



# CROSS COUNTRY HANDBOOK

FISU WORLD UNIVERSITY CHAMPIONSHIPS

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RELEASE DATE  
MARCH 2023



INTERNATIONAL  
UNIVERSITY  
SPORTS  
FEDERATION

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# 1. THE HISTORY OF CROSS COUNTRY IN FISU

Between 1968 and 1976, five International University Cross Country races were organised in Europe under the auspices of FISU. Following the success of these races, FISU gave a boost to the expansion of this sport and officially introduced the World University Championships (WUC) in Cross Country. The first Championship edition was held on the 1<sup>st</sup> of April 1978 in Lausanne (Switzerland). The second edition was staged in 1980 in Coleraine (Great Britain). The participation figures increased and already the third edition in 1982 in Darmstadt (Germany) saw 139 athletes from 23 countries at the start line. Since then, the participation figures have settled on a firm level but with an important continual improvement in performance. In 1998, the World University Championship was hosted by Luton (Great Britain). Seeing that the venue was on the British Isles, the organisation of the Cross Country Championship was of a special significance for FISU, in respect that Cross Country running as a sport originated there. It is no secret that FISU events often bring to light great future champions, who excel later on World and Olympic levels. This is also true for the Championship Cross Country in which future Olympic finalists took part like Julia Vaquero (Spain), Christina Casandra (Romania), Steve Moneghetti (Australia) and, most prominently Bernard Lagat (Kenya/USA), who won two Olympic Medals over 1500m and two IAAF World titles (1500m/5000m).

The Championship Cross Country is the second longest running FISU Championship, second to Handball. The 2020 Championship Cross Country was supposed to take place in Marrakech, Morocco, but had to be cancelled due to the COVID-19 pandemic. The 2022 FISU World university Championship was held in Aveiro, Portugal. The legacy of this event was the construction of a permanent cross country circuit in the university campus.

The 2024 FISU Championship Cross Country will take place in Oman.

## 2. STATISTICS

EDITION	YEAR	COUNTRY	CITY	COUNTRIES	MEN	WOMEN	ATHLETES	OFFICIALS	TOTAL
1	1978	SUI	Lausanne	15	73	21	94	27	121
2	1980	GBR	Coleraine	8	48	25	73	17	90
3	1982	FRG	Darmstadt	23	105	34	139	44	183
4	1984	BEL	Antwerpen	16	79	38	117	32	149
5	1986	AUT	Graz	21	104	52	156	50	206
6	1988	ITA	Bologna	20	104	53	157	39	196
7	1990	POL	Poznan	18	86	47	133	42	175
8	1992	FRA	Dijon	23	99	55	154	49	203
9	1994	IRL	Limerick	22	93	60	153	47	200
10	1996	POR	Acoteias	24	109	60	169	53	222
11	1998	GBR	Luton	24	93	59	152	62	214
12	2000	GER	Jena	25	107	68	175	58	233
13	2002	ESP	Santiago de Compostella	22	74	64	138	49	187
14	2004	ITA	Collegno	23	91	61	152	55	207
15	2006	ALG	Alger	15	72	51	123	45	168
16	2008	FRA	Forges-les-Eaux	21	80	62	142	63	242
17	2010	CAN	Kingston	15	55	43	98	36	134
18	2012	POL	Lodz	23	76	61	137	48	185
19	2014	UGA	Entebbe	18	62	43	105	43	148
20	2016	ITA	Cassino	19	74	50	124	46	170
21	2018	SUI	Saint-Gallen	20	68	64	132	60	192
22	2022	POR	Aveiro	18	78	66	144	42	186

## 3. SCHEDULE

ARRIVALS	ARRIVALS	OPENING DAY 0	OPENING CEREMONY & COMPETITION DAY 1	COMPETITION DAY 2 & CLOSING CEREMONY	DEPARTURES
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## 4. SPORT REGULATIONS (TECHNICAL REGULATIONS)

### 4.1. GENERAL TERMS

The FISU Cross Country Championships is an Individual and a Team event. The Competition Rules shall, unless otherwise stated, be in accordance with Rule 250 of the World Athletics Competition Rules book. In case of dispute in the interpretation of the rules, the English text shall be regarded as authoritative.

