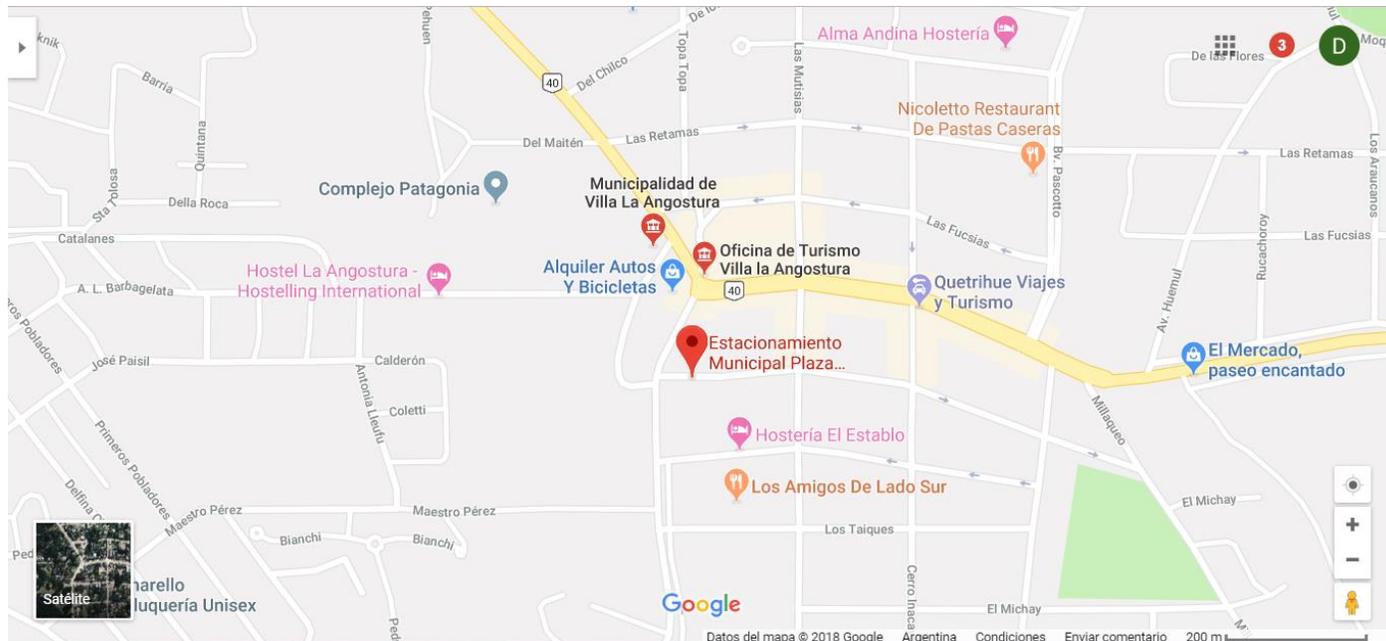


Cultural Center

Pressroom
Doping Control
and LOC Production Office

<https://goo.gl/maps/kYpcPhjMKKU2>

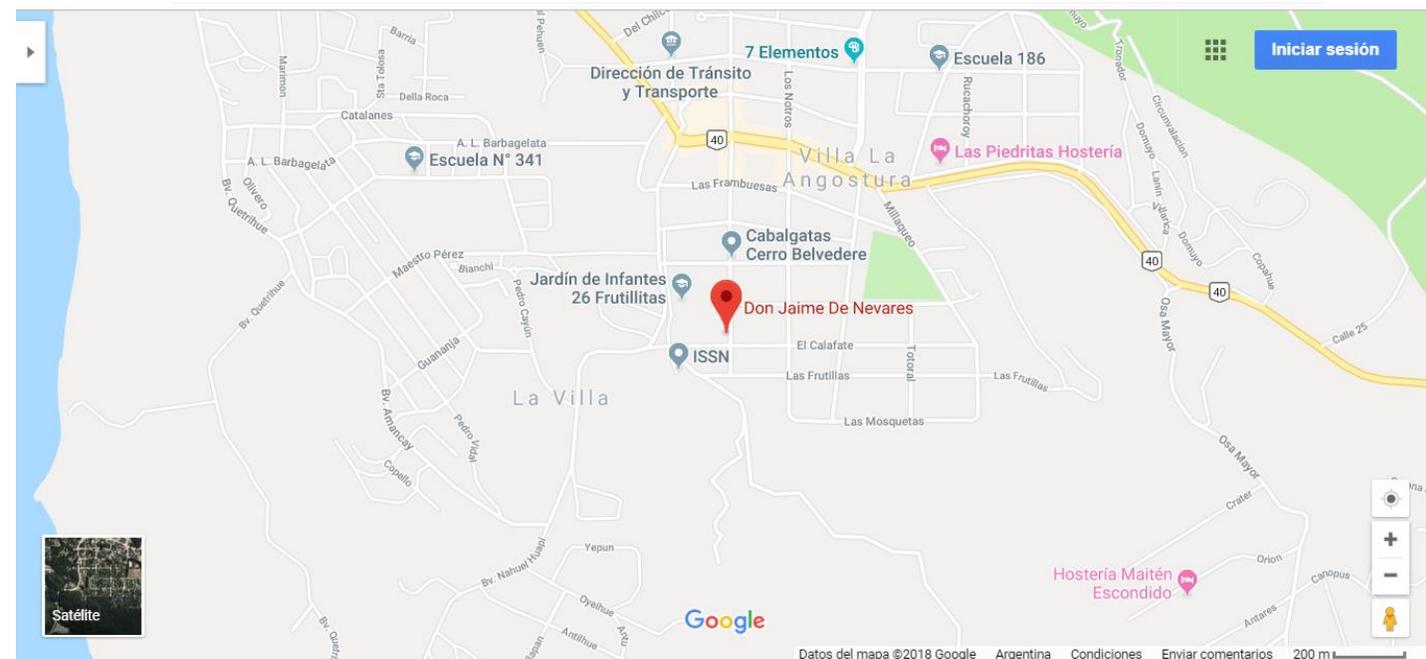
- Fiber Optic Internet
- Coffee service
- Exclusive press room from accredited journalist
- Content room: official film and photography
- Schedule: 08:00 to 23:00 hs
- Production office



Jaime de Nevares School

All Teams Lunch and Dinner Center

<https://goo.gl/maps/9JXuErvzqcF2>



Physical Education Center N°7 (CEF7)

WCh & WLDCh Collect personal souvenir Kit
Open Race Collect Kits

<https://goo.gl/maps/PHwW9E88ah52>



Accommodations

The committee (LOC) is responsible for providing accommodations for four nights, from 14:00 o'clock on Wednesday 13-11. Optionally, teams that request it in the Preliminary and Final Entry Form, may enter on Tuesday 12-11. Accommodations for:

- Long distance:
 - 3 male and 3 female runners for the LD
 - one official per team (two per team competing with two teams of 3 runners)
- Classic:
 - 4 male and 4 female senior runners
 - 4 male and 4 female junior runners
 - One official for less than 5 runners, 2 for 6-10 runners, 3 for 11 or more runners.
- Meals are due from the lunch of Wednesday 13-11 until breakfast of Sunday 17-11 (departure day). (From lunch of Tuesday 12-11 until breakfast of Saturday 16-11, if requested).

All participants should be listed in the Final Entry form in order to secure proper accommodation for everyone.

The LOC will define accommodation for each delegation based on the amount of team members and in/out dates. Given the defined place, **prices for extra nights and/or additional team members will go up to a maximum of USD\$ 50**. These are per person in a double/triple room and includes lunch and dinner. The final amount will be sent directly to each delegation. Any additional will be paid directly in the selected hotel at the moment of check-in. In some cases, a down payment may be requested.

Transport from/to the airport: Per passenger, for groups larger than 5, USD\$ 15 **(each way)**.

Teams arriving earlier than 12-11, and/or leaving later than 17-11, may book transport directly via email at: operaciones@rucanturismo.com (cc omdila@hotmail.com).

Accommodations

Arrival Program to Official Hotels:

- All Teams (Overseas or Continental Teams) Arrival: Tuesday 12-11 or Wednesday 13-11 after 14:00hs.
Teams choice arrival Thursday 14-11 check in after 14:00hs too.
- Departure all Teams: before Sunday 17th 11.00 hs.

Selection teams' arrival:

The official airports are:

-**Bariloche international airport BRC** <http://www.aeropuertobariloche.com>

Phone number: +54 (0)02944 405016

-**and Chapelco Airport CPC**

Phone number: +54 (0) 02972 428388/89

hotel nights	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
date	11-nov	12-nov	13-nov	14-nov	15-nov	16-nov	17-nov
activities					Classic Junior	Long Distance	
					Classic Senior	Awards	
Option A: Long Distance (all countries)			night 1	night 2	night 3	night 4	Departure
Option B: Classic (all countries)			night 1	night 2	night 3	night 4	Departure
Option C: Classic (Optional)		night 1	night 2	night 3	night 4	Departure	

International Travel

The LOC reached an agreement with Air Europa offering a 15% discount for international flights operated by the airline.

A discount code will be sent privately. Flights must be purchased through Air Europa official website.

Those who consult with an executive, may add internal flights. However, the discount won't apply. The fare is only guaranteed with the emission/purchase of the ticket

Any federation who wants to assure seats and fare must do the following:

- Make the purchase as a "group" with a minimum of 10 passengers.
- In the same routes and dates.
- Making a down payment

Payment Conditions:

120 days before departure, a 20% of the total group fare must be paid.

65 days before departure, 40% of the total group fare must be paid.

30 days before departure, the total amount of the group fare must be paid.

This way, Federations may purchase group tickets without indicating the names the passengers. They will have up to 20 days before the flight to indicate the name of the passengers.

The group fare will be indicated and sustained by Air Europa. Subject to availability, according to group, itinerary and number of passengers.

It is not mandatory to fly with Air Europa. Federations may choose to flight with other airlines if they get better fares or deals.

Federations must request the code by email to: info@wmra.info

Contact for group sales: grupos.argentina@globalia-corp.com

Official Transport

Local Transportation

Bus Service Official will operate only:

Arriving Tuesday 12th, Wednesday 13th or Thursday 14th. LOC will do its best effort not to make the teams wait for more than 1 hour

Departures Saturday 16 or Sunday 17

-08:00 hs

-12:00 hs

In their final entry, Teams must inform whether they'll land and departure in Bariloche or Chapelco Airport, flight number, date, hour and number of people who need transportation.

For teams arriving out of these dates, LOC will do its best to organize transportation at Teams expense (the same applies for departures after the 17th)

The Selections can request to get support with the coordination of transport to the Organization (with a cost according to each delegation) (*)

Local transport includes the following transport:

a) All Teams: Service from/to the international airport (Bariloche or Chapelco Airport) to Hotel

b) For Teams housed more 3km to city center:

- Delegates to the Technical Meeting
- Teams delegates to the VIP reception
- For attendance to the Press Conference
- To the Opening Ceremony
- To the competition (teams and delegates)
- To the Award & Closing Ceremony and Final Banquet
- To lunches and dinners

Additional options:

Andes Angostura Car Rental: <http://www.andesangostura.com.ar/es/>

Transfer: <http://www.rucanturismo.com/>

Accommodations, Travel and meals:

Contact for each delegation: travel@patagoniaeventos.com

Additional team members and officials will meet accommodation expenses themselves. This should be requested in the Preliminary and/or Final Entry Form.

Technical Meetings

The Technical Meeting will be held on Thursday 14th at 17:00 for the Classic, and Friday 15th also at 17:00, for the Long Distance WCh, at the Arrayanes Convention Center.

The Meeting will be held in English. Each team may be represented by a maximum of 2 (two) team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be presented in writing, in English, at the venue of the Meeting, at least 1 hour before the beginning.

The Technical Meeting will be attended by:

- LOC and the WMRA Representatives
- Doping Control Delegate
- Representatives of the Organizing Committee
- National Competition Officials
- Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the TIC after the technical meeting.

Technical Meeting Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the LOC and the WMRA Representatives Presentation of the Competition Officials
- Information briefing by the WMRA Delegate on matters not covered by the Team Manual Presentation of the competition and warm-up venues Ceremonies
- Presentation of Jury of Appeal
- Answering questions submitted in writing by federations

Competition Bibs and TAG

Immediately after the Technical Meeting Teams Delegates will receive: 2 competition bibs (+ 1 for bags) and 2 transpoders for each runners, for both shoes. The bibs shall be worn according to IAAF Rule 143. The competition bibs may not been cut, bent or covered in any way.

Technical Information Centre (TIC) AND Team Attaché Leader

Technical Information Centre (TIC), and Team Attaché Leader will provide assistance from Wednesday 13th to Saturday 16th in a Information Desk to will be set up in the Arrayanes Convention Center.

The main function of the TIC is to ensure smooth communication among each Team Delegation, the LOC and the Competition Management of the Championships regarding technical matters, such as: - Handing out the results (one for team) - Collecting protest forms.

For any other need or information, the Team Attaché Leader will be the contact will be available at any time during the event.

See contact in “Local Organizing Committee (LOC)”: Javier Cisterna (TIC) Phone number Phone number: +54 9 343 4737677, E-Mail: villalaangostura@cada-atletismo.org or Claudia Peroni Phone number: +549 299 406 6020, E-Mail: hospitality@wmrch2019.com.ar.

Accreditation

The accreditation center will be located in the Arrayanes Convention Center.

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Photos are not required for the accreditation card system.

Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members.

Team Leaders are requested to collect all the athletes’ passports or IDs and take them to Accreditation Centre in order to allow verification of the participants’ age and nationality.

Access Areas for Teams

All team accreditation cards will allow access to the warm-up area, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course.

Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

Loss of Accreditation

Any lost or damaged accreditation cards should be reported to LOC or to the team reference person. Duplicate cards can be obtained where proof of identity can be established.

INFORMATION DESK

An Information Desk will be set up at Arrayanes Convention Center on Wednesday to Saturday.

For any need or information the Team Attaché, will be available at any time during the event on the phone number +549 299 406 6020

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 any subsequent reduction in the actual numbers of athletes and/or officials.

WCh and LDWCh Entries Deadlines

The Preliminary and Final Entries should be made by IAAF and WMRA federation members using the respective forms, and sent to WMRA and the LOC.

The only Official documents are:

- the PEF (Preliminary Entry Form),
- the FEF (Final Entry Form).

The PEF and the FEF with all requested details shall be sent by the IAAF - WMRA member to the LOC, at CADA and WMRA Secretary according the following deadline:

- **Deadline for the Preliminary Entries (PEF):** **From July 10th to September 15th, 2019**
- **Deadline for the Final Entries (FEF):** **From October 10th to November 4th, 2019**

All form must be sent to villalaangostura@cada-atletismo.org

Final Entries

The form will also request the National Federations a guarantee that all athletes will respect the IAAF Rules in term of doping controls. The Final Entry Form shall include the following sentence: *"We confirm that all the athletes will respect and abide by the IAAF Anti-Doping Rules and Regulations"*

Final Confirmation

Team Leaders or their representatives must confirm, at the accreditation, the athletes who are present and will actually take part in the competition.

Final start lists will be ready for collection after the Technical Meeting.

Competition Bibs and TAG

Each competitor will receive 2 competition bibs (to be used at the front and back, + 1 for bags) and 2 TAGs 1 for each shoes. The bibs shall be worn according to IAAF Rule 143. The competition bibs must not be cut, bent or covered in any way. The competition bibs and TAGs will be distributed immediately after the Technical Meeting.

Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room.

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.

WCh and WLDCh COMPETITION REGULATIONS

Citizenship (WCh and WLDCh)

All IAAF Member federations and all WMRA members are eligible to compete.

WCh Teams composition

Each member federation could be represented by one male and one female, junior or senior team. Juniors under 16 years of age in the year of competition are not allowed to start. Junior categories under 18 years of age in the year of competition are not allowed to start the senior's race.

- Each team will consist of a maximum of 5 athletes, including 1 as alternate (only 4 can start).

WLDCh Teams composition

Each member federation could be represented by one male and one female team. Juniors under 18 years of age in the year of competition are not allowed to start

- Each team will consist of a maximum of 6 athletes, including 1 as alternate (only 5 can start).

The passports of ALL athletes (WCh and LDWCh) will be collected and photocopied upon Accreditation.

Team Scoring (WCh and WLDCh)

The team results shall be decided by the aggregate of places recorded by the three best competitors of each team. The team with the lowest aggregate of points will be judged the winner. In assessing the aggregate, 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.

If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

Any tie will be decided in favor of the team whose last scoring member finishes nearer the first place.

Competition Uniform (WCh and LDWch)

All athletes of the team shall wear the same color competition uniform during the competition and in all ceremonies.

Senior Call Room and Start Area

Call Room Procedures

All athletes (WCh and WLDCh) must report to the Call Room Starting Area **45 minutes** before the Start, but no later than **30** minutes.

The Call Room Area has enough space for a last minute warm up. All athletes must enter the starting area through the call room and control **15 minutes** prior the start.

It is the responsibility of the Team leaders 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.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition

Rules:

- Competition clothing and bags
- The front and the rear Bibs
- Two Ipico Sports transponders for each runner, for both shoes

The call room is exclusive for the World Championship athletes. The Open Races Athletes enter to the start through another door.



Timing, control points and courses marking

Timing

The official timing will be provided by LOC using IPICO Sports System (chip timing system). Two transponders will be distributed with the bib numbers. The results will be displayed on the info board near the Finish Area.

Control

Fixed chip control points will be established along the course at the following locations:

- Golf Course
- “La Piedra”
- The summit of Cerro Bayo
- Manual control: random points

The three first locations will also provide partial classification information in real time.

Additionally, randomized manual control points will be established at undisclosed locations.

Courses Marking

Courses will be marked with a combination of tapes and small posters with arrows and distance.

Senior Classic: orange tape

Juniors: violet tape

Senior LD: orange tape from start to Cerro Bayo summit
and blue from Cerro Bayo summit to finish line



Refreshment Stations

There will be several Refreshment Stations with water, food and isotonic along the course, plus refreshment points arranged close to the arrival area. **Accord detail.** They will be presented on a map during the Technical Meeting.

