

# RACEWALKING

**Directors:** Norm and Kathy Frable

Sponsored By

**Events:** 1500M, 3000M and 5K



<b>Schedule:</b>	Monday	Oct. 6	3000M	9:15 am
	Tuesday	Oct. 7	1500M	9:15 am
	Wednesday	Oct. 8	5K	9:15 am

**Venues:** 1500M & 3000M: Snow Canyon HS Track  
5K: City of Ivins

**Divisions:** 5-Year Age Brackets (see Page 7)

**Sport Fee:** \$10 Per Event

## **FORMAT / RULES**

- Participants must present their HWSG ID Badge at the venue check-in desk one hour before the start of each race.
- All Racewalking events will be conducted in accordance with USA Track & Field rules; specifically Article III, Section VI, RACEWALKING, Rule 150, General Rules and Article II, Officials, Rule 39, Judges of Racewalking.
- Athletes must use proper racewalking techniques or risk disqualification.
- Athletes must not wear clothing that could impede the view of the judges (i.e., the knees and legs must be clearly visible at all times - so athletic shorts or tights must be worn).
- Both a computerized and a back-up timing system will be used.
- Certified Racewalking judges will be used for all events.
- Race numbers must be visible on both front and back.
- Racewalking is a progression of steps taken so the walker makes contact with the ground with no visible (to the human eye) loss of contact. The advancing leg must be straightened (i.e., not bent at knee) from the moment of first contact with the ground until the leg is in the vertical upright position.
- The Racewalking judges shall have the sole authority to determine the fairness or unfairness of racewalking, and their rulings shall be final and without appeal. Any competitor who receives a warning from three separate judges shall be disqualified and so informed.
- Free Racewalk Clinics will be offered as follows:  
Tues (10/7) and Wed (10/8) - 7:45 am  
Additional information on the Clinics will be posted on the Racewalking Sport Board at the Dixie Center – Sports Den.

## **MEDALS**

Gold, Silver and Bronze medals will be awarded to top three finishers in each event for each age division. Medals will be presented at the completion of each event.

## **SPORT SPONSOR SOCIAL (Ticket Required)**

**Date:** Wednesday, Oct. 8  
**Time:** 11:00 am (approximately)  
**Location:** Ivins City Park

