



WESTERN PROVINCE ATHLETICS
RACE WALKING GRAND PRIX 4
WPA 30KM & JUNIOR 10KM CHAMPIONSHIPS

SATURDAY, 1 September 2018

Greenpoint Stadium

| RACES | | START TIME | COST |
|--------------------------|--|-------------------|-------------|
| 30km(Championship Event) | Open Men + Women ***Cut Off Time 3h45m | 07:00 | R45 |
| 20km | Open Men + Women | 07:15 | R40 |
| 10km | Open Men | 07:30 | R30 |
| | Junior Men (Under 20) | 07:30 | R30 |
| | Youth Boys (Under 18) | 07:30 | R30 |
| 10km | Open Women | 07:30 | R30 |
| | Junior Women (Under 20) | 07:30 | R30 |
| | Youth Women (Under 18) | 07:30 | 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) | 8:00 | R5 |
| Prize Giving | 1.WPA Medals 2.Grand Prix Series medals | 11:00 | |

***First Time Walkers Welcome - Family Walk**

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

Route

- 1KM Loop

Registration:

- Saturday, 1 September 2018 Greenpoint Stadium from 06:00 (1 hour before each event)

General:

- New and improved fast loop. Same route as the ASA 50km Race Walk Championships
- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to venue, parking and excellent viewing points for spectators.
- Refreshments:

For all events, drinking/sponging stations with water only will be provided and coke at the finish.

- Lap counters, officials and judges will be present.
- If not in possession of a valid 2018 ASA license, a temp license must be bought @ R20 each.
- Grand prix medals to top 3 open finishers (Excluding the novice events).
- Series Medals to walkers who have completed 3 2018 Grand Prix events
- Relaxed judging rules will apply to novices.
- According to IAAF & ASA rules.

New Rule - Pit Lane:

***The new rule will be applied for II 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:

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