## Competition programme

The programme and duration of competitions are fixed by FISU in agreement with the Organising Committee and the FISU Technical Committee Chair for Cross Country. The competitions shall last two days and include the following events:

- **Day 1: Relay competitions**
  - Short Mixed Relay (2 men & 2 women): 4 laps to the course (1 lap each)
  - Long Mixed Relay (2 men & 2 women): 10 laps to the course (The first two athletes of each team run 3 laps each and the last two run 2 laps each)
- **Day 2: Individual Competition**
  - Short race women – Approximately 3.000m
  - Short race men – Approximately 3.000m
  - Long race women – Approximately 10.000m
  - Long race men – Approximately 10.000m

## Delegations

- Each country/delegation can register a maximum of 16 athletes and 5 officials.
  - Relay competition:
    - Short – 2 men & 2 women
    - Long – 2 Men & 2 Women
  - Individual competition:
    - Short race – Maximum 4 athletes per gender
    - Long race – Maximum 4 athletes per gender

Athletes competing in the relay events can also take part in the individual competition. However, once the General Technical Meeting finishes, no changes in the athletes designation for the races can be done.

## Classification system

- Men's & Women's team classification:
  - Short race: The first 3 finishers of each team are the scoring athletes.
  - Long race: The first 3 finishers of each team are the scoring athletes.
- Relay event:
  - Two women and two men on the following order: W, M, W, M.
  - Short relay: Each athlete will run over one lap, an approximate distance between 1.500m and 2.000m.
  - Long relay: The first two athletes of each team (a men and a women) will run over three laps each, an approximate distance between 4.500m and 6.000m; the last two athletes of each team (remaining men and women) will run over two laps each, an approximate distance between 3.000m and 4.500m
- Country Challenge classification: The aggregation of the times of the 2 relay races and of the first two women and the first two men finishers for both the short and the long races of each delegation.

Team classification shall be carried out as follows:

- a. Each race shall be scored separately. The team results shall be decided by the aggregate of places recorded by the scoring athletes of each team.
- b. The team with the lowest aggregate of points will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.
- c. In assessing the aggregate, no adjustment to the scoring of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.
- d. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place

## 4.2. PRE-COMPETITION PROCEDURE

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Three months before the Championship, the Organising Committee has the right to collect 50% of the total cost of stay per athlete and official from participating countries.

The draw of the start boxes shall be conducted before the first General Technical Meeting by the Race Director under the supervision of the FISU TCC.

According to World Athletics Rule 1.1 (b) and (c), the Member association together with Organising Committee of the Championship Cross Country has to require an World Athletics permit. The Member Federation hosting the competition is asked to submit the permit form and settle the administration fee of 250 USD.

## 4.3. TECHNICAL OFFICIALS

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The Organising Committee shall appoint the necessary National and International Technical Officials and judges at its own expenses.

# 5. SERVICES

The Organising Committee shall inform the participating countries through the bulletins and its website about the possible and potential services and their costs.

Wi-Fi shall be available for all delegations for free. Costs for a laundry services will be provided as soon as possible to assist with budgeting.

### Technical Officials

Technical Officials (TO) Services is complex and must not be underestimated. The Sport functional area must set up an efficient team early in advance.

In coordination with other relevant functional areas, the Technical Officials Services team is responsible for:

- NTOs recruitment in coordination with the Competition Manager and NF;
- support services such as visa, invitation letters, flight tickets and accreditation;
- managing and delivering TO clothing / uniforms when requested;
- procuring suitable accommodation for the period required  
(The accommodation for international Technical Officials must be in individual rooms);
- providing daily catering and transportation;
- ensuring that all TOs are properly qualified (in close cooperation with FISU);
- hosting Technical Officials' meetings;
- per diem and allowance payment.

