



Interprovincial Racewalking Relay Meeting

Athletics Gauteng North (AGN) and Athletics South Africa will be presenting the 2nd Interprovincial Racewalking Relay Meeting on Saturday, 16 November 2024 at LC de Villiers Sportsgrounds at the University of Pretoria. After a successful introduction of this competition format in 2023. This competition will consist of racewalking relay events across all age categories, ranging from youth to masters athletes. All relay teams will consist of two athletes, one being male and the other female. **The meeting will include the ASA Racewalking Relay Championships for open category walkers over a distance of 42.195km.**

The Interprovincial competition is between relay teams from different provinces. Each province can select teams comprising athletes in age categories, ranging from youths to masters. The age of the youngest member of a master's team will determine the master's team category in which the team competes.

Master teams will be categorised in 10-year age categories, instead off the normal 5-year categories. The categorisation of youth and junior teams will be based on the age of the oldest athlete in the team.

Provinces will have first choice of athletes registered and licenced in their respective provinces. Provincial teams will race in provincial colours. Only provincial relay teams will compete and contributed towards the interprovincial competition scoring and the province with the most gold medals across the various age categories and events will win the Interprovincial competition and floating trophy.

Individual Entries

Athletes not selected by their provinces, may team up with athletes from within or outside their provinces, to form "individual teams" and enter to compete in any of the respective age categories and events, including the ASA Racewalking Relay Championship event. Such "individual" teams will be considered for medals (and prize money, if available), but cannot count towards the inter-provincial competition. "Individual" teams should if in any way possible be compiled and enter before the entry closing date, but may enter as late as on the day of the competition. Athletes competing as part of individual teams must race in club colours. Where athletes want to compete in the relay as part of an individual team, but cannot find a partner, the meeting organisers may assist in linking up athletes to form teams.

Relay Events

Each relay team consists of a male and female athlete that will do either one or two legs each, across the various distances shown below.

Identification	Team Composition	Legs of Race	Total Distance
Marathon Relay	Male and Female	Male 12.195km, Fem 10km, Male 10km, Fem 10km	42.195m
20km Relay	Male and Female	Male 5km, Fem 5km, Male 5km, Fem 5km	20km
20km Junior Relay	Male and Female	Male 5km, Fem 5km, Male 5km, Fem 5km	20km
10km Youth Relay	Male and Female	Male 5km, Fem 5km	10k

Individual athletes older than 18 years athletes may also choose to participate and will do one leg.

Identification	Team Composition	Legs of Race	Total Distance
10km Individual	Male/Female	10km	10km

Duration of Races and Cut-off Times

Identification	Total Time
42.195km Relay	5:30 hours: min
20km Relay	2:24 hours: min
10km Relay	1:24 hours: min
20km Relay	2:24 hours: min
10km Individual	1:24 hours: min

Closing Date for Provincial Entries: 11 November 2024.

The following links can be used by provinces and individual teams/individuals to enter

42.2km, 20km, 10km Teams: <https://forms.gle/WJbktVD4uDsSi7Nt5>

10km, 5km, 3km, 1km Individuals: <https://forms.gle/oASiQaqwQkaBM3rt9>

Entry Fee: R60.00 per athlete for all events, except 3km kids 13 years old and younger that pay R30 with no license fee. The 1km athletes participate for free.

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Race Eligibility and Starting times:

Who may take part and in which events:

Item	Start Time	Age Categories	Distance
1.	07:00 Senior men, Masters men Senior women, Masters women	Men and women senior, 40-49; 50-59; 60-69; 70-90+ Cut off 5:30 hours: minutes (b)	42.195 km relay (12.195+10+10+10km)
2.	08:00 Senior men, Masters men U20 men, U18 men Senior women, Masters women U20 women	Men and women senior, 40-49; 50-59; 60-69; 70-90+ U20 (18 to 19 years old) (a) - born 2005 and 2006 U18 (16 to 17 years old) (a) - born 2007 and 2008 Cut off 1:24 hours: minutes (b)	10 km individual (10km)
3.	08:00 U18 women, U16 women, U16 men	U18 (16 to 17 years old) (a) - born 2007 and 2008 U16 (14 to 15 years old) (a) - born 2009 and 2010 Cut off 1:24 hours: minutes (b)	10km relay (5+5km)
4.	09:30 Masters men, U20 men, U18 men U16 men Masters women U20, women U18 women	40-49; 50-59; 60-69; 70-90+, U20 (18 to 19 years old) (a) - born 2005 and 2006 U18 (16 to 17 years old) (a) - born 2007 and 2008 U16 (14 to 15 years old) (a) - born 2009 and 2010 Cut off 2:24 hours: minutes (b)	20km relay (5+5+5+5km)
5.	12:00 U18 women, U16 women U18 men, U16 men,	U18 (16 to 17 years old) (a) - born 2007 and 2008 U16 (14 to 15 years old) (a) - born 2009 and 2010 Cut off 36 minutes (b)	5km
6.	12:30 Sub youth boys	Sub youth boys (13 years old and younger) Born 2011 and later (a)	3 km
7.	12:30 Sub youth girls	Sub youth girls (13 years old and younger) Born 2011 and later (a)	3 km
8.	12:30	Development race will be held for children 12 years and younger	1 km

Please note:

1. Start Time for the first event is 07:00.
2. The 3 and 1km races are for the <=13-year Modiba and other kids. Older Modiba kids may take part in a team context or as an individual.
3. There is also an individual 5km race for Modiba and other Youths.

