



30th IAU 100km World Championships  
"Under the Patronage of the IAAF "

WMA 100km World Championships

Croatian National 100 km Championships 2018

Sveti Martin na Muri (CRO)  
September 8<sup>th</sup>, 2018



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## WELCOME BY THE MAYOR OF SVETI MARTIN NA MURI

I want to welcome all athletes, coaching staff, family and fans, and invite you to visit Sveti Martin na Muri, Međimurje Region and Croatia by coming in person and strolling through our streets and villages, meeting our people and, of course, enjoying our cuisine and vinemaking, unique in the region.

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

I hope that you enjoy this sport event that our municipality wants to offer to the world and, of course, we welcome you with open arms in this little corner of the County of Međimurje in beautiful Republic of Croatia, Sincerest regards to everyone.

Mr. Dražen Crnčec  
Professor and runner  
Mayor of Sveti Martin na Muri



## WELCOME BY THE LOC

The Championship organization team is working with enthusiasm for this event, which will be the most important and one of the most ambitious of those made so far in the in Life Class Terme Sveti Martin. We hosted Tour of Croatia Cycling Race (World Tour, The race takes place in April in the build-up to the Giro d'Italia with racers like Mark Cavendish, Vincenzo Nibali,..), most of Croatian Sports Teams like Football National Team (Real Madrid Luka Modrić, Juventus Mario Mandžukić), Basketball National Team (Dario Šarić of Philadelphia 76'ers), sports teams from all of the world (Europe, Middle East,...)

We cherish ultra endurance community and on our Life Class Terme Sveti Martin entrance you can see a big mural depicting Roberto Setnik, local ultratriathlete, and a silver medalist from IUTA Deca Ultra Triathlon World Championship 2013.

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

We expect you with excitement!

Mr. Branimir Blajić  
LifeClass Terme Sveti Martin Director  
Ironman finisher and avid cyclist



Ultra running in Croatia happens in a very small but steadily growing community, mostly on the behalf of trail running and trail races. One of the World Trail Tour Races "100 miles of Istria" takes places in Croatia. Our national female ultrarunning team competes in IAU 100 km and 24 h World and Continental events last couple of years.

In Winschotten 2015. , where IAU 100 km WC and EC was held, Marija Vrajić won bronze in WC and silver in EC, and Croatian Female Team (Marija Vrajić, Veronika Jurišić, Antonija Orlić) won 4<sup>th</sup> place in WC and 3<sup>rd</sup> in EC .

The same year in IAU 50 k WC Doha, Qatar, Croatian Female Team (Vrajić, Šustić, Orlić) won gold and Marija Vrajić won silver. Next year in Los Alcazares, where IAU 100 km WC was held, Nikolina Šustić won silver medal, and Female Team (Šustić, Jurišić, Orlić) won silver.

The success is bigger when you realize that there is just those 4- 6 girls and no more than 20 athletes (female and male ) in Croatia who are interested to compete in ultra road races and are interested in running 100 km and more.

We wanted to bring all the best athletes in the world to Croatia to promote ultrarunning in Croatia and possibly put some more fuel on the ultrarunning fire.

Dragan Janković  
Croatian Athletic Federation  
Athletic Club Sljeme  
Croatian Ultrarunning Team Manager



Every runner of the world likes to hop-in a running shoes, get out of the house and start running. After the run, the cold refreshment and a very quick shower encompass the experience.

In Life Class Terme Sveti Martin the IAU 100 k World Championship 2018, we'll provide all the athletes with this unique experience.

Get out of the hotel room, walk couple of meters to the start. After the run, walk couple of meters to the elevator, go to your room and have a shower and the rest.

The problem is with those 100 000 meters in between. We cannot make changes to it.

But we will try to make a 7.5 km, slightly undulating course, a very unique experience.

Although it has ominous 13 repetitions, we start with a 2.5 km loop and then enter 1<sup>st</sup> of the 13 loops that will choose champions in the end.

There is a proverb about people of Međimurje Region in sense of "just give me a work and I will ask about the money later", meaning that hard work first, awards later.

This race and course will definitely give you a hard work, but also a rewards in way of beautiful nature and scenery, support on the course, joy before and after the event.

