

## RACE WALK VENUES & SET UP

### VENUE MAP

A venue, or course, map is a valuable tool to communicate the location of all the key functional areas such as the start/finish line, posting board, toilets, medical services, drinking/sponging stations, etc. The map does not need to be drawn to scale but it should show the correct location of important facilities. Each judge should receive a course map that also shows judging zones/positions. (see RW Basics: Track Assignments and/or RW Advanced: Road Course Set Up)

### JUDGING POSITIONS

**Track Races:** For Championships\* and races with a full complement of five (5) judges, the track is divided into 4 zones that correspond with the 4x100m exchange zones. The Chief Judge (CJ#5) is positioned at the start and generally moves around the track in a clockwise direction till near the end of the race when they need to be positioned in the final straight to observe the last 100 meters. Towards the end of a race, at the sound of the bell for the 1st walkers, the judges in zone 3 and zone 4, should also take positions along the last 100 meters before the finish. This assures that there are three (3) separate Judges observe the final 100m for each athlete.

**Road Courses:** The number, positions and rotation of Judges will vary depending on the length and shape of the course. A minimum of six (6) and a maximum of nine (9) Judges - including the Chief Judge, should be positioned on the course with sufficient spacing between judging zones and with adequate coverage of the areas requiring special observation. For road courses, the Chief Judge is typically positioned near the recorder station and along the last 100m. It is advised that the Chief Judge and at least two (2) other Judges move to positions along the last 100 meters during the last lap for the 1st finishers.

**Judging Rotations:** In track races 10,000m and longer and road events longer than 10km, the Chief Judge may establish a rotation system to move Judges from one zone to the next around the track or road course in a clockwise direction - counter to the racers. The Judges must move together to a set schedule. The main benefit is to give the Judges a different view of the competitors throughout the race. On road courses, the rotation may involve parts of the judging panel rotating within a specified section of the course. The Chief Judge should take into consideration which Judges are needed to cover the final 100m of a road course when they make up the rotation schedule.

*\*For Records: There must be five (5) judges on a track or six (6) judges on a road course. At least half of the Judges must be National level or higher and at least one Judge must be Master level or a WA RW Judge.*

### THE RECORDING HUB

**Posting Board (PB):** The Posting Board is usually placed 80-100 meters before the finish line and positioned in a way that is visible to competitors and, where possible, coaches and spectators. On a track, it is best viewed inside of the curb, but it can also be placed on the outside lanes of the track. On a road course, the distances are modified as needed to fit the course.

**Recorder:** The Recording Station is the hub of Red Card activity and should be arranged to have quick access and a clear view of the Posting Board and be near the Penalty Zone. For track races, the Recording Station is typically set up inside the curb but it can also be set up on the outside lanes of the track. For road courses, the Recording Station is usually placed between the Posting Board and the Penalty Zone. Actual placement will vary depending on the physical constraints of the course.

**Penalty Zone (PZ):** On the track, the Penalty Zone is placed in Lanes 5, 6 and 7, in the final straight and roughly 80m before the finish line. The PZ should be 10m in length (maximum). The width can vary but should allow up to five (5) athletes at the same time - roughly 4-5m wide should be sufficient. It shall have one entrance and one exit at opposite ends – with the same opening size for both. Use small barriers or cones to clearly delineate the PZ. For road courses, the setup should be similar but will vary depending on space constraints. The location will be typically adjacent to the Recording Station.

## ***RACE WALK VENUE SET UP (Cont'd)***

### **WATER/SPONGING STATIONS**

For events 10K and longer, water/sponging stations shall be provided at suitable intervals. Water only stations may be provided for shorter distances as determined by the games committee. Stations must be located on the course so that they are easily accessible to the competitors and shall be placed off the course measurement line and out of active lanes so that the stations do not affect the course distance.

**Track Races:** For track races, the active course is generally Lanes 1, 2 and 3. Water/sponging stations are typically set up in the middle of the back straight with the table in Lane 4; thereby requiring athletes to enter Lane 3 to receive water either off the table or placed in their hand by authorized volunteers. Locations can be modified to fit the field size, number of volunteers and venue conditions.

**Road Courses:** For a 1km circuit road course, at least 1 water/sponging station shall be provided. For a 2km circuit, 2 water/sponging stations may be provided. The station(s) should be placed where they will not interfere with essential race activities - ie: Start/Finish, Lap Scoring, PB, PZ. Water and sponges should be placed on tables in easy reach of the athletes.

### **PERSONAL REFRESHMENT STATIONS**

For events longer than 10km personal refreshments may be provided by athletes. The limits of the refreshment area shall be clearly delineated. It should consist of a row of tables immediately adjacent to the course arranged so that athletes can easily grab their aid off the table and/or have it put into their hands by authorized persons. On a track, tables should be placed in Lane 4 so that the athletes enter Lane 3 to receive aid. (**Note:** Personal refreshment providers are only allowed to give aid from behind or beside aid tables, never in front of or anywhere else on the course.) When refreshment areas are allowed, water/sponging stations should be placed a sufficient distance away. On road courses, water/sponging stations are typically placed at locations equidistant from the refreshment station.

### **ROAD COURSE CHECK**

Prior to the start of the race, the Chief Judge shall walk the course to ensure that the course has been set up according to the Course/Venue Map, the WA /USATF Measurement Certificate, and is clear of debris which might be of a hazard to athletes.

#### **Road Course Selection Recommendations & Certification Examples:**

- The course circuit shall be no shorter than 1km and no longer than 2km.
- The course can be looped or out and back with turns a radius of at least 7.5m.
- The road surface should be smooth and free from potholes and loose gravel.
- The course should be relatively flat and not contain any steep rises and/or downhill sections.
- There should be adequate space along the course for essential race activities such as medical, water/sponging and refreshment stations, Posting Board, Penalty Zone, Lap Scorers, etc.