



Press Release

New Delhi: 1st April 2022

Middle and Long Distance runners to train for over two months at SAI's High Altitude Training Centre in Shilaroo

New Delhi, April 1: Sports Authority of India's Shilaroo, Himachal Pradesh Centre is set to host 72 days High Altitude Training Camp for junior athletes of various National Centre of Excellence (NCOEs) across the country.

The camp is set to have 27 elite Junior and transiting to senior Middle and Long Distance runners along with 11 coaches and members of support staff. It is scheduled to begin on 4th April 2022 and conclude on 14th June 2022.

SAI's Shilaroo Centre, commonly known as the High Altitude Training Centre (HATC), is located at an altitude of 8000 feet and is about 52 km from the city of Shimla. It is surrounded by the Narkanda and Hatu peaks of the Himalayan ranges and is spread over 78 acres of land. The main aim of this centre is to help the players to acclimatize to training in high altitude conditions.

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