

USA Track & Field

Race Walk Officiating Handbook



2000

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INTRODUCTION

Race walking is growing in popularity across the United States and throughout the world. There is an opportunity for competent race walking judges at all levels of competition. This handbook is to help the race walk judges at any level.

The sport of race walking is included within Athletics (track and field, race walking and long distance running.) Specialized officials, called Race Walk Judges and Race Walk Officials, are required in addition to the other required competition officials. The race walk judges have the responsibility of determining the legality of the technique of the competitors in the walking race, while inspectors and other officials monitor the rules of track and field.

There are some procedural differences in youth athletics but the rules of competition are basically the same for young walkers (age-group and Junior Olympics) as the rules for walkers who are in the Olympic Games. These procedural differences will be noted in their respective sections.

Walking in competition involves all ages at many ability levels – from those who walk for pleasure and fitness to those men and women who perform at a world class and Olympic level. Race walk judges are trained for different levels of judging. There are those men and women who are novice race walk judges and those general officials who judge walking races in the many local meets. The highest level of walk judges are those selected to the International Amateur Athletic Federation (IAAF) panel of walk judges. These are the judges who judge major international competitions such as World and Olympic Championships. These IAAF Judges should be important contacts for judges in the U.S. and are resources for questions that might arise.

USA Track & Field (USATF) is the national governing body of the sport of Athletics in the United States. The USA Track & Field National Race Walking Committee is responsible for the development of this handbook.

The main purpose of this handbook is to help new judges understand the basic rules and procedures of judging race walking and to provide the experienced judges with the tools to improve and advance to a higher classification within the official's certification. The secondary purpose of this handbook is to help standardize the procedures, techniques and materials used in judging race walking events within the U.S.

This handbook also includes various drawings and materials to help judges better understand the proper techniques for legal walking. We are grateful to the many people who have contributed forms, materials, ideas and suggestions to this handbook.

The Rules of Race Walking

The rules of race walking copied on the following pages were taken from the 2000 USA Track & Field *Competition Rules Book*. They are printed here in their entirety for your convenience.

The USA Track & Field *Rule Book* is available for purchase from USATF. Send \$10.00 for each book (check or money order) to:

USA Track & Field
P.O. Box 120
Indianapolis, IN 46206-0120

Quantity discounts are also available. Contact the USATF Order Department at (317) 261-0500 for more information.

The IAAF *Handbook* is also available from USATF for \$15.00.



USA Track & Field Competition Rules

RULE 39 JUDGES OF RACE WALKING

1. JUDGING

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their rulings thereon shall be final and without appeal. Judging decisions are made as seen by the human eye.
- (b) The appointed Judges of Race Walking shall elect a Chief Judge.
- (c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race.
- (d) All Judges shall be currently certified as Race Walk Judges by USATF or by another IAAF member federation.
- (e) All Judges shall act in an individual capacity.
- (f) The Chief Judge will serve as the Referee and Chief Umpire if none is assigned. The Judges will serve as Umpires if none are assigned.
- (g) In road races, depending on the size and layout of the course there should be a minimum of six to a maximum of nine Judges including the Chief Judge. In track races, indoors and outdoors, there should be five Judges including the Chief Judge.
- (h) All Judges' Tally Sheets are turned in to the Recorder at the end of the race. A copy of the completed Judges' Summary Sheet shall be posted as soon after the event as possible. The original of this sheet shall be delivered to the Competition Secretary and made part of the official event records.

2. CAUTION

- (a) Competitors must be cautioned by any Judge when, by their mode of progression, they are in danger of ceasing to comply with the definition of race walking (see Rule 150); but they are not entitled to a second caution from the same Judge for the same offense. Having cautioned a competitor, the Judge shall record all such cautions on the Judge's Tally Sheet.
- (b) Each Judge shall use a white paddle for signaling cautions during a race. Each paddle should have the symbol  indicating "Loss of Contact" on one side and the symbol  indicating "Bent Knee" on the reverse side to show the reason for the caution.

3. DISQUALIFICATION

- (a) Each Judge's proposal for disqualification is called a warning. Competitors shall be given warnings when, by their mode of progression, they fail to comply with rule 150.2 by exhibiting visible loss of contact or a bent knee during any part of the competition.
- (b) Once a Judge has decided to propose a disqualification, the Judge shall immediately fill out a warning card which shall be passed to the Recorder as soon as possible. If there is no Recorder, the red cards are to go to the Chief Judge. Each warning shall be recorded separately on the Judge's Tally Sheet.
- (c) When a competitor receives a warning from three different Judges, the competitor shall be disqualified and informed of this disqualification by the Chief Judge.
- (d) Disqualification may be given immediately after the competitor has finished, if it is impractical to inform the competitor of the disqualification during the race.
- (e) The Chief Judge shall use a red paddle for signaling disqualifications during a walking race.
- (f) For Championships and international trials races, a warning posting board shall be used to keep competitors informed about the number of warnings that have been received by the Recorder or Chief Judge for each competitor.

RULE 53 RACE WALKING OFFICIALS

Race Walking Officials may be appointed to assist in the administration of the race walking event(s) by administering the warning board, recording information for the Chief Judge, assisting the Chief Judge and/or other Judges, overseeing and coordinating the functions of the Lap Counters, and performing such other relevant duties as may be required by the Chief Judge or the Meet or Event Director.

SECTION VI

RULE 150 RACE WALKING GENERAL RULES

1. Article II and Article III, Sections I and IV, of the Rules of Competition shall be followed unless otherwise provided in this Section VII. In the rules of those articles and sections, all forms of the word "run" shall be construed to apply to the corresponding form of "walk."
2. Definition of Race Walking. 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 upright position.

Disqualification for failure to adhere to the above definition is governed by Rule 39.3. (See diagram, p. 197 of Rule Book.)

