GENERAL INFORMATION SHEET

IAU 100KM World Championship WMA 100KM World Championship



Bengaluru, India 7 December 2024

> Version 1 August 22nd 2024

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1. INDIA ON THE WORLD MAP

India is the world's largest democracy known for its diverse culture and blend of spirituality and technology. Indian movies, music, and spiritual teachings are now getting quite popular across the globe.

It is the seventh-largest country by area, the second-most populous country in the world.



Though the country's population remains largely rural, India has three of the most populous and cosmopolitan cities in the world—Mumbai (Bombay), Kolkata (Calcutta), and Delhi. Three other cities—Bengaluru (Bangalore), Chennai (Madras), and Hyderabad—are among the world's fastest-growing high-technology centres, and most of the world's major information technology and software companies now have offices in India.

BENGALURU:

Bangalore, officially known as Bengaluru is the capital of the Indian state of Karnataka. It has a population of over ten million making it a megacity. It is located in southern India, on the Deccan Plateau at an elevation of over 900m (3,000ft) above sea level, which is the highest among India's major cities.

Bengaluru is sometimes referred to as the "Silicon Valley of India" (or "IT capital of India") because of its role as the nation's leading information technology (IT) exporter. It is now also called Running Capital of India. A demographically diverse city, Bangalore is the second fastest-growing major metropolis in India. The city also houses the Kannada film industry also called Sandalwood.

Due to its elevation, Bangalore usually enjoys a more moderate climate throughout the year, although occasional heat waves can make summer somewhat uncomfortable. The coolest month is January with an average low temperature of 15.1°C (59.2°F) and the hottest month is April with an average high temperature of 35 C (95°F).

The city is well connected with daily direct flights to several European cities, most cities in Middle East and Southeast Asia. In addition to the regular international carriers, several Indian airlines including Air India, Indigo, Goair and Vistara have flights to Middle East and Southeast Asia.

2. WELCOME



Dear Friends,

It is with great pleasure I welcome you to the IAU 100km World Championships in Bengaluru India.

After successfully organizing the IAU 50km World Championships last year, India has once again taken the helm of international ultrarunning in showcasing the centenary event on the global calendar.

I want to take this opportunity to thank Adille Sumariwalla, President of the Athletics Federation of India (AFI) and the Vice President of the World Athletics (WA) for his ongoing support of the growth and development of the sport in India.

Nagaraj Adiga, Managing Director of NEB Sports and the leader of the local organizing committee has continued to bring his passion and enthusiasm to the forefront by continually to put world class championships in India. I want to thank him and his team for their work on this year's edition.

I would like to invite all our member federations and athletes to participate in these championships. I would also take this opportunity to wish you all the very best as you embark on this 100km journey across the streets of the beautiful city of Bengaluru. Run proud for your nation and achieve personal bests on race day.

See you all in Bengaluru!

Nadeem Khan – President – IAU



Welcome to the World Masters 100k Championships which are embedded in the IAU 32. World Championships 2024. The International Association of Ultrarunners (IAU), World Masters Athletics (WMA) and Athletics Federation of India (AFI) are inviting you to participate in the Championships 2024 held in Bengaluru, India. Discover the capital of the southern Indian state of Karnataka which is well known as the centre of India's hightech industry but also as a garden city due to its large number of parks. The city attracts you as well for its local silk production and sandalwood carvings.

These championships are a win-win situation for the athletes and our organisations: IAU, responsible for the Ultra running competitions in the world, and WMA, responsible for world masters' competitions in athletics are offering to the athletes the opportunity of competing in 5 years age groups on an international level.

Together with WMA Vice President Competition Alan Bell I thank IAU President Nadeem Khan and his team for successful cooperation for many years.

On behalf of the athletes, we sincerely thank our hosts, the Athletics Federation of India and the team of NEB Sports for making it happen. Thank you for the great support you give to all athletes all the time and in so many ways.

I wish to all athletes and guests that you enjoy athletics, friendship and new experiences in the Ultra running family! Let us celebrate together this special day.

On behalf of the WMA Council.

Margit Jungmann

President of World Masters Athletics



It gives me great pleasure to welcome you to India!

