



**ASA NATIONAL
50KM &
INTERPROVINCIAL
RACE WALKING
CHAMPIONSHIPS
21 OCTOBER 2017**

OLYMPIC DRIVE GEORGE

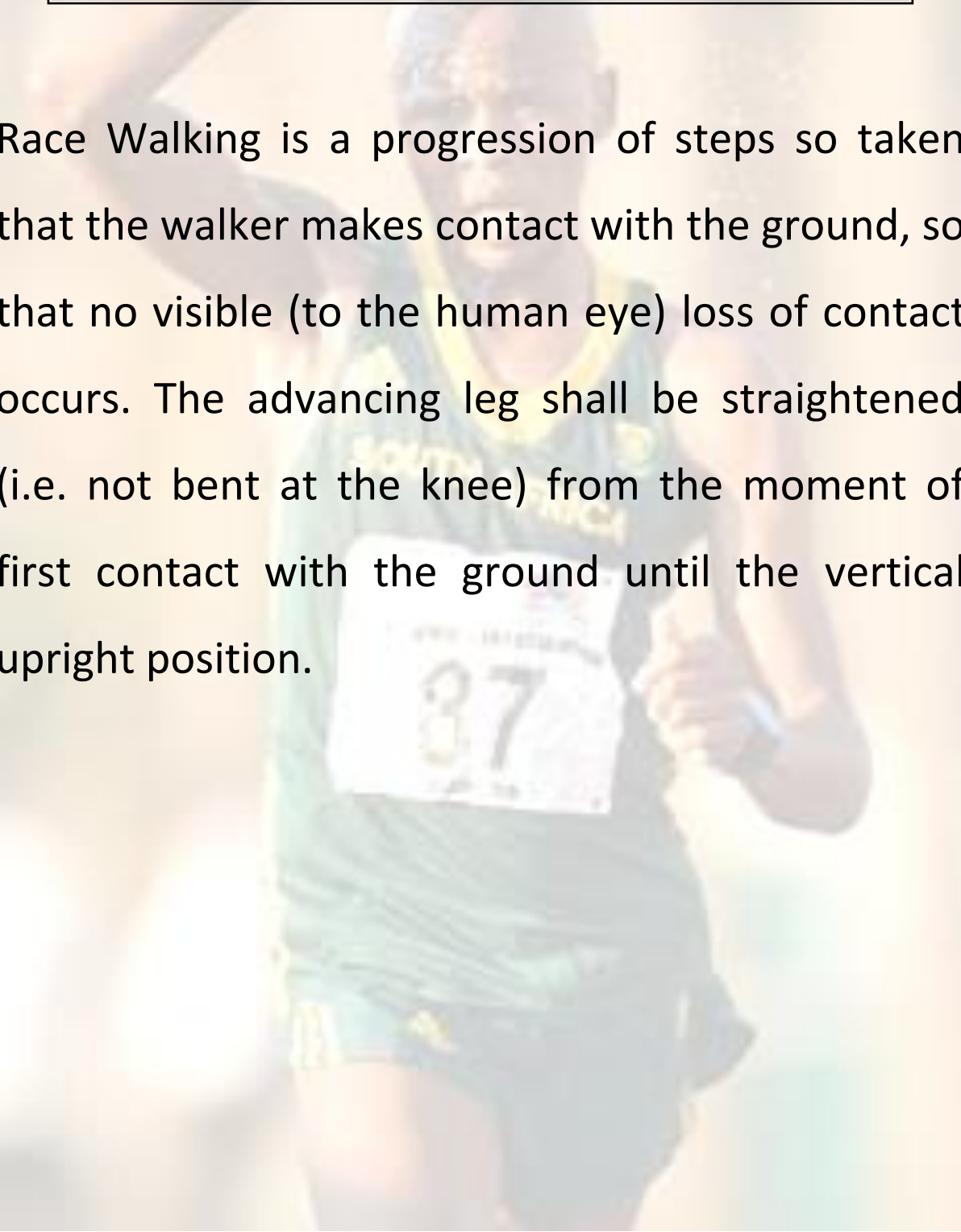
Hosted by: ATHLETICS SWD

Table of Contents

IAAF RULE 230 - RACE WALKING DEFINITION	3
1. VENUE / ROUTE.....	4
2. GENERAL	4
3. JUDGING	5
4. ACCESS TO TOILETS.....	5
5. ASSISTANCE TO ATHLETES.....	6
6. CALL ROOM AND ATHLETE CODE OF CONDUCT	6
7. RECORDS	7
8. VICTORY CEREMONY	7
9. TIMING AND LAP COUNTING.....	7
10. TECHNICAL MEETING / TEAM MANAGERS MEETING	7
11. ANTI-DOPING CONTROL	8
12. PROTESTS	9
13. RESULTS & COMPETITION POINTS.....	9
14. MEDICAL SERVICES	9

IAAF RULE 230 - Race Walking Definition

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.



