



WESTERN PROVINCE ATHLETICS

RACE WALKING GRAND PRIX 2

SATURDAY, 8 May 2021

Youngsfield, Military Base

RACES		START TIME	COST
20km	Open Men & Women	07:00	R40
10km	Open Men & Masters Men	07:30	R30
	Junior Men (Under 20)	07:30	R30
	Youth Boys (Under 18)	07:30	R30
10km	Open Women & Masters Women	07:45	R30
	Junior Women (Under 20)	07:45	R30
	Youth Women (Under 18)	07:45	R30
5km	Family Walk/ Novice Walkers (16 years and older)	08:15	R10
	Boys & Girls (Under 16 years)	08:15	R10
3km & 1km	Boys & Girls (14 years & younger)	08:30	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, 8 May 2021 at Youngsfield, Millitary Bace from 06:00 (1 hour before each event).

Online Registration till 5 May 2021 at 17h00.

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 2021 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

COVID-19 Regulations

Due to the current situation of the Covid-19 pandemic, strict operating procedures will be followed by WPA before and during the scheduled meetings as prescribed by government regulations and ASA.

Procedures are:

- Venue: – The venue will be closed for a period of 24 hours before the start of any meeting. This means that the stadium will not be available for any training 24hours until the meeting. This will allow the venue staff to clean and sanitize the inside of the venue and buildings (bathrooms, etc).
- Masks: - Masks must be worn by everybody when entering the stadium and during the entire stay inside the stadium except when athletes are warming up or competing and social distancing must be followed at all times.
- Sanitizing: – A sanitizing station will be available at the entrance so everybody can sanitize their hands; all event stations will also have sanitizer.

- Temperature screening: - The temperature of everybody entering the stadium will be screened at the entrance. A person with a temperature reading of above 38 will not be allowed;
- Health questionnaire: - A health questionnaire will be available at the gate for everybody to complete; but will also send out to everyone to complete before coming to the event.
- Screening will be done at the Entrance

Contact:

WPA Race Walking Committee

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