Personal refreshment may be handed over to athletes by their coaches or other team members on the official Refreshment Stations only.

An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

CLASSIC 14,02km M & W

Reference	Distance (KM)	MASL	Refresh
Start	0	780	
Detour "cajón"	2,7	890	X
Belvedere Path	5,0		X
Stream "Las Piedritas" river	6,7	1345	X
Final ridge and detour waterfall "Inacayal"	9,2	1120	X
River "Las piedritas"	11,7	890	X
Finish Line	14,02	780	X

LONG DISTANCE 41,5km M & W

Reference	Distance (KM)	MASL	Refresh
Start	0	800	
Belvedere Path	5,0	1000	X
Golf house	12,09	890	X
Rout 40 km 2113	17,00	860	X
"La Piedra"	21,00	880	X
Ski Center	26,00	1050	X
Cerro Bayo summit	30,90	1785	X
"1500" refuge	32,15	1500	X
Route 40	38,58		X
Finish Line	41,50	800	X

Protests and Appeals

Protests will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). 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 official Information board).

Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC / TID within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of 100 USD or 90 EUR must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

Doping Control

General Information

Doping control shall be conducted in accordance with IAAF Rules and Regulations under the supervision of the Doping Control Delegate. Both urine and blood samples may be collected immediately before, during or after the Championships.

Athletes selected for doping control shall be informed by anti doping officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS) in the Cultural Center.

Selection of Athletes

The selection of athletes for control will be made by the Doping Control Delegate.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to 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 Therapeutic Use Exemption system prior to attending the Championships.

Flower Ceremonies

The Flower Ceremonies for the individual medalists will take place immediately after the finish of each race near the Finish Line, in San Martín Square.



Opening Ceremony

- Thursday 14th at 19:00 - at San Martín Square, for WCh and WLDCh
- Teams will be collected at 18:30 at
- A short parade will be followed by a ceremony.
- Athletes must wear the official team clothing.



Award & Closing Ceremony

- WCh - Friday 15th at 19:00 - Arrayanes Convention Center.
- WLDCh - Saturday 16th at 19:00 - Arrayanes Convention Center
- Individual and team winners will be invited to gather at the medal preparation area.
- Medalists must wear the official team clothing for the Award ceremonies.
- No national flags will be allowed on the podium.
- A short closing ceremony will follow immediately after the awards and will consist of WMRA flag handover to the next host of the World Mountain Running Championships.

Medical system

General

The medical service is in charge of any medical assistance to teams, the organization, personnel, honorary guests and, during the competition, to the spectators.

In case of an emergency please dial 107 to contact the local hospital.

Medical Services in the Hotels

For medical or emergency needs Team Leaders shall refer to general Emergency number (107) or to the hotel Staff.

Medical Services at the Competition Venue

The “Sistema Integrado de Emergencias del Neuquén” or *Integrated Emergency System of Neuquén* (SIEN) will be responsible for any problem concerning the athletes health both at competition and warming up areas. In case of injuries, only the official 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 his/her own team is hurt or is in need of other medical attention.

Police emergency phone number (101)

Civil Protection phone number +54 294 4241733



Races Distances & Altimetry

	Senior M & W	Ascents	Descents	Start	Finish
Classic Juniors M/W	6,6 KM	393	475	Golf	Paseo de los Pioneros
Classic Seniors M/W	14,02 KM	754	754	P. de los Pioneros	
Long Distance M/W	41,5 KM	2.184	2.184	P. de los Pioneros	



Measuring system



Circuits we measured with a distance wheel (odometer).

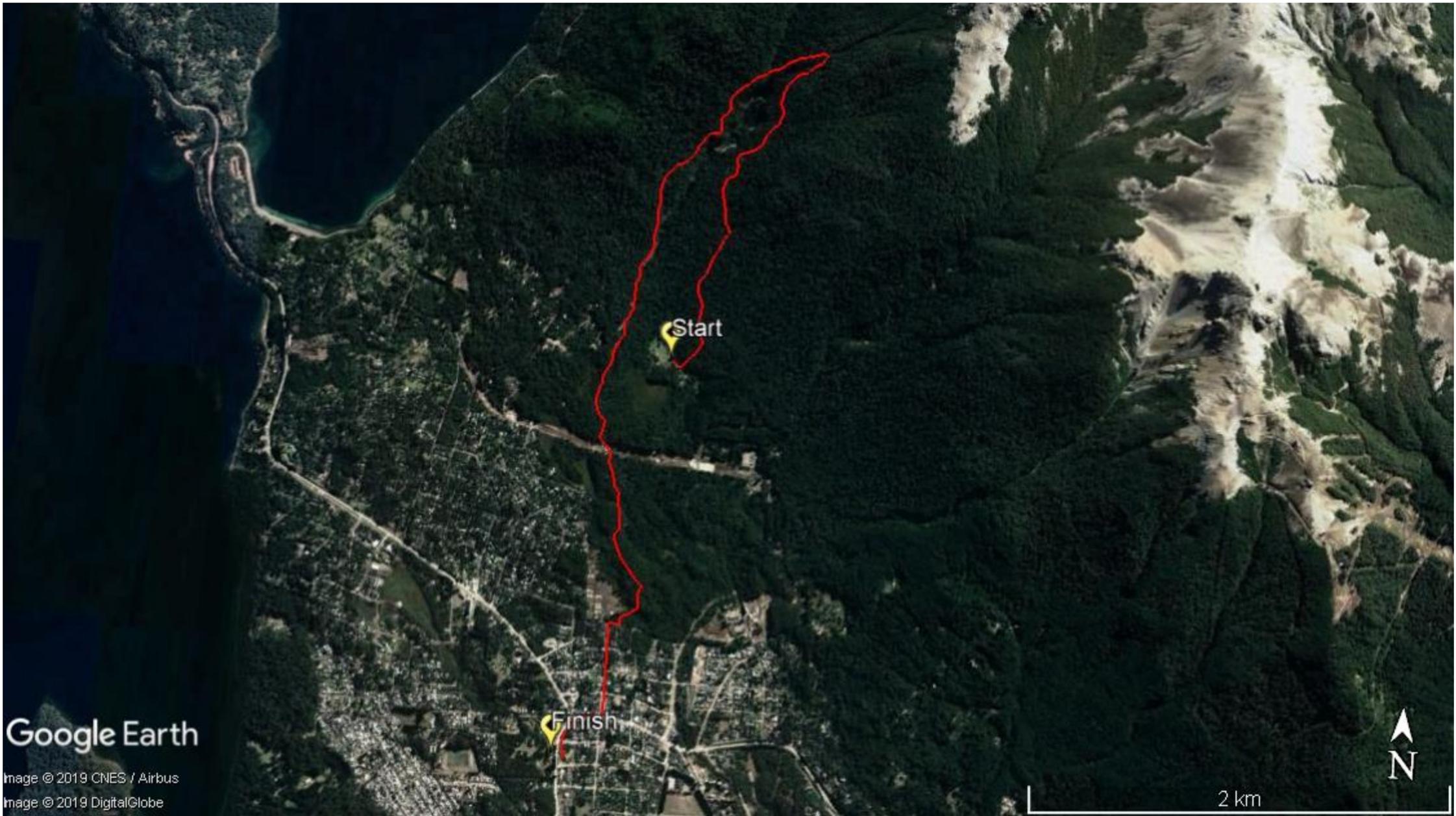
Classic World Championships 2019 - Junior



Distance: 7,60km
Total Ascent: +393 m.
Total Descent: -475m.
Minimum Altitude: 797 masl
Maximum Altitude: 1.247 masl

Juniors DETAILS:

Reference	Distance	Lapse	MASL	Refresh
Start	0,0		880	
Detour	2,0	2	1244	
Waterfall Crossing	2,35	0,35	1145	X
Waterfall Path	2,70	0,35	1075	
River "Las piedritas"	4,00	1,30	892	X
Las Mutisias Street	5,80	1,80	820	
Finish Line	6,63	0,83	797	X



Google Earth

Image © 2019 CNES / Airbus
Image © 2019 DigitalGlobe

(Juniors) Start to 2,0 km - “Belvedere” climb.

Distance 2,02km

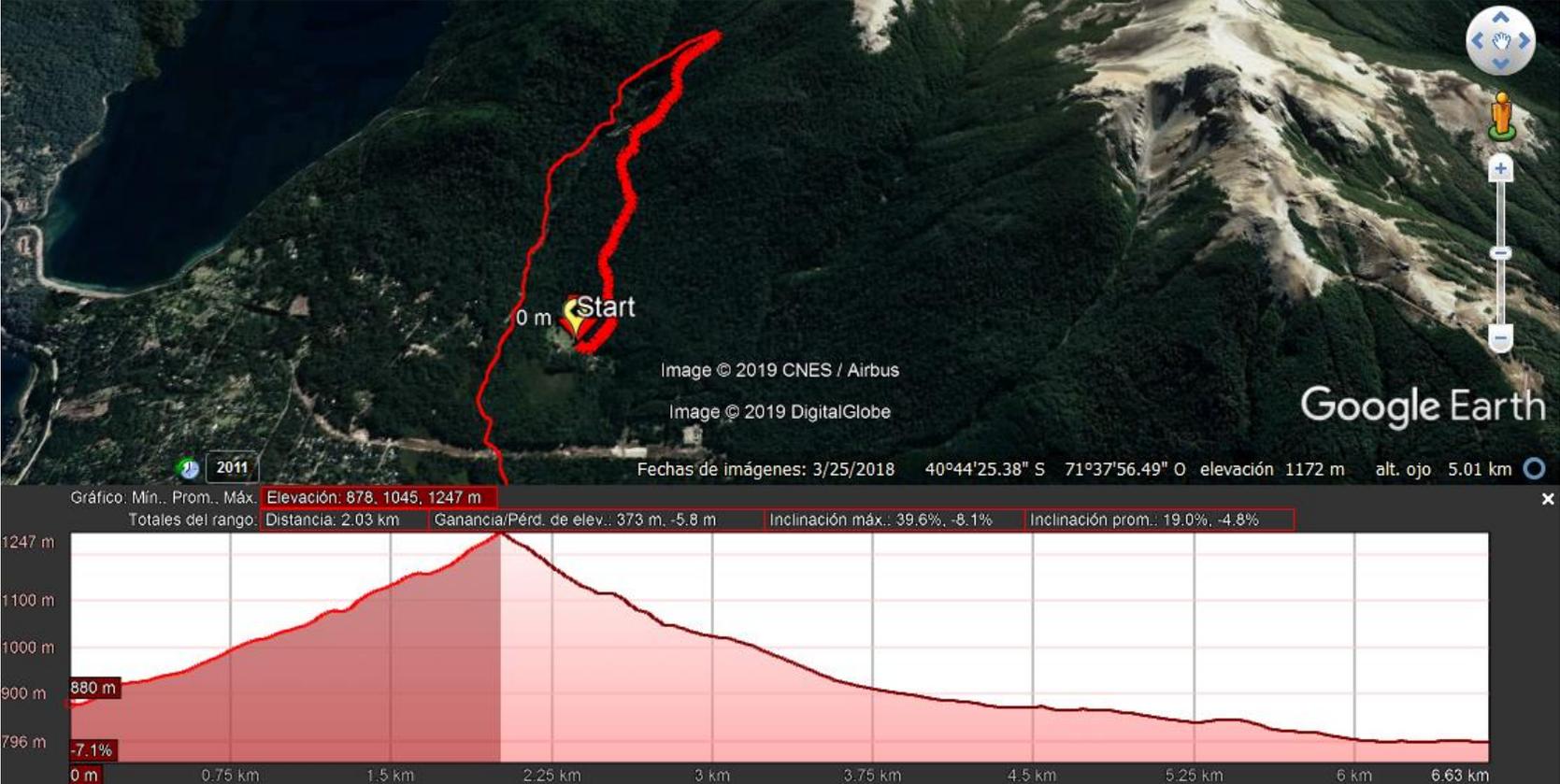
Maximum Altitude: 1.244 masl

Ascent: +370m

Average Inclination: 19%

Characteristics: technical section, steep climbs in a forest which is protected from rains because of its big trees.

Water station



(Juniors) Km 2,00 to 2,40 ; Descent and crossing of part of the ridge descent

Distance 0,4 km

Average unevenness: -29,6%

Maximum unevenness: -35,9%

Characteristics: pronounced descent, averaging an inclination of nearly -30%, crossing of the Bonito stream, with water up to the ankles, assisted by ropes and route staff.



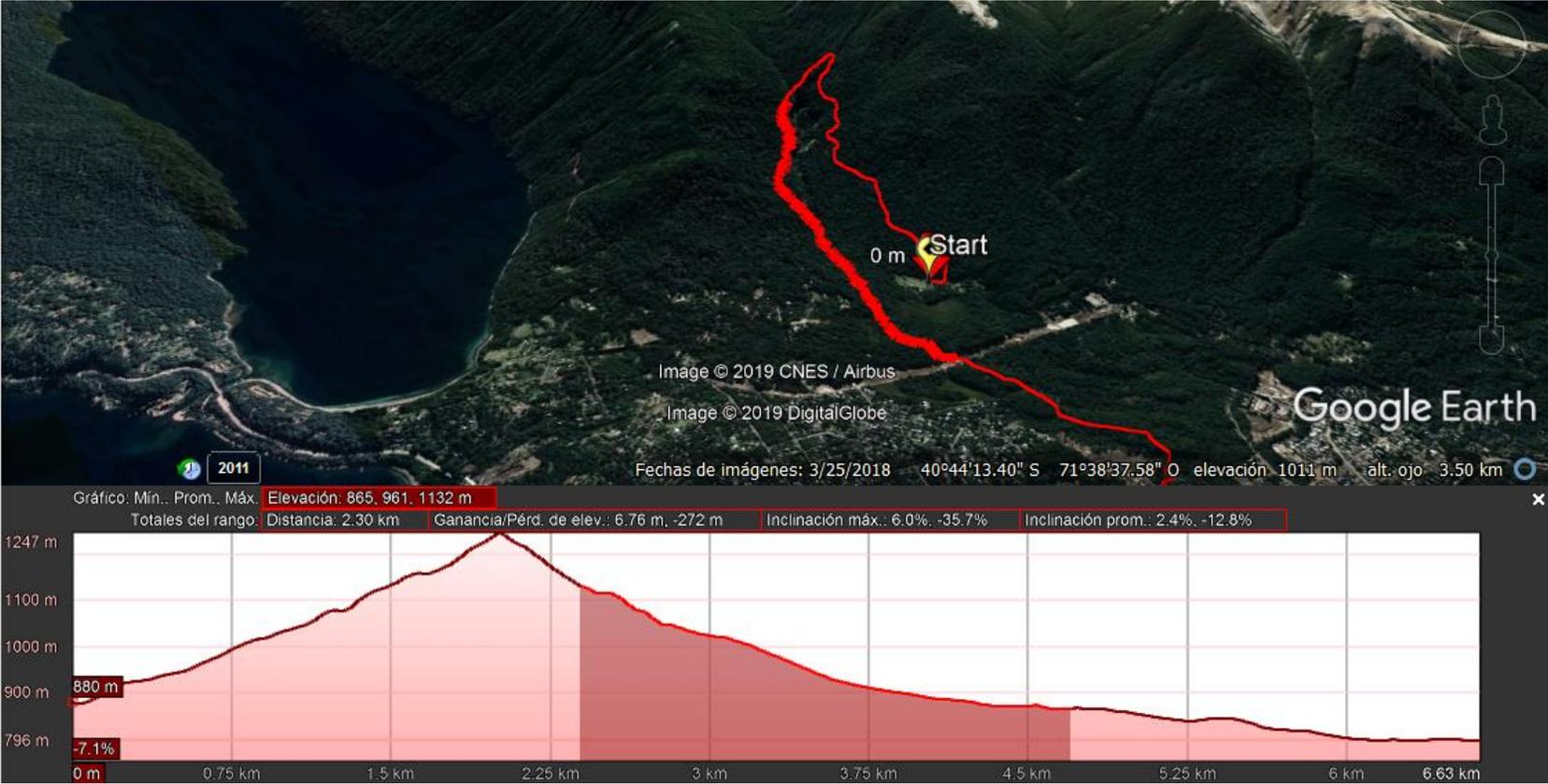
(Juniors) From 2,4 km to 4,70km Descent to the river.

Distance 2,3 km

In the first part: Maximum descent -38% in 300 meters

The last part: wide path, fast terrain in a forest which hasn't technical difficulties.

In the 4,7 km: Road construction and enter again to the path.



(Juniors) From 4,7 to 6,6 Pascotto Path

Distance 1,9 km

Characteristics; wide path without technical difficulties. Protected from rains.