It is a privilege for me to be, as President of the Athletics Federation of India, the host of the 100KM World championship ever organized in India. It is a historic moment, and I am glad that we will be able to mark it through one of the youngest and most dynamic athletic disciplines: ultrarunning.

We must not forget that this championship would have never been accomplished without the help and implication of the Ministry of Sports and Youth, Karnataka Government. All of them were excited and enthusiastic to organize this world championship and support every step of the organization.

To the best ultrarunners of the moment: Welcome and may you have a great race! I hope that you will spend wonderful days in Bengaluru, marked by friendship and sportsmanship!

Adille Sumariwalla, President of the Athletics Federation of India



Dear competitors, your pursuit of greatness embodies the spirit of Karnataka – a land known for its rich cultural heritage, fervent love for sports, and a deep-seated commitment to success. As you race towards the finish line, remember that you carry with you the hopes and aspirations of a community that stands behind you, cheering you on with unwavering support and pride.

I welcome you to Karnataka – a land of rich heritage and culture

Dr G. Parameshwara

Home Minister – Government of Karnataka

LOC Chairman



To the courageous athletes who grace this event, know that you stand on the shoulders of giants, supported by the unwavering spirit of the Karnataka community. Your journey to this moment has been marked by dedication, sacrifice, and an unrelenting pursuit of excellence, echoing the values deeply cherished by the people of Karnataka.

I welcome you to the Green City of Bengaluru

K. Govindraju - Political secretary to Chief Minister of Karnataka.

President, KOA (Karnataka Olympic Association)



I am very happy that the 100KM World Championship is being held in Bangalore.

It gives me great pleasure to welcome you – we will do our best to try to make your stay comfortable and enjoyable.

Wish you all the best for the championship!!

Rajender Kataria (IAS)

Principal Secretary, Govt of Karnataka, Horticulture & Sericulture Departments.

President - LOC



It gives me great pleasure to welcome you in Bengaluru, the town that combines the most interesting and beautiful things India has to offer!

Organizing 100KM World Championship is another feather in our cap. We, at NEB Sports have been organizing sports events for over a decade and enjoy the sportsmanship we see at events. We have hosted 24Hr Asia Oceania Championship and 100K Asia Oceania Championship in this beautiful city and it was very well received. I assure you a great experience as you compete in your respective categories.

Do make time to visit local attractions as Bengaluru has a lot to offer to tourists be it pubs, parks, local markets, shopping, temples and more – and if you have time, please try to visit some of the many beautiful sites in our vast country

Nagaraj Adiga, Race Director and CMD, NEB Sports

Area Representative Asia & Oceania – IAU

Chairman, Ultra & Trail Running, Selection Committee - AFI

	1	1	I
	Name	E-mail	Telephone
			number
LOC Chairman	Dr G.	contact@nebsports.in	+919206265087
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Chief Patron	K. Govindraju	contact@nebsports.in	+919206265087
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Technical	Sunil Shetty	Sunil.shetty@nebsports.in	+919833966208
Director			
Accreditation	Reeth Abraham	reeth@nebsports.in	+919206265087

3. LOCAL ORGANIZING COMMITTEE (LOC)

4. ATHLETICS FEDERATION OF INDIA

Office Bearers

S.NO	NAME	POST	E-MAIL
01	Mr.Adille J Sumariwalla	President	president@indianathletics.in
02	Mr. Ravinder Chaudhry	Secretary General	secretary@indianathletics.in
03	Dr. Madhukant Pathak	Treasurer	treasurer@indianathletics.in

5. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

IAU PRESIDENT

Name: Nadeem Khan E-mail: <u>nadeem.khan@iau-ultramarathon.org</u> Mobile: +1 716 392 6657

IAU VICE PRESIDENT, PROTOCOL

Name: Robert Boyce E-mail: <u>robert.boyce@iau-ultramarathon.org</u> Mobile: +61 417 557 902

IAU GENERAL SECRETARY

Name: Hilary Walker E-mail: <u>secretary@iau-ultramarathon.org</u> Mobile: +44 7884 473 336

IAU DIRECTOR OF COMMUNICATION, PROJECT COORDINATOR

Name: Jacek Bedkowski E-mail: <u>jacek.bedkowski@iau-ultramarathon.org</u> Mobile: +41 762 691 250

