

**2022 VIRTUS  
WORLD  
CROSS  
COUNTRY  
CHAMPIONSHIPS**



**SAN DIEGO, CALIFORNIA**

*team guide*

The United States is proud to host the 9th Virtus Cross Country Championships. This International event features *top distance runners with Intellectual Impairment* from around the globe, including Paralympic Games competitors racing on a renowned cross country course along *California's shoreline in Mission Bay Park*, with ideal team accommodation at the *Chula Vista Elite Athlete Training Center* - a U.S. Olympic & Paralympic training site. We invite National Teams from all 90+ Virtus Member Countries to *San Diego 2022* to showcase the integrity, courage and excellence of athletes with intellectual impairment.

# 2022 VIRTUS WORLD CROSS COUNTRY CHAMPIONSHIPS

SAN DIEGO, CALIFORNIA



integrity courage excellence

EVENT NAME	<b>2022 Virtus World Cross Country Championships</b>
EVENT DATES	<b>November 16-20, 2022</b>
HOST CITY	<b>San Diego, California, USA</b>
SANCTIONING BODY	<b><u>Virtus: World Intellectual Impairment Sport</u></b>
EVENT ORGANIZERS	<b><u>Athletes Without Limits (USA Virtus) &amp; Everything Running</u></b>
CHAMPIONSHIP DIRECTOR	<b>Tracy Sundlun, USA Track &amp; Field &amp; Everything Running</b>
OFFICIAL WEBSITE	<b><u><a href="http://www.athleteswithoutlimits.org/2022-virtus-world-cc">www.athleteswithoutlimits.org/2022-virtus-world-cc</a></u></b>
CATEGORIES	Exciting two-day race format with Short Course (2k/4k) and Long Course (6k/8k) events featuring top para athletes with Intellectual Impairment from around the world and an Open category for other competitors. Medals will be awarded to Senior Women, Senior Men, Youth Girls and Youth Boys fields across three Virtus Categories (II1, II2, II3) and the Open category.
COURSE	San Diego's <b>Mission Bay Park</b> consists of 4,235 acres of land and water with 27 miles of shoreline. The Course is a spectator-friendly European-style 2,000m grass loop along East Mission Bay Park, used for multiple USATF Cross Country events including the 2022 USATF Cross Country Championships.
TEAM ACCOMMODATION	<b><u>The Chula Vista Elite Athlete Training Center</u></b> , a U.S. Olympic and Paralympic training site, rests on a 155-acre complex adjacent to Lower Otay Reservoir 35 minutes from the Airport and Mission Bay Park Venue. The Training Center has sport venues and support facilities for most Olympic and Paralympic sports and offers accommodation to athletes and staff including housing, dining, training and recreational facilities. Opening & Closing Ceremonies will be held at the Chula Vista Athlete Training Center.

Event Sanctioned by:



Event Hosted by:



Everything  
Running



Accommodation by:





## LOCAL ORGANIZING COMMITTEE

**We cordially welcome you to San Diego and to the 9th Virtus World Cross Country Championships.**

Partnering to host the 2022 event in San Diego are Championships Director Tracy Sundlun and his crew at Everything Running and USA Virtus Member Athletes Without Limits. Members of the LOC collectively and individually have organized some of the biggest and most prestigious running, track and field and cross country events in the US and internationally including: the Rock 'n' Roll Marathon and Half Marathon Series events, USATF National Cross Country Championships, international elite track and field meets and road races as well as past Virtus World Championships in other sports.

## EVERYTHING RUNNING

**Championships Director Tracy Sundlun's** leadership comes with unrivaled depth of experience and accomplishment within sport. In addition to coaching more than 100 Olympians and managing the 2016 US Olympic Mens Track & Field Team, he has been director of many US National Championships and is co-founder of the famed Rock 'n' Roll Marathon Race Series. He and his team of experts have put on high-level events for years — most recently the 2022 USA Track & Field Cross Country Championships presented by Toyota. Sundlin's experienced team at Everything Running includes:

- **Official Timer Jennifer Nanista Stephens**, *Event Manager Koz Events*
- **Asst. Championship Meet Director Paul Greer**, *President of the San Diego/Imperial Association of USATF*
- **Asst. Championship Meet Director Thom Hunt**, *USATF Cross Country Running Council*
- **Media & PR Director Dan Cruz**, *PR Director for the LA Marathon & Rock 'n' Roll Marathon Series*

## ONE TEAM NO LIMITS

As the US member of Virtus, Athletes Without Limits provides the opportunity, support and advocacy for high performance US athletes with intellectual and developmental disabilities to reach their highest potential in sport, and in life. Founded in 2009 as a 501(c)3 non-profit, Athletes Without Limits works closely with the USOPC and national sports federations, builds US national teams for international competitions and advocates for greater inclusion across the sporting landscape.



**2022 Virtus World Cross Country Assistant Championship Director Richard Roberts**, Chair of USATF Para Athletics Committee, serves as an advisor to Athletes Without Limits National Track & Field Program with his extensive experience and numerous leadership roles within USA Track & Field and worldwide.

Co-founder and president of Athletes Without Limits, **Barry Holman**, serves as Secretary General of the Virtus Governing Board. Co-founder and Executive Director of Athletes Without Limits, **Julie Holman** has helped hundreds of U.S. athletes through the Virtus/Paralympic Eligibility process. Both have previously hosted and fielded U.S. Teams at numerous Virtus World Championships & Global Games around the World since 2009 — together with AWL Board Member and former Michigan State Senator **Ian Conyers** and AWL National Track & Field program director **Scott Brinen**, Head Coach and founder of Badger Track Club and the W Club at the University of Wisconsin.



## SAN DIEGO, CALIFORNIA

Dubbed "America's Finest City" San Diego is a major city in Southern California on the Pacific Ocean. Known for its consistently spectacular weather, world-class beaches, major tourist attractions such as San Diego Zoo Wildlife Alliance, Sea World, and a variety of cultural and sporting events, San Diego is a vibrant and welcoming city. San Diego has hosted major professional and amateur sporting events including the Super Bowl (American football), World Series (baseball) and is home to Olympic and Paralympic national teams.

### RACE VENUE: MISSION BAY PARK

Located just outside downtown San Diego, Mission Bay Park consists of over 4,235 acres in roughly equal parts land and water with 27 miles of shoreline. The Cross Country Course is a Spectator-friendly European-style 2,000-meter grass loop along East Mission Bay Park in an area of the park known as "Tecolote Shores North" where there is a comfort station with a beach rinse-off shower, a playground, picnic tables, barbecue grills, fire rings and a path for jogging or bike riding and water access.



*Aerial view of Mission Bay Park in San Diego, California*





# accomodation

## CHULA VISTA ELITE ATHLETE TRAINING CENTER

The Chula Vista Elite Athlete Training Center (CVEATC), a U.S. Olympic and Paralympic training site, rests on a 155-acre complex adjacent to Lower Otay Reservoir 35 minutes from the Airport and Mission Bay Park Venue. The Training Center has sport venues and support facilities for most Olympic and Paralympic sports and offers all-inclusive accommodation to athletes and staff including housing, dining, training, wifi, laundry, security and recreational facilities.

**Rooms** are Twin Shared (with limited Singles).

**Meals** are served in the dining hall which boasts panoramic lake views. The menu is performance-driven and planned in advance by the CVEATC executive chef and elite athlete nutritionists to meet the needs of elite athletes. On competition days lunch will be served at Venue.