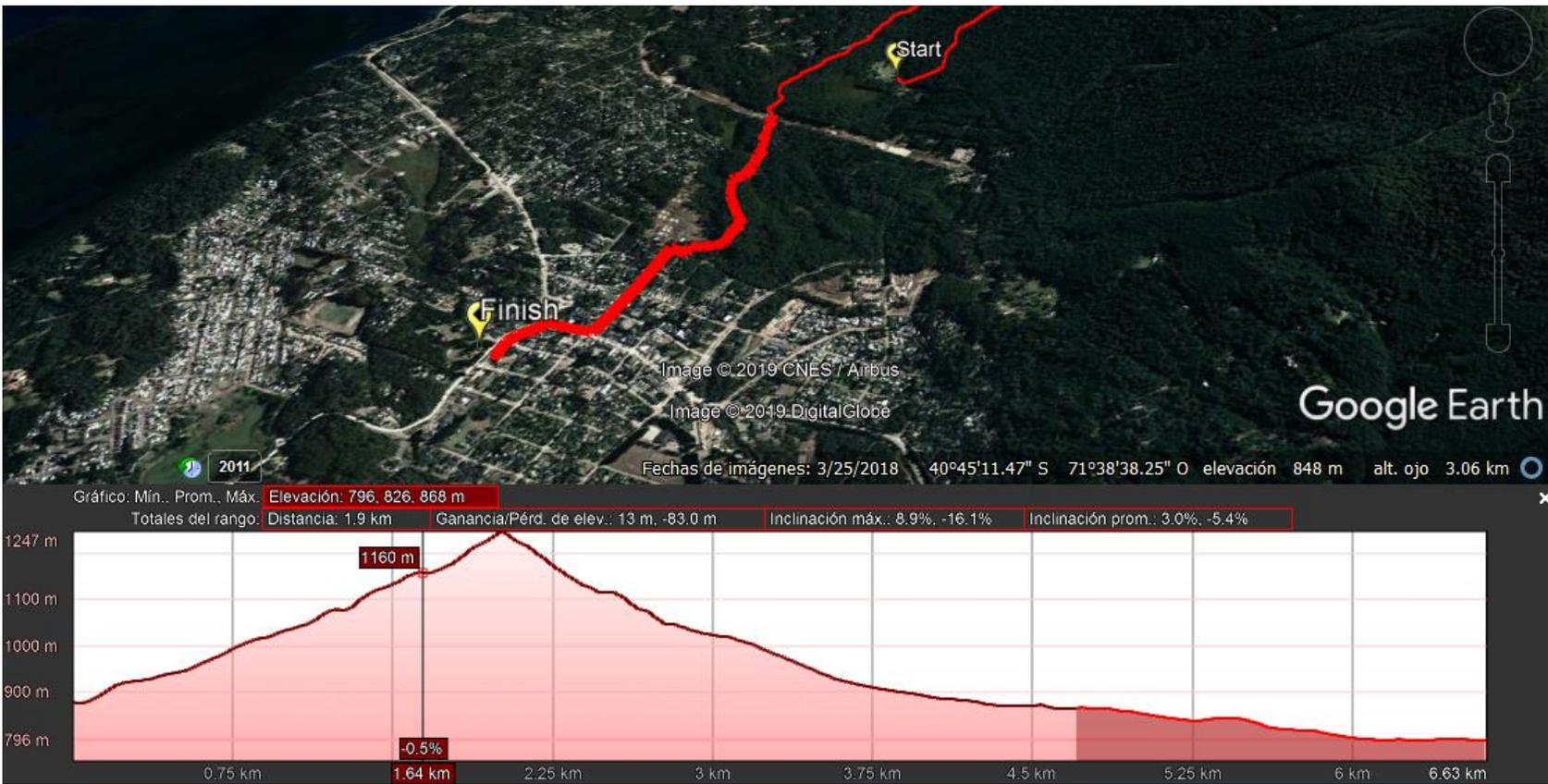
Unevenness: - 83 m

Average inclination: -5,4%

Maximum inclination: -16,1 %

Street that drifts to the finish line: 850m

Unevenness: 0



Classic World Championships 2019 - Senior



Distance: 14,7km

Total Ascent: +754m.

Total Descent: -754m.

Minimum Altitude: 780msnm

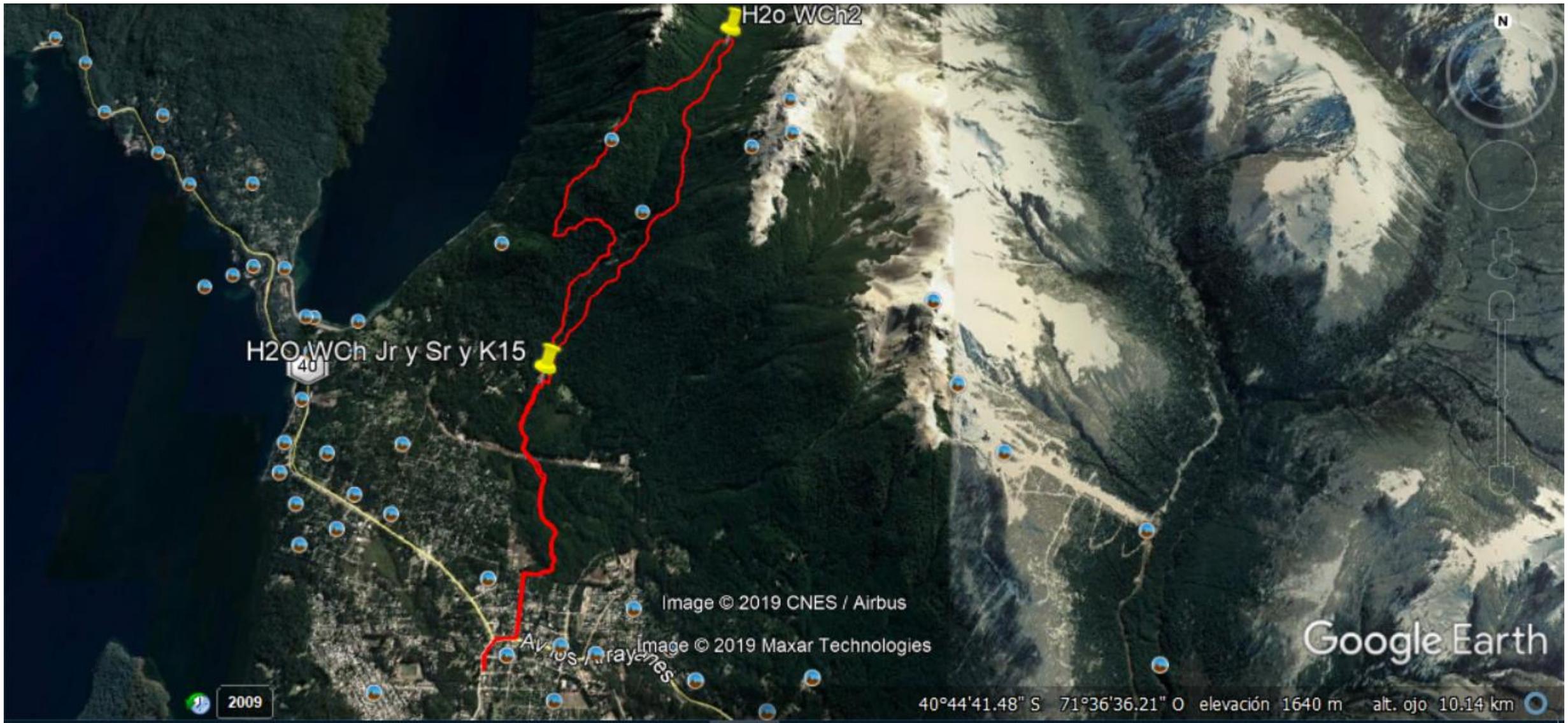
Maximum Altitude: 1.403msnm

**Approximate time ascent from start to Belvedere summit: (km7,3):
38minutes**

**Approximate time decline from Belvedere summit to finish line:
25minutes**

WCh DETAILS:

Reference	distance	lapse	MASL	Refresh
Start	0		780	
Las Muticias Street and Cohihues Street	0,90	900	785	
Entry to the path	0,9	0		
“Las Piedritas” River Lower crossing	2,95	2000	880	
Twin Towers	4,80	1850	1050	X
Stream “Las Piedritas” river	6,90	2100	1345	X
Ridge “Belvedere”	7,50	600	1403	
Final ridge and detour waterfall “Inacayal”	9,40	1900	1120	X
Waterfall path	9,86	660	1150	
River “Las piedritas”	11,90	2040	890	X
Las Muticias Street	13,90	2000	785	
Finish Line	14,85	950	780	X



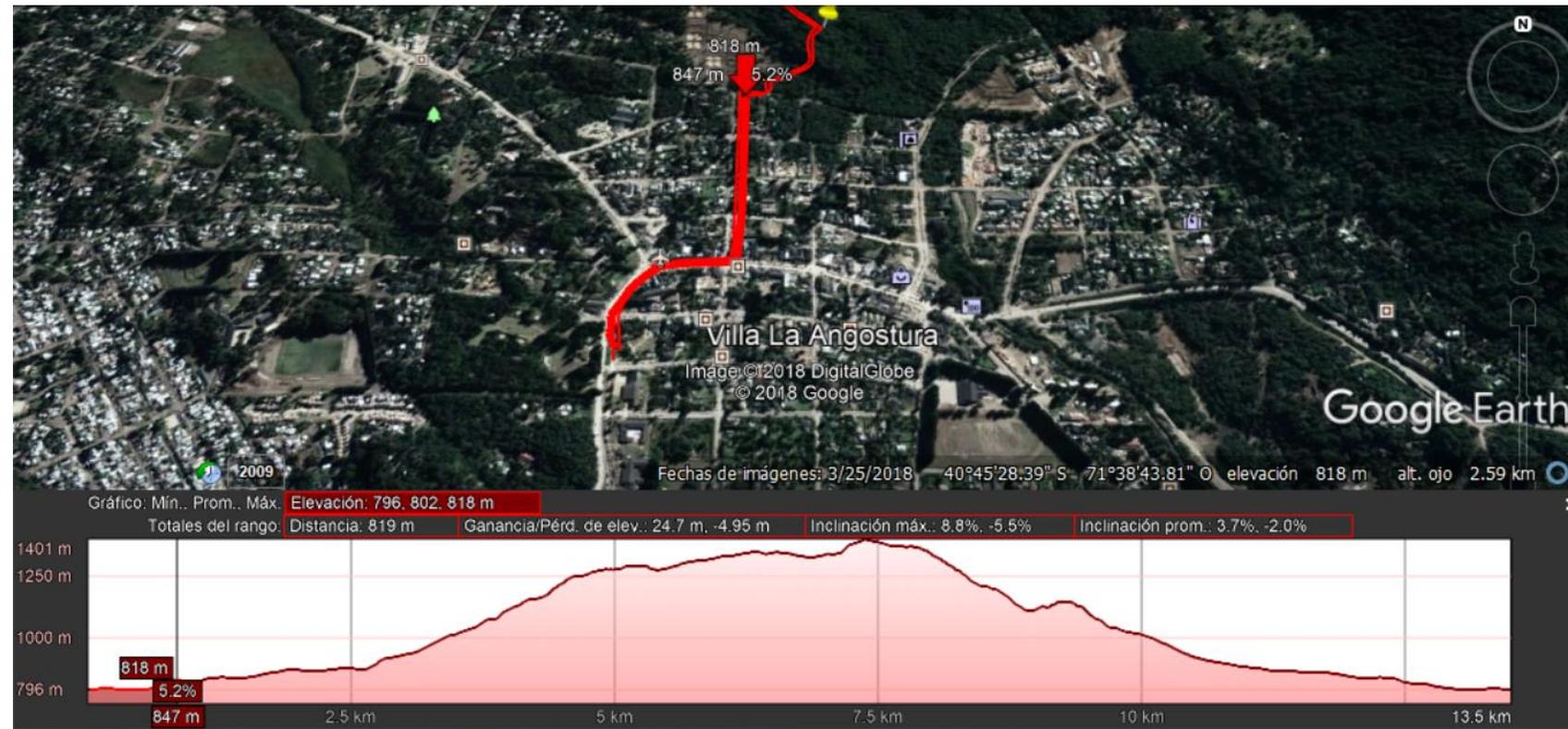
[Download KMZ File](#)

(WCh) Start to km 0,8

Altitude: 800 MASL

Ground: asphalt street (400m) and dirt road (400m)

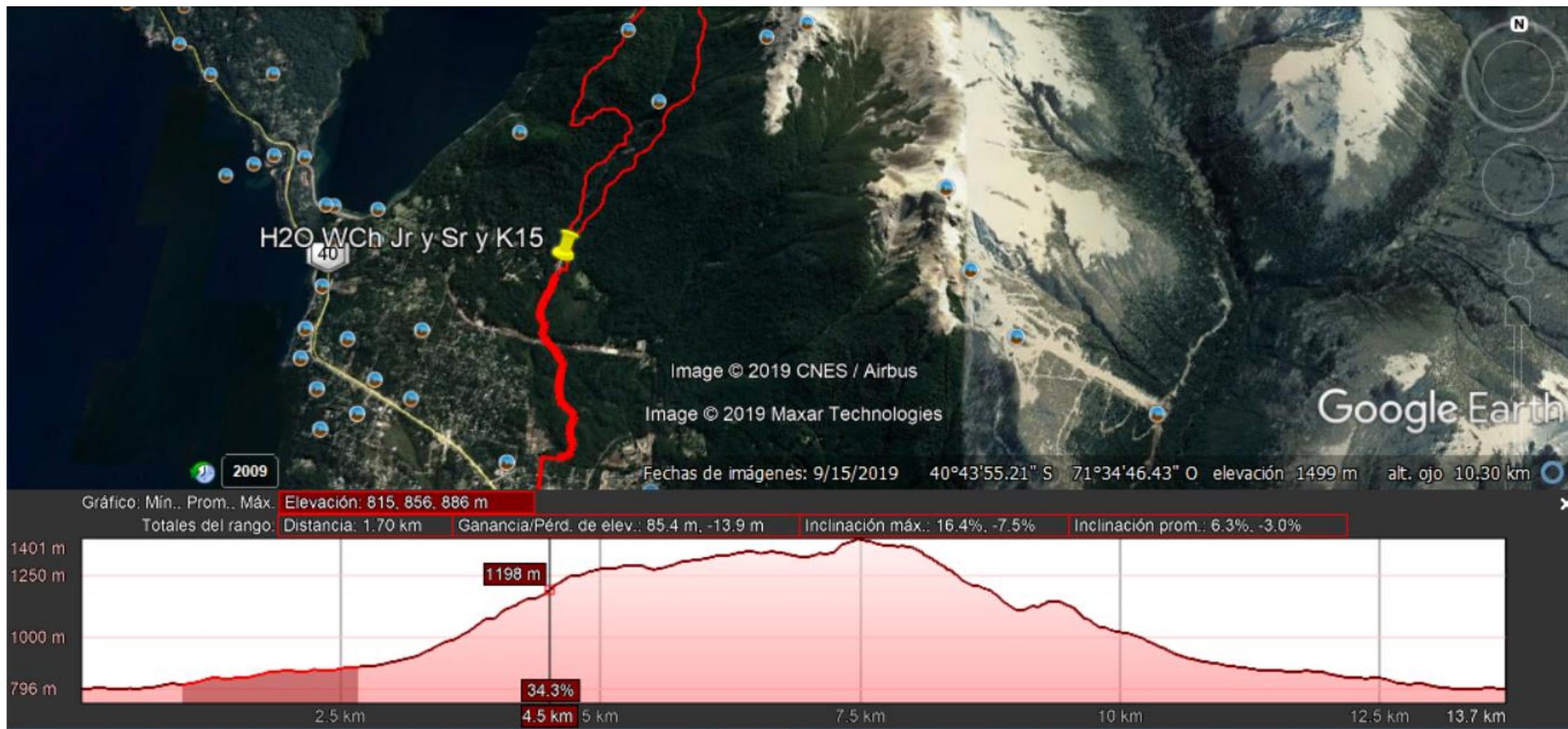
Unevenness: 0



(WCh) From km 0,9 From km 2,95 Violet entry to “Las Piedritas” River Lower crossing

Altitude: 886 MASL

Characteristics: Path in the forest which has big trees, protected from rains, fast terrain without technical level. Crossing of “Arroyo Bonito”. This path is crossed at the beginning and ending of the circuit.

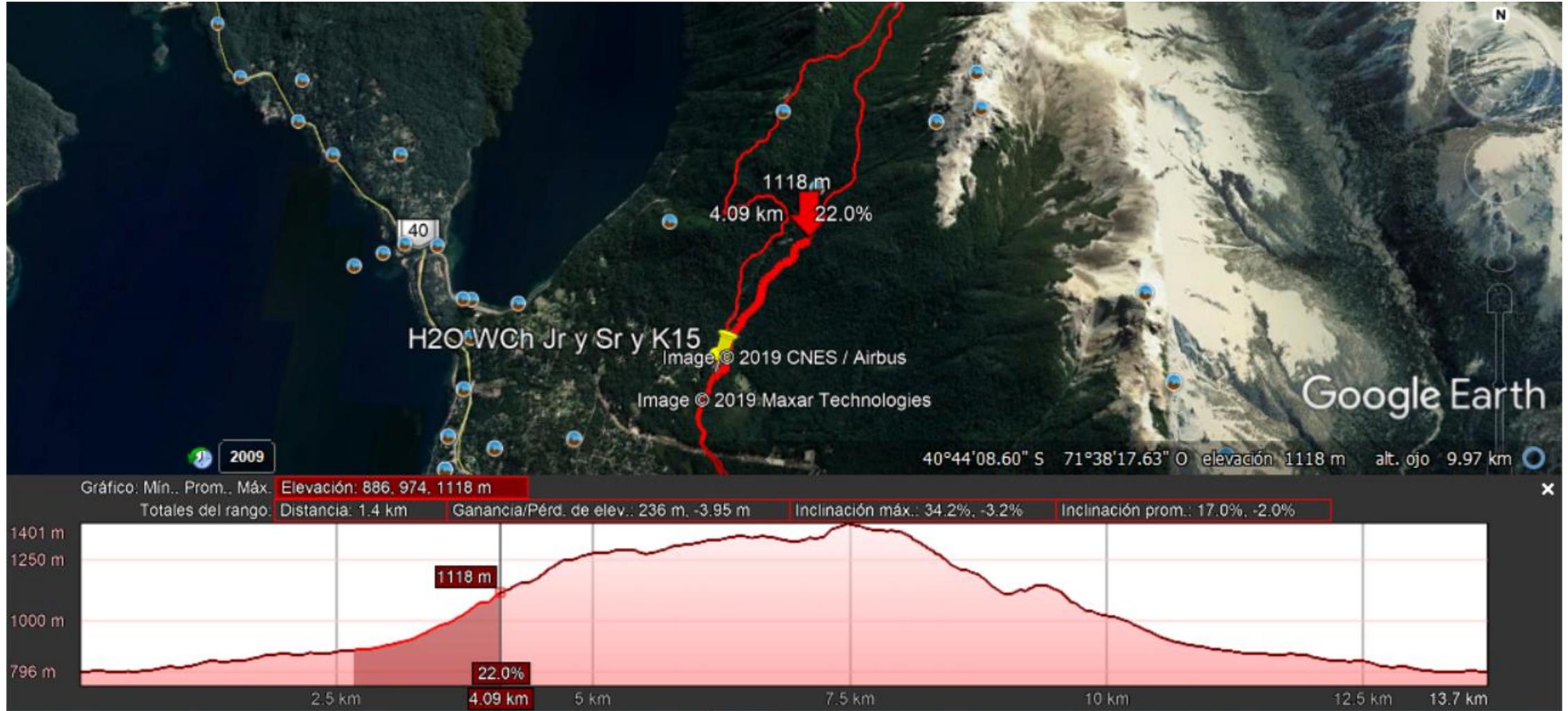


(WCh) From km 2,95 to km 4,80. "Las Piedritas" River Lower crossing to Twin Towers.