## 6. COMPETITION VENUE

The Organising Committee shall present during the inspection visit the layout of the competition venue(s). The complete layout must be sent to FISU Championship Department and FISU TCC for approval. This layout should include all competition and training areas as well as the different areas, accesses and services allocated for each client group taking part in the competition or involved in its delivery. When preparing a venue for the FISU World University Championship Cross Country it must be accepted that the difference between a very successful and unsuccessful cross-country event often lies in the natural characteristics of the venue and the abilities of the course designer. The course designer must have in mind the traditional characteristics of cross country and the lap length must be in between 1.5km and 2.0km long

## 7. EQUIPMENT

Equipment is listed in the FISU Cross Country Venue Minimum Requirements.

## 8. TRAINING SESSIONS

The Organising Committee, through the Competition Manager, in agreement with the FISU TCC must decide the day and time for the track inspection with the team leaders and athletes, that shall occur before the General Technical Meeting. They also shall announce if trainings in the track are allowed or not.

## 9. COMPETITION PROGRAMME

The competition programme shall be approved by the FISU Technical Committee Chair during the inspection visit and published on the website as soon as approved.

## 10. SPECIFIC MEDICAL AND ANTI DOPING CONTROL REQUIEREMENTS

The OC must provide first aid in the venue. A medical tent must be installed in the competition venue and well identified. A doctor, accompanied by several medical staff/physiotherapists must be available and ready to assist the athletes from the start of the warm up period before the first event and until one hour after the finalisation of the last event.

The OC must provide an ambulance in order to move athletes to the hospital if necessary.

### Doping Control

TESTING DAY(S)	NUMBER OF TESTS	ESA	GHRF
1	4	2	0

The OC must appoint chaperones to follow the athletes designated for the doping controls. These volunteers must be well trained, English speakers and must announce to the selected athletes about their testing once they finish the race and accompany them at all times until the control has finished.

## 11. SPORT PRESENTATION

Sport presentation is the audio-visual presentation of a sport in each competition venue of a FISU World University Championship.

Sport presentation has become a vital instrument of major sport events and is key to delivering the Championships sports successfully. It aims to attract, educate, and entertain live audiences at the competition sites and elevates the sport experience for all client groups.

Sport presentation comprises elements such as video clips, sounds, announcements, Championship mascots, creation of fan teams, the involvement of cheerleaders and other innovative elements that increase the understanding of the sport and the attractiveness of the competitions. It is complex and must be carefully planned to the second, as it can have a substantial impact on the operation of broadcasters and venue teams. Therefore, close collaboration and early communication with broadcasting, awarding ceremonies and the ICT is essential.



Sport presentation planning should ground on one common creative theme that fits with the specific the Championship concept. Nonetheless, as every sport has its own unique characteristics, it is important that each sport presentation is tailored to the particular sport while still embracing the main theme.

Due to its complexity, FISU suggests the OC to consult expert advice for assisting the OC in developing their sport presentation strategy in an early stage of the event lifecycle.

Considering the importance of sport for the sport presentation planning, the OC is recommended to place sport presentation under the responsibility of the sport manager of the Organising Committee.

## 12. PREPARATION TIMELINE

DEADLINES	ACTIONS
Event -12 months	<ul style="list-style-type: none"> <li>- Inspection Visit – Venue &amp; equipment visit (FISU TCC)</li> <li>- Competition programme and venue medical plan approval (FISU TCC)</li> </ul>
Event -6 months	<ul style="list-style-type: none"> <li>- General entries (NUSFs)</li> </ul>
Event -3 months	<ul style="list-style-type: none"> <li>- Quantitative entries (NUSFs)</li> <li>- 100% payment from the participating countries (NUSFs – OC)</li> </ul>
Event -1 month	<ul style="list-style-type: none"> <li>- Individual entries (NUSFs)</li> <li>- 100% payment from the participating countries (NUSFs – OC)</li> <li>- Event Handbook (OC - FISU TCC)</li> </ul>
Event -1 day	<ul style="list-style-type: none"> <li>- Accreditation &amp; teams' confirmation (NUSFs)</li> <li>- General Technical Meeting (NUSFs - OC - FISU)</li> </ul>
EVENT	
Event +1 month	<ul style="list-style-type: none"> <li>- Final report to FISU</li> </ul>

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