



2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS



WMTRC 2023 Innsbruck-Stubai

General Information Sheet (GIS) – April 2023

WELCOME MESSAGES

Dear friends,

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

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

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

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

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

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

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

With kind regards,



Sebastian Coe,
President, World Athletics

Lord Sebastian Coe, World Athletics President

Tomo Sarf, President of the World Mountain Running Association

Janet Ng, President of the International Trail Running Association

Nadeem Khan, President of the International Association of Ultrarunners

... and especially all Athletes, coaches, dignitaries and presidents of Member Federations

Dear all,

I am writing today to present our General Information Sheet. You will find all the information necessary as well as interesting facts and details worth knowing about the World Mountain and Trail Running Championships 2023 on the following pages. This should help you to plan and to organize your journey as well as your stay and participation in the best way possible.

Even though dates and facts may be of major importance for any successful event, we all know that real success is only possible with the right mindset and true emotions.

Believe me when I say that, in anticipation of June 2023, I get goosebumps: This is because I am certain that all of you Athletes will give your best to excel and shine in our beloved disciplines, because it fills me with pride and joy to think that we will be staging the World Championships in some of the most stunning areas in the Alps. I am certain that we are going to experience a perfect synergy of Alpine and urban elements and influences; and last but not least, because I believe that the title races will be a success at all levels, be it athletically, organizationally or in terms of media coverage.

The WMTRC 2023 will come to life thanks to you as Athletes on the one hand, and you as presidents of the associations in charge on the other hand. You will be the ones filling the event with life and spreading the spirit that is inherent to sports and an international community of like-minded Athletes. The mountain- and trail runners community in specific is a big family that is due to get together in Tyrol in just a few months' time. One thing is certain: We can expect to celebrate a massive party in Innsbruck-Stubai.

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

With kind regards,

A handwritten signature in blue ink, likely belonging to Alexander Pittl.

Alexander Pittl

CEO WMTRC 2023 Innsbruck-Stubai

General Manager Alpine Trailrun Festival GmbH

Dear Federations, Dear Athletes,

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

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

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

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

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

Barbara Plattner
CEO Innsbruck Tourism

**INNS'
BRUCK**



Ladies and gentlemen,

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

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

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

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

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

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

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

See you soon in the Stubaital!

Adrian Siller

Chairman of the Stubai Tirol Tourist Association





Dear Athletes, Dear all,

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

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

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

Karin Seiler

CEO, Tirol Werbung



TABLE OF CONTENT

Please find the updated chapters highlighted.

WELCOME MESSAGES.....	2
HOST COUNTRY INFORMATION	8
Useful Information.....	8
EVENT SCHEDULE UPDATE	9
ENTRY VISA APPLICATION PROCESS UPDATE	11
ARRIVAL.....	12
SPECIAL FARES TRANSPORT NEW	13
With the ÖBB to Innsbruck.....	13
Special Lufthansa Group airlines fares.....	14
SHUTTLE SYSTEM.....	14
ACCOMMODATION UPDATE	14
Accommodation Costs	14
Payment Procedures	16
Extra Charges	16
Extra Services	16
CATERING UPDATE	17
RACES VENUES	18
FINAL ENTRY UPDATE	21
CHAMPIONSHIP CATEGORIES.....	21
PRIZE MONEY AND AWARDS.....	22
Overall Federation Team Award	22
AWARDS PRESENTATION	23
RACE COURSES UPDATE	23
OPENING AND CLOSING CEREMONY PARADE OF NATIONS	24
MEDIA OPERATIONS UPDATE	24
LIVE EVENT PRODUCTION UPDATE	24
INSURANCE AND INDEMNITIES	25

HOST COUNTRY INFORMATION



Useful Information

Country Name: **Austria** (83,878 km²)

Host city: Innsbruck-Stubai

Population:	Austria	8.979.894
	Innsbruck	130.596
	Stubaital	14.040

Language: German

Currency: Euro

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

Driving: Right-handed

Electricity: 230V, socket Type F

Mobile network: 4G, 5G

Business hours: 9 a.m. – 5 p.m.

