**2024 U.S. National 100 km Team: Qualification Standards and Current List of Qualifiers**

After the 2022 event in Germany, the next 100K World Championship will be held on December 7, 2024, in Bengaluru, India. U.S. Team qualifying criteria are listed below.

The biennial 100 Kilometer World Championship race is the one international venue at which USA Track & Field (USATF) has fielded an ultra-distance team for over two decades.

The United States 100K National Team will compete in the 2024 [International Association of Ultrarunners](https://iau-ultramarathon.org/) (IAU) 100K World Championship under the patronage of World Athletics on December 7, 2024, inBengaluru, India. The United States will be represented by the USATF 100 Kilometer Team of up to six men and up to six women ultramarathon runners. The team and alternates will be selected by the Executive Committee of the USATF Mountain, Ultra, and Trail Running Council which was established in 1998 to help USATF administer ultra running in the United States.

**Timeline**

**Qualifying Window**

Saturday, 06/01/23 - Sunday 09/01/2024

**Team Selection**

Monday-Tuesday, 09/02-03/2024

**Team Announced**

Wednesday, 09/04-2024

**Standards for Consideration for 2024 U.S. National 100 Kilometer Team**

To be considered for the USA 100 Kilometer National Team, American runners must be citizens of the United States of America, current USATF members, and meet one of the following qualifying standards as well as other eligibility requirements.

1. American athletes who finish in the top-3 (gold, silver, or bronze medal position)  men or women at the 2022 IAU 100 km World Championships will receive automatic team selection for 2024 (qualification valid for the following World Championships only) provided the qualifying time was met at the 2022 world championships.
2. Time performances of American athletes from the 2022 IAU 100 km World Championships in Bernau, Germany, having met time standards (See #4 below) will qualify for consideration for the 2024 US 100K team.
3. The male and female winner of the 2024 USA 100 km National Championships scheduled for April 20, 2024, at Mad City (Madison, WI) will receive automatic team selection provided time standards (See #4 below) are met in this race (qualification valid for the following World Championships only, in this case for 2024).
4. Athletes who meet the following qualifying standards within the specified qualifying window (15 months before the 2024 WC excluding the 2022 WCs) will be selected into the pool: Road 100 km - Sub 7:15:00 (Men) or Sub 8:25:00 (Women); Road 50 Mile - Sub 5:35:00 (Men) or Sub 6:35:00 (Women).
5. Those who meet the respective qualifying standards at any 100K and/or 50-mile event will be considered providing the race is run on a USATF or NGB Certified for distance course.
6. In an effort to fill all men’s and women’s positions, if all criteria listed above do not fill the 100K US teams, to include up to 3 men’s and 3 women’s alternates, the committee reserves the right to fill the remaining positions on resumes submitted.

**NOTE TO Athletes and RD’s**

1. Events suitable for qualifying must be USATF Certified for distance (or NGB for international races) or provide survey certificate for track events **AND** run on a record eligible course.
2. Events must be USATF Sanctioned (USATF Rules upheld) or equivalent for international races   including, but not limited to 144.3 (Assistance To Athletes) and 163.6 (a) (Leaving the Track, Field, or Course). Note: under revised USATF rules, athletes running in close proximity to one another is not considered assistance.
3. Qualifying marks must take place in bona fide competitions (Refer to USATF Rule Book 262.3 (a) where “Qualifying” may interchange with “Record”).
4. Lap recording to USATF and World Athletics standards must be documented and provided.

**Team Selection Process**

Athletes will be named to the team from the team selection pool using the following procedures:

1. Athletes will be named to the team based on the order of the criteria above until all the team spots are filled. Priority will be assigned to 100 km road performances, as that is the actual race distance, but 50 mile road, and other designated race performances (see above), will be evaluated by the Executive Committee of Mountain, Ultra, and Trail Council of USATF and the performance deemed superior overall will have precedence. Athletes not automatically selected to the team through standards #1 and/or #3 above will be selected according to best performances within qualifying guidelines.
2. If fewer than 6 athletes achieve the qualifying standards for consideration, no fewer than 4 athletes (three scoring and one additional) will be named based on performance.
3. If more than 6 athletes achieve the qualifying standards for consideration, up to 3 alternates (i.e., 6 team members and 3 alternates) will be named sequentially based on performance.
4. Alternates must meet the same standards for consideration based on performance.

