

2019 Soochow International Ultra-marathon Race Rules

1. **Purpose:** To offer students of Soochow University the opportunity of personally taking part in ultra-marathon events, being inspired to the core value of “I Complete” what I started in PE, and helping organize a top level international sporting event to upgrade ultra-marathon standards, and the habits of exercise in Taiwan.
2. **Supervisors:** Sports Administration, Ministry of Education
Chinese Taipei Association of Ultra-runners
3. **Organizer:** Soochow University
4. **Co-organizer:** Mass Gathering Emergency Medical Service Association
5. **Sponsors:** GFC, LTD., Soochow University Alumni Association, Johnson Health Tech. Co., Ltd., Cilin, Ve Wong Corporation, BRS Nike Taiwan Inc., Yakult Co., Ltd., Sanyo Electric (Taiwan) Co., Ltd., Tait Marketing & Distribution Co., Ltd., SUPER QIN GROUP., studentking Co., Ltd., RUI HUA BIOTECHNOLOGY CO., LTD.

Special thanks to SU alumni Tang Song-zhang, Liu Ji-ren, Chen Fei-peng, Chen Hong-zhi, Chen Tiao-ting, Chen Hui-gui, for their generous contributions.
6. **Date:** 9 a.m. 14 December 2019 Saturday ~ 9 a.m. 15 December 2019 Sunday
7. **Venue:** Soochow University Waishuanghsi Campus
8. **Rces:**
 - (1) 24-hour Ultra-marathon Race: international, and domestic runners in male and female divisions
 - (2) 5-hour Relay Race:
 - A. Divisions:
 - i. Soochow Students: for Soochow students only
 - ii. Soochow alumni: for Soochow faculty, staff, and alumni only
 - iii. ELECT: only for students from Excellent Long-Established University Consortium of Taiwan
 - iv. Sponsors: for sponsoring corporations and organizations
 - v. Social groups: make up your own teams
 - B. Sections: there are four to choose from; Opening, Afternoon, Night, and Early Bird, each allowing for a maximum of 60 teams. In case of surplus or shortage of teams in any section, the organizer retains the right to reschedule your time slot.
 - i. Opening: 14 Dec. 2019 Sat. 10:50 – 15:50, for Sponsors, SCU Alumni and ELECT only.
 - ii. Afternoon: 14 Dec. 2019 Sat. 16:00 – 21:00, for Soochow Students and Social groups: only.
 - iii. Night: 14 Dec. Sat. 21:10 – 02:10 Sunday, open for all.
 - iv. Early Bird: 15 December 2019 Sunday 02:20 – 07:20, open for all.
 - (3) 30 Minutes Experience Run:
 - A. 50 runners invited from among Celebrities, VIPs, Alumni, and university Faculty and Staff.
 - B. Time slot: 14 December 2019 Saturday 09:00 – 09:30

- (4) 60 Minutes Experience Run:
 - A. 70 runners from Soochow Alumni, Faculty and Staff, and Corporate Staff.
 - B. Time slot: 14 December 2019 Saturday 09:00 – 10:00.

9. **Rules and Regulations:**

- (1) 24-hour Ultra-marathon Race:
 - A. Takes the 1st & 2nd tracks on Soochow campus, reversing direction every 4 hours, results determined by total number of laps and distance completed at the end of 24 hours.
 - B. IAU new rules stipulate that helpers are not to step into tracks, and may operate only within the supply area (table to edge of track) open only to registered helpers.
- (2) 5-hour Relay Race:
 - A. 10 runners in each team with at least three female runners, exchange chips as batons.
 - B. Takes the 3rd, 4th, & 5th tracks on Soochow campus, with each runner finishing 30 minutes before relaying chips (two minutes grace period before and after).
 - C. Rankings shall be determined by total number of laps or time on sensory system when two or more teams completed the same number of laps.
 - D. You may bring your own cheerleaders.
- (3) 30 Minutes Experience Run:
 - A. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
 - B. Each runner finishes 30 minutes of running with rankings determined by total number of laps or time on sensory system when two or more runners completed the same number of laps.
- (4) 60 Minutes Experience Run:
 - A. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
 - B. Each runner finishes 60 minutes of running with rankings determined by total number of laps or time on sensory system when two or more runners completed the same number of laps.