3. Race Conduct. For all Race Walking events, the following code of conduct must be adhered to:
 - (a) In track races a competitor who is disqualified must immediately leave the track. In road races the disqualified competitor must, immediately after being disqualified, remove the distinguishing numbers which he or she is wearing and leave the course. No finishing time shall be listed in results for any athlete who receives notice of disqualification after the competitor has completed the race distance.
 - (b) In walks where multiple distances are contested simultaneously, each competitor must declare on the entry form which distance is being entered. Times for other distances (but not placings) are valid only if the competitor finishes the distance entered.
 - (c) A race must have a minimum of three Judges as prescribed in Rule 39.1(d). For record requirements, see Rule 186.3.
 - (d) Athletes shall not use video or cassette recorders or players, TV's, CD or CD-ROM players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.
4. Courses and Conditions for Walking Events.
 - (a) In Championships, the circuit for the 10 Kilometer and longer race walks shall be a maximum of 2500m. The circuit for race walks under 10 kilometers shall be a maximum of 1250m.
 - (b) Race walking events shall be so arranged as to ensure that the entire event is held in daylight or with suitable artificial light.
5. All walking events that qualify or advance a competitor to subsequent events must be competitive, race walk only, events that comply fully with racewalk Competition Rules.

RULE 186

RULES APPLICABLE TO RACE WALKING EVENTS

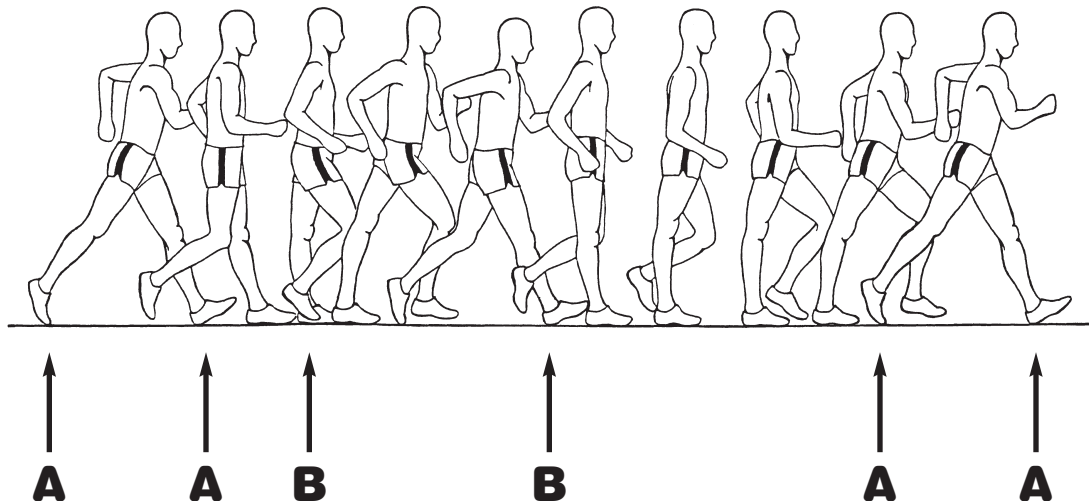
1. Race walking performances may be accepted as records only if made in competition limited to race walkers.
2. Separate records shall be kept for track and road courses. Records set on a track shall meet all standards applicable to track running events. Records set on road courses shall meet all standards applicable to road running events, including standards pertaining to the measurement and certification of courses. The maxi-

mum course length shall be 5000 meters.

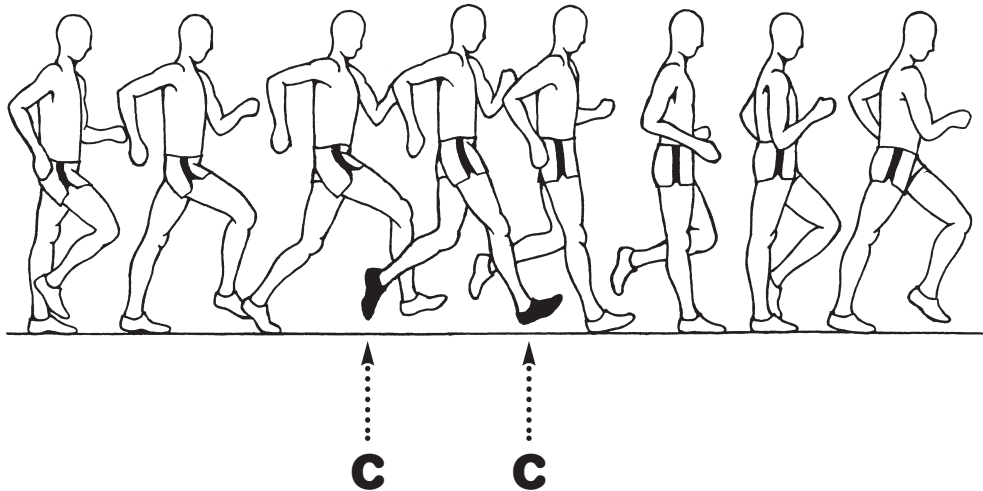
- For records, track races require a minimum of four Judges and road races require a minimum of six Judges, as prescribed in Rule 39.1(d). At least half of these judges shall have National or higher certification, and at least one of these judges must have Master or IAAF certification.

RULE 247 RULES FOR YOUTH ATHLETICS RACE WALKING

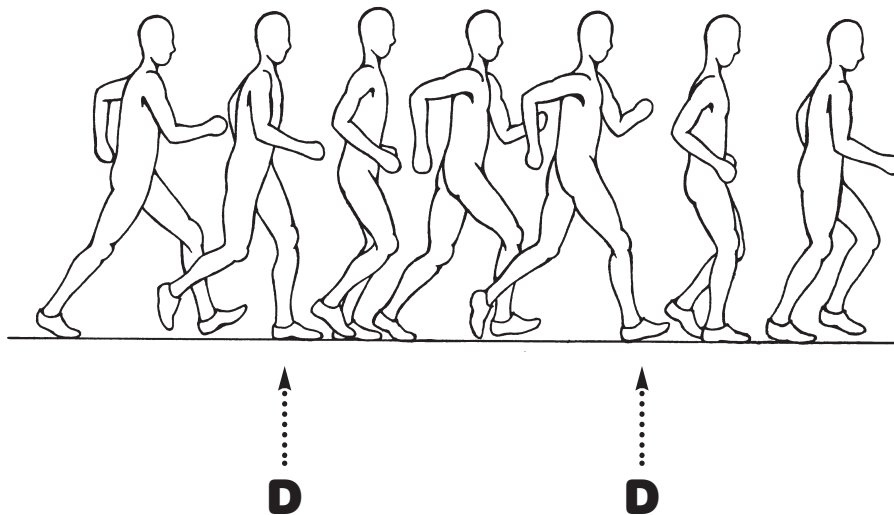
- Race Walking is a progression by steps so taken that unbroken contact with the ground is maintained. The lead foot (preferably the heel) must touch the surface before the back foot leaves the ground. In Figures A below the ideal foot contact is indicated by the solid arrows.