Distance: 1,85 km

Water station at kilometer 4,8

Average inclination: +17%



(WCh) From Km 4,8 to 7,3km "Belvedere" climb.

Distance 2,5 km

Maximum Altitude: 1.403 MASL

Ascent: +577m

Average inclination: 14%

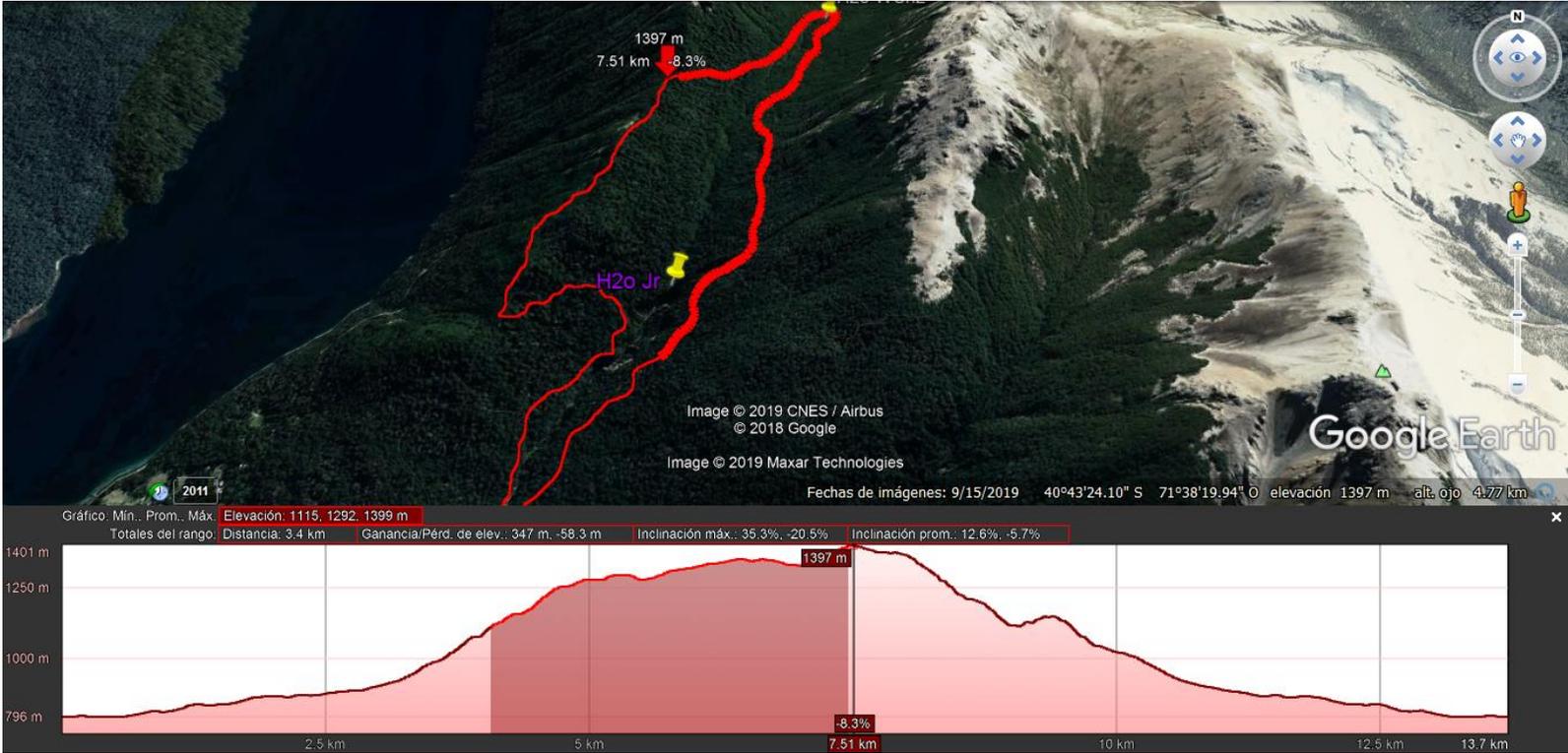
Approximate time until arrive the highest point: 18 minutes.

Characteristics: technical section, steep climbs in a forest which is protected from rains because of its big trees.

River crossing at kilometer 6,9

Water station at kilometer 6,9

Max Ascent:
km4,6: 34% (length 530m)
km6,9: 35% (length 490m)



(WCh) Km 7; First part of the ridge descent

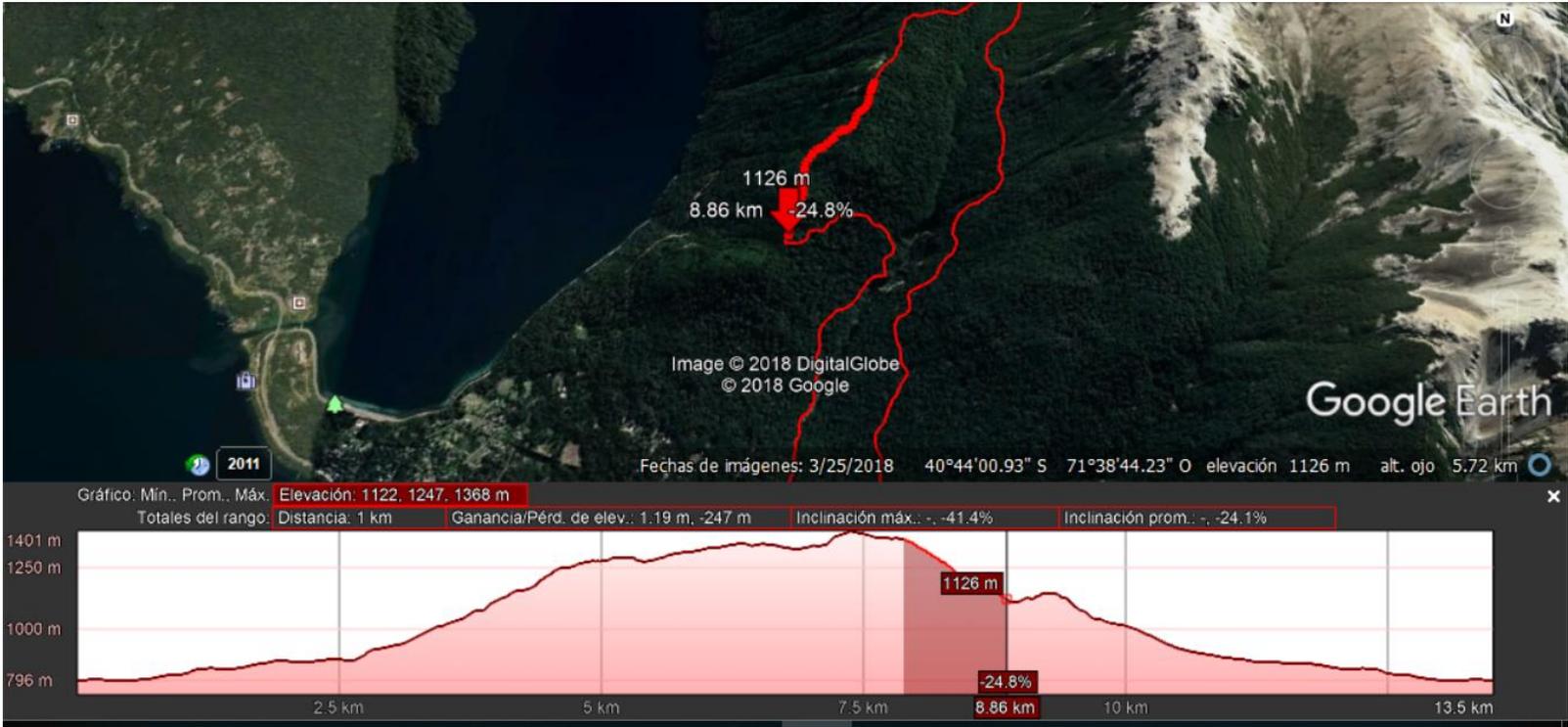
Distance 1,55km

average unevenness: -24%

maximum unevenness: -41%

Approximate time: 7 minutes

Characteristics: technical descent, straight, with trees and natural obstacles.

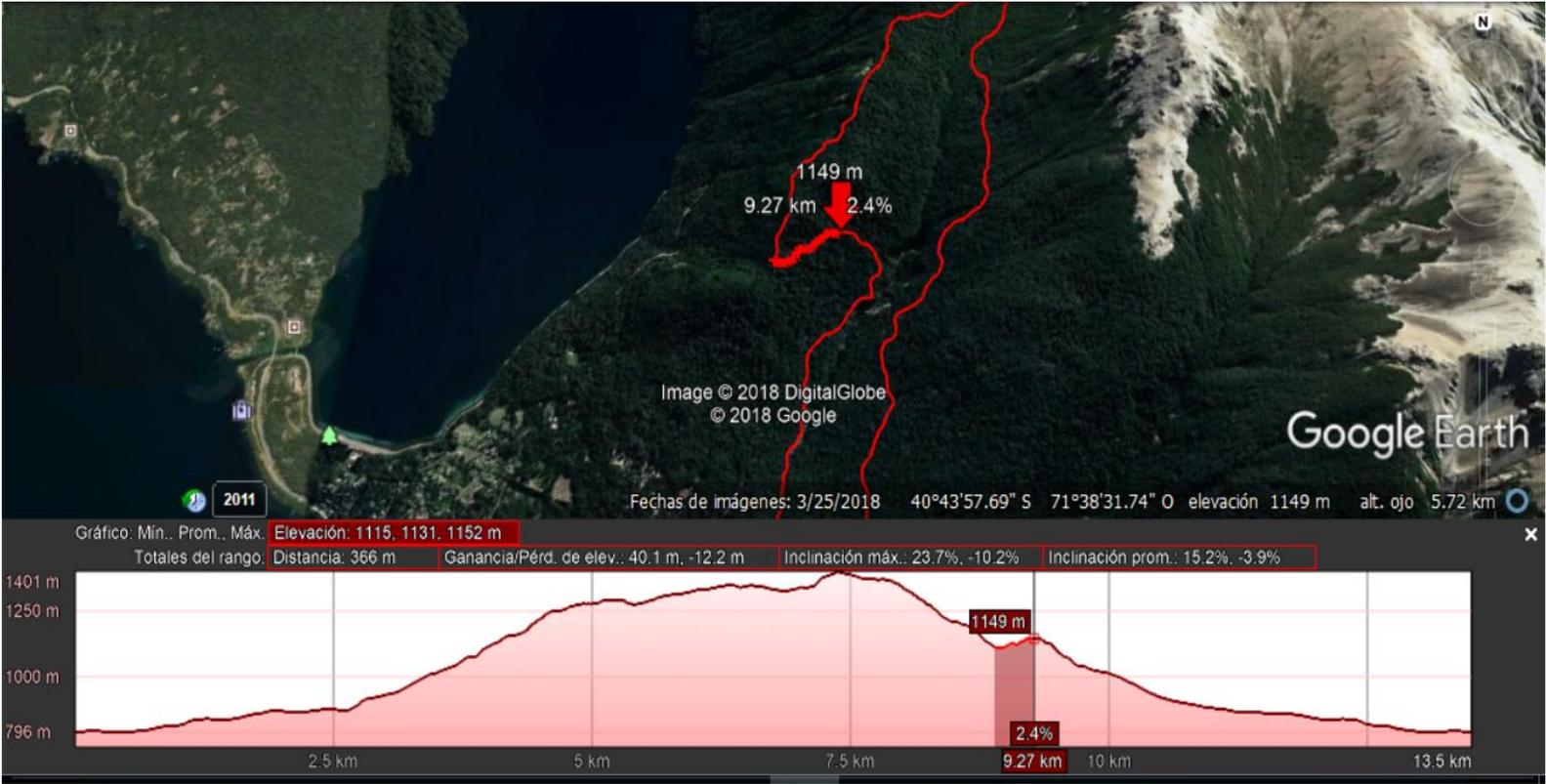


(WCh) Km 8,9 Detour to the Inacayal waterfall

height: 1.120 y 1150 MASL

Short climb of 350meters with a maximum unevenness of +23%

Characteristics: a forest protected from the rains, technical terrain .



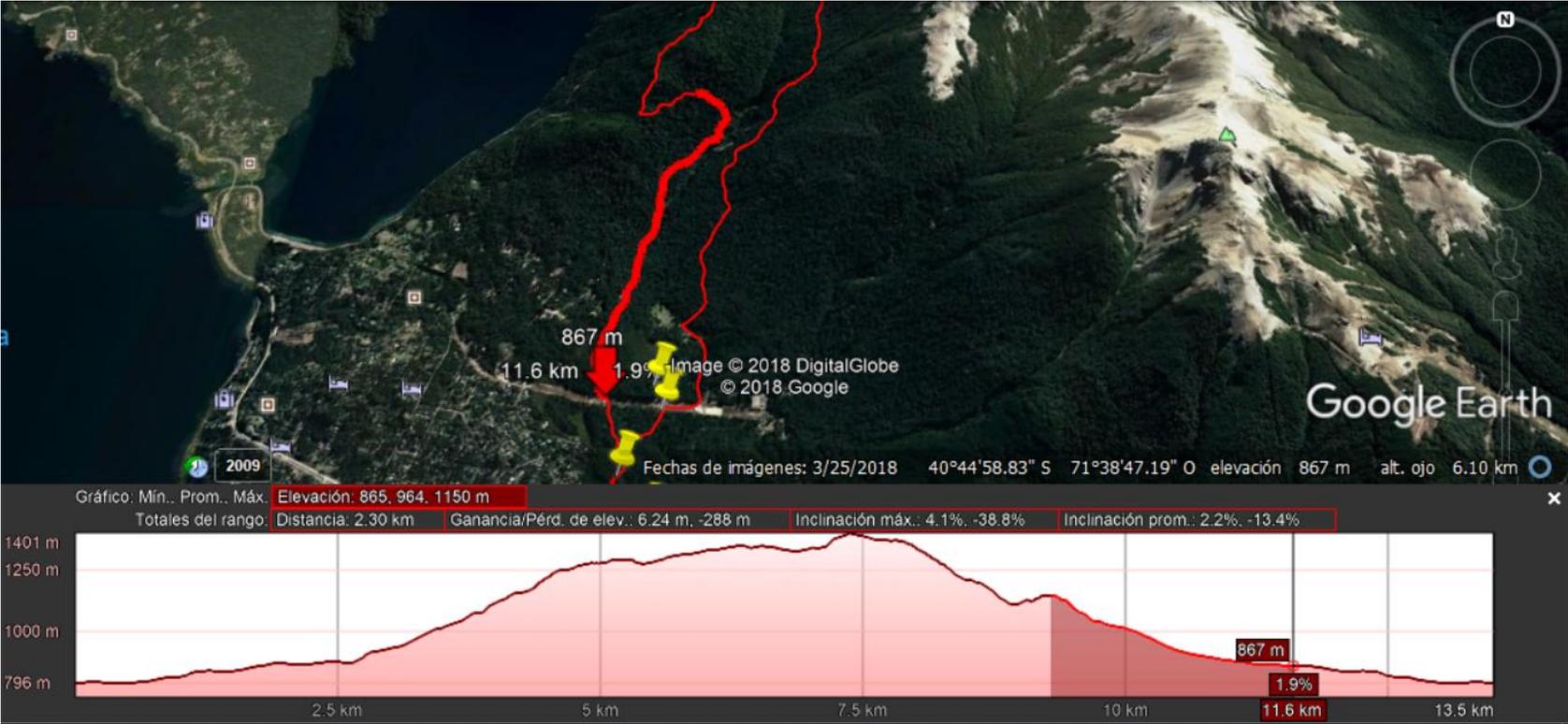
(WCh) Descent to the river.

Distance 2,2km

In the first part: Maximum descent -38% in 300 meters

The last part: wide path, fast terrain in a forest which hasn't technical difficulties.

In the 11.5 km: Road construction and enter again to the path.



