



ASA 50KM RACE WALKING CHAMPIONSHIPS & INTER-PROVINCIAL



27 October 2018, Green Point Athletics Stadium, Cape Town

Item	Start Time	Age Categories	Abbreviations	Distance
1	06:00 Senior Men Masters Men Senior Women Masters Women	Men and Women Open, 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+ Cut Off 6 Hours and 30mins (b)	SM M35/4-85/4 SF F35/4-85/4	50km
2	07:00 Senior Men Masters Men	Men Open, 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+	SM M35/4-85/4	20km
3	07:30 Senior Women Masters Women	Women Open, 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+	SW W35/4-85/4	20km
4	09:30 Junior Men Youth Men Masters Men	Men Junior, Youth, 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+ Junior Men (18 to 19 years old) (a) Born 2000 and 1999 Youth Boys (16 to 17 years old) (a) Born 2002 and 2001	JM YM M35/4-85/4	10km
5	10:00 Junior Women Masters Women	Women Junior, Youth (Born 2002 and 2001) , 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+ Junior Women (18 to 19 years old) Born 1999 and 2000 (a)	JW W35/4-85/4	10km
6	11:15 Sub Youth Boys	Sub Youth Boys (14 to 15 years old) Born 2004 and 2003 (a)	SYB	5km
7	11:15 Youth Girls Sub Youth Girls	Youth Girls (16 to 17 years old) Born 2002 and 2001 (a) Sub Youth Girls (14 to 15 years old) Born 2004 and 2003 (a)	YG SYG	5km
6	11:45 Sub Youth Boys	Sub Youth Boys (13 years old and younger) Born 2005 and Later (a)	SYB	3km
11:45 Sub Youth Girls	Sub Youth Girls (13 years old and younger) Born 2005 and Later (a)	SYG	3km	
12:15	1km Development race will be held for Children 10 years and younger	DR	1km	
13:00	Medal and Awards Ceremony			