



WESTERN PROVINCE ATHLETICS

RACE WALKING GRAND PRIX 4

SATURDAY, 23 October 2021

Youngsfield, Military Base

RACES		START TIME	COST
20km	Open Men & Women	06:45	R50
10km	Open Men & Masters Men	07:30	R40
	Junior Men (Under 20)	07:30	R40
	Youth Boys (Under 18)	07:30	R40
10km	Open Women & Masters Women	07:30	R40
	Junior Women (Under 20)	07:30	R40
	Youth Women (Under 18)	07:30	R40
5km	Family Walk/ Novice Walkers (16 years and older)	08:15	R15
	Boys & Girls (Under 16 years)	08:15	R15
3km & 1km	Boys & Girls (14 years & younger)	08:45	R5

***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

- 2KM Loop

Registration:

- Online Entries Close: Wednesday, 20 October 2021 at 17h00
- Only collecting & paying for entries on Saturday, 23 October 2021 Youngsfield, Military Base from 06:00 (1 hour before each event)

General:

- Fast 2km loop.
- 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 2021 ASA license, a temporary license must be bought @ R25 each.
- Relaxed judging rules will apply to novices.
- According to IAAF & ASA rules.

Rule - Pit Lane:

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:

- **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**
- **No Spectators allowed, Athletes & Supporting Staff to observe social distance**
- **Athletes to vacate the stadium immediately after their event**

Thank you to the following sponsors that is making the event a success:

Western Province Masters Athletics



Contact:

WPA Race Walking Committee

Fundiswa Sandi – 073 526 1120

WPA Office – 021 418 3232 / events@wpathletics.co.za