

FAMILY FRIENDLY



WESTERN PROVINCE ATHLETICS

OPEN TO NOVICES

RACE WALKING GRAND PRIX 2 SATURDAY, 12 May 2018 YOUNGSFIELD MILITARY BASE

For more info, contact WPA Race Walking Commission – wpracewalking@gmail.com
Stefano Aracena – 076 948 8483 or Fundiswa Sandi – 073 526 1120

Registration from 06:30 (1 hour before each event)

First Time Walkers Welcome

- There will be a 5km (16 years and younger) & 10km novice walk (16 years and older) for athletes wanting to try race walking.
- Relaxed judging rules will apply
- No running allowed.
- Results will be separated according to the events.
- Novice rules only applying to Novice 5km & 10km event.
- Knees must be "uncovered" in order that a judge can actually see the "straight knee in operation"
- Route
- 2KM Loop within the military complex

Registration:

- Saturday, 12 May 2018 at Youngsfield from 06:30 (1 hour before each event)

General:

- One of the fastest courses in SA. 2km loop on tar. ASA measured route for SA Race Walking Champs.
- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to venue, ample 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. For the 20km event an additional refreshment table will be provided: Bring your own marked bottle and assistant if needed.
- 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 finishers (Excluding the novice events).
- Relaxed judging rules will apply to novices.
- According to IAAF & ASA rules.

New Rule - Pit Lane:

***The new rule will be applied for GP 1.

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 and remain there for 20 seconds, 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

RACE ENTRY	COST	START TIME
20km Open Men & Women	R40	07:30
10km Open Men	R30	08:00
10km Masters Men 30+	R30	08:00
10km Junior Men (Under 20)	R30	08:00
10km Youth Boys (Under 18)	R30	08:00
10km Novice Men (16 and older)	R20	08:00
10km Open Women	R30	08:00
10km Masters Women 30+	R30	08:00
10km Junior Women (Under 20)	R30	08:00
10km Youth Women (Under 18)	R30	08:00
10km Novice Women (16 and older)	R20	08:00
5km Novice Walkers (16 years and older)	R10	09:00
5km Boys & Girls (Under 16 years)	R10	09:00
3km & 1km Boys & Girls (14 years & younger)	R5	09:00