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

Weather Conditions (June)

Maximum temperature: 24°C

Minimum temperature: 11°C

Average temperature: 18°C

Average precipitation per day: 111,7 mm

EVENT SCHEDULE UPDATE

The event schedule below is up to date as of March 2023. Please be aware that it is subject to change.

From June, 01st to 03rd 2023, the yearly public race Innsbruck Alpine Trailrun Festival will take place.

More information can be found on www.innsbruckalpine.at.

Sunday June 04, 2023

Arrival & Check In

Accreditation

Monday June 05, 2023

Arrival & Check In

Accreditation

World Athletics Mountain and Trail Running Seminar

Optional excursion to visit local attractions in Tyrol

Stubai Cultural Evening Experience

11:00 a.m. – 02:15 p.m. Official Shuttles Course Inspection

Tuesday June 06, 2023

Arrival & Check In

Accreditation

Optional excursion to visit local attractions in Tyrol

11:00 a.m. – 04:00 p.m. Official Shuttles Course Inspection

04:00 p.m. Technical Meeting (Vertical & Mountain) at Venue Innsbruck

05:30 p.m. Parade of Nations/ Opening Ceremony

Expo Open 11:00 a.m. – 07:30 p.m.

Wednesday June 07, 2023

Vertical Uphill | 7km

Start: Venue Neustift (Stubai Valley)

Finish: Elfer Hut (Stubai Valley)

05:00 pm Technical Meeting (Short Long & Long Trail) near Venue Stubai

06:30 pm Medal Ceremony Venue Neustift

Expo Area 11:00 a.m. – 7:30 p.m.

Thursday June 08, 2023

Trail Short | 45km

Start: Venue Innsbruck

Finish: Venue Neustift (Stubai Valley)

06:30 pm Medal Ceremony Venue Neustift

Expo Area 11:00 a.m. – 7:30 p.m.



Friday June 09, 2023

Trail Long | 86km

Start: Venue Neustift (Stubai Valley)

Finish: Venue Innsbruck

06:30 pm Medal Ceremony Venue Innsbruck

Expo Area 11:00 a.m. – 7:30 p.m.

Saturday June 10, 2023

Mountain Classic

Youth (1 loop): 6,7 km

Seniors (2 loops): total 13,7 km

Start and Finish: Venue Innsbruck

06:30 pm Medal Ceremony Venue Innsbruck

07:00 pm Closing Ceremony

Expo Area 11:00 am – 7:30 p.m.

ENTRY VISA APPLICATION PROCESS **UPDATE**

WHO HAS TO APPLY FOR AN ENTRY VISA?

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

WHICH VISA SHOULD YOU APPLY FOR?

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

WHEN TO APPLY FOR A SCHENGEN VISA?

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

HOW TO APPLY FOR A SCHENGEN VISA?

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

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

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

LOC - Company Details

Alpine Trailrun Festival GmbH
Klammstrasse 116
6020 Innsbruck
Austria

Contact Person LOC

Simone Fuchs
info@innsbruck-stubai2023.com
Phone: +43 512 275721-0

REQUIREMENTS FOR THE ISSUE OF SHORT STAY (SCHENGEN) VISAS

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

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

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

Other support documents might be required for certain countries. Please read carefully through the checklist and/or contact the Austrian Embassy in your country.

ARRIVAL

Transport for all accredited participants will be arranged from Innsbruck airport and Innsbruck main train station only.



By Plane

Innsbruck Airport is a small, regional airport, located on the western edge of the city with direct flights to international destinations such as Vienna, Frankfurt or London. Munich airport (Germany) with good train connections to Innsbruck can be a convenient way of travelling to Innsbruck.

AIRPORT INNSBRUCK (INN)

Fürstenweg 180 | A – 6020 Innsbruck

official website: www.innsbruck-airport.com

By Train

The main train station in Innsbruck is just a short walk from the city centre with excellent train connections from and to Munich Airport (Germany) and Vienna Airport (Capital of Austria).

