

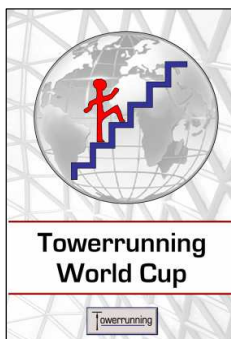


Towerrunning World Cup 2012

Short explanation of the World Cup rules and regulations

What is the Towerrunning World Cup?

The Towerrunning World Cup is an **international ranking system for the stair climbing elite** managed by Towerrunning Office Vienna. The World Cup system has as its goal, to determine the best athletes during the whole season. The guiding principle is the greatest possible objectivity, and thus the legitimacy of the World Cup winners. A **mathematically balanced scoring system**, the consideration of many different distances from sprint races over the classic races in the international skyscrapers to the "stairs marathons" - and the **differentiated evaluation of all race modes** (individual time trial, mass start, tournament systems, multi climbs, etc.) shall secure a fair and reasonable consideration of many facets of the stair climbing sport. The World Cup ranking is currently the only Towerrunning ranking system, which includes almost all stair climbing events carried out worldwide. In 2011 more than 130 events in 26 countries were considered and over 100,000 athletes accepted the challenge "Towerrunning".

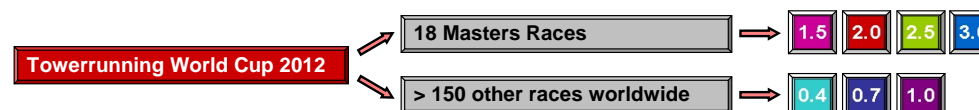


The following brief explanation will give participants of the Tower Running World Cup 2012 and especially the "Towerrunning newbies" an overview of the ranking and the most important rules. The team of Towerrunning Office Vienna wishes you success and many points for your stair climbing season 2012.

What about the weighting factors and Masters Races?

New Adaptions!

To take into consideration the different quality and internationality of the participants fields in an individual World Cup race a **weighting factor** between 0.4 and 3.0 is assigned which decides how many points are awarded for each placement. Before a season due to some criteria such as the participants fields in the past two years, the importance of the event for the media, the organizational quality (including the timing and result lists), membership in other international racing series, the prize money as well as the cooperation with the Towerrunning Office a selection of **18 races** is made. These have a status as so-called "**Masters Races**" for the current season. To these events a **weighting factor of 1.5 or higher** will be assigned and all scores achieved there will be multiplied with the respective factor. A graphic showing these 18 races and also some potential substitute races is published at towerrunning.com in the beginning of the season. For the majority of all other races ("**Trial Races**") not belonging to this exclusive selection a **weighting factor of 0.4, 0.7 or 1.0** will be assigned. These assigned weighting factors will be published on the "Results" page of towerrunning.com.



How will the weighting factor be assigned for Trial Races?

New Adaptions!

For a better differentiation of the achievements at **Trial Races**, from the 2012 season a **three-tiered system with the factors 0.4, 0.7 and 1.0** will be used to evaluate these races. Also the allocation process of the factors will be performed in a **much more standardized** manner. For this purpose the Towerrunning Office Vienna has developed a **catalogue of seven criteria**, which is shown below. If none or only one of the criteria is fulfilled, the race is given a weighting factor of 0.4. If two or three criteria were fulfilled, a factor of 0.7 is awarded and if four or more criteria were fulfilled, the race receives a weighting factor of 1.0.

A	→	Internationality: Runners of at least 3 different nations or at least 2 continents are among the top 30 of the race.	
B	→	Quality of the participants field: 2 World Cup top 15 runners or 3 top 30 runners from the previous season or current season (from the weekend of the 50th race) are represented among the top 30 male / female finishers of the race.	→ Men
C	→		→ Women
D	→	International Quality: A foreign top 15 runner or two foreign top 30 runners from the previous season or current season (from the weekend of the 50th race) are among the top 30 male / female finishers of the race.	→ Men
E	→		→ Women
F	→	Belonging to international Towerrunning series or to national series with a prize money fund of > 1.000 €.	
G	→	Technical criteria: Either > 1,000 participants or > 2,000 stairs or a particularly challenging event mode	

How many points do I get?

Every male or female stair runner finishing in any of the more than 150 races within the **top 30 of the respective gender** will automatically receive World Cup points according to a predetermined scoring system. The exact number of points is a result of the **multiplication of a fixed value** (see below) dedicated to each of the top 30 ranks **with the weighting factor of the event**. In a race with weighting factor 1.0 a maximum of 80 points (for a victory) can be achieved. At the most important international Masters Races (such as the Empire State Building Run Up) the first place score is up to 240 points.