IAU DIRECTOR OF PLANNING, TEHNICAL COORDINATOR

Name: Francisco Sanchez-Rico E-mail paco.rico@iau-ultramarathon.org

6. WORLD MASTERS ATHLETICS

WMA Council

Website: https://world-masters-athletics.org/

President

Name: Margit Jungmann (GER) Email: <u>Margit.Jungmann@world-masters-athletics.org</u>

Executive Vice President

Name: Lynne Schickert (AUS) E-mail: lynne.4@bigpond.com

Vice President of Competition

Name: Alan Bell (GBR) E-mail: alan.bellstart@btinternet.com

Treasurer

Name: Jean Thomas (FRA) Email: <u>thomasjean@wanadoo.fr</u>

World Athletics Representative

Name: Antti Pihlakoski (FIN) E-mail: <u>antti.pihlakoski@cm.worldathletics.org</u>

Secretary

Name: Juan Ordonez (MEX) E-mail: secretary@world-masters-athletics.org

7. GENERAL COMPETITION INFORMATION

Start time: 6:00 India Standard Time (IST) on 7 December 2024

Finish time: 17:00 IST on 7 December 2024

(IST is GMT + 5 ½ Hours)

Time Limit: 11 hours

Competitions:

- I. IAU 100 km World Championships
 - Individual competition Women
 - Individual competition Men
 - Team competition Women
 - Team competition Men
- II. WMA 100 km World Championships (5 years age categories).
 - Individual competition Women
 - Individual competition Men

I. IAU 100 KM WORLD CHAMPIONSHIPS

Only athletes and team's official entered by their National Federation can compete in the 2024 IAU 100KM World Championships. Every Country can send a maximum of 9 men and 9 women who can compete in this 2024 IAU 100KM World Championship. However, only 6 men and 6 women can run in the team event. The remaining athletes will participate in the individual championships only.

Maximum number of officials:

Team size

1-6 Runners – Max 3 officials

- 7-12 Runners Max 6 officials
- 13-18 Runners Max 9 officials

The START and the FINISH of the competition is at the GKVK Campus

The course is approximately 4 km loop (final distance will be confirmed after officially measured. Start and finish line near the GKVK University Stadium.

The course will be officially measured by an A grade WA/AIMS measurer and all performances will therefore be recognized by AFI, IAU and WA.

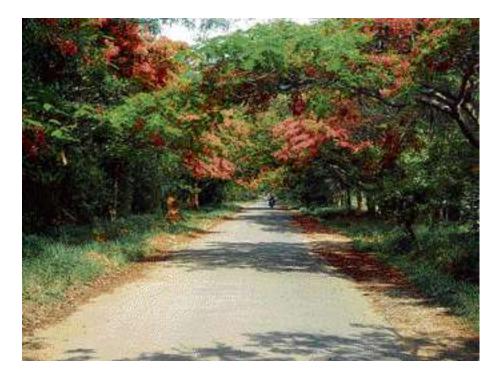
The LOC will provide security at the venue for the participants and officials.

Course map is provided below however minor modifications might be introduced.



Pictures from the course





8/22/2024

Refreshment points:

- National Teams tents at designated areas
- General refreshment point at start/finish area
- Water and isotonic drink at start/finish point

Refreshment Indicative Menu:

- Local Indian healthy, freshly made hot dishes
- Freshly Cut Fruits
- Sandwich Bread, Butter, Cucumber, Tomato
- Coffee/Tea
- Buttermilk
- Lemon Juice
- Biscuits
- Mineral Water
- Fast & Up (Energy drink)
- Colas

II. WMA ENTRY

Entry Requirements and Procedure for WMA only.

General Rules

The 2024 World Masters Athletics 100 km Championships in Bengaluru, India, ("Championships") will be held under the regulations of World Athletics as modified for Masters by World Masters Athletics ("WMA") via their Competition Rules and any other special rules specified for this competition.

During the Championships, each athlete will represent a country, and each country has a national Masters athletics organization that is a member of WMA ("National Organization"). Note: if you are unable to locate your National Organization, please e-mail the WMA Secretary at <u>secretary@world-masters-athletics.org</u>

Eligibility Requirements

The Championships are open only to men and women who are age 35+ (born on or before 7 December 1989) and who are physically fit. Entering the Championships does not require any specific level of performance but the race will have a closing time of 11hours. An athlete must be a citizen of the country they will represent, or they must be a resident of that country for a minimum of 3 years. If an athlete has represented a different country at a previous WMA World Championship or Regional Championship, they must have change-of-allegiance paperwork on file with WMA at least 30 days before the registration deadline.