MAIN TRAIN STATION INNSBRUCK

Südtiroler Platz 7 | A – 6020 Innsbruck

official booking website: www.oebb.at



By Car

Innsbruck / Stubai is located on major traffic routes with well-developed road networks, which makes the region easily accessible by car.

From Vienna: A12 motorway.

From Switzerland: A12 motorway. Through the Arlberg Road Tunnel or toll-free via the Arlberg region.

From Italy: A22/A13 (Brenner motorway); tolls apply from the exit Innsbruck-Süd.

From Munich: A12 motorway

Please note that a "Vignette" (road tax disk) is required for travel on Austrian motorways. [Read more here.](#)

SPECIAL FARES TRANSPORT **NEW**

You can now get around Innsbruck and Tyrol with the public transport system of the Innsbrucker Verkehrsbetriebe (IVB) and the Verkehrsverbund Tirol (VVT). This offer applies during the event period from 6th of June till 11th of June 2023 WITH the accreditation around your neck.

In addition, we've got a discount of up to 22% with the Österreichische Bundesbahnen (ÖBB) for nationwide and international travel during the period of 22nd of May till 13th of June 2023. As well as special fares, which are now available to you with Austrian Airlines, Lufthansa, SWISS, Brussels Airlines and Eurowings, for bookings during the period of 30th of May and 17th of June 2023.

With the ÖBB to Innsbruck

Click on the link

<https://shop.oebbtickets.at/tsCmd?c=eyJjbWQiOiJzZWxmUmVnaXN0cmF0aW9uQjJClwidmFsdWUiOnsidGFuljoiN1dLVENFIH19>

and then enter the TAN: **DZWED3**

Now you can register as a new customer with an e-mail address and book your journey to the event in a relaxed manner.

It should be noted that each person must create a new ÖBB account specifically for this event. An existing ÖBB account cannot be used because each e-mail address can only be used once in the ÖBB booking system.

By registering, you will receive a 22% championship discount on the ÖBB standard price, 10% on the international standard price and a special price for the ÖBB Nightjet during the time period of 22nd of May till 13th of June 2023. Your customer account for the congress will be automatically deleted after the end of the event and thus after your return journey.

Please note that the respective ÖBB cancellation conditions of the selected fare also apply if the event is cancelled.

Special Lufthansa Group airlines fares

The Lufthansa Group airlines bring people together every day, all around the world. The global route network of Austrian Airlines, Lufthansa, SWISS, Brussels Airlines and Eurowings offers optimal connection and combination options, so you will benefit from quick and direct flights to the event.

You will reach the booking platform via this link <https://www.lufthansa.com/de/en/meetings-and-events-delegates> and with the event code **ATAUWAH**.

The reduced fares are automatically displayed and apply to the time period of 30th of May and 17th of June 2023.

NB: Please enable pop-ups permanently in your browser while booking, otherwise the window in the booking platform will not open.

SHUTTLE SYSTEM

The sophisticated transportation concept includes a permanent transport service between the two venues Neustift and Innsbruck. At expected peak times (e.g., before the competitions), separate shuttles for Athletes will be set up to guarantee an uncomplicated and easy arrival to the races. We kindly ask all teams to make use of our transport concept not only for ecological reasons but to avoid congestions, too. Both Venues offer several facilities (showers, dedicated rest areas, team catering, etc.) to reduce the usage of permanent shuttles to the needs of the Athletes only.

ACCOMMODATION UPDATE

The World Mountain and Trail Running Championships 2023 are hosted in Innsbruck and Stubai. Allocation will be done by the LOC equally between the two regions based on the accommodation requirements indicated in the Final Entries.

Accommodation Costs

The LOC is covering the costs for 4 nights for participating quota Athletes and team officials during the event. For all quota Athletes running two races, a 5th night is covered by the LOC. Regarding all non-quota Athletes, additional officials and additional nights, the federation will be charged 100€ per person per night for accommodation and the full board.