Pavao Vlahek

Race Director

Ironman and ultra triathlon finisher

## 1. NATIONAL ATHLETICS FEDERATION

Country: Croatia  
Name: Hrvatski atletski savez (HAS)  
Address: Trg kralja Petra Svačića 15, 10 000 Zagreb  
Tel: ( +385) 1 46 13 499  
Fax: (+385) 1 46 22 634  
Email: [has@has.hr](mailto:has@has.hr)  
Website: [www.has.hr](http://www.has.hr)

## 2. LOCAL ORGANIZING COMMITTEE (LOC)

### CONTACT DETAILS LOC

#### COORDINATOR

Contact Mirna Mimić  
Email: [mirna.mimic@termesvetimartin.com](mailto:mirna.mimic@termesvetimartin.com)  
Phone: [+385992265564](tel:+385992265564)  
Website: [www.spa-sport.com](http://www.spa-sport.com)

#### PRESIDENT OF THE EVENT

Contact Dražen Crnčec  
Email: [dcrncec1@gmail.com](mailto:dcrncec1@gmail.com)  
Phone: [+385981672469](tel:+385981672469)  
Website: [www.svetimartin.hr](http://www.svetimartin.hr)

#### PRESIDENT OF THE LOC

Contact Branimir Blajić  
Email: [branimir.blajic@termesvetimartin.com](mailto:branimir.blajic@termesvetimartin.com)  
Phone: [+385992630621](tel:+385992630621)  
Website: [www.spa-sport.com](http://www.spa-sport.com)

## RACE AND COMMUNICATION DIRECTOR

Contact Pavao Vlahek  
Email: [pavao.vlahek@gmail.com](mailto:pavao.vlahek@gmail.com)  
Phone: [+385989894512](tel:+385989894512)  
Website: [www.cro100.run](http://www.cro100.run)

## TRANSPORT, TRAVEL AND ACCOMODATION

Contact BTRAVEL AGENCY  
Email: [sport@btravel.pro](mailto:sport@btravel.pro)  
Phone: [+3851 6666 852](tel:+38516666852)  
Website: [www.btravel.pro](http://www.btravel.pro)

## MEDICAL DIRECTOR

Contact Dario Dilber  
Email: [dario.dilber@gmail.com](mailto:dario.dilber@gmail.com)  
Phone: [+385914683101](tel:+385914683101)  
Website: [www.cro100.run](http://www.cro100.run)

## REGISTRATION AND OPEN RACE DIRECTOR

Contact Dragan Janković, Athletic club Sljeme  
Email: [tergatjanko@gmail.com](mailto:tergatjanko@gmail.com)  
Phone: [+385915032734](tel:+385915032734)  
Website: [www.aksljeme.com](http://www.aksljeme.com)

## PROTOCOL DIRECTOR

Contact Tatjana Hažić  
Email: [tatjana.hazic@gmail.com](mailto:tatjana.hazic@gmail.com)  
Phone: [+385992199411](tel:+385992199411)

### 3. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

email: [info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)

website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

IAU Vice President: NADEEM KHAN (CAN)

+17163926657

[nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

IAU General Secretary: HILARY WALKER (GBR)

Project Coordinator

+447884473336

[secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

IAU Director of Organizations LIESBETH JANSEN (NED)

+31597432972 or +31622490053

[liesbeth.jansen@iau-ultramarathon.org](mailto:liesbeth.jansen@iau-ultramarathon.org)

IAU Treasurer/Director of Finance and Marketing: ROBERT BOYCE (AUS)

[robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

Director of Competition and Records: FRANCISCO SANCHEZ-RICO (ESP)

Technical Delegate

+34616508228

[paco.rico@iau-ultramarathon.org](mailto:paco.rico@iau-ultramarathon.org)

Director – IAU Labelling: JAN VANDENDRIESSCHE (BEL)

+32495267884

[jan.vandendriessche@iau-ultramarathon.org](mailto:jan.vandendriessche@iau-ultramarathon.org)

## AREA REPRESENTATIVES

Europe: WALTER HILL (GBR)

[Walter.hill@iau-ultramarathon.org](mailto:Walter.hill@iau-ultramarathon.org)

The Americas: LIN GENTLING (USA)

[Lin.gentling@iau-ultramarathon.org](mailto:Lin.gentling@iau-ultramarathon.org)

Africa: SOLOMON OGBA (NIG)

[Solomon.ogba@iau-ultramarathon.org](mailto:Solomon.ogba@iau-ultramarathon.org)

ASIA: GILSOO PARK (KOR)

[Gilsoo.park@iau-ultramarathon.org](mailto:Gilsoo.park@iau-ultramarathon.org)

## WORLD MASTERS ATHLETICS (WMA)

WMA Liaison Officer: BRIAN KEAVENEY

+14166058478

[masters@sympatico.ca](mailto:masters@sympatico.ca)

World Masters Athletics(WMA) Website:

[www.world-masters-athletics.org](http://www.world-masters-athletics.org)

## 4. GENERAL COMPETITION INFORMATION

30<sup>o</sup> IAU 100K World Championship  
WMA 100 km Championship 2018  
Croatian National Championship 100KM  
Open Race

Date: 8<sup>th</sup> of September 2018.