1. VENUE / ROUTE

- 1.1 The competition will take place at Olympic Drive (Olympia School) George on Saturday, 21 Octo
- 1.2 The route comprises a 2km loop course on a fairly flat tarred road surface.
- 1.3 The 1km mark shall be identified by a distance board along the route, to assist athletes with pacing.
- 1.4 The 5km, 3km and 1km development race will be held on a shortened 1km loop.

2. GENERAL

- 2.1 The meeting will be conducted according to IAAF Rules and shall be hosted as a Regional Championships also open to athletes from other IAAF member countries. [IAAF Rule 1(c)]
- 2.2 The event distances for the championships shall be as follows:
 - 2.2.1 50km: Senior Men
 - 2.2.2 50km: Senior Women
 - 2.2.3 20km: Senior Men
 - 2.2.4 20km: Senior Women
 - 2.2.5 20km: Masters Men (5 year categories)
 - 2.2.6 20km: Masters Women (5 year categories)
 - 2.2.7 10km: Masters Men (5 year categories)
 - 2.2.8 10km: Masters Women (5 year categories)
 - 2.2.9 10km: Junior Men (18 to 19 years old)
 - 2.2.10 10km: Junior Women (18 to 19 years old)
 - 2.2.11 10km: Youth Boys (16 to 17 years old)
 - 2.2.12 5km: Youth Girls (16 to 17 years old)
 - 2.2.13 5km: Sub Youth Boys (14 to 15 years old)
 - 2.2.14 5km: Sub Youth Girls (14 to 15 years old)
 - 2.2.15 3km: Sub Youth Boys (13 years old and younger)
 - 2.2.16 3km: Sub Youth Girls (13 years old and younger)
 - 2.2.17 1km Development race will be held for Children 10 years and younger
- 2.3 The deadline for submission of all Team Entry Forms (both Provincial and Member Countries) shall be by **Friday, 6 October 2017.**
- 2.4 Entries to be emailed to Mehlo Hlabangane - Mehloh@athleticssa.co.za

- 2.5 Copies of all Athletes Identity Documents or Passports will need to be provided and must accompany Team Entry Forms. Original documents to be brought along to Team Managers Meeting.
- 2.6 There will be an entry fee of ZAR 50 (South African Rand) payable per athlete, except for South African Athletes entered in the 50km race for men/ 30km race for women and the 1km development race.

Banking details ASWD

Bank: **ABSA**
 Account Name: **Athletics SWD**
 Type: **Cheque Account**
 Branch No: **630114**
 Account No: **89015 7777**
 Ref: **SARW-“Team Name – Province”**

3. JUDGING (CHIEF JUDGE, CAUTION, RED CARDS & DISQUALIFICATION)

- 3.1 The appointed judges shall elect the Chief Judge [IAAF Rule 230.2(a)]
- 3.2 Athletes shall be cautioned by showing the athlete a yellow paddle with the symbol of the offence/transgression. [IAAF Rule 230.4]
- 3.3 Posting Boards shall be placed on the course near the start/finish line to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete [IAAF Rule 230.6(d)]
- 3.4 When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and shall be shown the red paddle by the Chief Judge [IAAF Rule 230.6(a)]

4. ACCESS TO TOILET

- 4.1 One toilet shall be placed along the route and be available for use by athletes during the race.
- 4.2 Only in the 10km and events over longer distance, may an athlete leave the course to go to the toilet, with the permission and under the supervision of an official. [IAAF Rule 230.11]

- 4.3 Such an athlete shall return to exact position on the course where he/she left the route to continue the race

5. ASSISTANCE TO ATHLETES (SPONGING & REFRESHMENT STATIONS)

- 5.1 For all events up to and including 10km, drinking/sponging stations with water only shall be provided [IAAF Rule 230.9(b)]
- 5.2 For all events longer than 10km, refreshments may be provided on every lap in addition to the water /sponging stations. [IAAF Rule 230.9(c)]
- 5.3 Athletes shall provide their own refreshments, to be placed on the refreshments table prior to the race, so they are easily accessible during the race.
- 5.4 Provinces to supply their own assistance at refreshment station.
- 5.5 An athlete who collects refreshment from a place other than the refreshment station renders himself/herself liable to disqualification [IAAF Rule 230.9(e)]