Athletes Table

				ATHLETES PER TEAM	
EVENT				QUOTA ATHLETES Paid by LOC; 4 nights	Non-QUOTA ATHLETES all paid by MF; up to a maximum of:
1.	Trail Running	Long race	Men	3	3
2.			Women	3	3
3.		Short race	Men	3	3
4.			Women	3	3
5.	Mountain Running	Vertical	Men	3	1
6.			Women	3	1
7.		Up/ down races	Men	3	1
8.			Women	3	1
9.			Jr Men	3	1
10.			Jr Women	3	1
	TOTAL			30	18

Officials Table

Number of QUOTA ATHLETES	Number of Team Officials per team to receive free full board accommodation for 4 nights
1- 5 QUOTA ATHLETES	1
6 - 10 QUOTA ATHLETES	2
11 - 15 QUOTA ATHLETES	3
16 and more QUOTA ATHLETES	4

The LOC will charge the Federation 100,- Euros per person per night (including all taxes) for any additional night, non-quota athlete and additional team official according to the final entries.

Payment Procedures

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations are kindly requested to settle the outstanding amount by bank transfer latest by **15th, May 2023**.

Payments should be made in EUR by bank transfer to the following account:

Account Name: Alpine Trailrun Festival GmbH

Bank Name: Volksbank Tirol AG

Bank Address: Meinhardstraße 1, 6020 Innsbruck, Austria

Account Number: 3000080168

BIC/Swift Code: VBOEATWWINN

IBAN: AT58 4239 0030 0008 0168

Please note that participation at WMTRC23 can only be granted if invoicing amounts are fully paid!

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

Extra Charges

Extras (e.g. laundry, parking, mini bar) have to be paid in cash or credit card directly at the hotel by the Federation.

The respective team leader will be required to deposit a credit card as guarantee for the teams extra charges. Any not settled extras (e.g. phone bills or other extra services at the hotel) have to be covered by the team leader at check-out.

Extra Services

Meeting Rooms

If there is a need for a meeting room please inform us in due time, since they need to be booked in advance. However, please note that not all of the hotels are equipped with meeting rooms, nevertheless the LOC is going to help with any meeting room requests and arrangements can be made.

Internet Access

Free internet access will be provided at each hotel.

Check-in / check-out

Check-in and Check-out times differ depending on the allocated hotel. Please note that early check-in depends on availability. In general, it is necessary that the team leader provides a credit card as a guarantee for any extra expenses to the hotel during check-in. Furthermore, the teams are encouraged to arrive as a group, since the team leader has to do a group check-in where they will be provided with all the room keys and it is their responsibility to distribute them within the team. Same procedure during the check-out, the team leader has to collectively hand in the keys during check-out and needs to pay any additional service the team might have consumed.

CATERING UPDATE

Meals

The accommodation booking comes with a full board service on competition days. For lunch and dinner one beverage will be available free of charge. Additional drinks must be paid for.

Breakfast

For every night booked in one of our official hotels breakfast will be served at each hotel in continental buffet style at their respective catering areas.

