

GIS

GENERAL INFORMATION SHEET IAU 24-H AMERICAS CONTINENTAL CHAMPIONSHIPS

Mar del Plata , 07 - 08 th September 2024





INDEX

- 1- Welcome!
- 2- Argentina's and Uruguay Athletics Confederations (CADA, and CAU for its initials in Spanish)
- 3- Local Organizing Committee
- 4- International Association of Ultrarunners (IAU)
- 5- Competition's General Information
- 6- Preliminary Information (PEF) and Final Information (FEF) Forms
- 7- Accommodation and Transport
- 8- Technical Meeting
- 9- Opening Ceremony
- 10- Closing Ceremony
- 11- Weather
- 12- Information of Mar del Plata



1 – WELCOME!

CO-DIRECTOR – CPA. MANUEL MENDEZ

Organizing for the first time in our continent an international event such as the ultra-distance “IAU 24 hs Americas Continental Championships”, makes the American Continent to unite its efforts in order to deliver a unique event , in a new bet in conjunction with the Uruguayan Athletic Confederation. It is a huge honor for the city of Mar del Plata to host this magnificent event. Mar del Plata is known as the cradle of many long-distance runners, as well as a center for national and international sports development and growth.

The championship will take place in “Justo Alberto Román Athletics’ Stadium”, field which hosted the Iberoamerican Games in 1994, the Panamerican Games in 1995, and the “Semana del Mar” Tournament. It also hosted the first South American Ultra-Marathon Cup in 2023, and it is expected to be home to the next Senior South American Games in 2025.

As one of the main organizers of the event, let me tell you it is a pleasure to do it where I began to compete more than three decades ago. What is more, I am very thankful for it since, due to the activity, I met other athletes, coaches, judges/referees and I made true friends.

Last but not least, I would specially like to thank the International Association of Ultrarunners (Nadeem Khan, President), the CADA (Daniel Soto, President), the “Federación Atlética de la Pcia. de Buenos Aires” (Julián Peralta, President) and the “Ente Municipal de Deportes y Recreación” (Sebastián D’Andrea President), as well as all the “Federación Marplatense de Atletismo’s” team that make this IAU American Cup edition to be a dream come true.

WELCOME TO MAR DEL PLATA!

Cdor. Manuel Méndez – Co- Director



CO DIRECTOR – PROF. TYSSON PIÑEIRO

For more than 10 years developing this type of athletics. Mar del Plata welcomes us again in a joint effort between the Uruguayan Athletic Confederation and the Argentine Athletics Confederation. One more step, now with a 24-hour Continental Championship. Having the privilege of guiding my native country Uruguay in a project, today a reality together with a serious and magnificent experienced work group that has excelled in Ultradistance for years.

It is a great pleasure to share and welcome all colleagues, students, and national teams as if it were my home on September 7 and 8, 2024. This project is more ambitious than the last Copa Sudamericana 2023, which was so successful.

The Athletic Confederation of Uruguay continues to commit to the process started more than 5 years ago internally and internationally, embracing and supporting in an unobjectionable way this privileged opportunity that our sister institution offers us to take the region's resistance one step further as pioneers.

Welcome to our Continental in Mar del Plata!

Prof. Tysson Pineiro



2- ATHLETICS CONFEDERATIONS (CADA & CAU)

CADA'S PRESIDENT WELCOME LETTER

We welcome you and we are thankful for having been chosen as the “IAU 24 hs Americas Continental Championships “ hosts, task which will be performed by this Confederation and the Uruguay Athletics Confederation, together with the Mar del Plata Athletic Federation.

We thank the IAU (International Association of Ultrarunners) for letting our country and, specially, Mar del Plata's city, organize and be part of an elite athletics' competition such as this one, which will count with the presence of the best American athletes in this specialty. We feel completely honored.

Thanks to events of these characteristics, those who are involved in outdoors activities in different ways, renew and strengthen the incentive and the commitment to promote sports practice as a health agent, as well as a human being's life formation. Consequently, we strongly wish this event to shine and to develop in the best possible way for athletes, coaches, referees, leaders and public in general to make the most of it since it is an unprecedented event held by the National Confederations.

Welcome and see you in Mar del Plata!

Daniel Marcelino Soto





CAU 'S PRESIDENT WELCOME LETTER

It is a pleasure to welcome you again as hosts in a cooperative effort in conjunction with CADA to the 24-hour Continental IAU of America. and IAU American 50k Cup with the best exponents from all over America. It is a privilege to have in the technical area of both institutions those responsible who make possible the landing at the pioneering event endorsed by both national rectors in search of organizational quality.

Thanks to IAU (International Association of Ultrarunners) for trusting in our cultural kinship by designating Mar del Plata, that cradle of great athletes, as the 2024 venue.

