

Little Athletics SA 2023 Race Walking Season



Proudly supported by the
South Australian Race Walker's Club (SARWC)



PROGRAM

All meets and the Championship will be hosted by the South Australian Race Walkers Club (SARWC) and will be held in the Adelaide Parklands at the Adelaide Harriers Club Rooms, corner of South Terrace and Peacock Rd, Adelaide SA 5000.

Meet 1	Saturday 27 th May 2023
Meet 2	Saturday 17 th June 2023
Meet 3	Saturday 1 st July 2023
State Race Walking Championship	Saturday 8th July 2023

PROGRAMME OF EVENTS

12.30 PM	U/9-U/11 Boys & Girls	1km
12.45 PM	U/6-U/8 Boys & Girls	500m "Fun Walk"
12.50 PM	U/12-U/17 Boys & Girls	2km

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INFORMATION & REQUIREMENTS FOR ALL RACE WALKING MEETS

1. Copy of the rules are available from the SALAA website at <https://salaa.org.au/competition-rules-regulations/>.
2. Only registered Little Athletics SA members are permitted to participate in age group events. Additionally, athletes do not need to be a member of the South Australian Race Walkers Club to compete.
3. Athletes must compete in their own age group.
4. Correct Centre Uniform **MUST** be worn at all meets.
5. There is a **\$2.00 entry fee** for all season meets and an **\$12.00 entry fee** for the Championship event.
6. FOOTWEAR is compulsory - spikes are not permitted.
7. Competitors must report to the starting line **10 minutes prior** to the advertised starting time for their event.
8. All competitors will receive a certificate showing their performance.
9. Competition will continue regardless of the weather, unless it is extremely severe and dangerous. If a cancellation is to occur, notification will be provided the day before.
10. To be eligible for the State Race Walking Championships, athletes must compete in **at least one meet** during the season.
11. No pacing of competing athletes permitted.
12. On arrival at the Race Walking meets, please check the Notice Board for information regarding the course and other information.
13. There will be Canteen Facilities available at the Race Walking venue.
14. An event will be conducted for Under 6, 7 and 8 Boys and Girls, however it will not be a Championship Event and medals or trophies will not be presented.
15. Centre members, parents or general volunteers can use the race walking season program as an education opportunity to learn how to judge race walking. Experienced judges will teach how to officiate the event and act as mentors to help improve overall knowledge and understanding.
16. For more information on the South Australian Race Walker's Club head to <http://www.racewalking.com.au/home>.