Lunch

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

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

Dinner

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

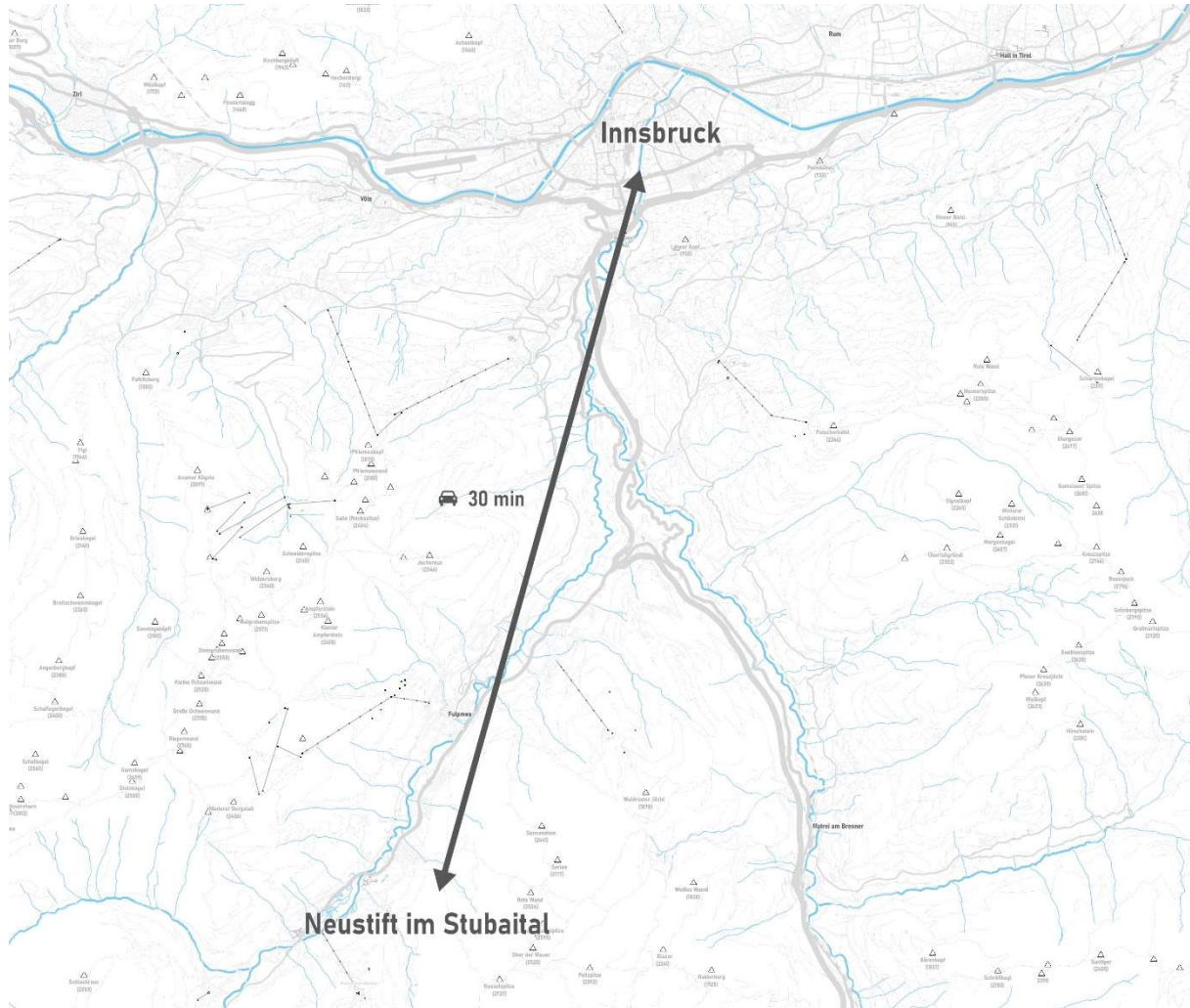
On days outside of the official event period, the participating Member Federations remain in charge of arranging lunch and dinner for their team members in line with their preferences.

Meal Times

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

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

RACES VENUES



At both venues the full infrastructure and service is provided:

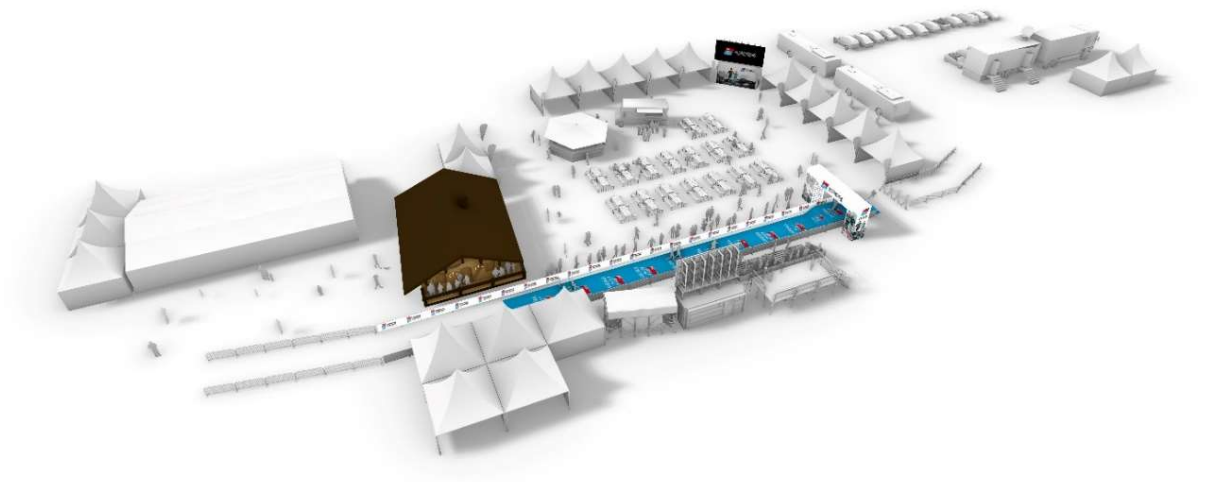
- Shower facilities, athlete/ rest areas, catering, anti-doping area, luggage depot, etc.

A) **Venue Neustift** (coordinates: 47.107825, 11.304375)

Freizeitzentrum Neustift

Stubaital Str. 110 | A- 6167 Neustift im Stubaital

- a. Start Vertical Uphill
- b. Finish: Trail Short
- c. Start: Trail Long
- d. Infrastructure: Showers, Athlete rest area, Technical Meetings, Catering Area, Anti-Doping area, Expo, Mixed zone, Information desk, Stage and LED wall, Media center, VIP area

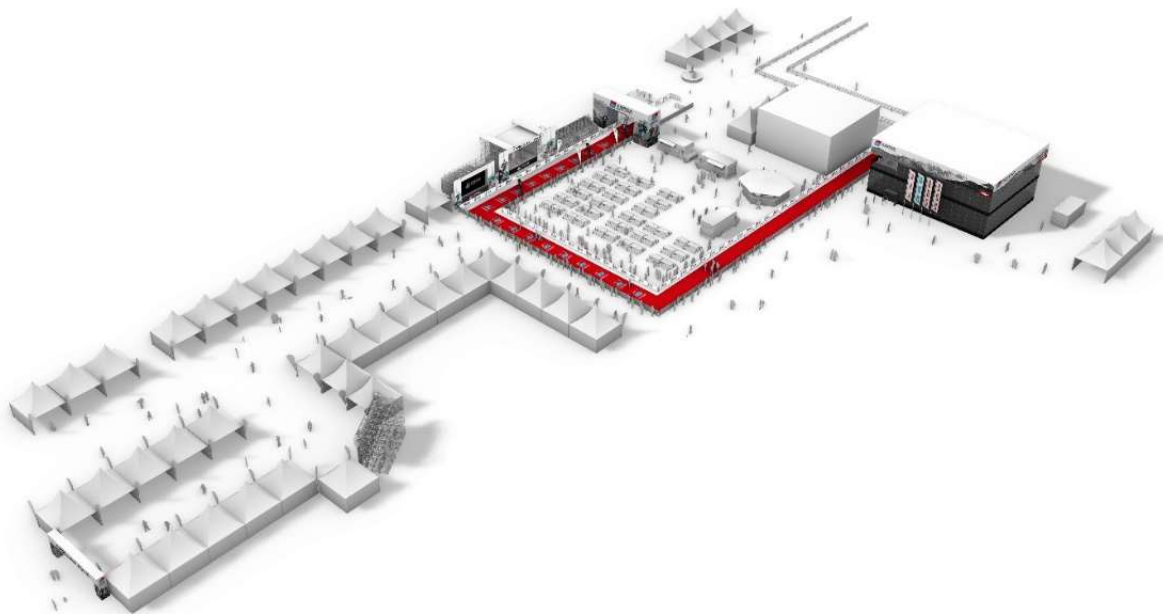


B) **Venue Innsbruck** (coordinates: 47.269538, 11.395582)