All athletes must meet the requirements of WMA and their National Organization, and they must have their registration accepted by their National Organization in order to be eligible to participate in the Championships. It is each athlete's responsibility to ensure that they understand and meet all the requirements prior to registering for the Championships. An athlete's National Organization has the right to reject registrations of athletes whom they consider ineligible or who do not meet their requirements.

Submission of a registration signifies that the athlete agrees to follow the rules laid down by WMA and the technical and organizing committees. WMA has the right to reject registrations of athletes whom they consider ineligible or who do not meet WMA's requirements.

Age Groups

Individual events are divided into age groups as shown below:

- Men & Women 35: Born from 8 December 1984 to 7 December 1989
- Men & Women 40: Born from 8 December 1979 to 7 December 1984
- Men & Women 45: Born from 8 December 1974 to 7 December 1979
- Men & Women 50: Born from 8 December 1969 to 7 December 1974
- Men & Women 55: Born from 8 December 1964 to 7 December 1969
- Men & Women 60: Born from 8 December 1959 to 7 December 1964
- Men & Women 65: Born from 8 December 1954 to 7 December 1959
- Men & Women 70: Born from 8 December 1949 to 7 December 1954
- Men & Women 75: Born from 8 December 1944 to 7 December 1949
- Men & Women 80: Born from 8 December 1939 to 7 December 1944
- Men & Women 85: Born from 8 December 1934 to 7 December 1939
- Men & Women 90: Born from 8 December 1929 to 7 December 1934
- Men & Women 95: Born from 8 December 1924 to 7 December 1929
- Men & Women 100+: Born on or before 7 December 1924

General Entry Information

Entry into the Championships consists of two main parts:

1. Registration

Athletes may register online only. All registrations must include full payment to be considered valid. **The registration deadline is 31 October 2024.** No registrations will be accepted after the registration deadline.

Details will be provided at WMA website. https://world-masters-athletics.org/championships/

2. Validation

All registrations are subject to validation by each athlete's National Organization. National Organizations will confirm the athlete's date of birth, citizenship and/or residential qualifications, and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of registrations on the Championships website. National Organizations may also reject registrations of athletes whom they consider ineligible or who do not meet their requirements.

Validation is a manual process that each National Organization completes, so there will be some time (days or weeks) between when an athlete submits their registration and when it is validated. Athletes who have questions about the status of their registration or about the requirements for their country should contact their National Organization. For athletes who represent a country that is not a WMA Member Country, their registrations will be subject to the approval of the WMA Council.

Registration Fees

- Registration Fee: 60 Euro
- Country-specific team fee: varies by country

No refunds are available. All fees are registration fees, not participation fees, and there are no refunds for any reason.

Online Registration Procedure

1. Complete the online registration form prior to the registration deadline

2. Submit payment by credit card (Visa or Mastercard) at the end of the registration process

3. Save and/or print the confirmation screen for your records

4. Send a copy of your birth certificate to your National Organization for validation purposes if you have not already done so in the past, and meet any other requirements set forth by your National Organization

5. Your National Organization will complete the validation process for your registration

National Organization Requirements

WMA requires that each National Organization validate all of its country's registrations electronically via the online entry system. WMA will accept only those athletes whose registrations have been validated by National Organizations. Payment is required at the time registrations are submitted. If for some reason a National Organization is unable to pay online, it must request an exemption from WMA. If the exemption is granted, the National Organization will be provided with details about how to pay offline. The National Organization will still be required to input registrations into the online entry system and to validate its registrations electronically. All registrations must be submitted online and paid no later than 31 October 2024. Any registrations for which WMA has not received payment by this deadline will be cancelled, and those athletes will be ineligible to compete. No exceptions will be allowed. In addition, all registrations must be validated before 7 November 2024. Any registrations that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

National Organizations will receive communications regarding the entry process prior to the start of registration. National Organizations that do not receive these communications should contact the WMA Secretary.