- During each stride 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 upright position. Figures B above show the ideal straightened leg positions, as marked by the solid arrows.
- When a walker does not have continuous contact with the ground, as seen by the human eye, he/she is not race walking and shall be disqualified. The dotted arrows in Figure C below point out where there is a loss of contact.



4. If the advancing leg is not straightened (as seen by the human eye) from the point of first contact until it has passed under the body, the competitor is not race walking and shall be warned. The dotted arrows in Figures D below indicate the illegal bent knee positions possible during the stride. The nearest leg is clearly observed during the stride. However, the far leg may be partially blocked from the judge's view, and must be carefully watched. If either leg (or both legs) is not straightened, the walker is in violation of this rule of Race Walking.



5. There should be four (4) or more Judges of Race Walking. The appointed Judges shall elect the Chief Judge of Race Walking. The Judges of Race Walking are responsible for determining the legality of the walking technique and their rulings thereon shall be final and without appeal. All rules of competition (e.g., lane violations, acts of unsportsmanlike conduct) are under the authority of the Walking Referee and the Umpires. If there are not Umpires present, particularly if it is a road event, the Judges of Race Walking also assume those duties, but such violations are reported separately from the judging calls.
6. The Chief Judge of Race Walking shall meet with the other Judges prior to the race to brief them as to their duties and assign the judging areas. Each Judge shall be provided with a white sign (paddle/disc, etc.)

with the symbols \smile and \succ on reverse sides and with red cards and pencil to record infractions (loss of contact and/or bent knee) assessed to the competitors. NOTE: It is recommended that a walk clinic be conducted by the walking judges before the walking event for the athletes and others interested.

7. Each Judge of Race Walking acts independently. After observing an infraction, the Judge shall note on the reporting card the necessary information about the violation. He/she shall record the competitor's number, the reason(s) for the infraction, the lap or time of day of the infraction, and sign the card. During the race, assistant(s) assigned to the Judge should immediately deliver the warning card(s) to a Recorder who has been assigned to the Chief Judge. A wavy line \smile indicates "loss of contact." The symbol \succ indicates "bent knee."
8. To disqualify a competitor requires a total of three (3) warning cards from at least three (3) different Judges. Disqualification may result from any combination of the two infractions (loss of contact and/or bent knee).

NOTE: Judges shall closely watch those competitors whose form creates the impression that they may be violating the rules of race walking. It is important that the Judges disqualify those walkers who break into a "run" during a race. The benefit of doubt regarding a competitor's form should be given to the athlete. Warning cards should not be submitted if the Judge has doubts.

9. Each judge shall caution an offending competitor, but the walker is not entitled to a second caution for the same reason. IF POSSIBLE, a competitor should be cautioned before being disqualified. The Judge shall give both an oral caution and a visual caution with the paddle/disc, indicating the reason(s) for the caution.
10. The Chief Judge shall inform a competitor that he/she has been disqualified by signaling with a sign (paddle/disc, etc.) of all red color or showing "DQ" in black letters. Upon being disqualified, the competitor shall immediately leave the track or road and remove his/her competitor's number.
11. The Judges of Race Walking should stand or kneel on the outside lanes of the track and view the walkers from the side. Judging shall not be done from either directly in front or directly in back of the walker(s). NOTE: There are certain danger areas where violations are especially likely to be observed: the acceleration at the start of the race, when passing another race walker(s), when making tight turns on a road course and the finish sprint.
12. The Chief Judge should not be confined to a given section of the track, but should be in a position to oversee the entire race, especially the finish. The Judges should be assigned so as to insure proper officiating throughout the race. It is important that three or more Judges be in position to observe the start and finish of the race.
13. At the conclusion of the race, a meeting of all the walking judges shall be held. The Chief Judge shall collect any additional warning cards from the Judges and give them to the Recorder to be posted. Any addi-

tional disqualifications shall be reported to the Chief Finish Judge so the final official results can be determined. The Chief Judge shall turn over all the judging cards and forms to the Referee and shall cause any additional disqualified competitors to be notified. Even if a walker finishes the race, disqualification may take place (e.g., loss of contact and/or bent knee) in the last part of the race.

14. Each competitor shall wear the identical number on the front and back of the uniform shirt to facilitate judging and officiating.
15. Official times shall be recorded for all placers. Times and order of finish should be recorded for all competitors, cross country style, so that the officials can properly place all legal finishers after removing any walkers who may have been disqualified after finishing the race.

DEFINITION OF RACE WALKING

Race Walking is defined as “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 upright position.” (Rule 150, USATF Competition Rules, Rule 191 IAAF Rules.)

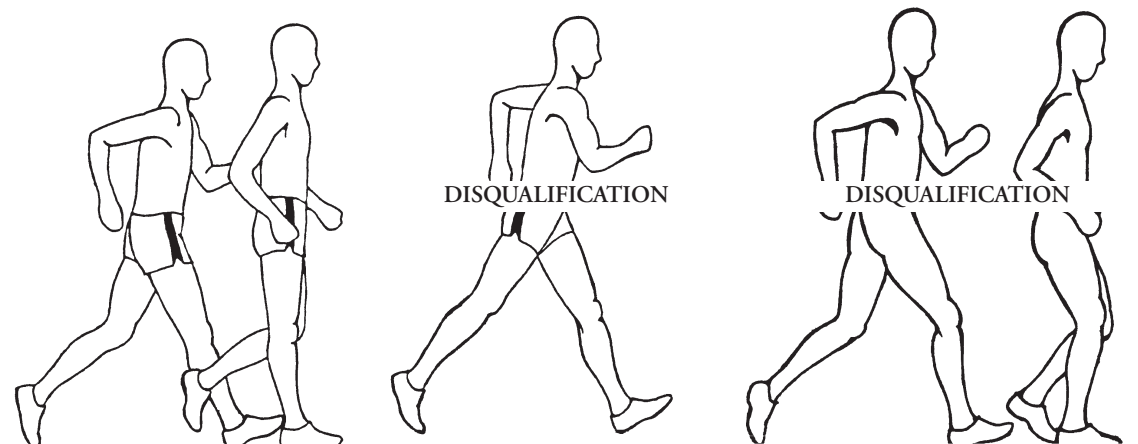
There are three main aspects to race walking:

- 1) Competition which includes the athletes, athlete’s training, athlete’s racing and their coaches and trainers;
- 2) Race promotion and organization which includes the organizers and meet directors of any event (whether on the road or track) and the general officials; and,
- 3) Race walking judges which is a specialized set of officials who are trained to determine the legality of the walkers.

