



General Information Sheet
IAU 24H WORLD CHAMPIONSHIPS 2012
KATOWICE (POL)
September 8th - 9th, 2012

Vs120622



GENERAL INFORMATION SHEET



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1.0 WELCOME



On behalf of the Jerzy Kukuczka Academy of Physical Education it is my privilege to welcome all of the participants in the 24 Hour World Championships to Katowice, Poland. We have the pleasure of being hosts for this outstanding endurance competition in September 2012.

For the first time a World Championship athletics event will be held in our city. This goal has been made a reality thanks to the enthusiasm and commitment here for the sport of ultrarunning, a sport which is fascinating more and more people generally.

I extend the warmest of welcomes that Katowice has to offer to all those involved in the competition: the athletes, national federations, team leaders, technicians, sporting bodies, and to our financial partners, our friends in the press and television, as well as to all of the fans of ultramarathon athletes and ultramarathon races.

I am quite certain that from Friday 7th until Sunday 9th September athletes and spectators alike will experience some remarkable emotions.

I would like to share this quote from Jesse Owens, the legendary American athlete who won four gold medals in the 1936 Summer Olympics in Berlin, Germany: "Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, but friends gather no dust."

To all of our international friends, it is my wish that you will experience a magnificent and exhilarating sports competition.

Zbigniew Waśkiewicz

Rector of The Jerzy Kukuczka
Academy of Physical Education
LOC President





2.0 NATIONAL ATHLETICS FEDERATION



CONTACTDETAILS NATIONAL ATHLETICS FEDERATION

Country Poland
Name Polish Athletics Federation
Address Myslowicka 4
01 – 612 Warszawa
Tel. +48 22 896 02 07
Fax +48 22 896 03 12
E-mail pzla@pzla.pl
Website www.pzla.pl

3.0 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACTDETAILS LOC

Club Jerzy Kukuczka Academy of Physical Education in Katowice, Poland
E-mail awfkatowice@awf.katowice.pl
Website www.awf.katowice.pl www.run24.eu
Bank account **IBAN CODE:** **BIC CODE:**

PRESIDENT **Zbigniew Waskiewicz**
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Tel. +48 32 207 51 52
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E-mail z.waskiewicz@awf.katowice.pl

SECRETARY **Agnieszka Smykla**
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RACE DIRECTOR **Krzysztof Nowak**
Speaks the following languages: POL
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Tel. +48 32 207 52 34
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COMMUNICATIONS & PRESS **Piotr Rodak**
Speaks the following languages: ENG
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Speaks the following languages: ENG
Tel. +48 32 207 5384
Mobile +48 607988887
E-mail t.skowronek@awf.katowice.pl



4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org



IAU PRESIDENT

Name Dirk Strumane (*languages: ENG-FRA-NED-ESP*)
Tel. +32 57 36 69 45
E-mail president@iau-ultramarathon.org

IAU SECRETARY

Name Hilary Walker (*languages: ENG-FRA*)
Mobile +44 7884 473336
E-mail secretary@iau-ultramarathon.org
Skype hilary-walker

VICE PRESIDENT & DIRECTOR OF COMPETITIONS

Name Liesbeth Jansen (*languages: ENG-NED*)
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DIRECTOR OF ORGANISATIONS & TRAVELGRANT INFORMATION

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Name Nadeem Khan (*languages: ENG*)
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EUROPEAN REPRESENTATIVE & ass. DIRECTOR OF PROTOCOL

Name Paco Rico (*languages: ENG-FRA-ESP-ITA*)

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DIRECTOR OF MARKETING

Name Richard Donovan (*languages: ENG*)

E-mail richard.donovan@iau-ultramarathon.org



5.0 GENERAL COMPETITION INFORMATION

MIAUC IAU 24H World & European Championships

Date September 8th & 9th, 2012

Start time 12h00

Max. time 24H

Course Road

Short description of the course:

Situated in Park Śląski in Chorzów, very close to Katowice city centre.