Hour: 07:00

Time Limit: 12 hours

Open Race and WMA: 13 hours

Course: On Road

It is a 7.5 kilometers undulating and traffic-free out/back course that will lead the runners through the village of Toplice Sveti Martin. The course consists of 100 % of asphalt pavement.

The start, the finish and end of each lap will be in the in front of Hotel Golfer.

1st lap will be 2.5 km long, and 2nd to 14<sup>th</sup> lap will be 7.5 km long.

Every lap will be counted and registered in this start-finish area.

The intermediate time lists will be after 10.km, and every 15 km after that (25., 40., 55., 70., 85., 100.).

Team intermediate time will be posted 30 minutes after individual results.

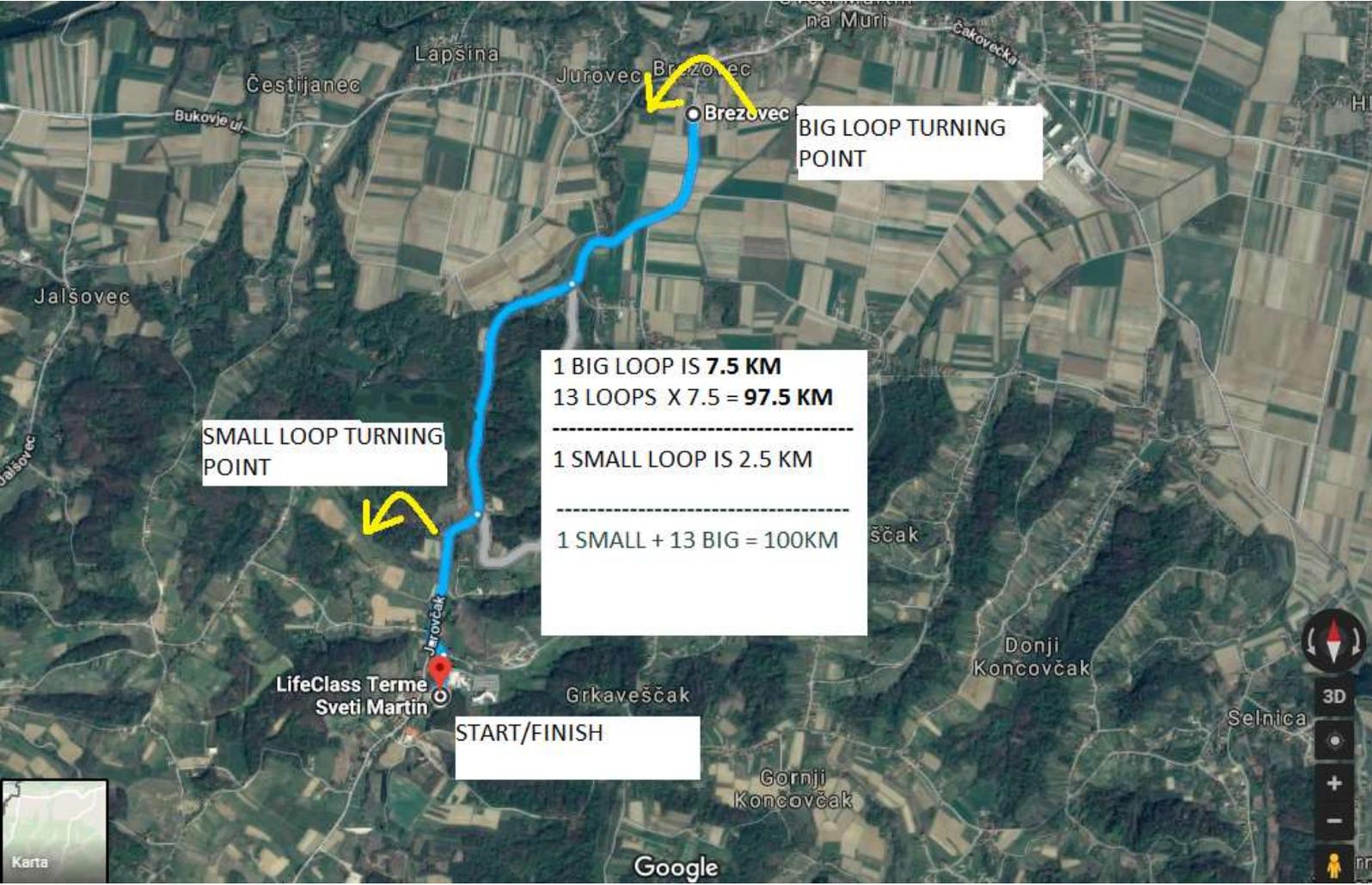
The course will be officially measured and all records will therefore be accepted by HAS, EA, IAU and IAAF.