RACE WALK JUDGING

The purpose of race walking judges is to insure fairness for all walkers by disqualifying those competitors who are not race walking within the rules (continuous contact and straight knee). They shall have the sole authority to determine the fairness or unfairness of walking and their collective decisions shall be final in this regard. At the international, national and local levels of competition, the basic rules of judging remain the same.

As a race walking judge becomes more proficient, he learns to observe more carefully. There are many physical movements, especially when the walker becomes fatigued, which may result in illegal walking and some of these are discussed in detail in this handbook. It must always be remembered, however, that the only reason a race walking judge makes a call is because the judge has OBSERVED a violation of the rules of walking (loss of contact and/or bent knee). A judge is NEVER to make a call solely because of the style of physical motion of the walker. An excel-



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lent judging technique is to block out the walker's torso so that the judge can concentrate only on the leg(s).

The drawings on the previous page show examples of the proper technique (legal walking) and improper technique (illegal walking) for both of the reasons for disqualification. Both legs must be carefully watched in the viewing region of the zone that the judge is assigned. It may be necessary to move to the opposite side of the track or road to get a better viewing angle before making a call.

The judge views the total race and usually makes a call based on a violation for three or more strides. While a call might be made for just one stride, that is, under most conditions, poor judging. For example, a walker might scuff the track or road, hit a stone, a hole or an uneven surface or be bumped by a competitor and slightly lose balance for one stride. Normally, a judge would not make a call for that. However, such a situation happening repeatedly would be a different situation that might be deliberate to gain an advantage.

It must be realized that some walkers – novice and experienced – will make a special attempt to be “super clean” when in an area where there is a judge, and then may be questionable in the areas between the judges. Any calls that are made must be observed within the judge's “viewing area” and cannot be based on speculation, guess or hearsay.

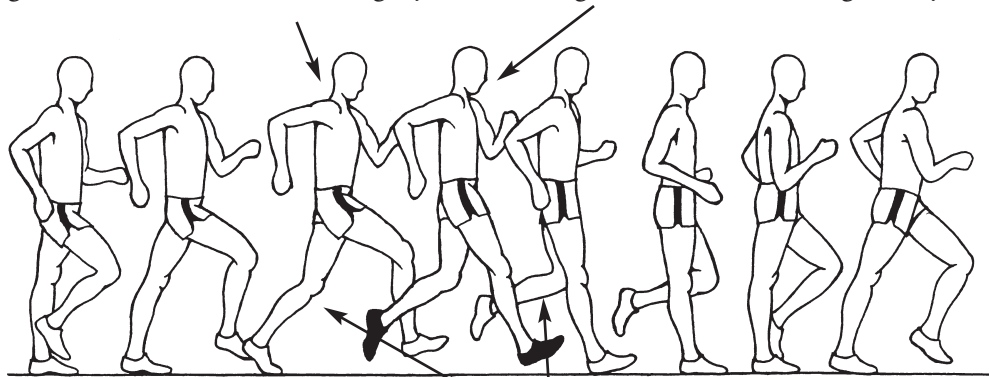
All race walking judges judge the race independently and are not allowed to speak to each other during the competition.

Things to look for that might indicate Loss of Contact & Bent Knee and indicate a closer look.

Loss of Contact

High forward knee drive. This thrusts the body up & off the ground. When this happens, the body lifts off the ground and floats forward illegally.

Hands, arms or shoulders coming up too high. This may easily pull the body up and off the ground if done too vigorously.



Look for a stride length which is normal for each individual. Overstriding at high speed is dangerous because it can easily cause a loss of contact.

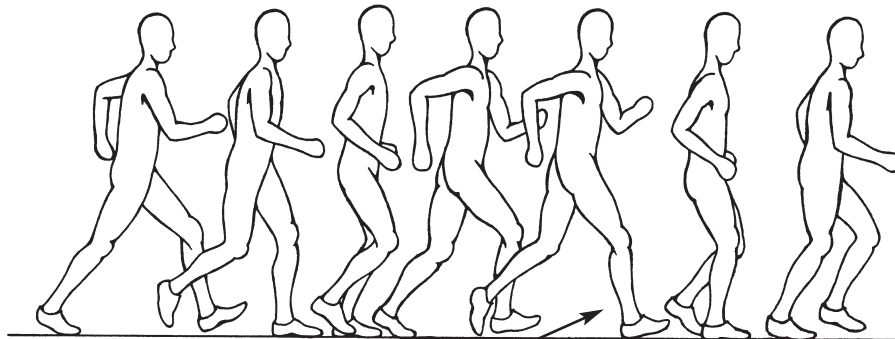
Early bending of leg at knee and pulling of it

quickly forward before foot can make contact with the ground.

Back kick too high. Rear leg should be kept low to the ground to help maintain contact.

Bent Knees

The athlete will appear to be shuffling, creeping or even jogging along the ground. They are usually able to display fairly good contact with this illegal style of movement.

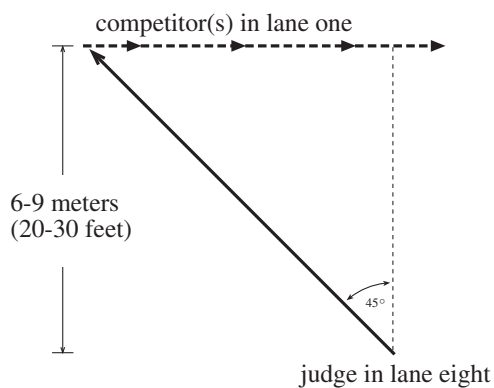


The supporting leg is not being straightened from the moment of the first contact with the ground until the leg is in the vertical upright position.