Score for each race → **weighting factor x basis value for the top 30 position**

Basis value for each top 30 position:

Rank 1 = 80 Points	Rank 6 = 44 Points	Rank 11 = 27 Points	Rank 16 = 16 Points
Rank 2 = 68 Points	Rank 7 = 40 Points	Rank 12 = 24 Points	Rank 17 = 14 Points
Rank 3 = 60 Points	Rank 8 = 36 Points	Rank 13 = 22 Points	
Rank 4 = 54 Points	Rank 9 = 33 Points	Rank 14 = 20 Points	
Rank 5 = 48 Points	Rank 10 = 30 Points	Rank 15 = 18 Points	

From rank 18 to 30 per rank one point less

If **less than 30 participants** of a gender finish in a race there is a **deduction** for them calculated using the following formula: $2 \times (30 - \text{number of finishers}) \times \text{weighting factor of the race}$



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How will Triple Climbs and Ultimate Climbs be evaluated?

Towerrunning as so many things in life is subject to certain trends and there is clearly an increase of events at which either a distance has to be **climbed several times** or **more towers** have to be conquered. The following graphic shows in simplified form how in such cases the World Cup points will be awarded **depending on the format of the event**.

Qualification run(s) and final run within one event	→	Only the final run is evaluated. If there are less than 30 participants of a gender the fastest from the qualification move up.
The same route (for example, the same tower) is completed several times	→	For every runner, both the World Cup points for the fastest individual time and for the total time are calculated. The better point value will be credited to the runner.
At an event there is both - a Multi Climb and a single race and the runners can decide if they climb once or several times	→	The fastest time of the Multi Climb runners is sorted within the result list of the individual climb. The score of individual runners is calculated from the position in this modified list. For Multi Climb runners two scores are evaluated - one from the position in the modified individual list and one from his position in the total time list of the Multi Climb. The better point value will be credited to the runner.
Several (different) Towers or several different routes have to be completed	→	The World Cup score is evaluated from the result list of the race with the longest distance. Only when in this race less than 30 runners of a gender are listed then the World Cup result is filled up with the fastest runners at the next longest distance.

How will the Nations Cup ranking be compiled?

New Adaption!

Besides the individual rankings for male and female athletes there is a **Nations Cup** ranking to evaluate the best nations in the stair climbing sport. At every race the points of the **best male** and **best female** participant and **one other participant of any gender** are cumulated for each nations score. Additionally **bonus points** are awarded if one nation has the male and female winner in a race or for nations that have runners on the podium (top 3) in a foreign country. The detailed rules for these bonuses can be seen in the official World Cup regulations on towerrunning.com. The overall nation score over the season is composed according to the same criteria as for the individual competition: The **top eight race scores** (including bonus points) with a maximum of **five results from Trial Races** will be considered. As for the individual ranking the best score of each nation will be doubled up.

World Cup Nations Score	↓	is composed from the 8 best results of the following list:	The best result will be doubled up!
		<ul style="list-style-type: none"> - all results from Masters-Races - the five best results from Trial Races (factors 0.4, 0.7 and 1.0) 	
	↑	- Score at each race: best male result + best female result + next best result + (possibly) bonus points	

How will my individual World Cup score be composed?

New Adaption!

All results among the **top 30** achieved during the season can contribute to the individual World Cup score. But there is a **limit of billable results** to prevent that finally only those participants who have competed at most races take the top positions in the ranking. All other results do not contribute to the score and thus are seen as **void results**. A runner's individual score is calculated by adding the **top eight point results** at races in the current season. To further increase the importance of the **Masters Races** additionally to their higher weighting factor among an individual runner's eight considered results **only up to five results may be from Trial Races** with factors 0.4, 0.7 or 1.0. If a runner finishes more than five of these races in the top 30 only his best five point results count - the others are void even if (Masters Races included) the runner has eight or less results or has lower point values from the Masters Races! To additionally enhance the impact of the Masters Races and especially the factor 2.5 Masters events, **the best score of each climber will be doubled up**.

Individual World Cup Score	↓	is composed from the best 8 results of the following list:	The best result will be doubled up!
		<ul style="list-style-type: none"> - all results from Masters-Races - the five best results from Trial Races (factors 0.4, 0.7 and 1.0) 	

How to participate and how do I get more information?

Participation in the Towerrunning World Cup **does not require any special registration**. All runners who place among the top 30 in one of the more than 150 races are automatically eligible for World Cup points. The **top 70 runners will be published** regularly in a table on towerrunning.com. At the end of the season and in mid-season additionally all the runners with at least 50 total points will be published.

There are of course **attractive prizes** to win for the best athletes of the season. The male and female champion will be awarded a **World Cup trophy** and the top 3 athletes of each gender will receive **medals**. To the top 30 runners of the season a **certificate** will be sent. The best international athletes are also eligible for attractive **non-cash prizes and maybe prize money** too. Details can be found throughout the 2012 season on the Towerrunning homepage. Moreover the ranking serves as **selection base for invitations** to special events such as continental or international championships or the World Cup final.

Of course this summary and short explanation does not replace the **official and complete "Rules and Regulations"** of the Towerrunning World Cup 2012. The rules, various graphics and background information can be found on towerrunning.com/worldcup. For additional questions, suggestions and criticisms about the ranking system, but also for appeals regarding your individual scores the Towerrunning World Cup Sports Directorate (worldcup@towerrunning.com) is at your disposal.