**Opening and Closing Ceremonies:** will be held at the Training Center.



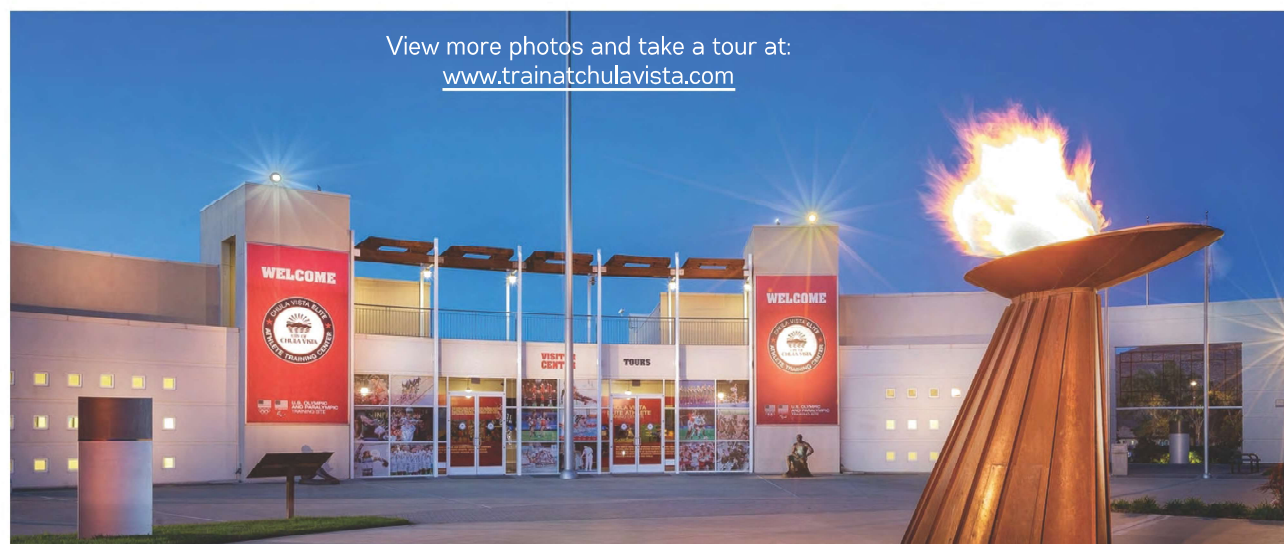
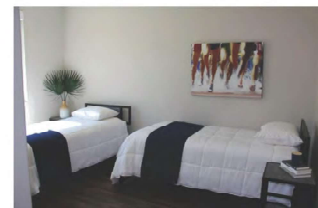
## AIRPORT & TRANSPORTATION

Teams should plan to fly into (SAN) [www.san.org](http://www.san.org)



Ground Transportation will be provided for Teams to and from the San Diego Airport, the Venue at Mission Bay Park and Team Accommodation at Chula Vista Elite Athlete Training Center.

The drive is approx. 20 minutes (22 miles) between Airport and Training Center and approx. 30 minutes (26 miles) between race Venue & Chula Vista Elite Athlete Training Center.





# competition

## SCHEDULE

**NOV 16** Teams Arrive

**NOV 17** Training/Recovery; Explore San Diego

**NOV 18** Course Preview at Mission Bay Park Venue; Technical Meeting  
Opening Ceremony at Accommodation/Chula Vista Elite Athlete Training Center

**NOV 19** Short Course Race: Women 2K (1 Lap) Men 4k (2 Laps)  
Medal Ceremony at Mission Bay Park Venue

**NOV 20** Long Course Race: Women 6K (3 Laps) Men 8K (4 Laps)  
Medal Ceremony at Mission Bay Park Venue  
Awards Banquet at Accommodation/Chula Vista Elite Athlete Training Center

**NOV 21** Teams Depart

## DISTANCES

Short Course Race: **Women 2K** (1 Lap) **Men 4k** (2 Laps)

Long Course Race: **Women 6K** (3 Laps) **Men 8K** (4 Laps)

## CATEGORIES & FIELDS

- **Virtus II1 Intellectual Impairment** (called T20 class in Paralympic Track & Field)  
Medals to Senior Women, Senior Men, Youth Girls, Youth Boys
- **Virtus II2 Intellectual Impairment w/Down syndrome or other significant Additional Impairment**  
Medals to Senior Women, Senior Men, Youth Girls, Youth Boys
- **Virtus II3 Autism+** (for athletes with Autism who do not meet Virtus II1 Criteria for Intellectual Disability)  
Medals to Senior Women, Senior Men, Youth Girls, Youth Boys
- **Open Category** (other or non-disabled competitors, can include Virtus athletes w/National level eligibility)  
Medals to Senior Women, Senior Men, Youth Girls, Youth Boys

## AWARDS

**Individual Championship Medals** will be awarded at the Mission Bay Park venue to:

*Senior Women, Senior Men, Youth Girls & Youth Boys* fields across Virtus categories (II1, II2, II3) & Open Category.  
Additional recognition for **National Team Awards** at the Banquet/Closing Ceremonies at the Chula Vista Elite Athlete Training Center.