Landestheaternvorplatz

Rennweg 2, 6020 Innsbruck

- a. Start and Finish: Mountain classic
- b. Start: Trail Short
- c. Finish: Trail Long
- d. Infrastructure: Media Center, Anti-doping area, Press Conferences, Congress, Technical Meetings, Mixed zone, Showers, Athlete rest area, Catering area, Stage and LED wall, Expo, VIP area



FINAL ENTRY **UPDATE**

Member Federations have to submit their Final Entries online, using the World Athletics Event Entry System (EES) by **Friday 28th of April 2023** midnight, CET. Only those that have submitted their Preliminary Entries will be granted access to EES.

If you encounter difficulties when submitting entries, please contact hilary.walker@iau-ultramarathon.org for assistance.

Final Entry Numbers and Logistics:

In order to assist the LOC with accommodation administration, it is also imperative to provide realistic entry numbers and accommodation needs by 28th of April 2023. If you have your trials after the Final Entry Deadline please also provide realistic entry numbers by 28th of April 2023, as due to the cancellation policy, unoccupied rooms will be charged to the federations account.

The number of officials should not exceed the number given in the PEF. If you plan to come with more officials please ask the LOC via info@innsbruck-stubai2023.com to check accommodation availabilities.

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

Deadline Final Entry: **April 28, 2023**

CHAMPIONSHIP CATEGORIES

1. Long Trail (85km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

2. Short Trail (45km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

3. Vertical Uphill (7km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

4. Mountain Classic (up & down, 15,5km)
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team

5. Junior Mountain Classic (up & down, 7,5km)
 - Men's individual
 - Women's individual
 - Men's Team
 - Women's Team

PRIZE MONEY AND AWARDS

The following prize money will be available.

Gender	#	Mountain Classic	Vertical Uphill	Trail Long	Trail Short
Male/ Female	1 st	4.000 €	4.000 €	4.000 €	4.000 €
	2 nd	2.000 €	2.000 €	2.000 €	2.000 €
	3 rd	1.000 €	1.000 €	1.000 €	1.000 €
	4 th	750 €	750 €	750 €	750 €
	5 th	500 €	500 €	500 €	500 €

*No prize money for junior competitions and team classification

*Prize money is subject to 20 % Austrian Withholding Tax (WHT) which will be deducted at payout.

Overall Federation Team Award

In addition to the individual team championships for mountain and trail, the World MTR Championships Partners want to recognise Federations who are successful across the range of events by introducing an overall senior team trophy.

There will be a trophy for the Federation that scores highest from a number of the senior races both mountain and trail. There are 8 senior events: 2 x mountain races (uphill/vertical uphill and classic) and 2 x trail races (short and long), male and female races.

The team trophy will be calculated on up to each Federation's 6 best event scores; with each event score being based on up to the Federation's top 3 runners in that event. All teams will be ranked and Team Trophies will be awarded to the top three Federations!

AWARDS PRESENTATION

Daily flower ceremonies will be held immediately after the podium finishers near the finish area.
Daily medal ceremonies will be held in the evening at the Medal Plaza.

What?	When?	Where?*
Flower Ceremony Vertical Uphill	07.06.2023	Vertical Uphill Finish (Elfer Hut Mountainside)
Medal Ceremony Vertical Uphill	07.06.2023	Stubai Venue
Flower Ceremony Trail Short	08.06.2023	Stubai Venue
Medal Ceremony Trail Short	08.06.2023	Stubai Venue
Flower Ceremony Trail Long	09.06.2023	Innsbruck Venue
Medal Ceremony Trail Long	09.06.2023	Innsbruck Venue
Flower Ceremony Mountain Classic	10.06.2023	Innsbruck Venue
Medal Ceremony Mountain Classic	10.06.2023	Innsbruck Venue

* Subject to change

RACE COURSES **UPDATE**

The courses of the WMTRC23 Innsbruck – Stubai are carefully selected offering the best mountain and trail running can offer, incl. one of the most beautiful mountain views in the Alps. The profile integrates all kinds of terrain, flat & flowy, steep, rocky and high alpine, providing a challenging combination for the Athletes guaranteeing amazing competition and an lifetime experience. Nevertheless, for the Trail Short and the Trail Long a surefootness and a head for heights is needed.