RECOMMENDED JUDGING POSITIONS

A judge should take positions which present a clear view of the legs of the competitors. In a track event, the ideal position is to the outside lanes where the inner raised curb will not block the view of the contact points. Normally a judge would stand, kneel or crouch. A judge should never lie on the track nor run along the side of the competitors. For a road event the judge should, if possible, move to a position where he/she can see clearly the contact surface of the road, but is still in view of the competitors.

The following diagram shows the recommended position or “viewing area” in which a judge most accurately observes a walker.



Pick up the walker approaching the judge

The walker *SHOULD NOT* be observed from the rear.

The key danger areas where a walker is especially likely to be illegal are: the acceleration at the start, when passing another walker and the finishing sprint.

POSITIONS OF JUDGES ON THE TRACK

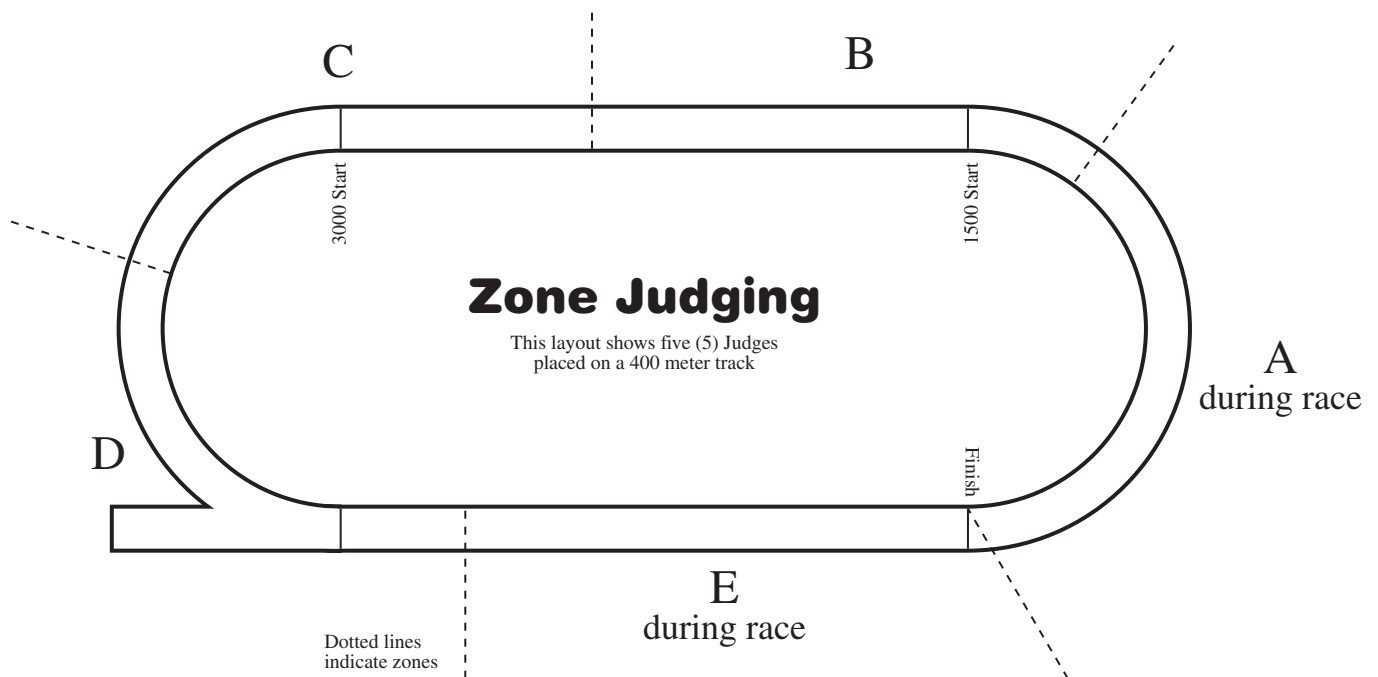
In track races, indoors and outdoors, there should be five judges including the Chief Judge.

Shown below are two approved methods of assigning walking judges in a track competition: zone and rotation.

In a ZONE assignment each judge has a designated area to watch. The judge should move back and forth within that zone. This method is recommended when using novice judges as it is the easiest. With “zones”, the judges can assist at the start of the race and then move to their assigned areas. During the last lap the judges can assist at the finish of the race as soon as the competitors pass by their zone.

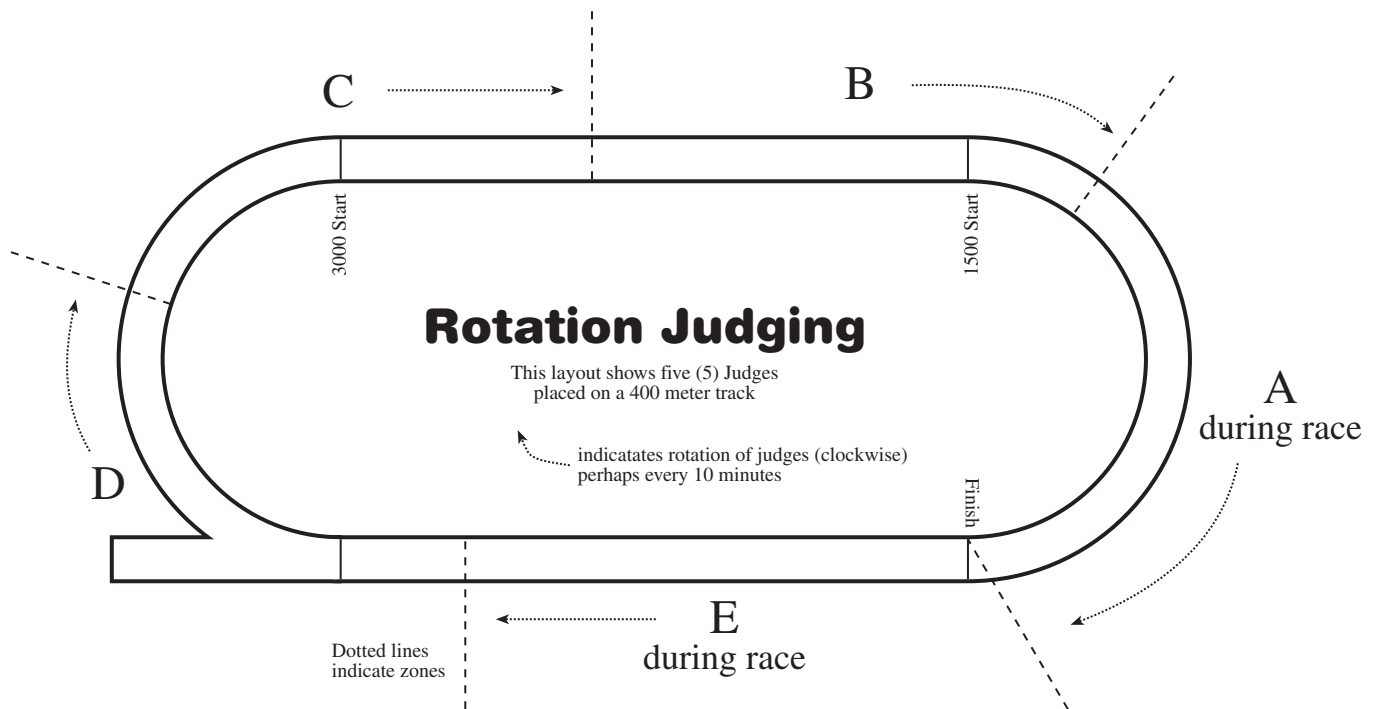
The Chief Judge moves around the track in a counter-clockwise direction. The recorder would stay near the Chief Judge during the race.