10. **Registration fee:**

- (1) 24-hour Ultra-marathon Race: invitational.
- (2) 5-hour Relay Race:
 - A. 1,000 NTD for student team.
 - B. 5,000 NTD for Soochow alumni, and social teams
 - C. Free of charge for the first team from Sponsors, and 5,000 NTD for each team thereafter.
- (3) 30 Minutes Experience Run: Free of charge.
- (4) 60 Minutes Experience Run: free of charge.

11. **Qualifications & Registration Procedures:**

- (1) 24-hour Ultra-marathon Race:
 - 18 International runners are to be invited by the Organizer.
 - 18 Domestic runners whose best personal records qualify the following may be invited;
 - A. 24-hour results meet IAU national standards (200 km for males and 180 km for females)
 - B. 48 hours of performance achieved IAU national standards (male 300 km, female 270 km).
 - When the number of registered runners in China exceeds the number of invited posts, the ranking will be based on the reference results and the invitation will be held until the full number is reached.

- (2) 30 Minutes Experience Run: 50 runners, invitations will be issued until quota is filled.
- (3) 60 Minutes Experience Run: in male and female divisions, maximum 70 runners.

12. Registrations and Deadlines:

- (1) 24-hour Ultra-marathon Race: 5 August 2019 Tuesday ~ 8 September 2019 Sunday
- (2) 24-hour Relay Race, 5-hour Relay Race, 30 Minutes Experience Run, and 60 Minutes Experience Run: 8 September 2019 Tuesday ~ 18 October 2019 Sunday or when quota is filled

Please go to bao-ming.com to register before the above-mentioned deadlines.

13. Awards and Prizes:

- (1) 24-hour Ultra-marathon Race:
The top 8 runners in each division will be awarded a medal; runners who completed the race will be issued a certificate.
- (2) 5-hour Relay Race:
 - A. The top 5 teams in each division will be given a medal; champions from the Soochow students, Non-Soochow students groups will also win 5,000 NTD, while champions from Soochow alumni, Sponsors, and Social groups will be presented 10,000 NTD.
 - B. Runners from teams finishing the race will be given a certificate of records.
- (3) 30 Minutes Experience Run: Runners finishing the race will be given a certificate of records.
- (4) 60 Minutes Experience Run: Runners finishing the race will be given a certificate of records.

- 14. For matters not covered herein, the organizer may make necessary amendments to be made known.

15 Schedule:

Time	Races	Remarks
12/14 09:00~12/15 09:00	24-hour Ultra-marathon	07 : 50 Checking in, 45 runners
12/14 09:00~09:30	30 Minutes Experience Run	07 : 50 Checking in, 50 runners
12/14 09:00~10:00	60 Minutes Experience Run	07 : 50 Checking in, 70 runners
12/14 10:50~15:50	5-hour Relay, Opening	09 : 50 Checking in, 60 teams
12/14 16:00~21:00	5-hour Relay, Afternoon	15 : 00 Checking in, 60 teams
12/14 21:10~12/15 02:10	5-hour Relay, Night	20 : 10 Checking in, 60 teams
12/15 02:20~07:20	5-hour Relay, Early Bird	01 : 20 Checking in, 60 teams

16. Notes:

For personnel/safety management, program arrangement, and coordination purposes for this 2019 Soochow International Ultra-Marathon, the PE Department of Soochow University, through the duration of the event, may need to have and make use of information on name, gender, birthdate, ID number, telephone, and e-mail address from all participants to create files of name lists, arrange events, coordinate, take insurance, and make public announcements on race results. By law, participants may exercise their rights in requesting inquiry, viewing, providing supplement, making correction, photo coping, suspension of collecting, processing, making use of, and removal of their personal data.

Please contact Ms. Huang at 2881-9471 ext. 5606 for further information. Please be advised that incomplete information may result in obstacles for necessary arrangements.