Judging and disqualification

This will be handled as per the Technical Requirements Marathon Mixed Relay-Updated document provided by World athletics director of competition, Pierce O'Callaghan. The team manual will show these in more details.

Handover zone and resting area

There will be a defined handover zone close to the starting line where the current athletes will hand over to the next athlete. All takeover procedures shall comprise a physical contact between the incoming and outgoing athletes and shall be completed within the zone. If an athlete does not follow this Rule, their team shall be disqualified. During the rest period the athlete may stay in the designated rest area, but may also go to the bathroom or wherever. However, it is the athlete's responsibility to see that he/she is back in the handover area before the next handover is due. If the next athlete is late the current athlete will wait in the handover zone until the next athlete arrives, with the clock running. Athletes should leave the handover area as soon as they have handed over to prevent congestion of this area and not hamper lap counters, timers and other official's jobs. Please be considerate to your fellow athletes and the officials.

Drug Testing

Drug testing may take place. It is the athlete's obligation to see that no illegal substance is used or present in their bloodstream.

Prizemoney's and Medals

See the below table:

ASA Open Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

42.2km ASA Open Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Open
Winners	Gold	R1 000
2nd	Silver	R750
3rd	Bronze	R500
4th		R400
5th		R300

10km ASA U18 Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Open
Winners	Gold	R300
2nd	Silver	R225
3rd	Bronze	R150

10km ASA U16 Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Open
Winners	Gold	R300
2nd	Silver	R225
3rd	Bronze	R150

20km U20 ASA Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Junior
Winners	Gold	R400
2nd	Silver	R300
3rd	Bronze	R200

20km U18 men with U18 women or U18 women with U16 men ASA Team Relay Walking Race 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Junior
Winners	Gold	R400
2nd	Silver	R300
3rd	Bronze	R200

5km ASA Walking Race for Youths 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Youth
Winners	Gold	R300
2nd	Silver	R225
3rd	Bronze	R150

10km ASA Walking Race for Individuals 16 November 2024 HPC LC de Villiers 1km loop Male and Female

Male and Female

Position	Medal	Individual
Winners	Gold	R0
2nd	Silver	R0
3rd	Bronze	R0

3km ASA Walking Race for Sub-youths 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Sub Youth
Winner	Gold	R200
2nd	Silver	R150
3rd	Bronze	R100

1km ASA Walking Race for Sub-youths 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	Sub Youth
Winners	Gold	R1 000
2nd	Silver	R750
3rd	Bronze	R500

42.2km ASA Team Relay Walking Race for Masters 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	40-49	50-59	60-69	70-99
Winner	Gold	R400	R400	R400	R400
2nd	Silver	R300	R300	R300	R300
3rd	Bronze	R200	R200	R200	R200

20km ASA Team Relay Walking Race for Masters 16 November 2024 HPC LC de Villiers 1km loop

Male and Female

Position	Medal	40-49	50-59	60-69	70-99
Winner	Gold	R300	R300	R300	R300
2nd	Silver	R225	R225	R225	R225
3rd	Bronze	R150	R150	R150	R150

General:

Registration: With google form before or on 11 November 2024

- Entry fees: R60 per person, except 3km kids 13 years old and younger that pay R30 with no license fee. The 1km athletes participate for free.
- **A Youth Girl (aged 16 or 17) who wants to walk 10km individual must compete as a Junior.**
- The course is paved and is fast and flat. It is a 1km measured and certified route.
- The venue is easy to access but drivers will only be allowed in on showing their driver's license.
- There is ample parking at the swimming pool parking area.
- A drinking station with water only will be provided as well as a refreshment station for the 42.2km athletes.
- No seconding will be allowed, except for the 20km and 42.2km events. The refreshment table will be available for such seconding.
- Masters athletes must wear age group tags and will compete in 10 year age groups starting from 40 and up. Note: the allowable masters age categories are 40+, 50+, 60+ and 70+ age categories. Athletes must wear the correct age group applicable to their team.
- The event will be held according to WA and ASA rules. All participants participate at own risk. Participants indemnify the national and provincial bodies, sponsors and organisers of the race against all and any action of whatever nature that may arise out of their participation in the events.
- Lap counters, officials and judges will be present.
- Licensed athletes must wear club colours and their 2024 ASA license number back and front as well as age tags when competing as an individual or a Non-provincial Relay Team member. Provincial Relay Team members must wear their provincial attire and only have their license available to be checked.
- If not in possession of a valid 2024 ASA license, a temporary license must be purchased at R60 each.
- No long pants allowed; knees must be visible.
- No earphones, iPods and the like allowed and contravention of WA rule TR 6.3.2 will lead to disqualification.
- All walkers must be able to produce identity document (or driver's license) if required to verify their ages if required.
- The penalty zone rule will be applied.
- Appeals must be lodged, in writing, within 30 minutes after the race. They must be lodged with the chief judge accompanied by R500 which is refundable if the appeal is upheld.
- Cut-off times will be applied if needed, see table on page 2.
- Make sure to leave the terrain spotlessly clean, failure to keep this rule may lead