## RULES

The rules of Virtus Athletics pertaining to competition, rankings and records will be those of World Athletics.

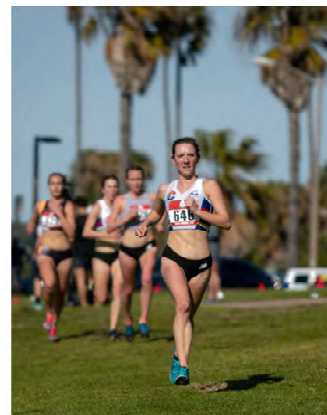
## OFFICIALS

The event will be managed by USATF-certified Starter and Course Marshalls with highly experienced National Championships results and finish line personnel.

## COURSE DESCRIPTION

The Cross Country Course is a spectator-friendly European-style 2,000-meter grass loop along East Mission Bay Park. The course has been used for many past USA Track & Field Cross Country events including the recent 2022 USATF Cross Country Championships (*pictured right*). Average course width is 10 meters (with a few sections where the course briefly narrows to about 5 meters.) The first half of the loop is primarily flat and very fast while the second half includes a series of five small hills.

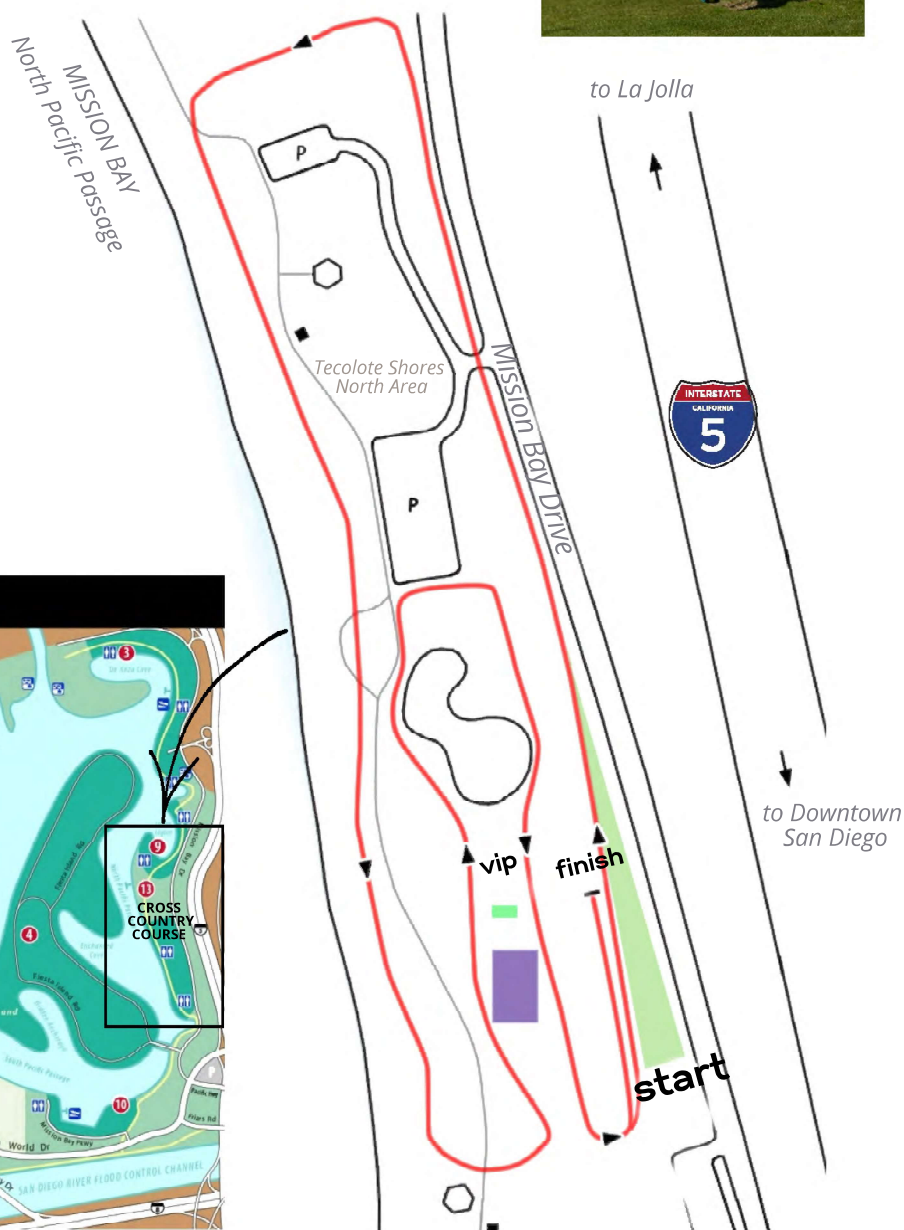
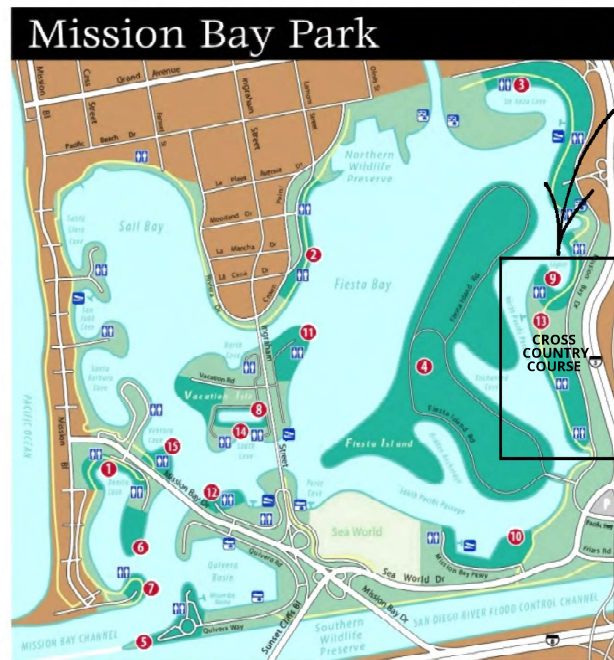
Medal presentations will be made at the race venue.