Thanks to CADA with its president Daniel Sotto supporting one of many events that nourish regional athletic development as it has been historically, just as today we double institutional efforts for a shared vision.

As always, we hope to provide all the work charisma possible in our hands so that the values of our work remain high.

We wish the best wishes and that all athletes in the corresponding modality can wear and defend the colors of their country with pride and devotion.

The Rio de la Plata is ULTRA! WELCOME

Lic. Marcos Melazzi



3 – COMITÉ ORGANIZADOR LOCAL (LOC) :

Director General de Competencia :

Cdor. Manuel Méndez

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Co Director General de Competencia :

Prof. Tysson Pineiro (CAU)

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Presidente Federación Marplatense de Atletismo :

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4 – INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU) :

Nadeem Khan
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CARTA DE BIENVENIDA DEL PRESIDENTE DE IAU NADEEM KHAN

Dear all:

It is my pleasure to welcome you all to the IAU 24 Hour Americas Championships and the 50km America's Cup in Mar Del Plata, Argentina. The event taking place in this beautiful city will put the sport of ultrarunning on the forefront in the Americas.

I would like to thank President Daniel Sotto of the Confederación Argentina de Atletismo (CADA) and President Marcos Melazzi of the Confederación Atlética del Uruguay (CAU) for applying to host the championships. I have had the opportunity to meet with them last year and their support for ultrarunning was unwavering. Having a strong support from the national federation always results in outstanding championships.

I would also extend my appreciation to Manuel Mendez and Tysson Pineiro, Directors of the Local Organizing Committee. After successfully organizing the Copa Sudamericana with Tysson Pineiro of the Confederación Atlética del Uruguay in 2023, that event paved the way for these championships.

The sport is growing exponentially in the region. These championships will further expand that growth and development. The federation support combined with hard-work from ultrarunning enthusiasts on the ground will accelerate that recognition for ultrarunning.

Friends – you will experience an outstanding hospitality in Mar Del Plata. Getting an opportunity to run amongst the best in the region is an experience to be cherished and enjoyed. I am confident you will take back warm memories back to your countries.

I welcome you all to the IAU Continental Championships and Cup!

Nadeem Khan

Presidente - IAU





CARTA DE BIENVENIDA DEL REPRESENTANTE DE LAS AMERICAS DE IAU - ARTURO CAMPANINI

Dear all:

From IAU we are pleased to announce the holding of the III 24-hour Continental Championship. and American Cup of 50 km.

For the first time Argentina will host this great international event and Mar del Plata will host a large number of the best continental athletes in the month of September. IAU continues to bet on the development of the region, which has had an exponential improvement in recent years both in the quality of competitions and in the achievement of high-level marks.

We thank CADA and the LOC for the opportunity they give us to celebrate this magnificent event.

Best regards and see you soon!





5 – COMPETITION'S GENERAL INFORMATION :

Date and time : September 07 th & 08 th , 2024 . Time : 10:00 am

Category: 24 H Continental Championships

Place : Justo Ernesto Roman Athletic's Stadium , Mar del Plata's Sport Municipal Park , Buenos Aires Province , Argentine Republic

Event Director : CPA Manuel Méndez

Contact: Mail : ultramaratonmardelplata@gmail.com .

Phone number : [54 9 223-5298963](tel:5492235298963)

Supervision : Federación Marplatense de Atletismo

Endorsed by : Argentina's Athletics Confederation (CADA), International Association of Ultrarunners (IAU)

Circuit :

The competition will be held in the Panamerican 400mts track field. The 50 k will be run in line 2, and the 24 hours competition in line 5, both starting at the same time.

Within the fourth hour of the competition, athletes will start running in the opposite direction (rule which only applies for the 24 hours' competition).

Competition :

Individual male competition – IAU 24 hs Americas Continental Championships

Individual female competition – IAU 24 hs Americas Continental Championships

National teams' competition - IAU 24 hs Americas Continental Championships

Only the athletes enrolled by their National Federations will be allowed to participate in the IAU American Cup. Each country can enroll up to 6 (six) men and women to compete in the IAU American Cup. The best 3 (three) marks score for by each team.

Capacity limited to 100 (one hundred) athletes per category (100 for the 50k competition, and 100 for the 24 hours competition).



6 – PRELIMINARY INFORMATION (PEF) AND FINAL INFORMATION (FEF) FORMS

PEF DEADLINE: 30/06/2024

FEF DEADLINE: 31/07/2024

Forms must be sent to the following e-mail address:
ultramaratonmardelplata@gmail.com

Preliminary Information Form (PEF) – DEADLINE: 30/06/2024

To make accommodation reservations, each Federation must send a list of their athletes, the amount of rooms needed, and the number of nights requested.

