Walks

What distance do the athletes walk?

U9	700m
U10, U11	1100m
U12, U13, U14, U15, U17	1500m

What is the basic technique?

- Posture - have the head and body tall, shoulders parallel to the front.
- Arms - swing the arms with shoulders relaxed and low.
- Legs/feet - The basic action of the walk is a heel-toe action. The athlete lands on their heel and rolls forward on to their toe. From the time the heel hits the ground to the time the foot passes underneath the body the leg must be straight.

What is a CAUTION/YELLOW PADDLE?

A caution is given when an athlete is "close" to breaking the rules. e.g. it looks like they might be starting to bend their knee too early. You can get a caution from each judge.

What is a RED CARD?

A red card is issued when an athlete has "broken" the rules. This can be for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.

- Athletes in the U9-U11 age groups are given verbal red cards during the race.
- Athletes in the U12-U17 age groups are given non-verbal red cards. i.e. they are not informed by the judge during the race that they have been issued a red card and only find out at the end of the race how many red cards they have received.

When is an athlete disqualified?

If they receive a red card by 3 or more <u>different</u> walk judges. N.B. Athletes are allowed unlimited "cautions" and will not be disqualified.

Where do the judges stand?

- Judges spread themselves out around the outside of the track so that between them they have all areas covered i.e. divide the track up by the number of judges.
- Each judge is responsible for his/her own area. Judges cannot give cautions or red cards to any athlete for something they see outside of their area.

What are some "Handy Tips" for conducting walks?

- Conduct one race walks event per age group or combine age groups.
- Allow walkers aiming to use correct technique to use lane 1, non-competitive walkers to use lane 2.
- Allow the athletes to finish the race before disqualifying.