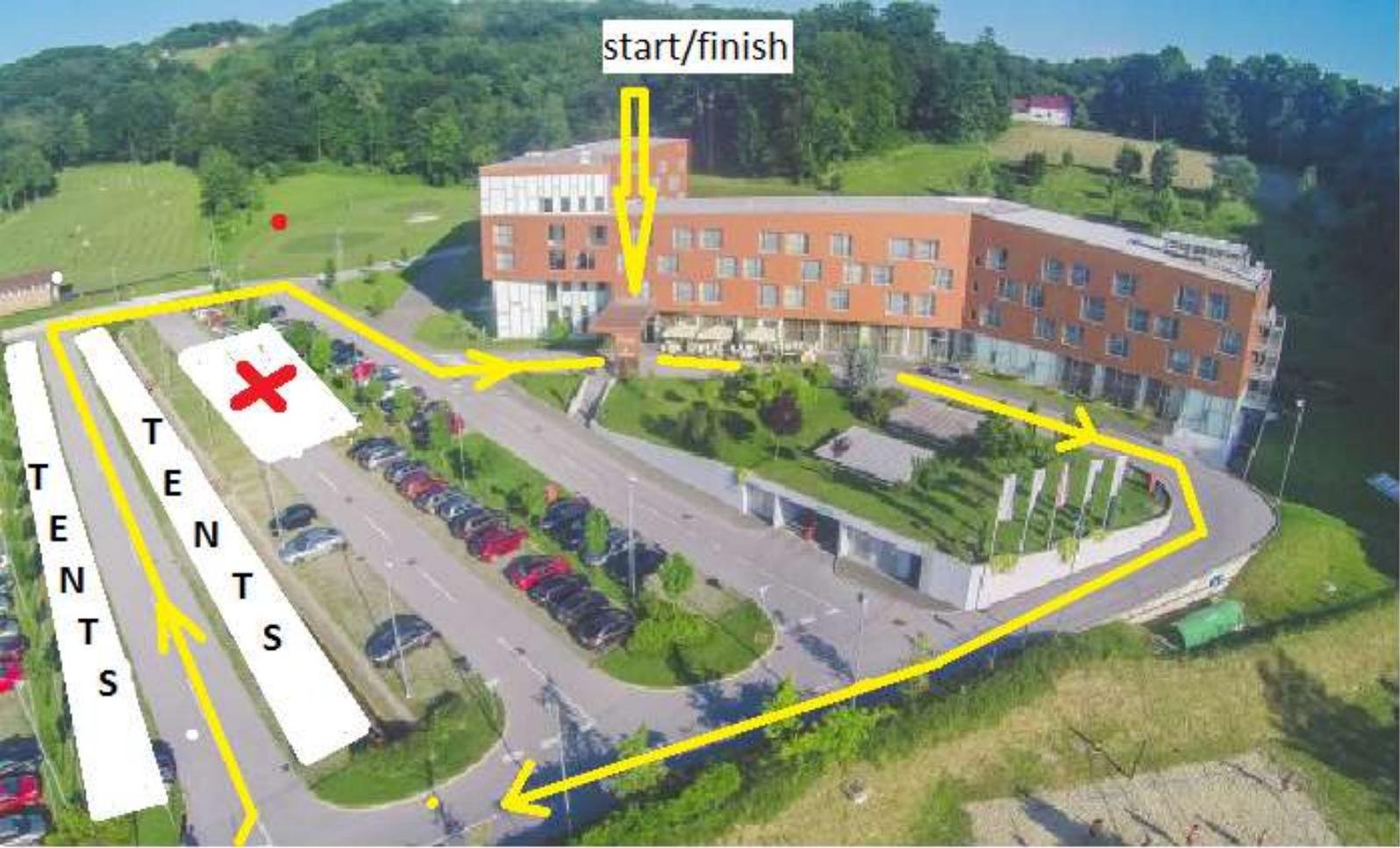
Profile: Start and finish at: 173 meter.

Highest point: 173 meters.

Refreshment points:

- National Teams tents at start/finish area
- General refreshment point at start/finish area (after the National Teams tents)
- Water and isotonic drink at turning point of 7.5 km loop





## 5. COMPETITION - All race start at 07.00 AM

IAU 100K World Championships. Limit 12 hours

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

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

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

WMA 100Km World Championships Limit 13 hours

- Individual women in 5 year age groups
- Individual men in 5 year age groups.