The course is situated exactly 6km from the Athletes Village.

Course shape is circular and goes around an average-sized pond.

Length of the course : 1.554,56m (measured on June 7th 2012)

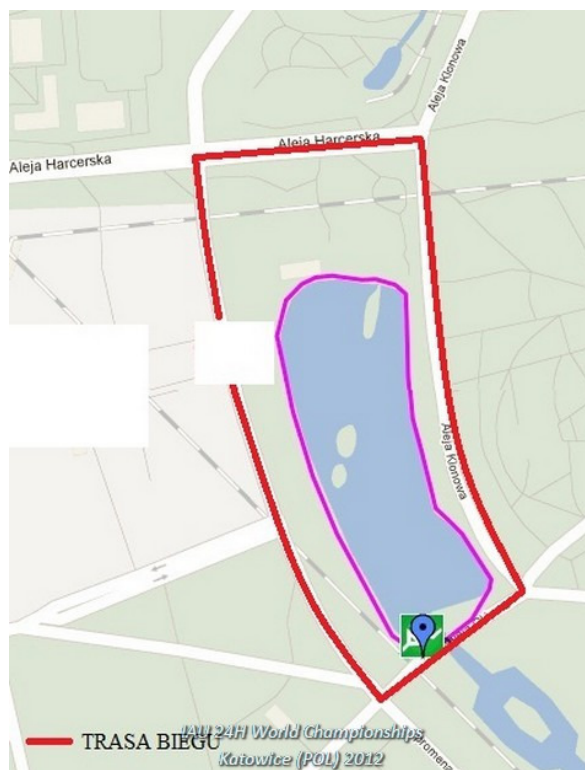
See: <http://www.afstandmeten.nl/index.php?id=871558>

Profile:



Profile Total of + 6.4 meters
Total of - 6.4 meters

Pictures of the Course





IAU 24H World Championships
Katowice (POL) 2012



IAU 24H World Championships
Katowice (POL) 2012



IAU 24H World Championships
Katowice (POL) 2012





- Competition**
- X Men's individual competition**
 - x Women's individual competition**
 - x Men's Team Competition**
 - x Women's Team competition**

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

Each country can send **9** men and **9** women who can compete in this MIAUC

There will be NO Open race



6.0 CENTRAL MEETING POINT – HEAD QUARTER LOC

During the entire MIAUC, the HEADQUARTERS of the LOC will be situated at:



- ADDRESS

*Katowice, Mikołowska 72a 40-065 Poland
This is just near the Athletes Village*



LOC HOTLINE's (still to be decided)

ACCOMMODATION issues

Name: *to be decided*

Phone:

Email:

TRANSPORTATION issues

Name: *to be decided*

Phone:

Email:



7.0 PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

The PEF and FEF for each federation should be completed and sent **by the DEADLINE date**.



DEADLINE PEF : 07-07-2012

DEADLINE FEF : 08-08-2012

All forms must be sent in digital format to both:

LOC Name : **Agnieszka Smykla**
E-mail : a.smykla@awf.katowice.pl

IAU Name : **Hilary Walker**
E-mail : secretary@iau-ultramarathon.org



Preliminary Entry Form (PEF)

Each Federation should send a list with the number of athletes, officials and crew members. They will inform also about the way the Travel Grant should be paid.

Final Entry Form (FEF)

Each Federation will send the **final** list with the names of their athletes, dates of birth, sex and curriculum vitae or 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.

