



WESTERN PROVINCE ATHLETICS

RACE WALKING GRAND PRIX 1

SATURDAY, 15 February 2020

Youngsfield, Military Base

RACES		START TIME	COST
20km	Open Men & Women	06:30	R40
10km	Open Men	07:00	R30
	Junior Men (Under 20)	07:00	R30
	Youth Boys (Under 18)	07:00	R30
10km	Open Women	07:15	R30
	Junior Women (Under 20)	07:15	R30
	Youth Women (Under 18)	07:15	R30
5km	Family Walk/ Novice Walkers (16 years and older)	07:45	R10
	Boys & Girls (Under 16 years)	07:45	R10
3km & 1km	Boys & Girls (14 years & younger)	08:00	R5

First Time Walkers Welcome – Novice Walk

- There will be a 5km novice walk (16 years and older) for athletes wanting to experience race walking for the first time.
- Relaxed judging rules will apply.
- No running allowed.
- No strollers allowed.
- Results will be separated according to the events.
- Novice rules apply.
- Knees must be "uncovered" in order that a judge can actually see the "straight" knee in operation.

Route:

- 2km loop on tar area

Registration:

Saturday, 15 February 2020 at Youngsfield, Military Base from 06:00 (30 mins before each event).

General:

- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to venue, parking and excellent viewing points for spectators.
- Refreshments: Coca Cola at the finish.
- Lap counters, officials and judges will be present.
- If not in possession of a valid 2020 ASA license, a temp license must be bought @ R25 each.
- According to IAAF & ASA rules.

Pit Lane:

The new rule will be applied for all events.

For Race Walking events on track or road, a Pit Lane shall be used for all athletes irrespective of the age category. In such cases, an athlete will be required to enter the Pit Lane, once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

The applicable period in the Pit Lane will be the following for races up to and including Time:

- 5000m/5km - 0.5min
- 10,000m/10km - 1min
- 20,000m/20km - 2min
- 30,000m/30km - 3min
- 40,000m/40km - 4min
- 50,000/50km - 5min

Contact:

WPA Race Walking Committee

Fundiswa Sandi – 073 526 1120

WPA Office

021 418 3232 – events@wpathletics.co.za