All athletes for the WMA competition should enter and comply with the WMA requirements – see WMA entry system. More details and Official Rules will be available on [www.cro100.run](http://www.cro100.run). Members of the National Teams who are entered by their National Federation for the IAU Championships and who want also to take part in the WMA competition should:

- send an email to inform the LOC
- ([mirna.mimic@termesvatimartin.com](mailto:mirna.mimic@termesvatimartin.com) and [tergatjanko@gmail.com](mailto:tergatjanko@gmail.com)).
- mark this in the WMA column in the FEF of their country.

Those athletes must also pay the extra entry fee for this WMA competition (€ 15) and use the WMA entry procedure as well as the FEF for the IAU competitions.

Croatian National Championships Limit 13 hours

- Individual women
- Individual men

Open Race Limit 13 hours entry limit 100.

Entries will go through [www.mylaps.com](http://www.mylaps.com) system, details on [www.cro100.run](http://www.cro100.run).

Entry fee: 35 €

## 6. CENTRAL MEETING POINT

During the entire MIAUC, the HEADQUARTERS of the LOC will be posted on:

LifeClass Terme Sveti Martin, Hotel Golfer

ADDRESS: Izvorska 3, 40 313, Sveti Martin na Muri, Croatia

## 7. HOTLINE ACCOMMODATION & TRANSPORTATION

[www.btravel.pro](http://www.btravel.pro)

Contact        Dominik Marjanović

Email:         [sport@btravel.pro](mailto:sport@btravel.pro)

Phone:         +385 (0)1 6666-850

## 8. THE PRELIMINARY ENTRY FORMS (PEF) AND FINAL ENTRY FORMS (FEF)

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

DEADLINE PEF's: 1 st July 2018.

DEADLINE FEF's: 1 st August 2018.

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

LOC: Dominik Marjanović, BTravel agency

Email: [sport@btravel.pro](mailto:sport@btravel.pro)

IAU: Hilary Walker, IAU General Secretary

Email: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

Payment by bank transfer as outlined below:

BTRAVEL turistička agencija d.o.o.

Bank: Erste&Steiermarkische Bank d.d., Jadranski trg 3a, 51000 Rijeka

IBAN: HR8024020061100777480 / SWIFT: ESBCHR22

On receipt of the FEF, Member Federations will receive an invoice for the remaining amount that has to be paid before the [3rd August 2018](#).

Each proof of payment must be sent to:

[mirna.mimic@termesvetimartin.com](mailto:mirna.mimic@termesvetimartin.com)

dominik.marjanovic@btravel.pro

Preliminary entry form

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

Final entry form

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

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

## 9. VISA

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

Citizens from any State of the European Union, Switzerland, Norway, Iceland and Liechtenstein only need a valid national identity document or passport. Being in possession of a valid visa is required of nationals of third countries included on the list on the next page.

More information can be found on the link:

<http://www.mvep.hr/en/consular-information/visas/visa-requirements-overview/>

Afghanistan	Gambia	Nigeria
Angola	Georgia	Oman
Saudi Arabia	Ghana	Pakistan
Algeria	Guinea	Papua N. Guinea
Armenia	Guinea-	Qatar
Azerbaijan	Bissau	Rep. Central
Bahrain	Equatorial Guinea	Rep. D. The Congo
Bangladesh	Guyana	Rep. Dominican
Belarus	Haiti	Russia
Belize	India	Rwanda
Benin	Indonesia	Sao Tome and Principe
Bhutan	Iran	Senegal
Burma / Myanmar	Iraq	Sierra Leone
Bolivia	Jamaica	Syria
Botswana	Jordan	Somalia
Burkina Faso	Kazakhstan	Sri Lanka
Burundi	Kenya	South Africa
Cape Verde	Kyrgyzstan	Sudan
Cambodia	Kuwait	South Sudan
Cameroon	Laos	Suriname
Chad	Lesotho	Swaziland
China	Lebanon	Thailand
Comoros	Liberia	Tanzania
Congo	Libya	Tajikistan
North Korea	Madagascar	Togo
Ivory Coast	Malawi	Tunisia
Cuba	Maldives	Turkmenistan
Djibouti	Mali	Turkey
Ecuador	Morocco	Ukraine
Egypt	Mauritania	Uganda
Eritrea	Mongolia	Uzbekistan
Ethiopia	Mozambique	Vietnam
Philippines	Namibia	Yemen
Fiji	Nepal	Zambia
Gabon	Niger	Zimbabwe

## 10. TRAVEL TO THE ATHLETES VILLAGE

Travel to the athletes village will be arranged from two airports.

Airport 1:

Name: Franjo Tuđman Airport

Place: Zagreb

Distance to athlete village: 110 km

Airport 2:

Name: Liszt Ferenc International Airport

Place: Budapest

Distance to athlete village: 277 km

Travel will be arranged fully by the BTravel Agency and charged.