8.0 VISA

Any foreign visitor wishing to visit Poland should have a valid passport

IAU Members which **DO NOT need a visa** prior to departure are:

Andorra	Lithuania
Argentina	Luxembourg
Australia	Former Yugoslav Republic of Macedonia (*)
Austria	Mexico
Belgium	Monaco
Brazil	Netherlands
Canada	New Zealand
Croatia	Norway
Czech Republic	Portugal
Denmark	Romania
Estonia	Serbia (*)
Finland	Slovakia
France	Slovenia
Germany	South Korea



Greece	Spain
Hungary	Sweden
Iceland	Switzerland
Ireland	Taiwan
Italy	United Kingdom
Japan	United States of America
Latvia	Uruguay

* (only for holders of biometric passports)

** (Special Administrative Region)

*** (for holders of passports which include an identity card number)

Remarks:

- The list above does not involve people seeking residence, work or other paid activity
- Since 1st May 2005 citizens of EU countries are entitled to move freely within the European Union/European Economic Area. For stays exceeding 90 days please check here: Information for EU/EEA citizens traveling to Poland:
(<http://www.msz.gov.pl/index.php?page=1111400000>)
- For further information concerning entry requirements for Poland please contact a local Polish embassy or consulate in your country. Check here for the addresses of Polish diplomatic and consular posts internationally:
(<http://www.msz.gov.pl/index.php?page=1101902000>)
- Holders of travel documents issued based on Geneva Convention of 28th of July 1951 on status of refugees and New York Convention of 28th of September 1951 r. on status of stateless persons are not entitled to enter Poland without a visa. Exceptions below:
As of 21 st of May 2005, refugees lawfully resident in the territory of Ireland, Liechtenstein, Romania and Switzerland, based on European Agreement on the Abolition of Visas for Refugees done at Strasbourg on 20 th of April 1959, are exempt from an obligation to obtain visas for entering or leaving the territory of Poland, provided that:
(1) They hold a valid travel document issued in accordance with the Convention on the Status of Refugees of 28 th of July 1951 or the Agreement relating to the issue of a travel document to refugees of 15 th of October 1946, by authorities of the Contracting Party in whose territory they are lawfully resident,
(2) Their visit is of not more than three months' duration.
- A visa is still required for a stay of longer than three months or for the purpose of taking up gainful employment in the territory of another Contracting Party.

IAU Members which **do need a visa** prior to departure but **have** a Polish **Embassy** in their country:

Any country not mentioned above



9.0 TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)

Airport 1	Name	Katowice Airport
	Place	Katowice-Pyrzowice
	Distance to AV	30 km
	For more information Details:	http://www.katowice-airport.com From the airport is bus to Center of Katowice. http://www.pkm.katowice.pl/pyrzowice.php
Airport 2	Name	Krakow Airport
	Place	Kraków-Balice
	Distance to AV	70 km
	For more information	http://www.krakowairport.pl

The LOC will put up a “welcome helpdesk” in the airport during the arrival times of the delegations.

The LOC plans to organize transport from the airport, so trains/buses will not be needed for participants.

Train station 1	Place	Katowice
	Name	PKP
	Distance to AV	0,9km
	Expenses one way ticket	
Busses	From airport 1 to AV	http://www.pkm.katowice.pl/pyrzowice.php
	Expenses one way ticket	26 zł

10.0 ACCOMMODATION

ATHLETES VILLAGE (AV)

Address	Mikolowska 72, Katowice
Tel.	+48322075401, +48322075403
Fax	+48322510226
E-mail	hotel@awf.katowice.pl
website	www.run24.eu

Additional information about the AV:

The Local Organizing Committee (LOC) will offer:

- **full board accommodation**, free of charge,
- for **maximum 3 male and 3 female athletes** per delegation
 - o for a maximum of **3 nights** for delegations who should fly maximum 4 h
 - o for a maximum of **4 nights** for delegations who should fly maximum <9 h
 - o for a maximum of **5 nights** for delegations who fly minimum 9 h



The accommodation is available for additional nights for **assistants** and **coaches**.

The total amount of accommodation the LOC is required to cater for is a maximum 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation



The LOC can offer accommodation for additional delegation numbers but is not obliged to do it. In that case they will provide these delegations with a list with all available accommodations in the area. (see further on in this GIS)

The accommodation will be charged at these rates: **(ONLY FULL BOARD)**

Single room :	40 EURO
Double room :	60 EURO
Triple room :	80 EURO
Quadruple room :	100 EURO

Pictures of the accommodation











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It **IS** possible to use this location to accommodate extra **supporters**.

