



Valsir Mountain Running World Cup 2024

(25th edition of the World Cup)

ATHLETE INFORMATION

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1. VALSIR MOUNTAIN RUNNING WORLD CUP ATHLETE INFORMATION 2024

- 1.1. All 2024 Valsir Mountain Running World Cup races: **Gold Label**.
- 1.2. There will be races in 3 categories (short uphill, classic mountain and long mountain).
- 1.3. Race categories will align themselves to the following parameters:
 - Uphill (U): 3 – 10km with 500m+ minimum elevation gain and 1250m+ maximum elevation gain. The course should be mainly uphill. (Guide: average elevation gain per km = 150 – 250m/km)
 - Classic (C): 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km)
 - Long (L): 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km)
- 1.4. Invited and qualifying athletes will be eligible for hosting support, complimentary race entry and WMRA travel Support.
- 1.5. An athlete must score in at least two races to be included in the final World Cup prize ceremony.
- 1.6. **The overall WORLD CUP results** will be calculated from athletes' **best 9 race results**. Each World Cup race in each category counts equally to the overall World Cup result except where bonus points are allocated.
- 1.7. **The category WORLD CUP results** will be calculated from athletes' **best 3 race results in that single category**. Athletes may rank in more than one category.
- 1.8. If athletes have the same number of points, their final position will be determined by reference to their highest race positions. Therefore, athletes with equal points, but one has a 1st position and the other has not, the athlete with the 1st position takes priority. If both have a first position, the next superior position is compared and so until a priority is obtained. If this method does not resolve the final positions, the prize money for the final positions will be added together and divided by the number of athletes involved.

1.9. The points awarded for each race will be as follows (the same for men and women):

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.
WCup gold label races Points:	50	42	35	30	26	23	20	18	16	14	12	10	8	6	4	3	2	1

1.10. Bonuses: The bonus points will be added to apply to an athletes overall World Cup points tally and NOT to their Category points score.

Bonus participation at each of the World Cup final races - Each points scoring athlete from the race receives a **5 points** bonus to add to their score. An athlete must arrive in the top 18 places at this race to score this bonus.

- 1.11. In addition to the overall WORLD CUP classification, there will be also a WORLD CUP category classification (Male/Female).
- 1.12. There may be anti-doping testing at any of the World Cup events
- 1.13. By accepting prize money for the overall ranking, the athlete consents to the use of his/her contact email being sent to race organisers of next year's World Cup competition for invitation purposes unless the athlete explicitly requests this does not happen. In addition to this the athlete also consents to the use of her/his image in communications surrounding the World Cup for the current and following year.
- 1.14. The total final prize fund will be 30.000 EUR and is provided by the WMRA.

- 1.15. Prize money will be paid for the overall World Cup Champions. Prize money will be distributed as follows, same for women and men:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	5000	3000	2000	1400	1100	800	600	450	350	300

- 1.16. WMRA medals/trophies will be awarded to the top 3 places in the overall standings as well as top 3 in the category standings Female/Male. Other prizes may also be provided by WMRA or a World Cup sponsor at the discretion of the WMRA.
- 1.17. In 2024 the WMRA will pay a travel support for World Cup gold label events for the top ranked athletes in the current years World Cup classification (M/F). For the first race of the calendar the World Cup results from the preceding year will be used. In the event that these runners are not available for the event then this money will not only be paid to the next ranked athletes at the discretion of the World Cup Manager. For event locations with 2 races held together there will be paid only one single amount.
- 1.18. The results of the World Mountain / Trail Running Championships and World ranking (M/F) may also be used <https://ranking.wmra.info> for providing this travel support.
- 1.19. Travel support is only available for athletes competing outside of their home country.
- 1.20. Each race organiser must offer as a minimum free entry and full board accommodation for at least **two** nights (**3 nights** minimum where flight travel is required) for the athletes:
- Who finished the 2023 WORLD CUP on the top 10 positions
 - World Mountain and Trail Running Championships 2023:
Junior Women & Men's winners plus Senior Women & Men's winners (Classic up/down)
Senior Women & Men's winners (Uphill)
Senior Women & Men's winners (Short trail)
 - The best 10 athletes' women/men in the World Ranking (taken at 45 days prior to the competition date in order to manage travel and entry logistics for that athlete).
 - The World Cup manager will provide a recommended list of top athletes to invite and minimum 10 names on this list will need to be invited by the LOC with hosting support above
- NB. Many of these athletes will appear in more than one of a,b,c, and so the total number of invited athletes will be less than the sum of all these categories.*
- 1.21. Race organizers shall provide equal prizes / prize money for men and women. This prize money should be paid to a minimum of first 5 runners (men & women) with a minimum amount of **5.000euro** distributed at each Gold label race. Any prizes for intermediate times and records must also be equal for men and women and are additional and not to be included in this minimum amount. The prize money and awards must be published 30 days prior to the event and sent to the World Cup Manager.
- 1.22. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.

Appendix 1: 2024 Valsir Mountain Running World Cup Calendar

13 races in 10 event locations in 8 countries:

Valsir Mountain Running World Cup 2024					
RACE	COUNTRY	LABEL	DATE	DISTANCE H+/-	CATEGORY
Broken Arrow Uphill	USA	GOLD	Friday, 21 June	6.8km, 954m+/-	Short Uphill
Broken Arrow Skyrace	USA	GOLD	Sunday, 23 June	23km 1533m+/-	Long Mountain
Grossglockner Mountain Run	Austria	GOLD	Sunday, 7 July	13.3km 1300m+, 183m-	Classic
Montemuro Vertical Run	Portugal	GOLD	Sunday, 14 July	10.4km 1098m+/247m-	Classic
La Montee du Nid D'Aigle	France	GOLD	Saturday, 20 July	20km 1850m+, 450m-	Classic
Giir di Mont	Italy	GOLD	Sunday, 28 July	32km 2400m+/-	Long Mountain
Sierre Zinal	Switzerland	GOLD	Saturday, 10 August	31km 2200m+ / 1100m-	Long Mountain
Vertical Nasego	Italy	GOLD	Saturday, 31 August	4.2km, 1000m	Short Uphill
Trofeo Nasego	Italy	GOLD	Sunday, 1 September	21.5km, 1336m+, 1039m-	Classic
Sky Gran Canaria	Gran Canaria, Spain	GOLD	Sunday, 22 September	44km 3,344m+, 2453m-	Long Mountain
Šmarna Gora Race	Slovenia	GOLD	Saturday, 5 October	10km, 710m+ / 350m-	Classic
World Cup Final Lagunc KM Verticale	Italy	GOLD	Saturday, 12 October	3.2km 1000m+	Short Uphill
World Cup Final Val Bregaglia Trail	Italy	GOLD	Sunday, 13 October	23km 900m+ 1000m-	Long Mountain