[www.btravel.pro](http://www.btravel.pro)

Contact      Dominik Marjanović

Email:        [sport@btravel.pro](mailto:sport@btravel.pro)

Phone:        +385 (0)1 6666-850

One way transfers per vehicle in EUR

	Zagreb Airport to AV 110 km / 67 mls	Budapest Airport to AV 280 km / 172 mls
Minivan (up to 7 passengers)	€ 170	€ 605
Microbus (up to 16 passengers)	€ 320	€ 1.015
Minibus (up to 30 passengers)	€ 370	€ 1.190
Bus (up to 45 passengers)	€ 430	€ 1.390

Estimated duration of the transfer:

Zagreb Airport to AV

- By minivan 1h15min
- By bus 1h45min

Budapest Airport to AV

- By minivan 2h15min
- By bus 3h30min

## 11. ACCOMMODATION



### Accommodation

Choose accommodation in the well- equipped **Hotel Spa Golfer 4\*** or **Apartments Regina**.



### Congress Centre

The **Sveti Martin Congress centre** can fit up to 600 persons in 4 large and 3 smaller halls.



### Cycling

A bike garage, a service station and space for washing your bike are at your disposal. Ask for recommendation on cycling routes at reception.



### Wellness

If you wish to relax during your stay, stop by the Wellness Center **Sveti Martin** in the **Hotel Spa Golfer**, where you will be greeted by **World of Massage**, **World of Sauna** and the hotel pool.



### Restaurants

Our rich and diverse food and beverage offer is known for the excellent local ingredients we source from **Medimurje**. The **Mira** hotel restaurant and **Le Batat** a-la-carte restaurant are at your disposal, as well as **Vučkovec** restaurant, **Potkova Pub**, and the **Regina** restaurant (June-September).



### Health

Visit the **Lumablis Spine Center (Temple of Life)** or do a complete body analysis at the **IQCURE** polyclinic.



### Pools

The resort contains the thermal mineral bathing area **Temple of Life**, as well as the **Aquapark** (June to September). If you want some privacy, visit the hotel pool in the **Wellness Centre** complex.



### Sports facilities

Play **Golf of Disc Golf**, keep fit on the hotel's **Trim track**, find your team spirit in the sports hall or make yourself stronger in the gym.



### Parking

All guests have at their disposal a free parking area in front of the hotel and the apartments.



**Pinklec Shop**



**Hair salon**



**Accredo**  
tourist agency



## HOTEL SPA GOLFER 4\*

### DOUBLE TWIN ROOM: MODERN ELEGANCE

The room consists of a bedroom, a glass-walled bathroom, air conditioning, telephone, safe, mini bar, hair dryer, robe and slippers for each guest, free internet and digital TV and video.

### SUPERIOR DOUBLE WITH TERRACE: A RELAXING VIEW OVER GREENERY

The room consists of a bedroom, a glass-walled bathroom, air conditioning, telephone, safe, mini bar, hair dryer, robe and slippers for each guest, free internet and digital TV and video.

### DELUXE SUITE WITH TERRACE: SPACIOUS ELEGANCE

The ideal choice for a luxurious vacation; each suite is equipped with its own steam and Finnish sauna, massage bed, and a fireplace in the lounge. The suites comprise a lounge, a bedroom and a glass-walled bathroom with separate toilet.

### FACILITIES & SERVICES:

- Room service
- A safe in every room
- Air conditioning in each room
- LCD, digital TV
- Free Wi-Fi
- Playroom for children
- Laundry service
- Souvenirs and daily papers
- Free parking
- Garage
- Hotel pool
- Bathroom (shower, toilet, hair dryer)

ROOM TYPE	FULL BOARD PRICE / PER PERSON PER NIGHT	
Standard room	2 persons	90 €
Standard room	1 person	110 €

Tourist tax / per person per night: 1,07 €

### PRICE INCLUDE:

- Full board (HALAL CERTIFICATE)
- Food from bio producers in local area
- Unlimited use of pools, wellness kit in hotel accommodation
- Unlimited use of gym and circular trim trail for exercise
- Free wifi , high speed 50mbp/s in resort area
- Fun zone for players (table tennis, billiards, playstation...)
- Unlimited use of thermo-mineral swimming pool
- VAT (13%)

### THE OFFER DO NOT INCLUDE:

- Extra costs (mini bar, massages...)
- Tourist tax



## APARTMENTS REGINA

### **FAMILY APARTMENTS (4 person):**

The Family apartment comprises: two bedrooms, one with twin beds and one with a double bed, living room (with a sofa bed connected with a kitchen and dining room, separate bathroom and toilet.