Final Information Form (FEF) – DEADLINE: 31/07/2024

Together with the final information form, each Federation must send the final list including the names of their athletes, birth date, and gender. It will also inform the LOC (National Organizing Committee) about the delegation's trip timetable (arrival and departure time), flight number or way of arrival to the destination, amount of rooms needed, and the number of nights requested.

7 – ACOMODATION AND TRANSPORT :

The LOC will be in the Estocolmo or Delfin Hotel, located in Mar del Plata's main commercial area, only 2 minutes away from Güemes Street, and 10 minutes distance from Playa Varese and Playa Grande.

Accommodation in the hotel will be available since Thursday 05th, September .

The hotel offers double rooms. National teams, as well as the athletes competing in the Open race and their companions and trainers, have the possibility of staying in the same facility.

Capacity: 150 (one hundred and fifty places), national teams having priority.

Price: u\$s 35 (thirty five dolars) per person per night.

Included services: half pension , cable TV, free Wi-Fi.

The LOC has 2 places per gender for 2 nights at no cost for each participating national team.

Payment method: through deposit or bank transfer to the pesos saving account number: 4033577-0 166-9, CBU 0070166830004033577091, Banco Galicia. Owner: Manuel Méndez, ID 22.007.230. Once the operation is done, please inform the payment to the following e-mail account: ultramaratonmardelplata@gmail.com



8- TECHNICAL MEETING

Friday 06th, September. At 4pm in the Hotel's hall entrance. Time and place may change to Justo Alberto Román Athletics' Stadium, at 5pm (depending on weather conditions). Decision will be informed with enough anticipation.

Meeting only for National Delegations and Coaching Staff.

In case there is extra room, the rest of the attending people will be allowed to get in.

Each Team Leader will receive this GIS (General Information Sheet). They may also send any questions to the following e-mail address: ultramaratonmardelplata@gmail.com

9- OPENING CEREMONY

Friday 06th, September . Justo Alberto Román Athletics' Stadium, at 6pm. Delegations' meeting and flag's presentation.

In case of bad weather or logistical improvement, it will take place at the Islas Malvinas Sports Center, 100 meters from the Atletico Stadium.

10- CLOSING CEREMONY

Sunday 08st, September. Justo Alberto Román Athletics' Stadium, at 11am.

In case of bad weather or logistical improvement, it will take place at the Islas Malvinas Sports Center, 100 meters from the Atletico Stadium.

11- WEATHER

As regards weather conditions, September is one of the best months of the year in Mar del Plata. The shortest day is September 1st, which consists of 11 hours and 15 minutes of daylight since the sun rises at 7:18 am and sets at around 6:33 pm. The longest day is September 30st, which consists of 12 hours and 44 minutes of daylight since the sun rises at 6:49 am and sets at around 7:18 pm. During this month, daylight's average is approximately 11:30 hours.

Daytime temperatures are around 10°C and 18°C. During this time of the year, 84mm of rain water may fall. In consequence, among 4 to 9 rainy days may be expected.



13- MAR DEL PLATA'S TOURISTIC INFORMATION

Mar del Plata, Argentina's main touristic point and beach, is located at the Atlantic seashore, and only 404 km away from Buenos Aires City.

Magnificent beaches, wide bays, impressive cliffs and woods alternate throughout the coast's 47 km. Low mountain ranges, undulating lands, groves, lakes, streams and quarries define the incredible rural landscape.

Winter's average temperature is between 12°C to 14°, and in summer it goes from 23° to 27°.

The approximately population density is of 750.000 inhabitants, and the annual touristic arrival exceeds the 8.000.000 people.

Among the traditional economic activities, Partido de General Pueyrredón's (whose main city is Mar del Plata) main activity is customer services, being the touristic hospitality the one that makes it the first and main touristic city in the country.

Throughout its fruits and vegetables production, besides being self-sufficient, Mar del Plata provides this kind of products to Buenos Aires city as well as to other important cities of the region. Mar del Plata's lands characterize for containing a high amount of organic material and for encompassing rich agroecological conditions very useful at the time of cultivating cereals, oleaginous plants, green vegetables and fruits. They are also very useful for cattle and sheep raising.

Since it hosts the main fishing port, Mar del Plata unloads tons of fish every year, which are processed in its local modern factories. As regards Mar del Plata's textile industry, it characterizes for its high quality and design applied to its products. With respect to its mining activity, the city is known for its quartzite quarries, stone also known as "piedra Mar del Plata" (*Mar del Plata's stone*), which is commercialized for ornamental usages, riprapping blocks, among others.

The connection with the industrial sector is made by "General Savio's Industrial Park", in which the main industries related to food, medical supplies, metallurgy, plastics, building and other markets have settled.