III. PARTICIPATING IN BOTH IAU AND WMA 100 KM WORLD CHAMPIONSHIPS

Athletes who are already entered in the IAU 100 km World Championships as part of a national delegations and who wish to be eligible for placing in the WMA 100 km World Championships must in addition also register as described above on the website no later than 31st October 2024 and pay the applicable fees.

8. TRANSPORTATION PLAN FOR IAU CHAMPIONSHIPS

Bengaluru airport is located 28 km away from hotel. The road distance can be covered in about 1-1.5 hours by bus. Travel to and from the airport will be arranged at no extra cost for those staying at the official hotel for the race provided the booking is made while submitting the FEF.

In order to use the LOC bus, teams should meet the LOC representatives who will be waiting for them, duly identified, near the arrival area of the airport. The LOC will set up a welcome desk at the airport during the arrival times of the delegations.

FREE TRANSFER The LOC will manage the following transportation for the delegations:

- • Hotel Opening ceremony and return
- • Hotel Start line
- • Finish line Hotel

9. ACCOMMODATION AND MEALS FOR IAU CHAMPIONSHIPS

The LOC will offer full board accommodation, free of charge, for a maximum of 2 male athletes and 2 female athletes per delegation for a specific number of nights:

The duration of the free stay is:

- For 3 nights accommodation: from Lunch of Thursday 5th December until Breakfast on Sunday 8th December.
- For 4 nights accommodation: from Lunch of Wednesday 4th December until Breakfast on Sunday 8th December.

Hotel: Courtyard by Marriott Bengaluru Hebbal

No. 2, 55, Outer Ring Rd, Jogappa Layout, Nagavara, Bengaluru, Karnataka 560045, Ph: +91 80-6122 6777. The Courtyard hotel is 8 km from the racecourse. Rooms come with a satellite TV, a minibar, a safety deposit box and a private bathroom.

Hotel rates per person including breakfast, lunch and dinner.

- SINGLE ROOM 225 USD/ night
- TWIN ROOM 135 USD/ person/night

MEALS

Everyday breakfast, lunch and dinner are served at Hotel IBIS. ➤ Breakfast: 6:00 – 10:00

- Lunch: 13:00 15:00
- Dinner: 19:00 21:00

On race day, refreshments will be served on the course.

10. PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

DEADLINE PRELIMINARY ENTRY FORM (PEF): September 14th 2024

In order to book the accommodations, each Federation will send:

- A list with the number of athletes and officials.
- Arrival and departure dates.
- Required numbers of rooms and their typology (single, twin).
- Required numbers of nights.

Every country can send 6 men and 6 women athletes and can nominate one non-travelling reserve for each team in case of late withdrawal. For the teams' results, the delegations will be ranked according to the addition of the performances of their 3 best athletes.

Maximum number of officials:

- 1-6 athletes 3 officials
- 7-12 athletes 6 officials
- 13-18 athletes 9 officials

In addition, the following information must be sent:

- > Billing information
- ➤ Federation name
- > Federation address and contact details
- ➤ Country

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

DEADLINE FINAL ENTRY FORM (FEF): October 31st 2024

With the final entry form, each Federation will send the final list with the names of their athletes, dates of birth, gender and their personal bests. Each Federation will also inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms and their typology and required number of nights.

The forms must be sent via email to both this email addresses:

LOC: ultrarunning@nebsports.in

IAU: secretary@iau-ultramarathon.org

Please note that the accommodation and transfer offers made by the LOC are conditional on the prompt receipt of the entry forms and payment within the deadlines.

Please note that the WMA entry is referenced above and requires separate registration.

11. TRAVEL GRANTS AND THE USE OF WILDCARDS

Travel Grant information/receipts will be scheduled with the Delegations on the occasion of the Outfit Meeting. The allocated Travel Grant for the National Athletics Federations for this MIAUC will be announced nearer the time but will be of the order of the following example:

	Α	В	С	Team	
Zone 1	240	180	120	240	>15h flying between the capital of LOC and IAU
Zone i					MF country
Zone 2	192	144	96	192	>9h flying between the capital of LOC and IAU
Zone 2					MF country
7	144	108	72	144	> 4h flying between the capital of LOC and IAU
Zone 3					MF country
Zamad	96	72	48	96	< 4h flying between the capital of LOC and IAU
Zone 4					MF country

	Α	В	С
Men	<7h00	<7h30	<8h00
Women	<8h30	<9h00	<9h30

*Flying times are calculated point to point and may not reflect the actual time taken. Team-Grant is paid for maximum one male and one female team, (minimum 3 runners/team). Individual-Grant is paid for maximum 3 men and 3 women per country. All these grants are cumulative.