Course overview:

Competition	Date*	Time*	Start	Finish	Distance	Elevation gain (m)
Vertical Uphill	07.06.2023	M: 1 p.m. F: 2 p.m.	Neustift	Elfer Hut	7,3 km	±1020/5
Trail Short	08.06.2023	M/F: 9 a.m.	Innsbruck	Neustift	44,6 km	±3194/2772
Trail Long	09.06.2023	M/F 6.30 a.m.	Neustift	Innsbruck	85 km	±5554/5966
Mountain Classic Junior 1 Loop	10.06.2023	M: 10:00 F: 11:00	Innsbruck	Innsbruck	7,5 km (1 loop)	±360
Mountain Classic Senior 2 Loops	10.06.2023	M: 12:00 F: 14:00	Innsbruck	Innsbruck	15,5 km (2 loops)	±720

*Subject to change

For information on course profiles please follow this [link](#).

OPENING AND CLOSING CEREMONY | PARADE OF NATIONS

What?	When?	Where?
Official Opening Ceremony**	06.06.2023*	Innsbruck*
Official Closing Ceremony	10.06.2023*	Innsbruck*

*Changes possible at any time – further information follows

**Opening Ceremony | Parade of Nations: Official flag presentation of all accepted Federations w.

MEDIA OPERATIONS **UPDATE**

During the WMTRC 2023, a dedicated staff of professionals, freelancers and volunteers will support the work of journalists, photographers, social media content creators, bloggers or video-professionals.

They will work in the media rooms in Innsbruck and Stubai, they also will have designated areas after the finish lines for interviewing the Athletes and along the course, to take pictures or videos. Please note that all Athletes must leave the Field of Play through the Mixed Zone. However, they are not obliged to talk to the media if they don't want to. Press conferences will be organized according to the needs of International Federations and of the Local Organizing Committee. If you want to organize your own media gatherings, please contact WMTRC 2023 Media Operations for advices and logistical support.

All media facilities will be accessible for media representatives of the international and national Federations. If you want to accredit your own media people (e.g., communications manager, photographer, social media manager), please note that a person can hold only one accreditation card. Staff from your delegation should be accredited as team members and can, in case of necessity and eligibility, receive a Supplementary Access Control Devices (SACD), if requested beforehand.

LIVE EVENT PRODUCTION **UPDATE**

In order to offer the best experience for spectators on-air and on-site, live event production plays an central role in our planning. As a result of continuous and detailed planning we'll provide high quality live streams of every competition (that you will hopefully share via your channels). The distribution concept foresees a 360° approach for all platforms- tv, online, social media and radio. A key partnership has been established with Austria's public broadcaster, ORF, who recently committed to an extensive coverage on their own platforms, including additional features from the competition and integration into their other formats and shows.

The coverage of the races follows a simple concept: explain the sport for a broad audience and show the excitement of the races in the picturesque scenery of the Austrian landscape in order to promote and celebrate the sport and their Athletes across the globe.

To achieve this goal, we're bringing a wide range of production facilities into play in order to cover the Races in a best possible way, up to 20 followcams, 10 drones and 20 fixed cameras will deliver the images for the many viewers worldwide.

INSURANCE AND INDEMNITIES

Participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from 2023 World Mountain and Trail Running Championships Innsbruck-Stubai and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

Except in relation to gross negligence or wilful misconduct of the organiser (LOC), the Participating Member Federations defends and holds harmless the organiser from and against any personal injury or material damages, losses and claims arising out of the participation at the Championships.

Please stay tuned for updates on www.innsbruck-stubai2023.com and feel free to contact us at info@innsbruck-stubai2023.com.