For example: Judge A and Judge E would be positioned at the starting line for a 1500m. After the start of the race, Judge A and Judge E would move into their zones. For a 3K, Judge C and Judge B would be positioned at the starting line and then move into their zones. At the finish, Judge A (if possible) should try to be at the finish line and Judge B would join him/her.



The ROTATION method allows the judges to move from one zone to the next around the track in a clockwise direction covering all areas of the track. All judges must work together and move at about the same time on a specific signal. The main benefit of this method is to give the judges a different view of the walkers throughout the race. The Chief Judge rotates in a counter clockwise direction with the recorder.

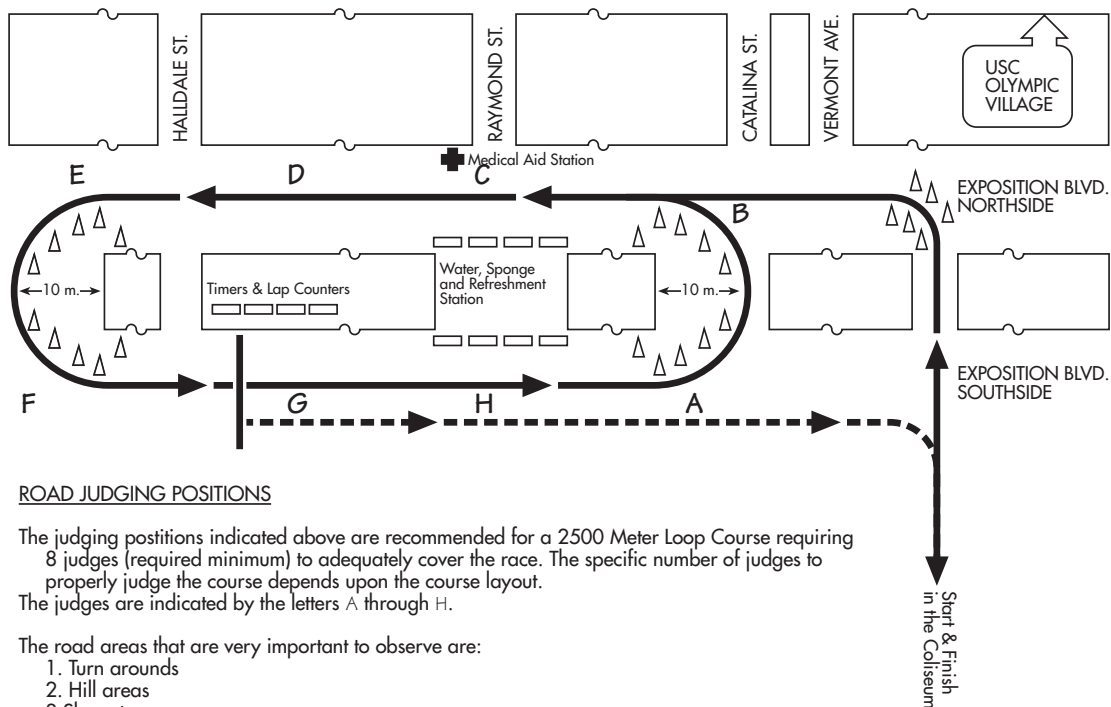
The rotation method requires experienced judges in races of at least 3000m to be effective.



POSITIONS OF JUDGES ON ROAD RACE COURSES

In road races, depending on the size and layout of the course, there should be a minimum of six to a maximum of nine judges including the Chief Judge.

1984 Olympic Racewalking Course



ROAD JUDGING POSITIONS

The judging positions indicated above are recommended for a 2500 Meter Loop Course requiring 8 judges (required minimum) to adequately cover the race. The specific number of judges to properly judge the course depends upon the course layout. The judges are indicated by the letters A through H.

The road areas that are very important to observe are:

1. Turn arounds
2. Hill areas
- 3 Sharp turns
4. Aid and refreshments areas

DUTIES OF THE CHIEF JUDGE

The Chief Judge shall be elected by the walk judges who are appointed by the Organizing Committee of the event. This appointment or selection by the Organizing Committee should be done well in advance of the event in order to communicate acceptance by the individual judges selected and so that travel arrangements can be made in advance when lower fare prices exist. Travel arrangements and accommodations are at the expense of the individual judges unless notified otherwise by the Organizing Committee of the walking event.

The most experienced judge would be the acting chairman of the meeting to select the Chief Judge. The pre-race meeting should involve all the walking judges and should be conducted at least one hour before the event or the evening before the event if possible. It is recommended that one of the more experienced judges be elected as the Chief Judge.