### **STANDARD APARTMENTS (2 person):**

Standard suite consists of: one bedroom with double bed, a living room (with sofa bed) connected with kitchen and dining room, one bathroom.

### **FACILITIES & SERVICES:**

- Living room with sofa, satellite TV, telephone, air conditioning
- Bathroom (shower or bath, toilet, hairdryer)
- Kitchen (electrical stove, fridge, microwave, cooking utensils and cutlery)
- Terrace or Balcony
- Daily maid service and change of towels and bed linen on request

ROOM TYPE	FULL BOARD PRICE / PER PERSON PER NIGHT	
Small apartment	2 persons	80 €
Big apartment	4 persons	75 €

Tourist tax / per person per night: 1,07 €

### PRICE INCLUDE:

- Full board (HALAL CERTIFICATE)
- Food from bio producers in local area
- Unlimited use of gym and circular trim trail for exercise
- Free wifi , high speed 50mbp/s in resort area
- Fun zone for players (table tennis, billiards, playstation...)
- Unlimited use of thermo-mineral swimming pools
- VAT (13%)

### THE OFFER DO NOT INCLUDE:

- Extra costs (mini bar, massages...)
- Tourist tax

## FOOD SCHEDULE (with reservation)

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

Breakfast at AV:       7.00 – 10.00 hrs all days before race  
                              5.00 – 6:00 hrs (incl. pasta) Saturday  
                              7.00 – 10.00 hrs Sunday

Lunch at AV:           13.00 – 15.00 hrs all days before race

Dinner at AV: (FB)    19.00 – 21.00 hrs all days before race  
                              18:30 – 20.30 hrs RUN Pasta Party Saturday

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

Date and time         Friday 7th from 18:30 – 20:30 hrs.

Place                   Golfer Hotel

Other info:

Other people who want to enter the RUN Pasta Party and the after RUN Meal can buy a ticket for € 15.00 each.

## 12. PRESS CONFERENCE

Place Athletes Village at Golfer Hotel  
 Day Friday 7th September  
 Time 09.30-10.00

## 13. IAU CONGRESS

Place Athletes Village at Spa Golfer Hotel  
 Day Friday September 7th  
 Time 10.10-13.00

Extra info:

Up to 3 members per IAU Federation can attend but with one representative mandated to vote for the Federation. This is the IAU Congress where there are midterm elections for IAU Executive Council vacancies to fill the positions for the last two years of the four year term. There might also be proposals for other constitutional changes. Member Federations will have received separate communications regarding the CONGRESS and will receive further details.

## 14. DELEGATION OUTFIT MEETING

Place Athletes Village at Golfer Hotel  
 Day Friday September 7th  
 Time 14.30-14.55

Confirm the athletes who are competing. This is mandatory for all member federations who are competing.

## 15. TECHNICAL MEETING

Place Athletes Village at Golfer Hotel  
 Day Friday September 7th  
 Time 15:00 – 15:45

Extra info:

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary an timetable of the shuttle buses.

## 16. TRAVEL GRANT CONFIRMATION

Place Athletes Village at Golfer Hotel  
 Day Friday September 7th  
 Time 15.45–16.45

### Extra Info:

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

## 17. TRAVEL GRANTS AND THE USE OF WILDCARDS

The allocated Travel Grants in euros for the National Athletics Federations for this MIAUC is as follows:

	A	B	C	Team	
Zone 1	380€	285€	190€	380€	100.00%
Zone 2	304€	228€	152€	304€	80.00%
Zone 3	228€	171€	114€	228€	60.00%
Zone 4	152€	114€	76€	152€	40.00%
	100.00%	75.00%	50.00%	100.00%	

	A	B	C
Men	<7h	<7h30	<8h00
Women	<8h30	<9h00	<9h30

TEAM-Grants are paid for maximum one male and one female team, (minimum 3 runners/team). IG-Grants are paid for maximum 3 men and 3 women/country. All these grants are cumulative. TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER.

The travel grant invoice has to be signed After the TECHNICAL MEETING, see details under point 15.0. (Travel Grant confirmation). After the start of the race there will be a last check of the athletes who started. If athletes who are on the TG paper did not start the amount of TG will be changed.

- Zone 1 = +15h flying between capital LOC and capital IAU member country
- Zone 2 = +9h flying between capital LOC and capital IAU member country
- Zone 3 = +4h flying between capital LOC and capital IAU member country
- Zone 4 = <4h flying between capital LOC and capital IAU member country

The table shows that if you send a full team then you will receive a basic team grant (TG). Then additionally you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete. Prior to the MIAUC the last two years rankings of competing athletes and a detailed travel grant estimation will be sent to the contact email on the PEF.