The cancellation policy:

- free of charge until 20 days before competition day (August 19th 2012)
- maximum 50% charge until 10 days before competition day (August 29th 2012)
- maximum 100% charge the last 9 days before competition day



On the day of arrival all teams will receive a detailed invoice of their accommodation costs. Complaints, if any, must be made before Friday 7th September at 12 noon. The accommodation costs should be paid at the occasion of the payment of the Travel Grants.

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 required a timetable of the shuttle busses.

FOOD & FOOD SCHEDULE

In general:

Breakfast from 7 am – 10 am
Lunch at 13:30
Dinner at 19:00

The **PASTA PARTY is FREE** for all athletes entered by their National Athletics Federation and is scheduled at : Friday September 7th at 18:30
Place: Athletes village

Recommended Hotels for Supporters:

Silesian Hotel

<http://www.silesianhotel.pl/en/>

Angelo Hotel Katowice

<http://www.vi-hotels.com/angelo-katowice/>

Park Hotel Diament Katowice

<http://www.hotelediament.pl/en.html>

11.0 TECHNICAL MEETING

Place Mikolowska 72, Katowice (In Athletes Village)

Day Friday September 7th

Time 14:30

On the day of arrival, all teams will receive, a brochure with the Technical Guidelines/rules specific for this MIAUC



12.0 PAYMENT OF THE TRAVELGRANTS

The payment of Travel Grants is scheduled for immediately after the TECHNICAL MEETING.



13.0 OPENING CEREMONY



Place Mikolowska 72, Katowice
Day Friday September 7th
Time 17:00
Transport Athletes Village

Followed by the PASTA-PARTY which starts at 18:30

14.0 RACE INFO

Specific details can be found in the brochure of the TECHNICAL MEETING
(IAU-appendix E: Technical meeting for the organisation of an MIAUC)

15.0 CLOSING CEREMONY

Place Park Śląski in Chorzów
Day Sunday September 9th
Time 16:00
Transport Situated in the place of the competition

16.0 WEATHER CONDITIONS

The average weather conditions in the past 5 years:

Max. Temperature 24°C
Min. Temperature 7°C
Humidity 70% - 80%
Extra info September has very variable weather in Poland



17.0 GENERAL TIME SCHEDULE OF THIS MIAUC



Wednesday	5/09		Arrival of the first teams
Thursday	6/09		Arrival of teams, and IAU officials
Friday	7/09	13:00	Pre-race Press Conference
		14:00	IAU Extraordinary Congress
		14:30	Technical Meeting
		15:30	Payment of the Travel Grants
		17:00	Opening Ceremony
		18:30	Pasta Party
Saturday	8/09	10:30	Departure to the race
		12:00	Start of the race
Sunday	9/09	12:00	Finish of the race
		15:00	Post-race Press Conference
		16:00	Award ceremony
Monday	10/09		Departure of the teams

18.0 MISCELLANEOUS

- **In POLAND you DO NOT pay with Euros or US Dollars!!**
The Polish currency is called the zloty. As an approximate comparison, 1 ZL = €0.24 or US \$0.30.
In general, Poland is a rather cheap country.
There is a bank, where you can get "money from the wall" situated at 400m from the entrance of the Athlete's village (right hand side...)
- If you are coming by **car** you should inform the LOC as they can provide a special secured parking area (limited places)
- The LOC will provide the possibility to **buy drinks** in the Athletes Village
- There is a **shop** (gas station nearby.. at 200m) where you can buy a lot of sweets and drinks (limited offerings)

19.0 TOURIST INFORMATION

City Information Centre
ul. Rynek 13
phone: +48 32 2593 808;
fax: +48 32 2593 369
<http://www.katowice.eu/en/>
e-mail: it@um.katowice.pl