



**WESTERN PROVINCE ATHLETICS
RACE WALKING GRAND PRIX 2**

**SATURDAY, 11 May 2024
Youngsfield, Military Base, Cape Town**

RACES	EVENT	START TIME	COST
20km	Open Men & Women	07:30 Cut Off 2 Hours 45mins	R55
40km mixed relay	Open and Masters Men & Women Male 10km, Fem 10km, Male 10km, Fem 10km	07:30 Cut Off 5 Hours 15mins	R110/team
10km	Open Men & Masters Men	08:30 Cut Off 1Hours 45mins	R45
	Junior Men & Women (Under 20)	08:30 Cut Off 1Hours 10mins	R45
	Youth Boys & Girls (Under 18)	08:30 Cut Off 1Hours 10mins	R45
5km	Family Walk/ Novice Walkers (16 years and older)	09:15	R30
	Boys & Girls (Under 16 years)	09:15	R30
3km & 1km	Boys & Girls (14 years & younger)	09:30	R20

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 see the "straight" knee in operation.

Route:

1km and 2km Fast and Flat Loop on tar area

Registration:

Online entries: Closes: Wednesday 08 May 2024 at 17:00pm.

Manual Entries: Saturday, 11 May 2024 at Youngsfield, Military Base from 06:45 (30 minutes before each event).

General:

- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to the 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 2024 ASA license**, a temp license must be bought @ R45 each.
- According to IAAF & ASA rules.

Refreshments:

Separate Refreshment tables only available for athletes participating for longer distances (20km and up)

For all events, drinking/ sponging stations with **water only**, will be provided & Coke at the finish.

Penalty Zone:

For Race Walking events on track or road, a Penalty zone shall be used for all athletes irrespective of the age category. In such cases, an athlete will be required to enter Pit Lane, once they have received three RedCards 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 - 30 Sec
- 10,000m/10km - 1min
- 20,000m/20km - 2min

40km Mixed Relay

The Relay Team athletes will be subject to Special Technical Rules as defined for the World Athletics Race Walking Team Championship, as follows.

The team relay race shall be conducted over a distance of 40km and be contested by teams of two athletes – one male and one female.

There shall be four legs – a distance of 10km. The male athlete shall walk the first and third legs and the female athlete the second and fourth legs.

Rule 54 of the Technical Rules shall be applied with the following variations:

54.4.1 – shall be applied to the last **100m of the last leg only. Where at any other time the Chief Judge observes that an athlete is engaging in unsporting or improper conduct. CR 18.5, they shall refer it to the Referee for action.**

54.5 – shall be applied **to the whole race** so that the same Judge may not show a Yellow Paddle to the same athlete to whom they have already shown a Yellow Paddle for that offence or for whom they have sent a red card whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.6 - This Rule shall be applied **to the whole race** so that the same Judge may not send to the Chief Judge a second red card on the same athlete whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.7 Disqualification, as follows:

54.7.1 Except as provided in Rule 54.7.3 of the Technical Rules, when **seven Red Cards have been sent to the Chief Judge for athletes on the same team, the team is disqualified**, and they shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

54.7.3 **A Penalty Zone shall be used.** An athlete will be required to enter the Penalty Zone and remain there for the applicable period once **their team has received three Red Cards and on each occasion of an additional Red Card thereafter**, and are so advised by the Chief Judge or someone delegated by them.

Note: The athlete currently on the course when the advice is given by the Chief Judge must comply with this Rule even if the red card was sent to the Chief Judge when the other athlete was on the course.

The applicable period in the Penalty Zone shall be as follows:

Penalty Zone timing for 40km team relay races

Condition	Time (40km relay)
After three red cards	3 minutes
After Fourth red card	1 minute
After Fifth red card	1 minute
After Sixth red card	1 minute

54.7.4 If, a team receives a third or subsequent Red Card and it is no longer practicable to direct them to enter the Penalty Zone before the end of the race, the Referee shall add the time(s) they would have been required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

NB: Relay athletes are given an opportunity to choose a team mate from any club.

Contact:

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