## CROSS COUNTRY COURSE MAP

The 2km multi-loop Cross Country course in east Mission Bay Park. Final straightaway is 110 meters.

Course Design: Thom Hunt  
Map background created by San Diego Track Club.





## PARA ATHLETES WITH INTELLECTUAL IMPAIRMENT



Virtus: World Intellectual Impairment Sport (formerly Inas) is the international governing body for elite athletes with intellectual impairments and a member of the International Paralympic Committee. Virtus has over 80 member countries that represent and serve more than 500,000 athletes. Virtus holds World and Regional championships across 15 summer and winter sports. Every four years the Virtus Global Games bring together over 1000 athletes to compete in 10 Olympic sports in the largest celebration of inclusion and athletic excellence.

## VIRTUS CROSS COUNTRY CHAMPIONSHIPS



Virtus has over two decades of holding Cross Country Championship at the international level.

San Deigo 2022 marks the first time a Virtus Cross Country Championships will be held in North America providing an ideal opportunity to showcase para athletes with intellectual impairment competing at a high level around the world to U.S spectators and fans as we head towards the 2028 Olympic and Paralympic Games in Los Angeles.

Previous Virtus Cross Country Championships:

- 2018 European Championships, Italy
- 2017 World Championships, France
- 2015 European Championships, Great Britain
- 2014 World Championships, Poland
- 2013 European Championships, France
- 2012 World Championships France
- 2010 World Championships, Hungary
- 2009 European Championships, Portugal
- 2008 World Championships, Poland
- 2007 European Championships, Spain
- 2006 World Championships, Great Britain
- 2005 European Championships, Portugal
- 2004 World Championships, South-Africa
- 2003 European Championships, Portugal
- 2002 World Championships, Poland
- 2001 European Championships, Czech Republic