(WCh) Pascotto Path

Distance 1,0 km

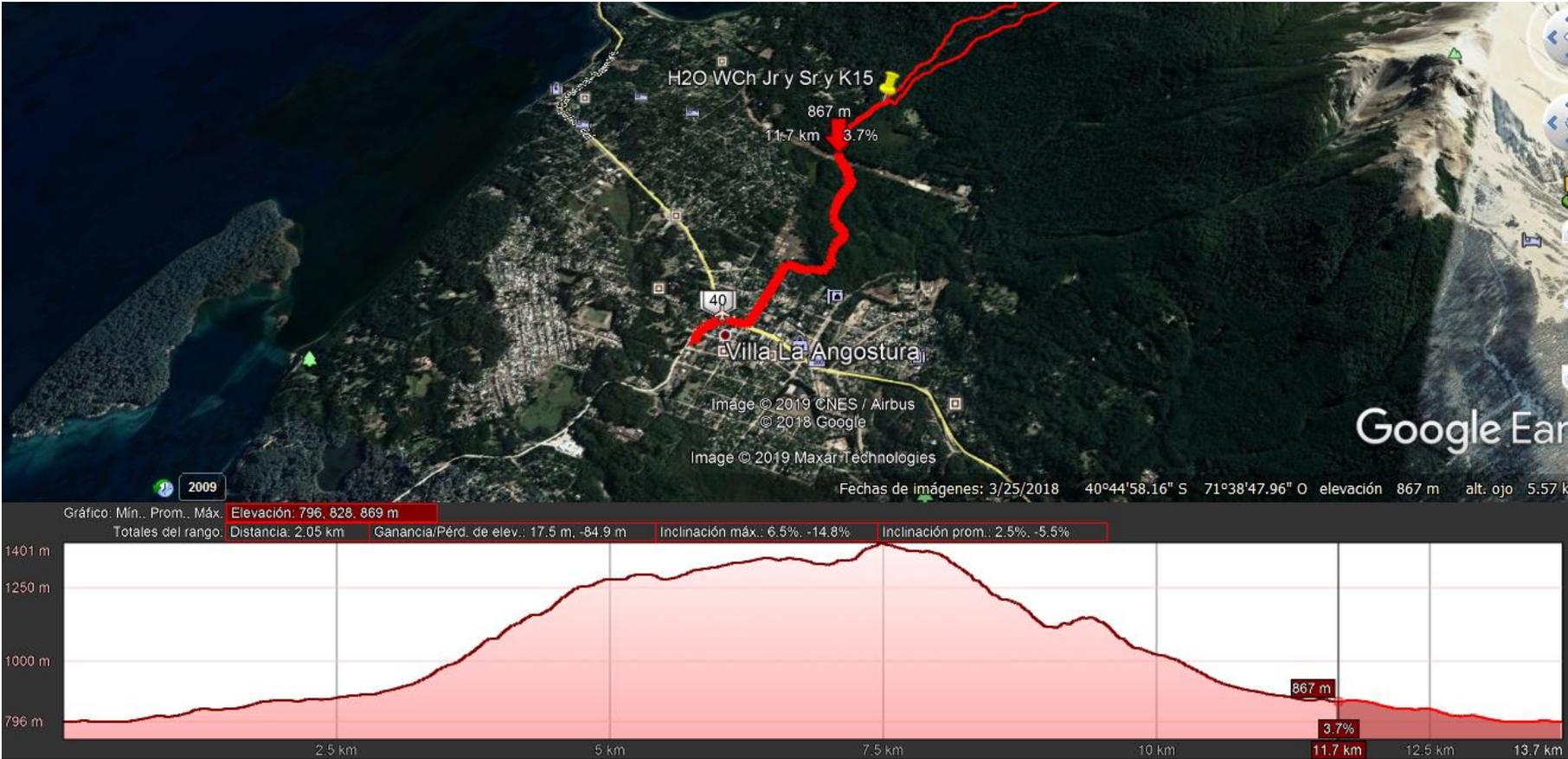
Characteristics; wide path without technical difficulties. Protected from rains.

unevenness: -54m average inclination: -4%

maximum inclination: -15%

Street that drifts to the finish line: 850m

Unevenness: 0



World Long Distance Championships 2019



Distance: 41,5 km

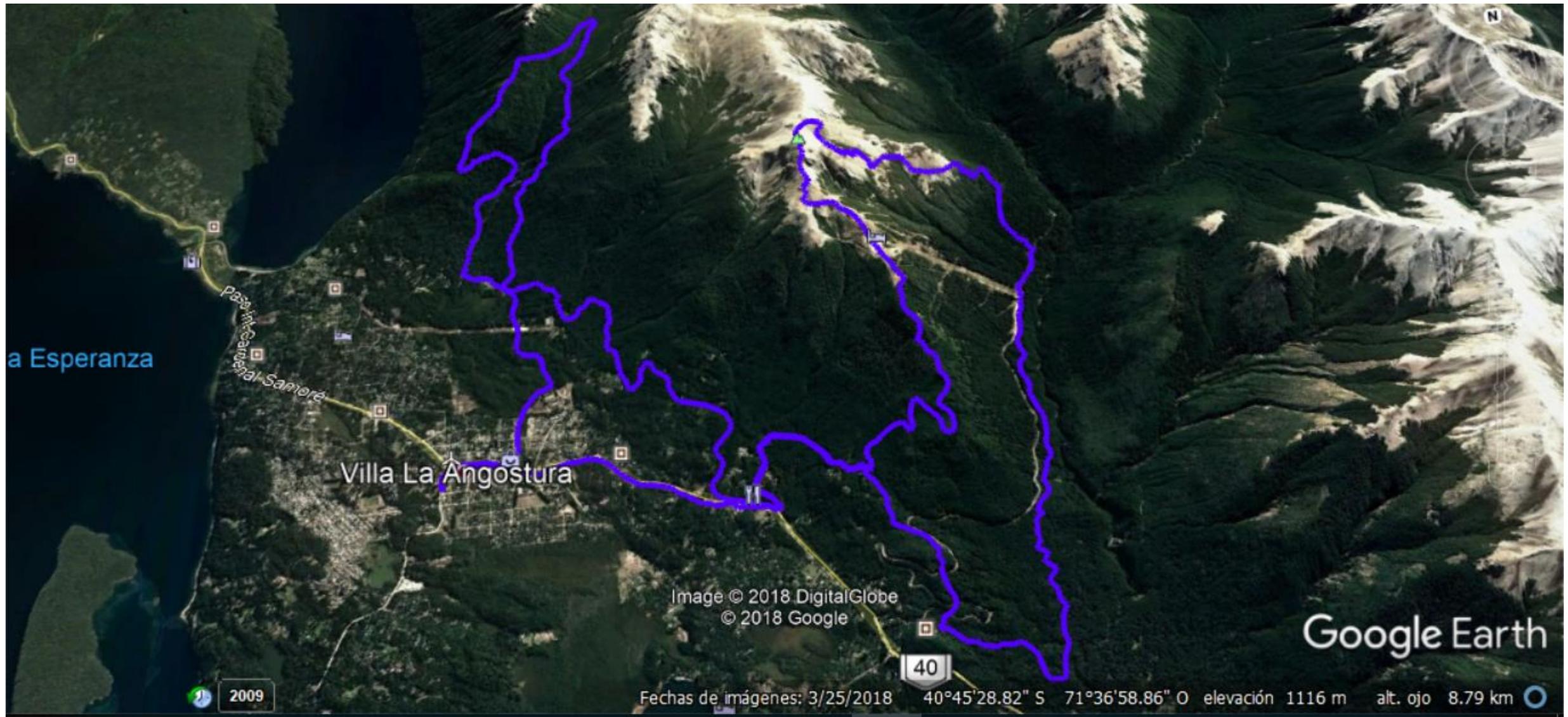
Gradient: +2.184m. -2.184m.

Minimum Altitude: 800 MASL

Maximum Altitude: 1.778 MASL

Reference times: <http://www.movescount.com/moves/move255001499>

Reference	distance	Lap	MASL	Refresh
Start	0		800	
Pascoto Av.	0,67	670	800	
Entry to Pascoto Forest	1,15	480	810	
Los Araucanos Street (EPEN)	1,55	400	830	
Bypass	2,30	750	880	
Detour "cajón"	2,90	600	890	
Belvedere Path	5,00		1000	X
"Las Piedritas" River crossing	6,90	4000	1345	
Belvedere's Ridge	7,70	800	1403	
Final ridge and detour "Inacayal" Waterfall	9,40	1700	1120	
Waterfall Path	10,06	666	1150	
River crossing "Las Piedritas"	11,90	1834	890	
Golf house	12,09	190	890	X
Detour "Matadero Viejo"	12,20	110	865	
"Matadero Viejo" and "Colorado River" crossing	13,20	1000	870	
Urra house	14,40	1200	890	
White Pick Up	14,85	450	870	
Ceferino's house	15,18	330		
Conde Chateaubrian Street	15,51	330	990	
Castle Hotel	16,81	1300	820	
Route 40 km 2113	17,00	190	860	X
Jonny Street	17,45	450		
"El Condor Pasa" accommodation	18,00	550		
White fence House	19,00	1000		
Fonseca's Gate	19,22	225	1050	
MTB downhill	19,45	225	1000	
1 st crossing Route R60				
2 nd crossing Route R60			890	
3 rd crossing Route R60				
"La Piedra"	21,00	1550	880	X
Ski Center	26,00	5000	1050	X
"El Raizal II"	26,80	800	1100	
"Lomo del raizal"	28,57	1770	1430	
"Cows road"	29,40	830	1500	
Cerro Bayo Summit	30,90	1500	1785	X
"Cumelen" refuge	32,00	1100		
"1500" refuge	32,15	150	1500	X
Panoramic path			1490	
"Fonseca's" downhill	34,00	1850		
"Fonseca's" gate	36,80	2800		
Route 40	38,58	1785		X
Finish Line	41,50	2915	800	X

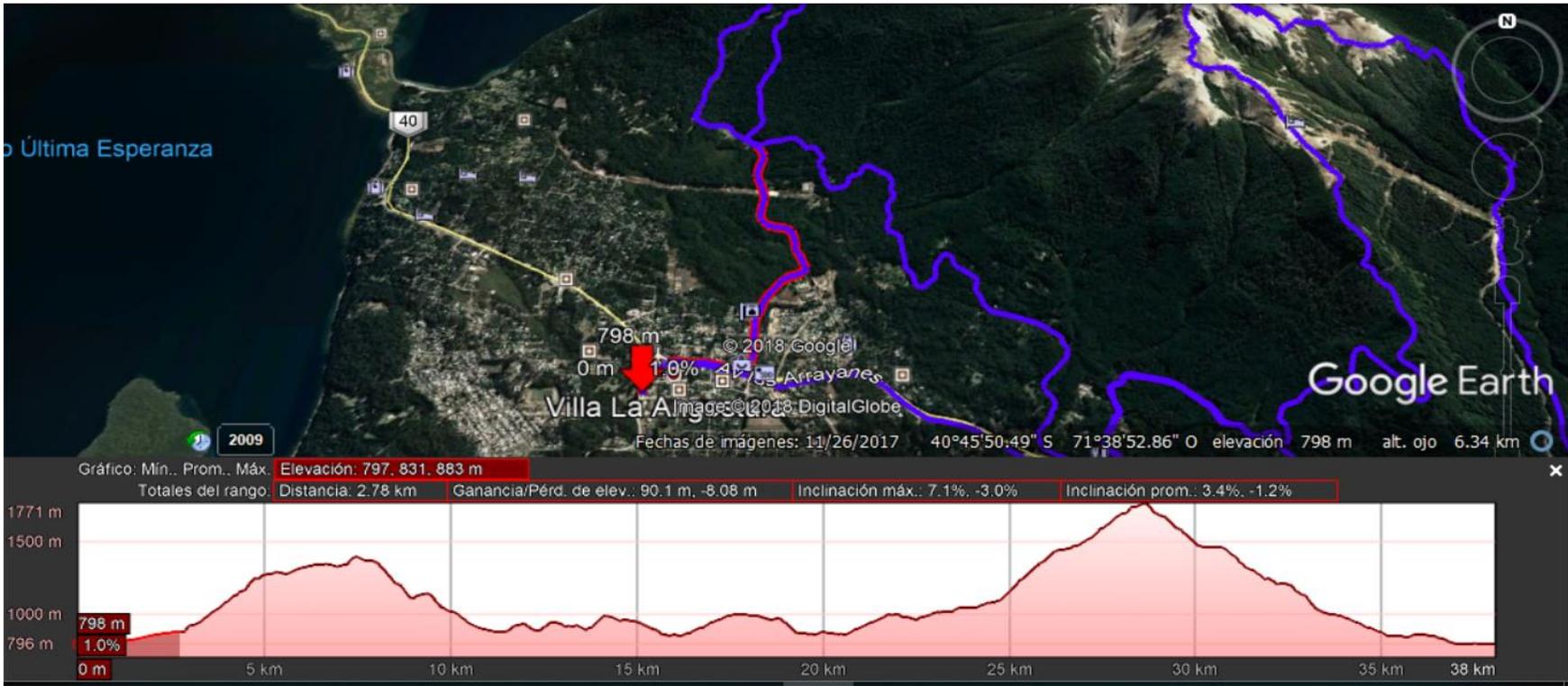


[Download KMZ File](#)

(WLDCh) Start to km 2,78

Altitude: 800 MASL

Ground: asphalt street (600m), and dirt road from detour Cerro Belvedere Street



From Km 2,6 to Km 7,7km “Belvedere” climb.

Distance 4,72km

Maximum Altitude: 1.403 MASL

Ascent: +577m

Inclination Average: 14%

Estimated time until reaching the highest point: 35 to 38 minutes.

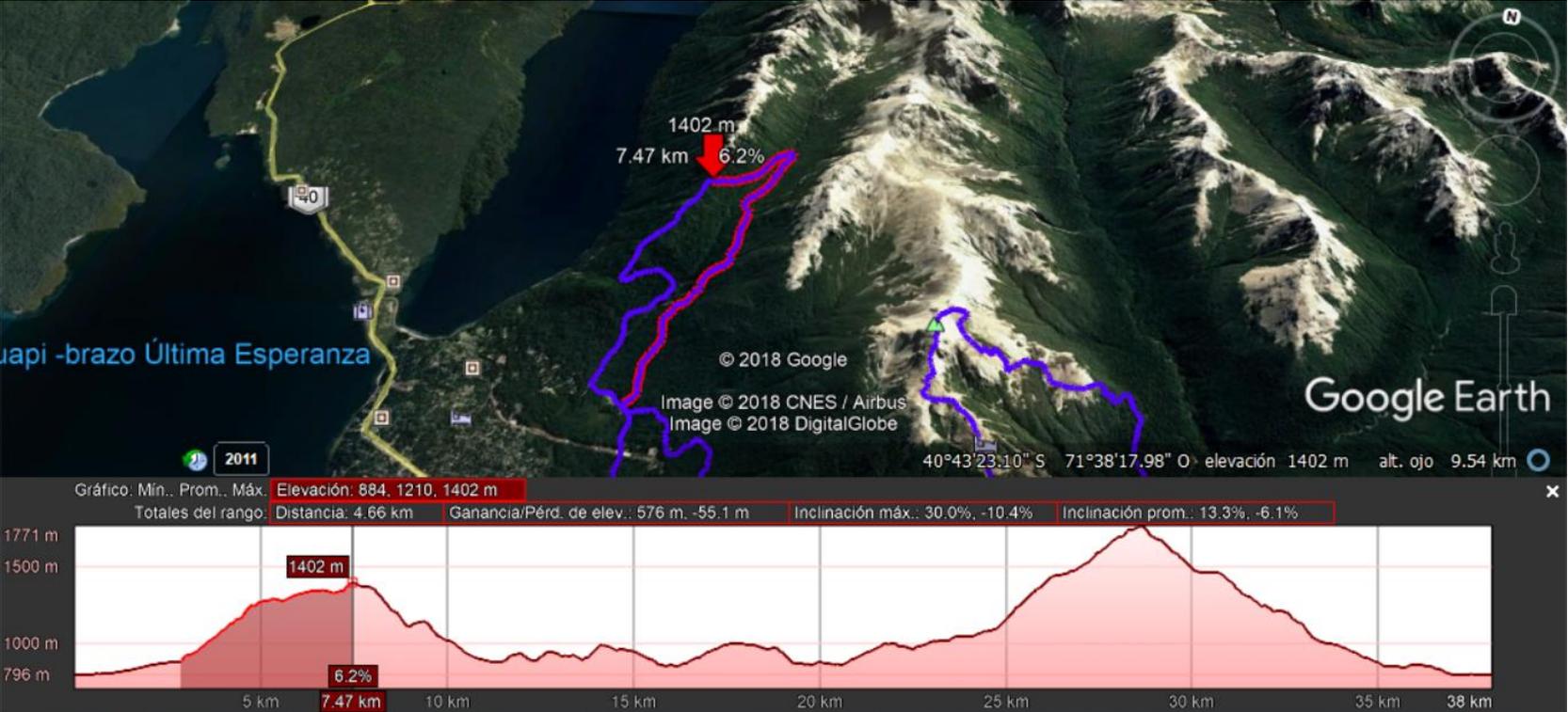
Characteristics: technical section, steep climbs in a forest which is protected from rains because of its big trees.

