



WESTERN PROVINCE ATHLETICS
INTERCLUB & RACE WALKING GRAND PRIX 2
SATURDAY, 11 May 2019
Youngsfield, Military Base

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

First Time Walkers Welcome – Novice Walk

- There will be 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, 11 May 2019 at Youngsfield, Military Base from 06:00 (1 hour before each event).

Medals:

A new medal system will be implemented. At each Grand Prix all finishers will receive a medal in the form of an alphabetical letter that makes up the word "WALK".

- Grand Prix 1 – W
- **Grand Prix 2 – A**
- Grand Prix 3 – L
- Grand Prix 4 – K

These series of medals will also educate athletes about the sport of Race Walking as the ribbon will be a source of information.

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 2019 ASA license, a temp license must be bought @ R25 each.
- According to IAAF & ASA rules.

New Rule - 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 Commission

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