#### USE OF WILDCARDS

Wild cards were introduced to encourage countries where there have not been the opportunity for athletes to attain the performance levels about in competition. The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular competition. Every year you can use maximum 2 wildcards (combined, men and women) for each of an IAU World 100K, 24H or 50K World or Continental Championships. This opportunity gives the federation to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognized performance. Limiting the total amount of WILDCARDS means that the countries should choose their "WILDCARD runners" carefully. These WILDCARD-athletes must be indicated on the Final Entry Forms (FEF) for that Championships. In the event you should have any questions about all of this, please contact the IAU Director of Finance: [robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

## 18. OPENING CEREMONY

Place	Athletes Village at Golfer Hotel
Day	Friday September 7th
Flag Parade	17:00

Followed by the PASTA-PARTY

Place	Same place
Time	18.30 – 20.30

## 19. RACE INFO

More specific details can be found in the brochure of the TECHNICAL MEETING or [www.cro100.run](http://www.cro100.run).

## 20. CLOSING CEREMONY

Place            Golfer Hotel (start/finish line)  
 Day              Saturday September 7th  
 Time             19:30

## 21. WEATHER CONDITIONS

Extra info:

The weather forecast for the race day will be given at the Technical Meeting.

## 22. GENERAL TIME SCHEDULE OF THIS MIAUC

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

THURSDAY SEPTEMBER 6TH 2018.

18:00-19:00 Seminar "The ultrarunning science"

FRIDAY SEPTEMBER 7TH 2018.

09.15 – 10.00 Press Conference  
 10.10 – 13.00 Congress (the first 5 min Welcome of the LOC)  
 13.10 – 14.25 Lunch  
 14.30 – 14.55 Delegation Outfit Meeting  
 15.00 – 15.40 Technical Meeting - Collection bibs WC  
 15.45 – 16.45 Travel Grant Confirmation  
 17.00 – 18.25 Flag Parade - Opening Ceremony  
 18.30 – 20.30 Pasta Party

SATURDAY SEPTEMBER 8TH 2018.

6.30 Entrance calls  
 7.00 Start of the race

Two Flower Ceremonies (After the 3rd male and 3rd female)  
 Post-race press conference (Time coordinated with the Director of Communication)

19.00 End of the elite race  
 20.00 End of the open and master's race  
 19.30 Closing Ceremony - Hotel Golfer (start/finish line)  
 22.00 End Closing Ceremony - Hotel Golfer (start/finish line)  
 Dinner: TBA

SUNDAY SEPTEMBER 9TH 2018.

Optional at cost: Electional 2 day trip to the Croatian Coast and returning to airports (Btravel Agency).

Departure buses to airports.

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

## 23. MISCELLANEOUS

PRESS: If you need a press card, let the LOC know. Send a mail to [pavao.vlahek@gmail.com](mailto:pavao.vlahek@gmail.com).

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

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

## 24. GENERAL TIME OF INTERNATIONAL OPEN ROAD RACE

Collection of bib numbers for athletes and teams:

Friday, 7th September (and Technical Meeting).

Place: Golfer Hotel

Time: from 11.00 - 20.00.

## 25. TOURIST INFORMATION – at the hotel Golfer



### regional park Mura

Excursion to regional park “Mura - Drava” is to be traveled with e-berg (e-drive). Points of interest that you will visit are: mill on the river Mura, Millers house, old ferry on river Mura, the northernmost point of Croatia, educational trail “Millers path”, horse farm and household Goričanec. Discover the north of Croatia and enjoy the beauty of our landscapes.



#### IDEA +

Take the tourist train to household Hažić or go on foot accompanied by our animators.



### household Hažić

What we have prepared, you will remember for a long time. You can try products produced from hand-marital and processed fruits. Get a taste of apple chips, which is perfectly crispy and tasty for the oldest and youngest. There is also offer of domestic and homemade food and apple/grape/chokeberry juice that will bring you closer to the traditional flavors.



## Trakošćan & Varaždin

Trakošćan is cultural heritage, protected historical entity consisting of the castle, buildings next to the castle, gardens and park with a lake. Today, the castle is one of the few facilities in Croatia with preserved original structure, historically closely related to architectural framework and the life of its owner. After Trakošćan we will visit Varaždin, Croatian capital of the Baroque, the city rich in history and culture with numerous baroque palaces, churches, monasteries, towers and the distinctive skyline of the Old Town.



## Ravna Gora

Ravna Gora is the northernmost mountain of the Croatian Zagorje. The highest peak of Ravna Gora is at an altitude of 686 meters. This hiking trip is for those who prefer easier hiking excursions, who do not have strong condition and like to enjoy natural landscapes, wishing to return to their homes relaxed and fully recovered by the nature.