

Introduction

Some people think that Track & Field has a specific competitive season much like baseball, football or basketball. For the members of the National Governing Body, USA Track & Field (USATF), events can be participated in all year round. This is evident in the mix of Open, Junior, Youth and Master events that will be found at www.usatf.org.

The rules applicable to domestic competition in Athletics –track & field, race walking, road running and cross country – are approved by USATF. These rules generally conform to those of the International Association of Athletic Federations (IAAF). Although the USATF Rules of Competition shall apply to all events sanctioned by USATF, the local organizing committee has agreed to offer a “developmental” competitive 5k (road) race walk along with the USATF approved judged 1500 meter (track) race walk.

Although the true beauty of race walking is really seen in the methodical relaxed motion in the longer distances of 20k through 50k, the shorter distances of 1500m and 5k serve an important purpose. They have been used effectively to develop new walkers as they learn the race walking mechanics while striving to maintain good form. These monitored races give both novices and veterans a chance to sharpen their skills under the watchful eyes of Certified USATF Race Walk Judges. In keeping with this “developmental” atmosphere, those in danger of being disqualified are provided coaching to help them improve.

Definition of Race Walking

For the 1500m race, USATF walk Rule 232 will be upheld:

“Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical position.”

Disqualification for failure to adhere to this definition is governed by Rule 230.3. Basically, disqualification would occur if at least 3 independent Judges observed “loss of contact” or “bent knee” as specified in the rules. As soon as possible during or after the race, the competitor will be notified of the disqualification by the Chief Judge.

Other

As part of the other events during the weekend, a race walk clinic for beginners through advanced will be held 30 minutes prior to the 5k race walk. Warm-up exercises specific to race walking will also be offered.

Note: It important that the walkers wear clothing that will not impede the view of the Race Walk Judges for determining compliance with Rule 232.