River crossing km 6,9

Water station km 4,6

Approximate lap time: 35´

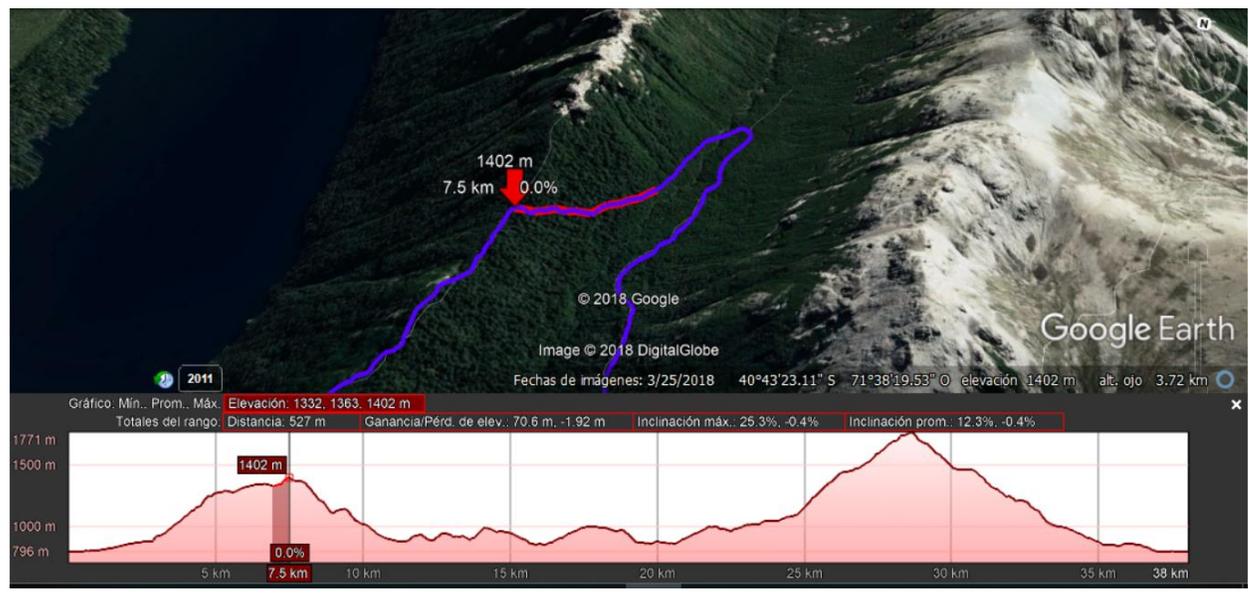
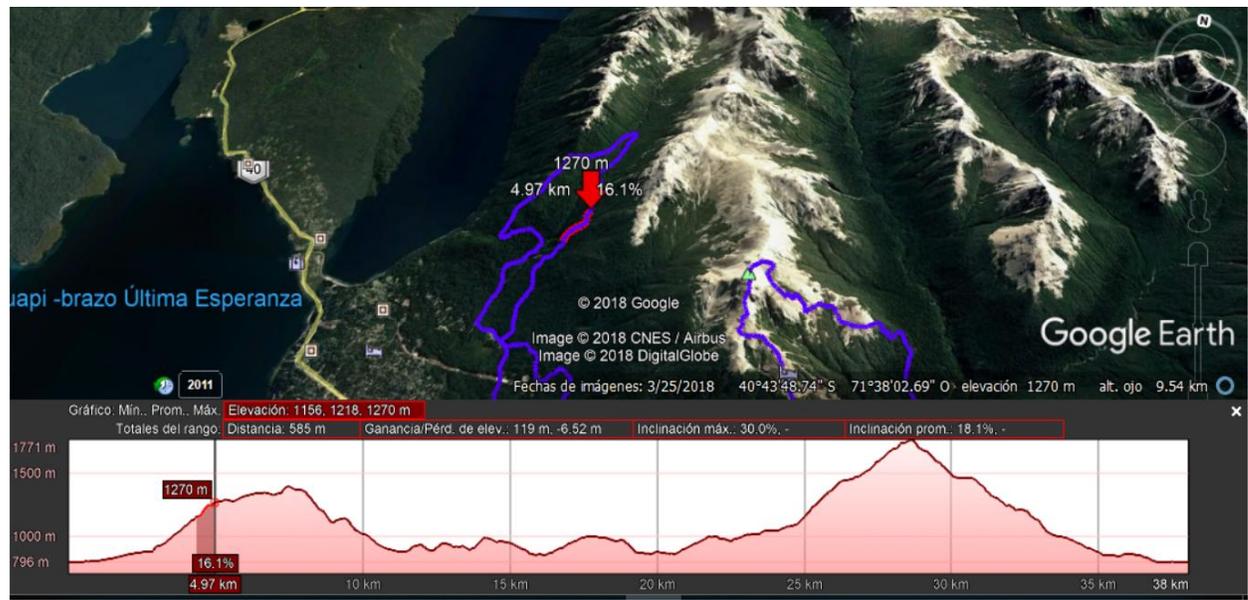
Approximate split time: 48´



Max ascent:

km4,6: 34% (length 530m)

km6,9: 35% (length 490m)

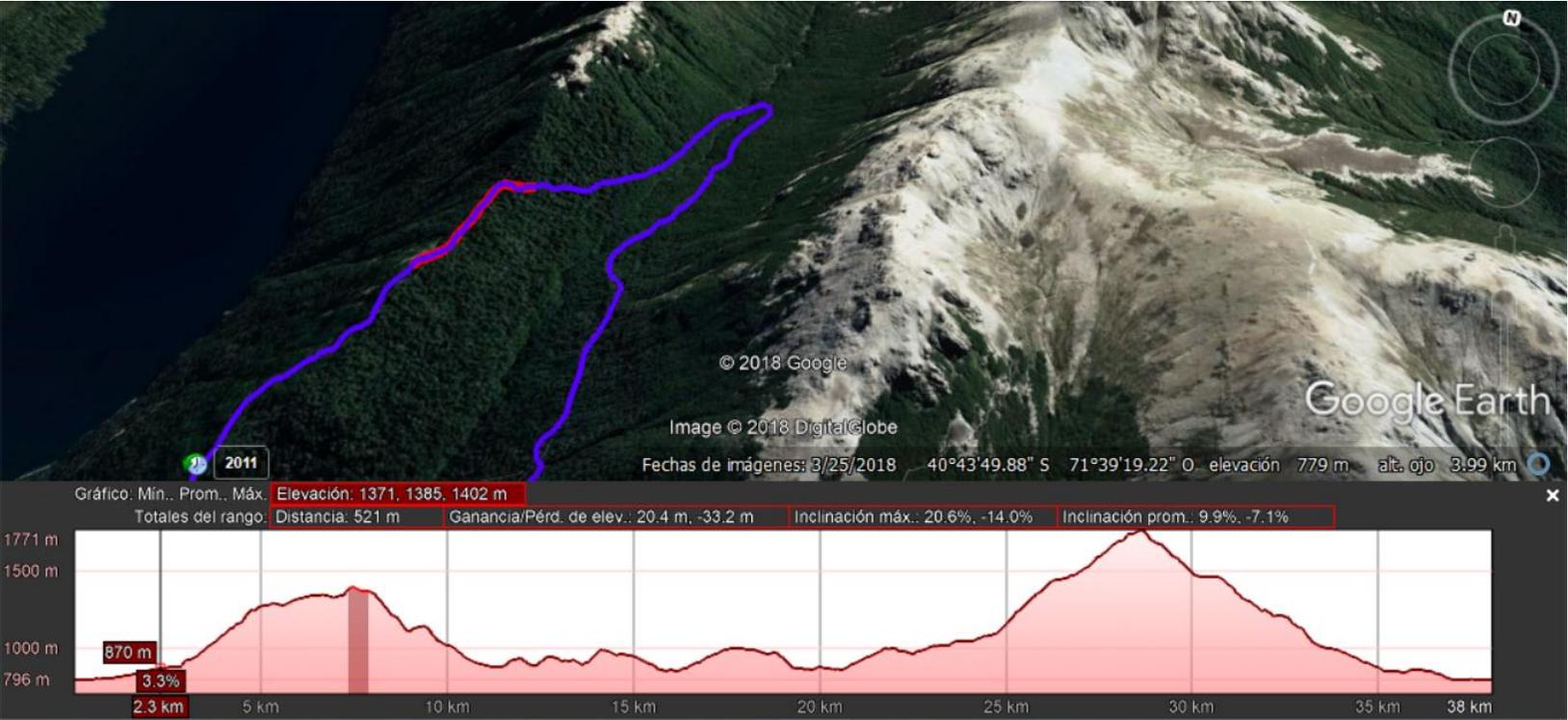


(WLDCh) From Km7,7 to km8,0 “Belvedere’s Ridge”

Unevenness -10%

Distance 0,5km

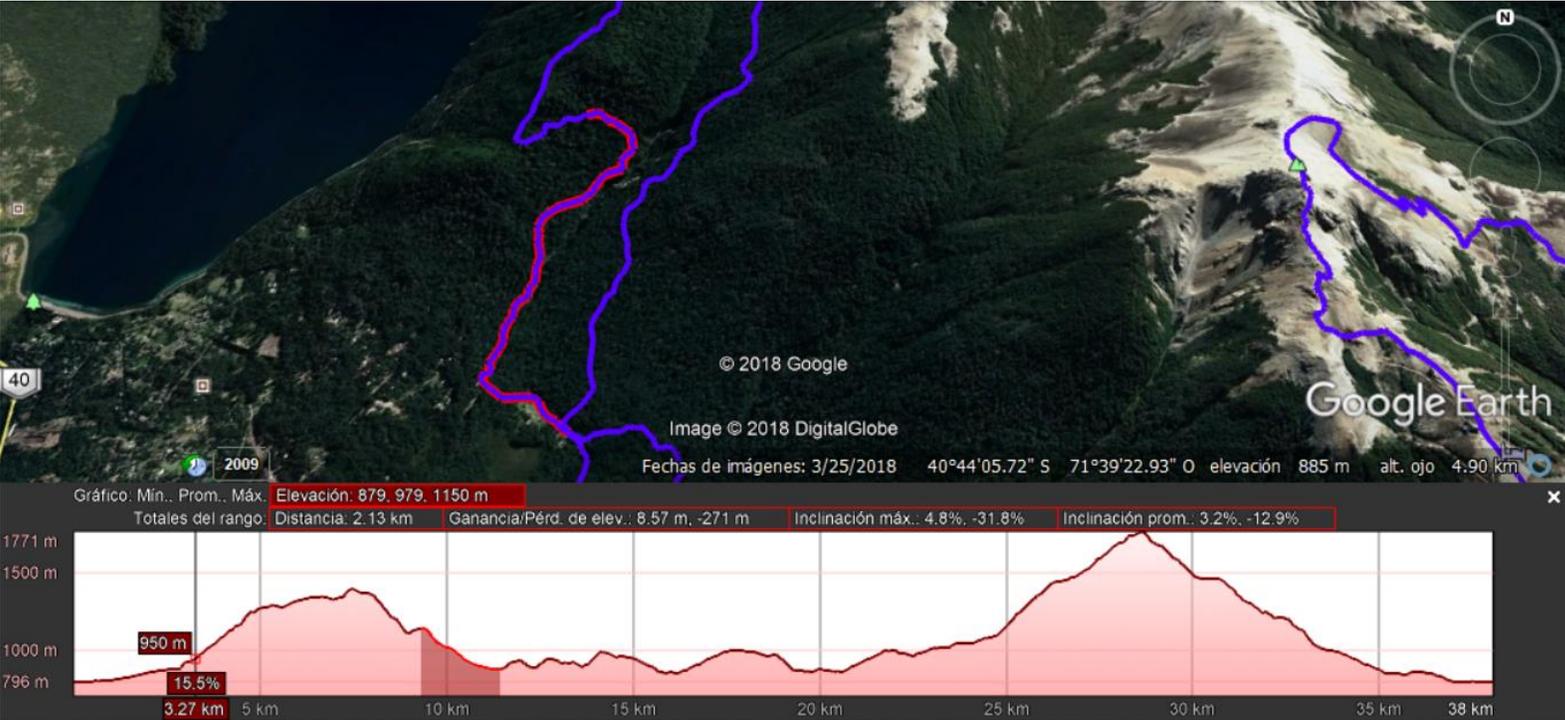
Characteristics: fast descent because of the terrain, open path exposed to the weather.



(WLDCh) Descent from Golf house (km12)

Descent: -565
Distance: 3,95km
Maximum unevenness: -38%
Average unevenness: -15%
Approximate time: 18'

In the first kilometers, the mountain path combines a technical terrain with a strong decline. Towards the end, the difficulties are fewer.
Crossing “Las Piedritas” river in 11,9km and the golf house meadow’s terrain. Next Water Station km 12,1.
Approximate male slip time: 1h 01'



(WLDCh) Km12,2 to km 15,5

Ascent: +242m.

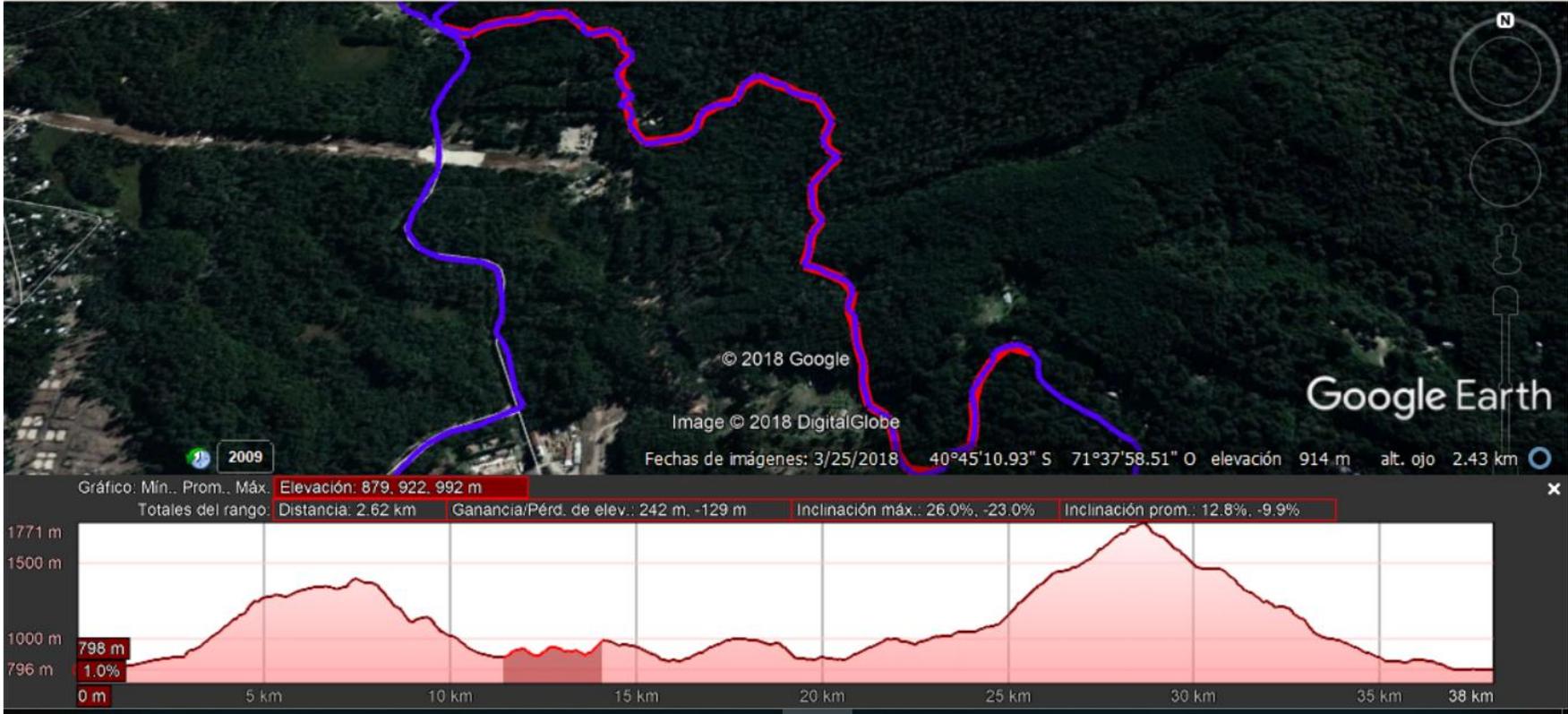
Descent: -129m

100% fast terrain by trail, with small slopes without technic requirements. After crossing the Colorado Creek in the kilometer 13,2, runners will find a short climb leading to fast plains until reaching a house's fence, in kilometer 14,8. There, runners will face a short but powerful climb, with a maximum inclination of 26%, rising 80 meters in a distance of 300m.

This entire section is protected from rain and winds by a closed forest.

Approximate lap time: 17'

Approximate slip time: 1h18'



(WLDCh) Link between Ceferino's House (km15,5) and MTB downhill

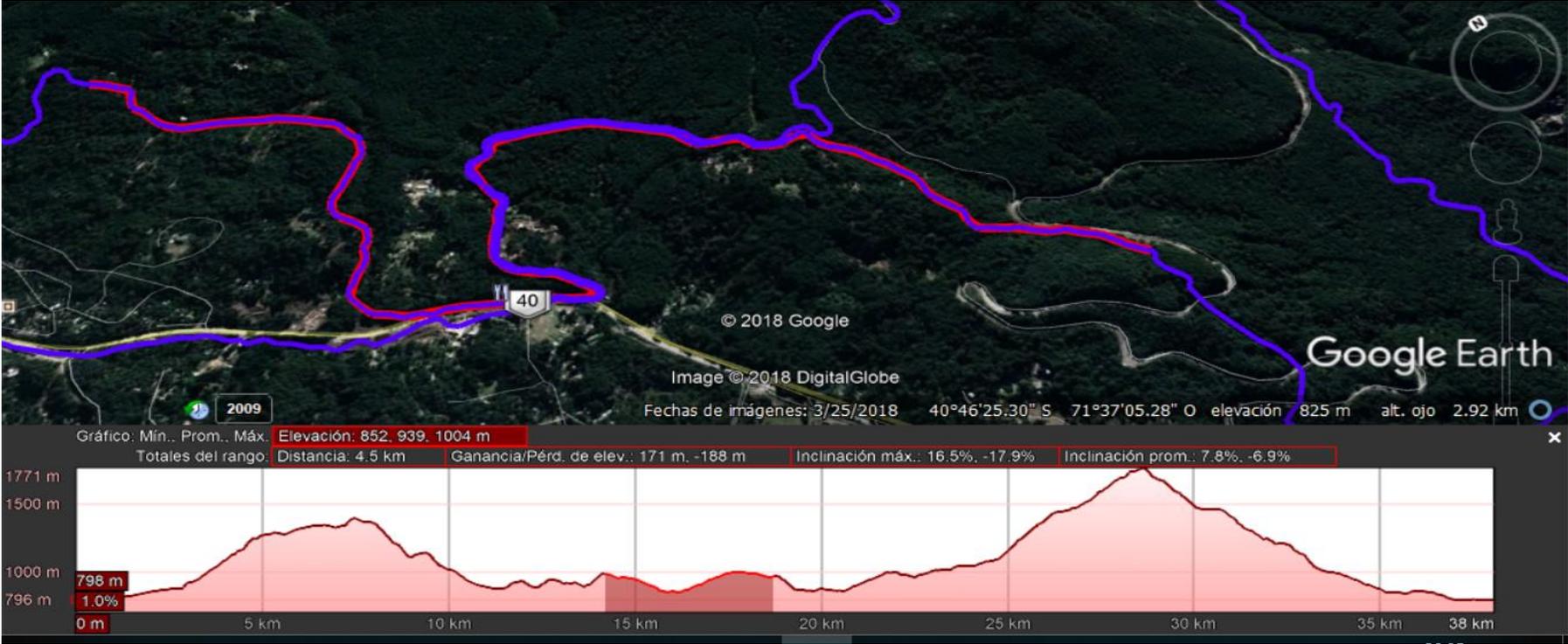
Section of 4,5km

Initially it travels 1,52km per dirt road with an average inclination of 11%, reaching Route 40. There, runners will reach again the lowest point of the race at 800masl, traveling 400 meters by a dirt shoulder. After that point, a climb of 1,46km with an average inclination of 10% will lead the runners to Fonseca's Gate. Fast wide forest trails connect Fonseca's Gate with the downhill Mountain Bike Trail.