Alternates are encouraged to prepare, as they may be named to compete at any time, up to 4 weeks prior to the world competition, if one of the other team members is unable to compete.

See the List of Current Qualifying athletes (below) who have met at least one of the criteria above.

**Current Qualifiers (As of 01.03.2024)**

**WOMEN**

**Criterion 1 (Top 3 at 2022 100 km WC (AUTO))**

Not applicable for 2024

**Criterion 2 (Meeting Time Standards at 2022 IAU World 100 Km Championships)**

1. Courtney Olsen,2022 100K World Championships Bernau, Germany, August 27, 2022; 7:15:29
2. Anna Kacius, 2022 100K World Championships Bernau, Germany, August 27, 2022; 7:24:41
3. Nicole Monette , 2022 100K World Championships Bernau, Germany, August 27, 2022; 7:34:36
4. Elizabeth Northern, 2022 100K World Championships Bernau, Germany, August 27, 2022; 7:45:46

**Criterion 3 (WC calendar year National Champion (AUTO))**

**Criterion 4 (Time - 50 Mile/100K)**

1. Polina Hodnette, 2023 50 Mile Tunnel Hill, Vienna, IL, November 9, 2923; 5:54:14
2. Allison Mercer, 2023 50 Mile Tunnel Hill, Vienna, IL, November 9, 2923; 5:57:12
3. Audrey Lawrence, 2023 50 Mile Tunnel Hill, Vienna, IL, November 9, 2923; 6:19:30

**MEN**

**Criterion 1 (Top-3 at 2022 100 km WC) (AUTO)**

Not applicable for 2024

**Criterion 2 (Meeting Time Standards at 2020 IAU World 100 Km Championships)**

1. Eric LiPuma, 2022 100K World Championships Bernau, Germany, August 27, 2022; 6:53:33
2. Geoff Burns, 2022 100K World Championships Bernau, Germany, August 27, 2022; 7:09:55
3. Kris Brown, 2022 100K World Championships Bernau, Germany, August 27, 2022; 7:14:38

**Criterion 3 (WC calendar year National Champion (AUTO))**

**Criterion 4 (Time - 50 Mile/100K)**

1. Charlie Lawrence, 2023 50 Mile Tunnel Hill, Vienna, IL, November 9, 2923; 4:48:21 (world record)
2. Rajpaul Pannu, 2023 50 Mile Tunnel Hill, Vienna, IL, November 9, 2923; 5:02:01

**Important Dates**

Qualifying performance time frame: **Saturday, 06/01/23 - Sunday 09/01/2024**

Team Selected **Monday-Tuesday, 09/02-03/2024**

Team Announced **Wednesday, 09/04/2024**

Athlete confirmation to US 100K team: **no later than September 10, 2024**

No team athlete substitutions after 5 weeks prior to 100K 2024 World Championships date.

All athletes must be current USATF members, U.S. citizens, and have a passport valid through June 1, 2025.

All team members must sign the USATF statement of conditions and complete the US Center for Safe Sport program.

Team uniforms will be provided by USATF. If an athlete qualifies for the team but cannot make the trip due to injury or any other circumstance, the uniform must be returned to USATF.   
   
Team members will receive funding from USA Track & Field and the LOC with the exact reimbursement amount TBA. We do know that this team will not be fully funded with these resources.

Questions should be sent to Lin Gentling ([lsgentling@charter.net](mailto:lsgentling@charter.net)). Athletes who earn spots at the 2024 USA 100K Team must confirm their acceptance of a team spot no later than September 10, 2024.  
  
Please notify [lsgentling@charter.net](mailto:lsgentling@charter.net) of any missing qualifying performances or errors in reporting of performances.