VICTORIAN RACE WALKING CLUB Inc.

Affiliated with Athletics Victoria Inc.
A Racewalking Victoria member club

2020-2021
Summer Race Fixture
(For a covid normal)

President
Stuart Cooper
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Secretary
Terry Swan
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Treasurer
Karyn O'Neill
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Vice President
Mark Donahoo
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VRWC Race FEES

VRWC Races: $10 per race per person

Special Conditions due to Covid19 virus

Race days; Saturday events

Circuit 1 South Loop: 1km 1.30pm, 5km 1:45pm

Circuit 2 North Loop: 2km 1:35 pm, 3km 2.00 pm

Race days; Sunday events

Circuit 1 South Loop: 20km 9:05am

Circuit 2 North Loop: 2km 9:00am, 5km 9:15am, 10km 9:55am

Check in times: close 10 min before event start. Check in open from 1pm on Saturday and 8.30am on Sunday.

Limits 10 per race, staggered starts with 2 competitors going off every 3 seconds.

Social Distancing should be observed by all athletes, athletes will be seeded and fastest will lead off.

DUE to building works at MPBC, there is NO access to Club Rooms or Change facilities, Toilets will be available in the Park, maintained by Parks Vic.

Athletes are to come ready to race and proceed to the check in/marshalling area near the start line.

To enter races online, athletes MUST enter and pay online by Wednesday 11:59pm using the online portal, which is access via the VRWC website, pay via credit card. Entries require a credit card to pay the $10 entry fee.

To enter races by text messages, contact Mark Donahoo for those who cannot enter onlineby **10pm Wednesday, stating name, race number and race distance.**

There cannot be any changes to nominated or entered races. You must compete in the event you entered

There can be NO walk up entries

Other important Covid safe rules

- All members & carers must follow the 'BE COVID SAFE' principles. If you are ill or experiencing any cold or flu-like symptoms, stay at home and speak to your doctor about getting tested.
- Please do not use the Middle Park Bowling Club or walkways, please use the shared path to the start line area.
- Please do not use the change rooms, please come ready to race.
- Please form lines at Check in and at the Registration tables, please observe bunting and signage for social distancing. All participants/carers must register their name on the sign in Sheets, which is near the check in, athletes then need to check in for the race and pay $100 if you did not enter on line.
- Please arrive promptly and leave once your race has completed
- Race starts will be staggered ie. wave starts, please observe chalk marks and bunting near start line. Do NOT crowd the area
- Please do not congregate near the start line.
- Shane Dickson is our appointed First Aid/Covid Safe Officer.
- Our committee team are there to help and assist run the event, please respect their directions and decisions.
- HAVE FUN and ENJOY the return to play
- Please respect our officials, we all want to be there the following week

FIXTURE 2020-2021 SUMMER SEASON

Sat 7th November 2020 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Saturday events

Circuit 1 South Loop: 1km 1.30pm, 5km 1:45pm

Circuit 2 North Loop: 2km 1:35 pm, 3km 2.00 pm

Sun 15th November 2020 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Sunday events

Circuit 1 South Loop: 20km 9:05am

Circuit 2 North Loop: 2km 9:00am, 5km 9:15am, 10km 9:55am

Sat 21st November 2020 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Saturday events

Circuit 1 South Loop: 1km 1.30pm, 5km 1:45pm

Circuit 2 North Loop: 2km 1:35 pm, 3km 2.00 pm

Sat 28th November 2020 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Saturday events

Circuit 1 South Loop: 1km 1.30pm, 5km 1:45pm

Circuit 2 North Loop: 2km 1:35 pm, 3km 2.00 pm

Sun 6th December 2020 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Sunday events

Circuit 1 South Loop: 20km 9:05am

Circuit 2 North Loop: 2km 9:00am, 5km 9:15am, 10km 9:55am

Sun 13th December 2020

AVSL to hold walks as part of their program.

Sun 17th January 2021 **Middle Park**

Venue: Middle Park Bowling Club

Race days; Sunday events

Circuit 1 South Loop: 20km 9:05am

Circuit 2 North Loop: 2km 9:00am, 5km 9:15am, 10km 9:55am

Wed 27th January 2021 **Mentone**

Venue: Mentone Athletic Track- Please note, minor change may occur if Coivd rules change

Race days; Wednesday events, will start at 7.00pm

1500m 7:00pm,

5000m 7:15pm

Wed 10th February 2021: AV 5km teams race Mentone

Venue: Mentone Athletic Track- Please note, minor change may occur if Coivd rules change

Race days; Wednesday events, will start at 7.00pm

1500m 7:00pm,

AV teams 5000m 7:15pm

Rules for AV Teams Championships:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Sun 14th February 2021 Middle Park

Venue: Middle Park Bowling Club

Race days; Sunday events

Circuit 1 South Loop: 20km 9:05am

Circuit 2 North Loop: 2km 9:00am, 5km 9:15am, 10km 9:55am

VRWC AGM 11:30am

Sun 21st March 2021: VMA 5km Mentone

Venue: Mentone Athletic Track- Please note, minor change may occur if Coivd rules change

Race days; Sunday events, will start at 8:30am

5000m VMA Championship Women: 8:30am

5000m VMA Championship Men: 9:15am

5000m Open: 10:00am

1500m Open: 10:35am