Water Station Km17,4

Approximate male lap time: 20'

Approximate male Split time: 1h38'



(WLDCh) Downhill Mountain Bike Trail up to Water Station in “La Piedra” (km21)

Straight technical descent with a difference of -120m in 1.550m

Maximum inclination -22%

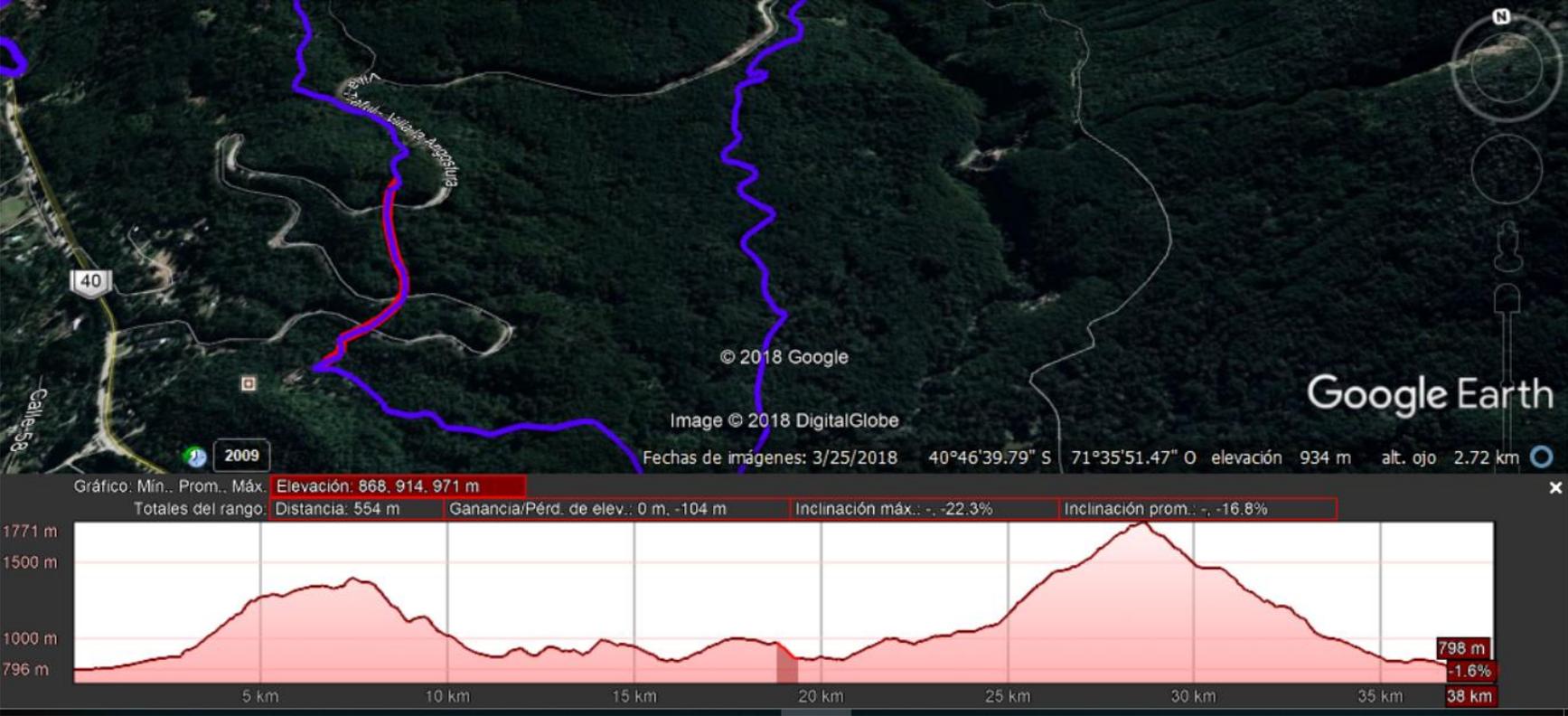
The descent follows straight under the medium voltage cables, getting even more technical.

A dirt road will lead runners uphill to the base of Bayo Hill.

Water Station km21

Approximate lap time: 4´

Approximate Split time: 1h42´



(WLDCh) From Km 21 in "La Piedra" to the base of C° Bayo (Km 26,0)

Gradient: +267

Distance: 5,0km

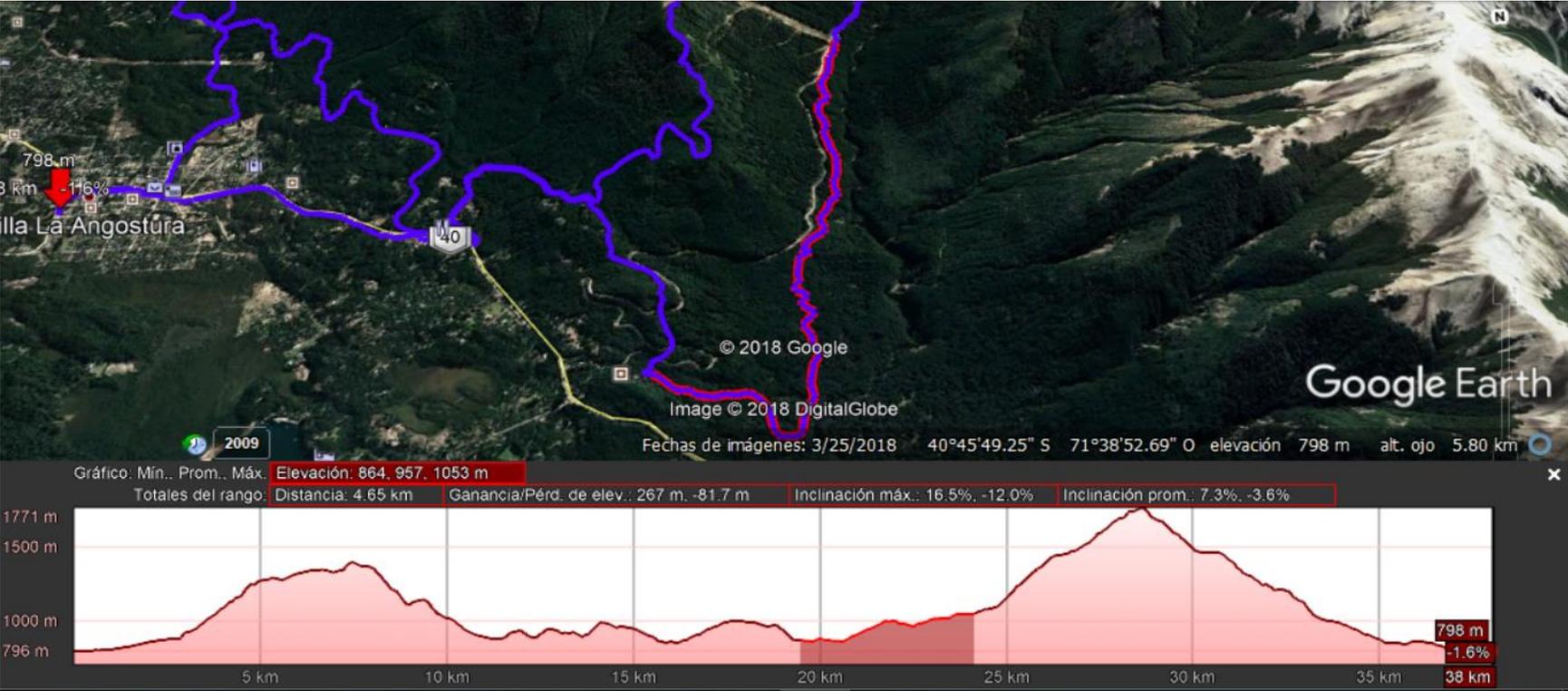
Max Inclination: +16,5%

Average Inclination +8%

Characteristics: at the beginning a 100-meter rise along 1 km, with a maximum inclination of 16%. Then a climb with moderate slopes, arriving at the base of Cerro Bayo and it's water station in kilometer 26.

Approximate lap time: 25´a 30´

Approximate Split time: 2h15´



(WLDCh) “El Raizal” (from km26,8 to km 28,5):

Start of the most important section of the race. The performance in this sector will depend on how the effort has been dosed up to here.

Length: 1.700m

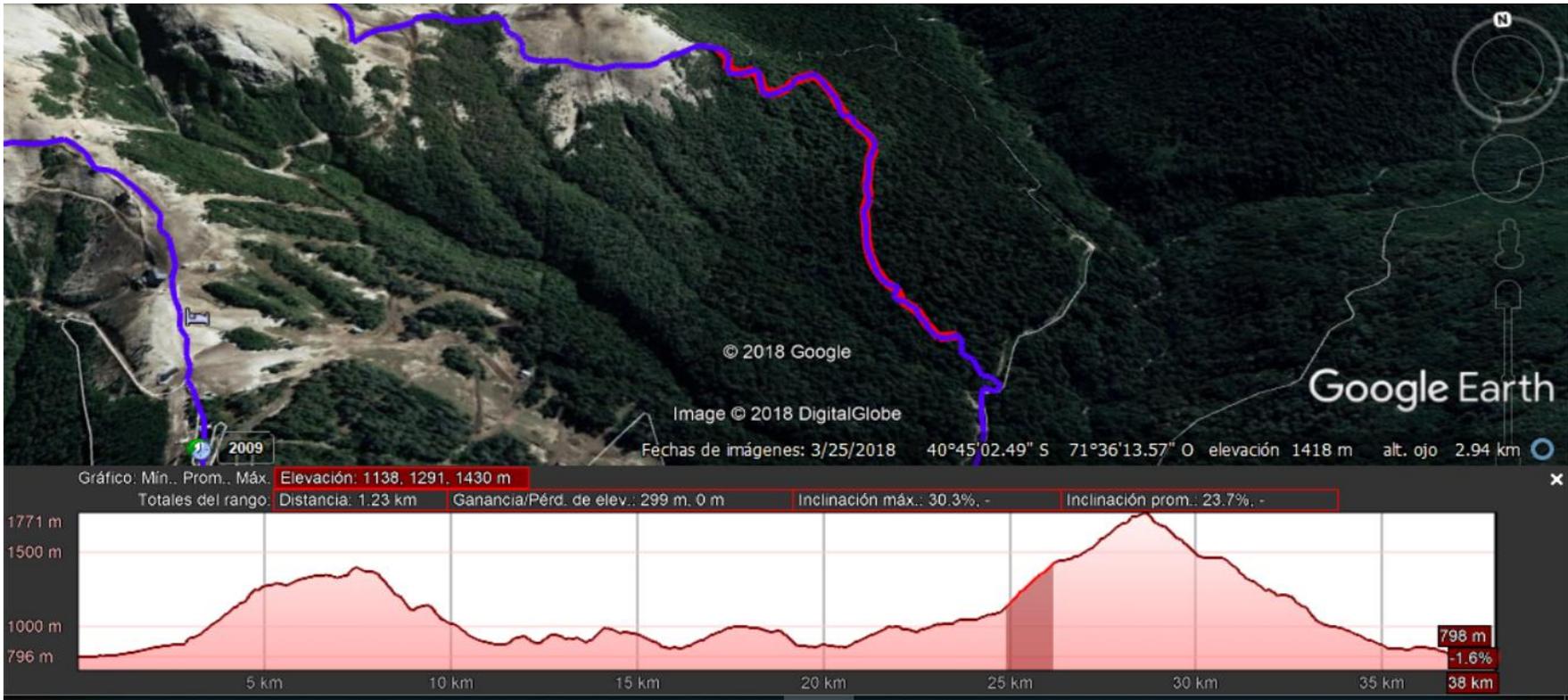
Gradient: +300

Max inclination: 30%

Average inclination: 23,7%

Characteristics: technical rise between tree roots in a closed forest protected from winds and rain.

Approximate male lap time: 20 to 23´



(WLDCh) Exit to "Lomo de raizal" (km 28,6) up to the Cerro Bayo Summit (km 31,0):

Distance: 2,3km

Gradient: +353

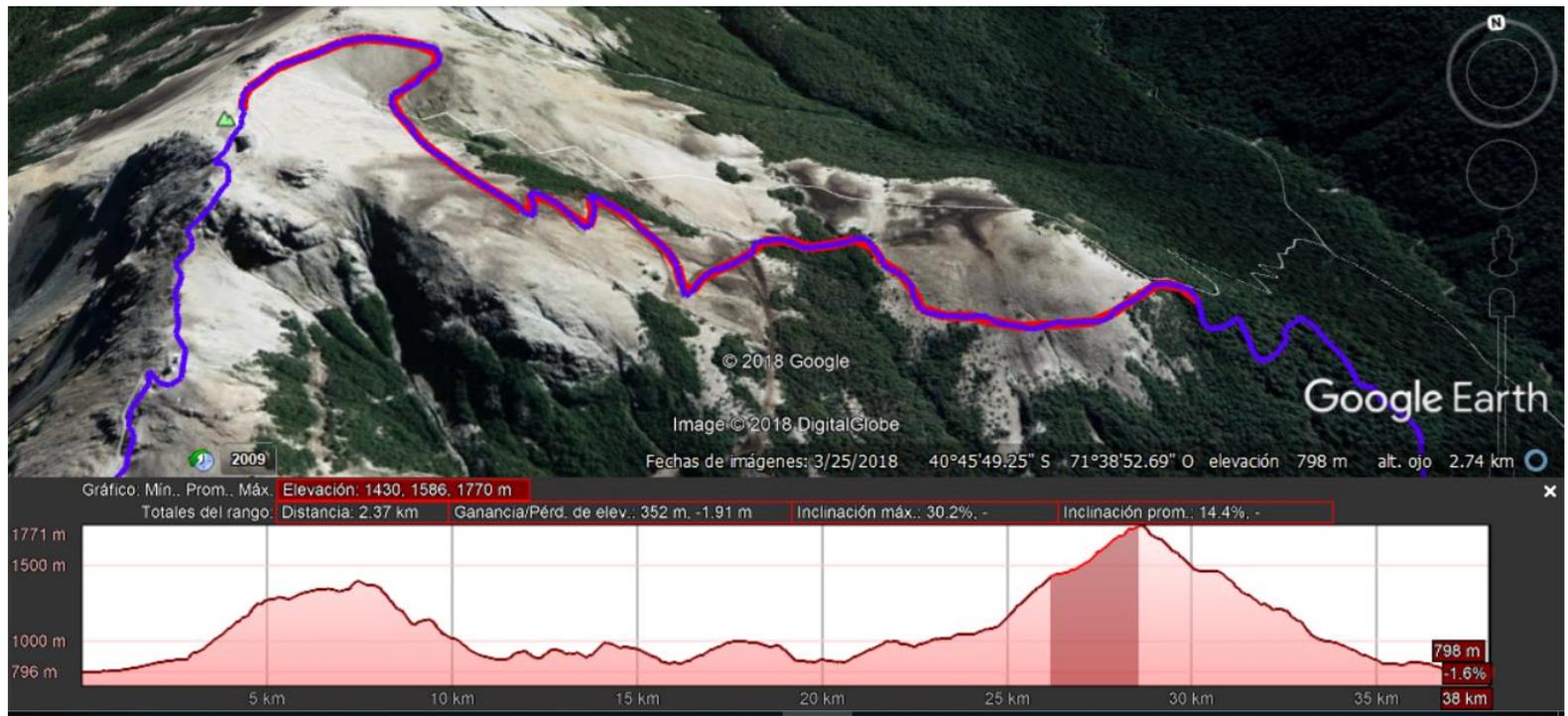
Max inclination: 30%

Average Inclination: 15%

Throughout this section the corridor is exposed to the inclement weather (winds, even possible rains). The first part ("Lomo de raizal") presents a sandy trail up to crossing a small creek, entering in the "Camino de las vacas" that takes to the summit of Bayo summit. The summit generally maintains snow throughout the year, but the melting ice allows the appearance of a small dirt path. Generally, the last 600 to 800 meters before the summit maintains packed snow. From the start up to this point, the marking tape was orange.

Approximate time: 18'

Total approximate time: 2h53' to 3h00'



Cerro Bayo Summit



(WLDCh) C° Bayo summit (km 31,0) to 1500 refuge (km 32,150):

Distance: 1,150km

Gradient: -280

Max inclination: -33%

Average Inclination: -20%

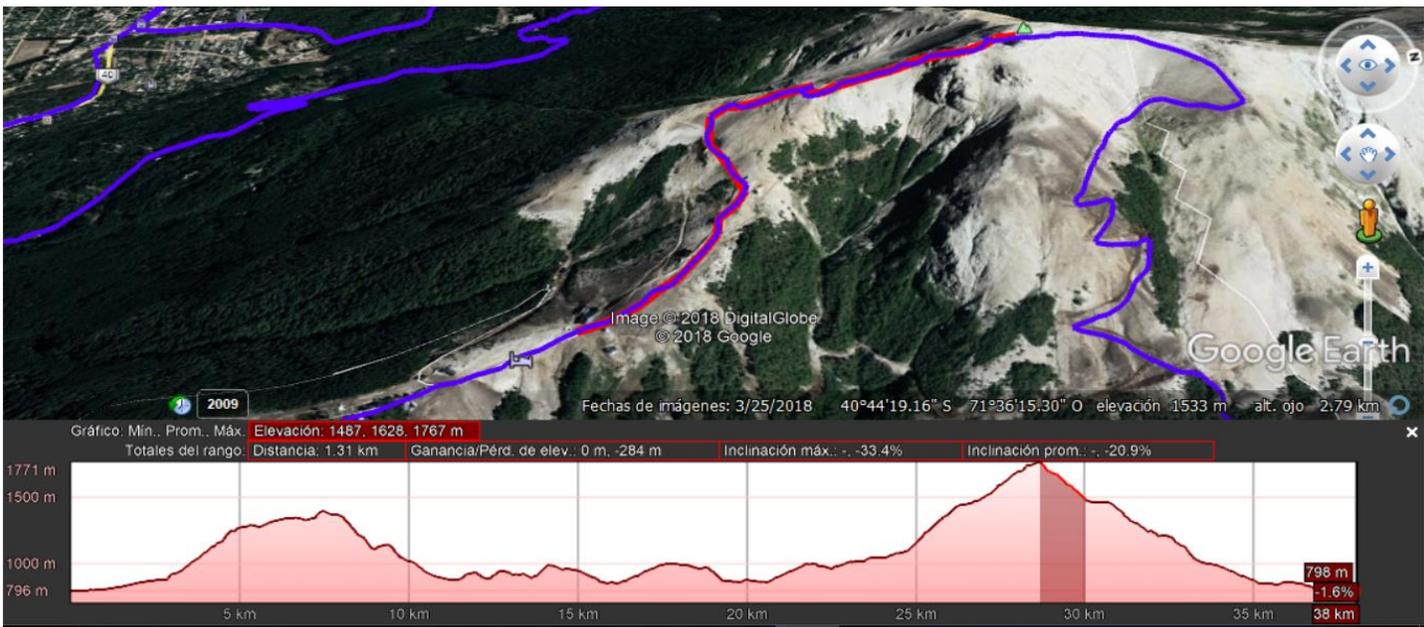
Starting from this point, the marking tape to be followed is blue, so there isn't confusion with the sections that are repeated roundtrip.