6. CALL ROOM AND ATHLETE CODE OF CONDUCT

- 6.1 The Call Room for the athletes will be situated next to the warm-up area
- 6.2 All athletes must report to the Call Room at least 30 minutes prior to the start of their race
- 6.3 Only athletes and official team managers will be allowed in the Call Room (i.e. no parents, coaches, etc.)
- 6.4 Two (2) bib numbers will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on all four corners. [IAAF Rule 143.7 & 143.8]
- 6.5 All athletes competing in Junior or SAMA age group categories must wear a red "J" or age tag respectively. Development races are excluded from this athlete requirement.
- 6.6 Athletes are not permitted to have in their possession cell phones, cassette recorders, radios etc. inside of the competition arena [IAAF Rule 144.2(d)]
- 6.7 Athletes are to only make use of the official designated warm-up area before the start of a race.

7. RECORDS

- 7.1 Provincial teams are requested to provide the Technical Information Centre (TIC) with a list of provincial records for each event (including all DISSA events). If provincial teams want a provincial record ratified this must be arranged with the competition secretary and where doping control is required the provincial teams will be responsible for the cost of those tests. It is advisable that provincial team managers provide the TIC with their provincial record application forms at the Technical Meeting.

8. VICTORY CEREMONY

- 8.1 The first three (3) athletes in each event will be awarded a medal for their position.
- 8.2 The full victory ceremony will be held after all the events have concluded and points tallied.
- 8.3 Please note that athletes must be dressed in their full provincial colours, as the victory ceremony is part of the competition. Failure to comply will result in the athlete not being allowed to be part of the ceremony. [IAAF Rule 143.1]

9. TIMING AND LAP COUNTING

- 9.1 Electronic timing will be used, and hand timing will be provided as a back- up.
- 9.2 Lap Scorers will be provided with lap scoring cards on which they shall record the times over each lap (as given to them by an official Timekeeper) of the athletes for whom they are responsible. [IAAF Rule 131.1]

10. TECHNICAL MEETING / TEAM MANAGERS MEETING

- 10.1 The Technical Meeting will take place as follows:

10.1.1 **Date:** Friday, 20 October 2017

10.1.2 **Time:** 18h00

10.1.3 **Venue:** Olympia School, Pacaltsdop, George

10.2 The Meeting will be chaired by the ASA Technical Delegate. The following officials or delegates should be in attendance:-

- 10.2.1 Two (2) representatives from each Province
- 10.2.2 The Competition Management
- 10.2.3 The members of Jury of Appeal
- 10.2.4 All National Technical Officials and Referees
- 10.2.5 Representatives of the LOC
- 10.2.6 ASA Delegates

10.3 All team managers must collect their team's bib numbers and draw lists between 17h00 – 18h00 on Friday, 20 October 2017 at Olympia School, George.

10.4 Original Identity Documents or Passports are to be provided by Team Managers for official verification when collecting team bib numbers and draw lists.

10.5 Every Team must be represented at the Technical/ Team Managers Meeting

11. ANTI-DOPING CONTROL

11.1 The anti-doping control will be conducted in accordance with the IAAF Procedural Guidelines for Anti-doping Control under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

11.2 On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control Chaperone, and shall have to report to the Anti-doping Control Station within 60 minutes.

11.3 Athletes will be allowed to participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station.

11.4 Sample collection will be carried out in compliance with existing guidelines.

11.5 Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.

11.6 Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

- 11.7 Any athlete who has not been selected for testing may request testing. Athletes concerned should report to the TIC, and will then be escorted to the Anti-doping Control Centre.

12. PROTESTS

- 12.1 Protests shall be made in accordance with [IAAF Rule 146]. During the course of the event an athlete or his/her team manager may lodge a verbal protest to the appropriate Referee.
- 12.2 All appeals must be made in writing on the protest form, which can be obtained from the Technical Information Centre (TIC).
- 12.3 The protest must be submitted in duplicate to the TIC, accompanied by a DEPOSIT of R200, no later than 30 minutes after the official announcement of the results which is the defined time when the result are posted on the official notice boards at the location stipulated in this manual.

13. RESULTS

- 13.1 Results and competition points awarded will be displayed after each race on an official notice board, for team managers and athletes to check as correct.
- 13.2 A complete set of results will be available for each team, within a week of the Championships.
- 13.3 Final ranking of Provinces will be based on a medals obtained system, with Gold medals being counted first. If two Provinces have the same number of Gold medals, Silver medals will be taken into account.

14. MEDICAL SERVICES

- 14.1 A full medical service with ambulance will be available at the championships
- 14.2 The closest hospital to Olympia School shall be Medi-Clinic contactable on 044-803 2000 and George Hospital-044-874 5122