The items to be covered at the pre-race meeting are:

- 1) Assignment by the Chief Judge of the judging zones or areas. At this time the Chief Judge should state which judges are to be present at the start of the race and which judges are to be present at the finish.
- 2) Explanation of the course. Each judge should be provided with a map of the course or the map of the track which explains the aid stations and the officials that are involved in the walking event. The location of the warning posting board should be noted and pointed out.
- 3) Discussion of the transportation arrangements.
- 4) The direction and the method that the Chief Judge will move about the course.
- 5) Distribution of the warning cards and how they will be picked up during the race. A sample of the *Warning Cards* and the *Judges' Tally Sheets* are in the Appendix items A & B.
- 6) Review of the rules and procedures which apply for this walking event. The white caution paddles should be distributed. The warning posting board should be pointed out. At this time, you should be introduced to the Recorder and know the location of the Recorder during the race. A sample of the *Judges' Summary Sheet* is enclosed in Appendix item C.
- 7) The Chief Judge is the only Judge to signal a disqualification of an athlete during the race.
- 8) Arrange for the post-race meeting. At this meeting, the Chief Judge will determine that all of the judges warning cards and tally sheets have been properly recorded, review the judging aspects of the race and answer any questions regarding the race.
- 9) The Chief Judge should certify for accuracy the *Judges' Summary Sheet* and the final results of the race.

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10) A copy of the completed *Judges' Summary Sheet* shall be posted as soon after the event as possible.

The Chief Judge must be acquainted with all of the materials to be used in judging. In the review of the rules, the proper use of the paddles should be discussed.

In Youth Athletics and Age-Group race walks, the Chief Judge should inform the athlete as a warning call is recorded. For example: A warning call comes in from Judge "B" and is recorded to athlete #12 for bent knee. The Chief Judge would make eye contact with the athlete. Then the Chief Judge would show the white paddle with the bent knee side showing to athlete #12 along with a red card and would say, "#12, you have one warning call for bent knee." This allows the athlete to be aware of the calls and correct the problem. Otherwise a warning posting board should be used.

The Chief Judge does not speak to the athletes in the Junior level and in the Senior (Open) competitions during the race. The only exceptions are when a verbal caution is given, or when the Judge asks them to leave the track due to a disqualification. A warning posting board is vital to this level of competition.

CAUTION CALLS

NORMALLY a competitor is *ENTITLED* to a *CAUTION* before a warning call is given. It is recommended that when a judge is giving a verbal caution that the athlete's number should be used and then the reason for the caution should be stated and/or shown by use of the paddle to the athlete. Make eye contact with the athlete. The paddle is shown with the correct side turned to the athlete. For example: "*#16 – CAUTION – bent knee.*" This method should attract the interest of the athlete concerned and not disturb the concentration of the others. It must be spoken loudly to attract attention. It should also be made clear that *A JUDGE DOES NOT HAVE TO GIVE A COMPETITOR A CAUTION BEFORE HE GIVES A WARNING.*

RECORDER

The Recorder is vital to the Chief Judge, especially during a major race. The Recorder is an assistant to the Chief Judge. The main functions of the Recorder are to receive all warnings cards from the judges and to record these warnings onto the *Judges' Summary Sheet*. The Recorder informs the official at the warning posting board of the incoming warnings for each athlete. The Chief Judge is notified when a competitor has received three warning cards from three different judges and should be disqualified. The Recorder should pass to the Chief Judge all three or more warning cards when informing the Chief Judge of the disqualification.

In Youth Athletics Championships and the Junior Olympic Nationals, the Recorder informs the Chief Judge of all warning calls.

The *Judges' Summary Sheet* is the official score sheet of the judging of the race. Accuracy is a must. There should always be a final check by both the Recorder and Chief Judge to make sure the *Judges' Summary Sheet*

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accurately includes all warning calls.

There is a sample of the *Judges' Summary Sheet* included in this handbook in the Appendix, item C. At the end of the race, the *Judge's Tally Sheets* are collected and all cautions are recorded separately. It is important to indicate the time of each caution and warnings. In this way, the athletes and the judges have a better understanding of the calls made throughout the race.

After all the warning cards are collected and recorded and the final tallies are made, all the athletes will be notified of any further warnings. This must occur within a short time after the race has been completed. Then a general review of the race is conducted by the Chief Judge. The *Judges' Summary Sheet* and the *Judges' Tally Sheets* should be turned in after the race along with the results. It is up to the Chief Judge and the Recorder to make sure that the *Judges' Summary Sheet* is copied and posted for the information of all the race walk competitors. All judges should receive copy of the *Judges' Summary Sheet*.

CARD COLLECTORS

Sometimes there is a need for additional assistants called "Card Collectors" to aid in getting the judges cards to the Recorder during the race.

In a road race, it may be necessary to utilize card collectors on bicycles for better speed and efficiency. They pick up the cards and give them to the Recorder. Generally, they would go in the opposite direction of the walkers for safety.

DRIVER

Another important person sometimes assigned to the Chief Judge is the Driver. The Driver should be a person familiar with the course and the vehicle being used to transport the Chief Judge and Recorder in a road event. Caution should be used when driving on the race course. Golf carts are recommended as vehicles on the course. The vehicle should be in good working order with an ample supply of fuel. It is recommended that the Chief Judge not always follow the leaders but try to anticipate crucial situations during the race requiring his/her attention. It is recommended that the Chief Judge observe various points throughout the race so that no walker will have an unfair advantage. A judge should not make a call while on a moving bicycle or in an automobile. The Chief Judge must be outside the vehicle when making calls or communicating with the competitors.

THE WARNING POSTING BOARD

The primary purpose of the board is to keep competitors informed about the number of red warning cards that have been handed in to the Recorder for each competitor.

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In practice, the board can only be used on a lap course or track where the board can be placed in such a position that all competitors can easily see the board and read what is on the board each time he/she passes.

On a track the board should be placed away from the area where times are announced or water or spray is offered. The inside border of the track going around the curve is recommended where minimal effort is expended to see the numbers and review the marks.

The Recorder should work closely with the person marking the board. As the warning cards come in to the Recorder and the *Judges' Summary Sheet* is properly marked, the Recorder passes on the offending athlete's number to the Warning Board operator and it is written down and a mark (i.e.: a red cross, "X" or large red dot) is put next to the athlete's number to designate one warning call. As the athlete receives a second call, a second mark is put next to the athlete's number. If a third warning call comes in to the Recorder and the Chief Judge has checked the cards to determine if valid (from three [3] separate judges) then the Chief Judge is to ask the athlete to leave the track before the third mark is put up on the board.