The first 300 meters of the descent are very technical (-33%). Although the section never presents snow, there are sharp rocks that demand extreme caution.

Afterwards, runners turn left reentering a snowy area that leads up to the end of the lifts, located 1.500asl. This 300 meters path maintains a slope of -25% that allows running despite the snow.

Runners continues through soft and sandy terrain surrounding the lifts, with a steep descent until reaching the shelter of 1.500 asl where a water station will be located.

Approximate time: 7'



(WLDCh) 1500 Refuge (km 32,1) to Fonseca's Downhill (34,0km):

Distance: 1,8km

Gradient: -145

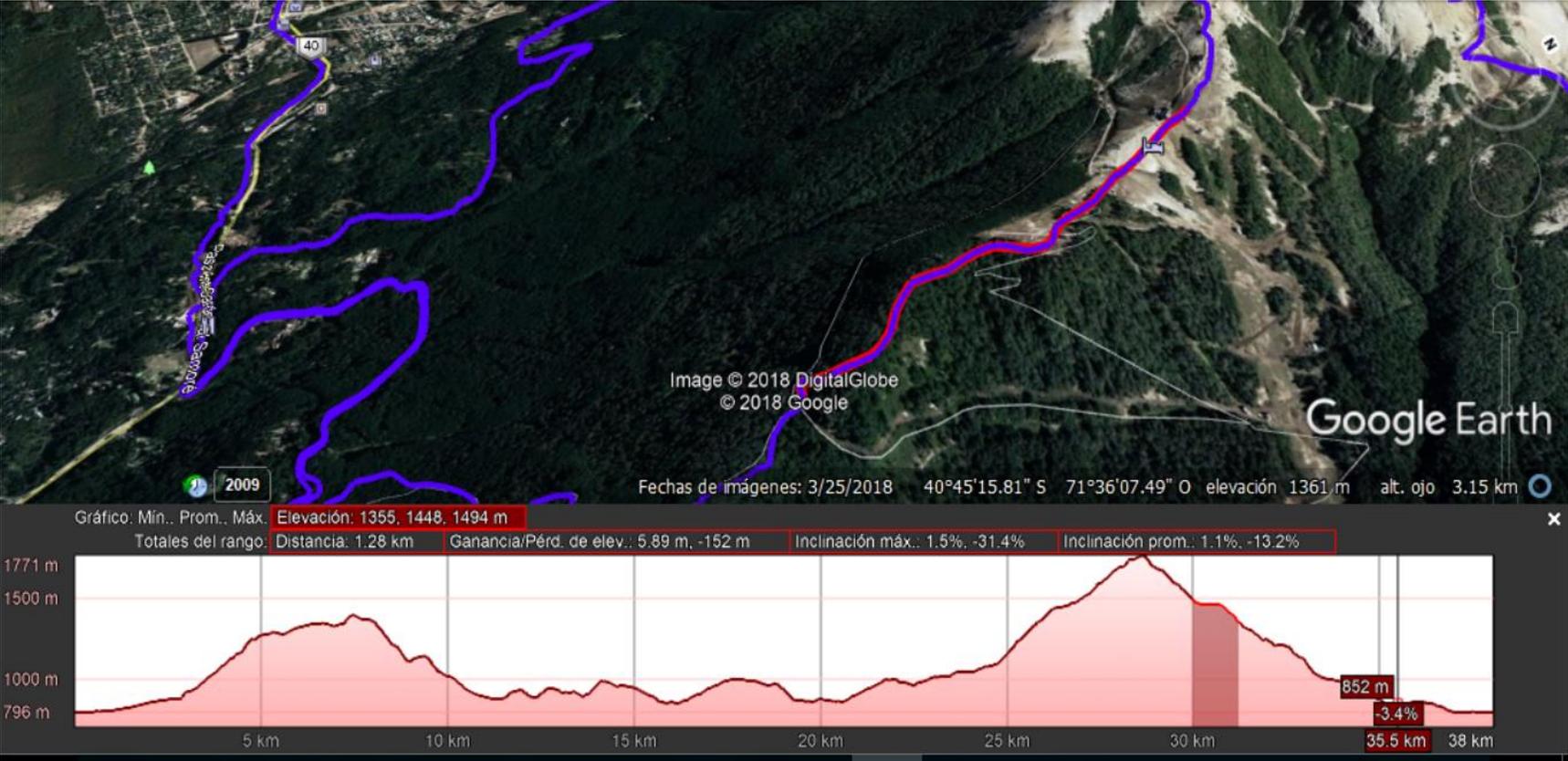
Max inclination: -31%

Average Inclination: -12%

Service roads of the Ski Center that lead up to the entry of Fonseca's downhill. This is a fast section without technical difficulties.

Approximate time; 12'

Total approximate total 3h08'



(WLDCh) Fonseca's Downhill (34,0km) to Fonseca's Gate (36,8km):

Distance: 2,8km

Gradient: -404

Max inclination: -32%

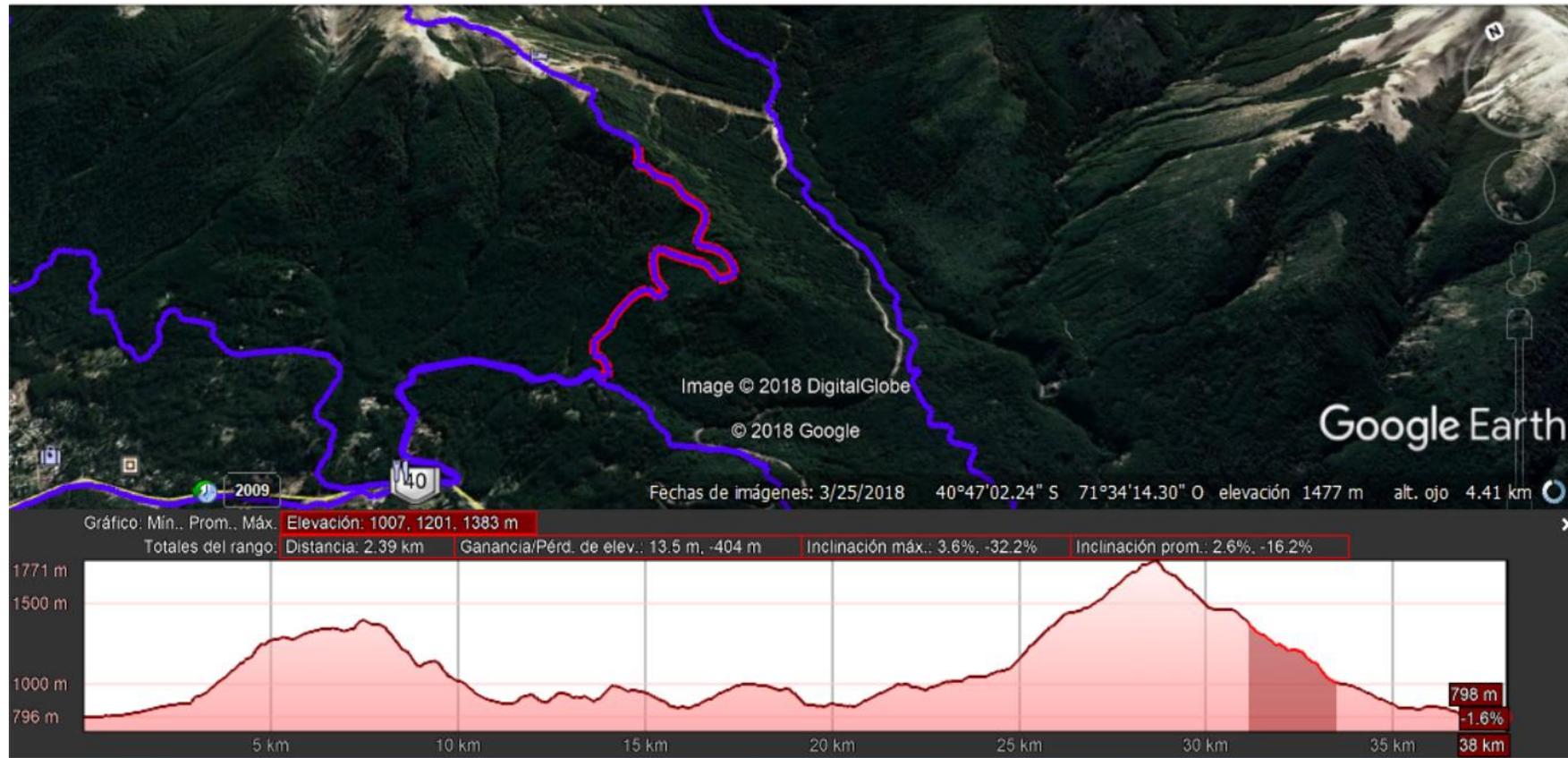
Average Inclination: -16%

Technical section along a protected forest that leads up to Fonseca's Gate, where runners will merge with the path used to go uphill, but this time following the blue marking tape.

Approximate time; 9'

Approximate time climb to gate: 18'

Total approximate time 3h17'



(WLDCh) Fonseca's Gate (36,8km) to Finish Line (41,5km):

Distance: 4,5km

Gradient: -252 +41

Max inclination: -16%

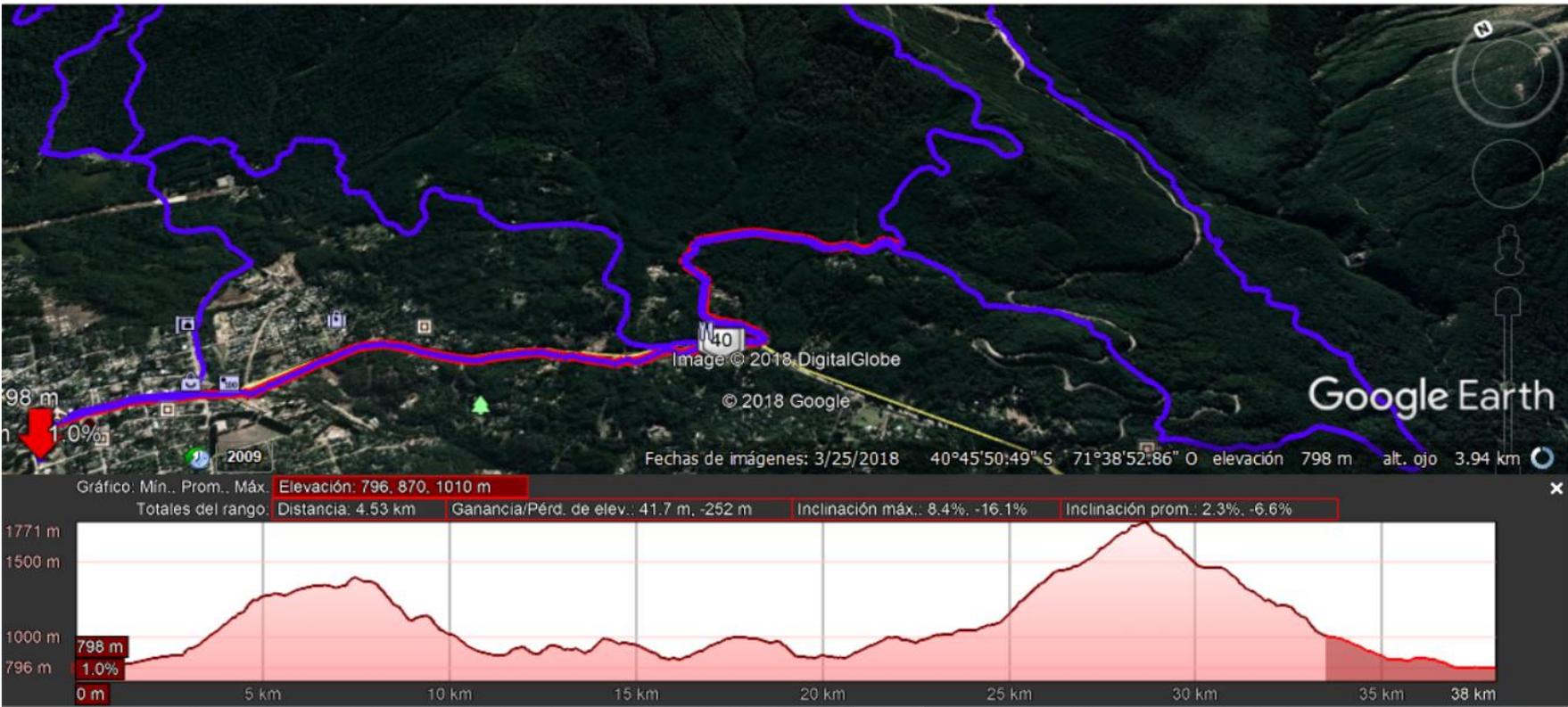
Average Inclination: -6,6%

Initially runners will return by a dirt road through Jonny Street up to route 40 and its water station. After crossing the road, they'll continue 2000 meters running parallel to bike paths and dirt roads, before entering the avenue and running the last 800 meters to the finish line.

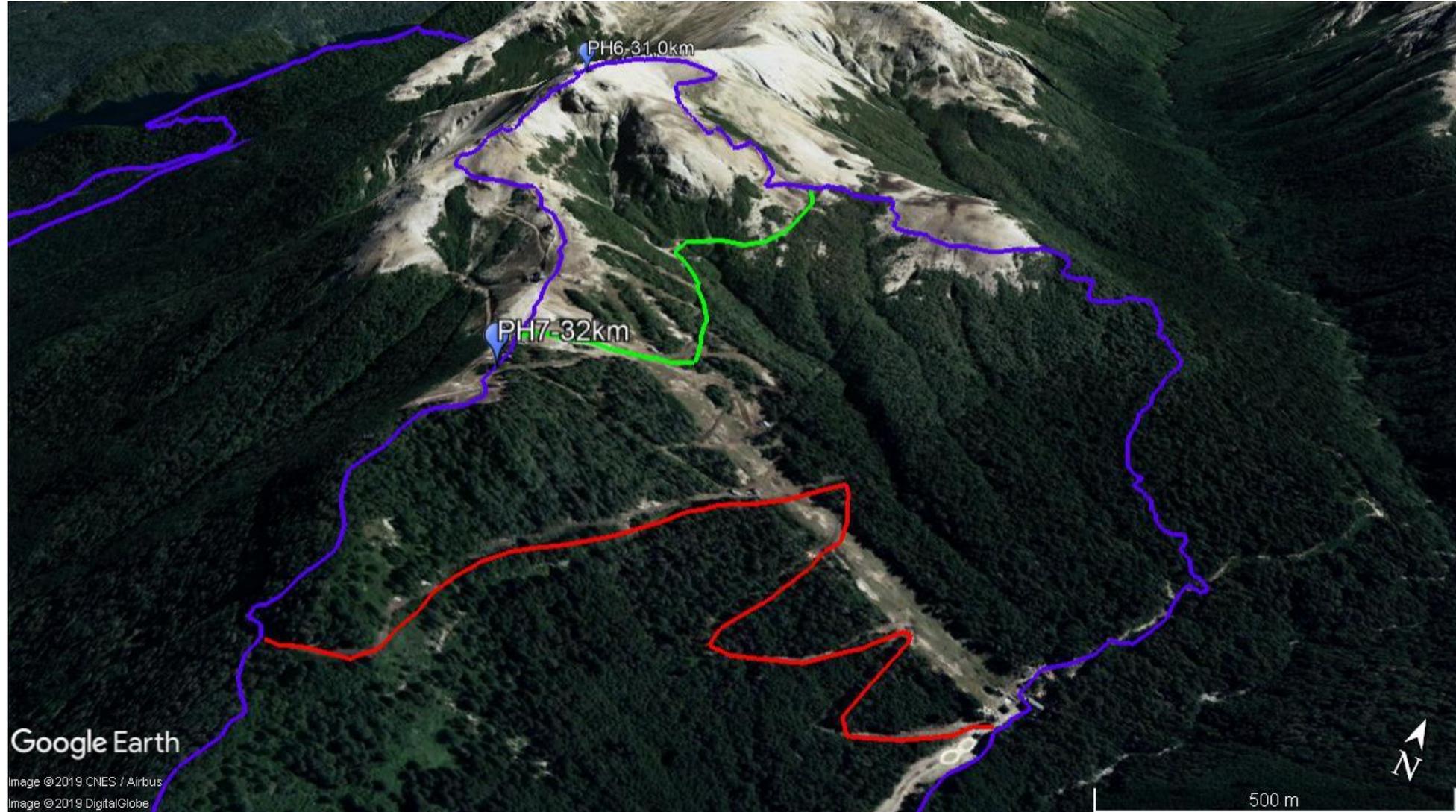
Approximate time Fonseca's Gate to Route 40; 6'

Approximate time Route 40 front Finish Line: 12'

Approximate time climb to Finish Line 41'



Alternative Course



Green: bad weather course. Red: extremely bad weather course.



Bad weather course.



Extremely bad weather course.