The Travel Grant will only be paid by Bank Transfer after the event.

The Provisional Travel Grant (PTG) information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank details confirmed and returned to robert.boyce@iauultramarathon.org prior to the championships. At the start of the race there will be a check of the athletes who have started. If athletes who are on the PTG information, do not start the amount of TG will be changed. Final payment amounts will be made after the event from confirmed athletes who started.

Use of Wildcards

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU competition. At every MIAUC a maximum of 2 wildcards (one man and one women) will be given automatically.

Travel Grant questions will be scheduled right before the technical meeting. If you have any questions about this, please contact the IAU Director of Finance Robert Boyce. <u>robert.boyce@iau-ultramarathon.org</u>

12. VISA REQUIREMENTS

Any foreign visitor wishing to visit India should have a valid passport. Sports category visa will not be applicable. It is recommended that participants apply for regular tourist visa.

For more detailed information on Visa requirements, please access the following link: <u>https://indianvisaonline.gov.in/</u>

Details of countries whose citizens can get a Visa on Arrival is on following link: https://www.tourism-of-india.com/tourist-visa-on-arrival-in-india.html

13. ACCREDITATION PROCEDURE

Accreditation badges will be prepared in advance of the event, based of the information provided by the Member Federation in the FEF.

No changes will be accepted after the final entry deadline, except in case of lesion, last minute illness of one of the team members.

Accreditation badges will be handed out on teams` arrival.

14. MEDICAL

The safety and welfare of competitors is of paramount importance to the Medical Team.

All the regulations applicable to the medical issue are reflected in the WA MECHANICAL AIDS REGULATIONS book (Approved by WA Council on 10 March 2022 and effective from 25 March 2022).

https://worldathletics.org/about-iaaf/documents/book-of-rules

For safety reasons, upon arrival, the Teams will be asked to sign a Medical Waiver.

15. TIMING

NEB Sports has been conducting many running events for more than 5 years over varies distances with some events have over 20,000 competitors. NEB Sports will use two difference timing systems with timing mats place around the course to get the highest accuracy.

16. IMPORTANT TIMES AND DATES

40th Anniversary Lunch

On Friday, December 6th, there will be a lunch gathering for invited representatives from federations and other officials to celebrate IAU 40th Anniversary. Additional details will be shared closer to the date.

Outfit meeting and Travel Grant Confirmation

Friday, Dec 6th between 14:00-15:00, Hotel Courtyard by Marriott Team leaders/managers to present their national uniforms, to confirm the athletes who are competing.

Technical Meeting

Friday, Dec 6th between 14:00 – 15:00, GKVK

The Meeting will be conducted in English.

Press Conference – Dec 6th 15:00-16:00, GKVK

Opening Ceremony

Dec 6th between 18:00 – 19:00, GKVK. All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and to wear their federation outfit

Awards and Closing Ceremony

Saturday, Dec 7th at 1800, at GKVK Campus

17. GENERAL TIME SCHEDULE

This is the proposed timetable. The confirmed and final timetable will be handed out upon arrival.

Thursday 30 th June	All day	Arrival of the teams
	12:00 - 13:30	40th Anniversary Lunch (by federation invitation)
	14:00 - 15:00	Outfit meeting and Travel Grant Confirmation
Friday 6 th Dec	15:00 - 16:00	Press Conference
	16:00 - 17:00	Technical Meeting
	18:00 – 19:00	Opening Ceremony
	19:30 – 20:30	Pasta Dinner
Saturday 7 th Dec	0600	Start of IAU 100KM World Championship and WMA 100 km World Championships
Saturday 7 th Dec	1700	Finish of the World Championships
Saturday 7 th Dec	18:00	Awards and Closing Ceremony
Sunday 8 th Dec	All day	Departure of the teams

We look forward to having you over in India!