The design of the board is simple: write down the number of the athlete and then a large red "X" or a large red dot next to the number to note the warning. This can be displayed on a large white board or blackboard. A large paper tablet on an easel could also be utilized as long as it is visible to the athletes. A design is illustrated in the Appendix.

CONCLUSION

In conclusion, give walkers the best and most knowledgeable judging you can. You have no obligation to coaches, spectators, or any others. It is not an easy job to be a good walk judge. However, if you seriously study the sport and work at being a better judge, you will win the respect and appreciation of the athletes and your fellow judges, and know you have helped provide a fair race.

GUIDELINES FOR GOOD JUDGING

- (a) If in doubt, give the benefit to the competitor.
- (b) Do not believe that the proof of a good Judge lies in how many competitors he or she warns. A good Judge can assist more competitors to finish by judicial use of a caution before an infringement of the rules takes place.
- (c) Do not believe that most of the competitors are breaking the rules, as usually only a small percentage in each race will usually warrant a caution or warning.
- (d) If you form an opinion, act on it immediately.

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- (e) When cautioning a competitor, make sure he or she sees your paddle and hears your voice.
- (f) Do not judge from a moving vehicle.
- (g) Remember: What a competitor may do today may not be what he/she does next time. If a competitor is disqualified today, do not pre-judge him/her for the next race.
- (h) Do not be influenced by outside opinions. You are in control of your section of judging territory, so make up your own mind.
- (i) Avoid getting into conversation during the race with other Judges. This is to avoid influencing each other's opinions.
- (j) Do not take active interest in the positions or placing of the competitors or teams.
- (k) Do not convey to any competitor information as to the progress of the race.
- (l) Act impartially. If someone you know is infringing the rules, then you must act accordingly.
- (m) Mark your warning cards and tally sheets clearly when making a caution/warning, so there is no confusion when received by the Chief Judge and/or Recorder.
- (n) In track races judge mainly from the outside position and periodically from the inside of the track.
- (o) Do not let your judging border on intimidation by running close beside the competitor.
- (p) Do not judge by lying down on the track or road.

THE DO's

- 1) Be “professional” in your total performance. Be prompt, courteous, equipped with rule book and all items necessary to judge the race walk. Know your job and be prepared to judge the race so that it is a fair competition for everyone.
- 2) Be in your assigned area. If introductions of the judges are to be made, it should be ahead of time so all judges can get to their positions well before the race begins.
- 3) Throughout the competition, make your judgments solely on what you see in that race. Be a neutral, independent observer of the competition.
- 4) Concentrate on your primary job – judging each walker in the competition properly and fairly. Be ready to protect the competitors and to insure a fair and equal race for everyone.
- 5) Be properly attired. Being dressed appropriately creates an atmosphere of professionalism. Your appearance and attitude sets the tone for the event.
- 6) Mark your card(s) clearly when making a call so there is no confusion when posted by the Recorder. Indicate clearly your decision (caution or warning) and the reasons. Record all information needed. Sign card ahead of time. Use your tally sheet for recording all cautions and warning calls.

THE DON'Ts

- 1) Don't become involved doing lots of things on the day of a major event. Be only a judge during the race. Socialize (especially with the competitors) after the competition has been completed, not during.
- 2) Don't be in the starting line area at the beginning of the race—unless it is your assigned area—and don't worry about timing the race. Use the time of day as your reference point. Don't be influenced by the race pace or the speed of the walkers during the race.
- 3) Do not prejudge an athlete from previous races or be influenced by what other judges say about a walker's style or technique or ability to walk a fast time in a race.
- 4) Don't be distracted during the competition. During the race, do not get into discussions with the competitors, coaches, spectators, meet officials, or the other walking judges (except the Chief Judge). Don't be discourteous to someone with a query, but say politely that you don't want to be distracted.
- 5) Do not wear improper attire. It gives the impression that you as a judge do not consider the event important. Even for a non-championship event, judges should wear clean, practical clothing.
- 6) Don't be careless and use improper judging techniques or sloppy procedures. Use the competitors number when making a verbal caution. Write clearly on the *Judges' Tally Sheet* and fill out all information required on the cards you hand in.

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THE DO's continued

- 7) In races where the judges might be using a vehicle, the judge or Chief Judge must move away from the vehicle in order to observe a walker without any obstacles.
- 8) Be sure to be in a good position to judge in your assigned area or zone. Standing or kneeling on the outside lanes of a track, and moving to different vantage points in a road race are proper procedures.
- 9) Judge walkers from the side as they pass through your "viewing area". While unusual motions of the body might cause a walker to be illegal, only observing loss of contact or bent knee are reasons for issuing a caution or a warning. Remain in your area on a road course, or in your zone on the track until the last competitor has passed you or you have been notified to leave your station by the Chief Judge.
- 10) Be alert for violations of the other rules of competition (unsportsmanlike conduct, elbowing, cutting course, no number, etc.) which are reported separately—not as a judging call.
- 11) Try to arrange to have three (3) judges near the start and three (3) judges near the finish. Cover all areas on the course to assure the race is fair for all the athletes—not just the leaders.
- 12) Have 4-5 judges in a track race (four is the minimum during a race even if you need to use parents, friends, spouses, athletes, relatives, coaches and inspectors.) "A stern look and intense concentration from a stranger in a crouched position can reduce many a violation."

THE DON'Ts continued

- 7) Don't make a call from a moving vehicle or from inside a car or van, etc. A Chief Judge should not always be with or follow the leaders. The vehicle should not mark the position of a judge on the course.
- 8) Don't use a camera while judging a race. The judge is to use only the human eye to make his judgements as to the legality of a walker during the race.
- 9) Don't judge an athlete from the front or back. Don't use binoculars to make a decision about a caution or a warning. On some road courses or park loops, a judge may feel it helpful to use binoculars to watch the race during times when there are no walkers in his/ her area, but it is not recommended. Don't make calls outside of your "viewing area". Don't have an obstructed view. Do not be influenced by another judge making a call.
- 10) Don't "hide" from the competitors on a road course. It is not ethical, or good judging technique, to "hop" out from behind a fence, bush or car. It can be distracting to the athlete.
- 11) Do not jeopardize your zone on the course by leaving to watch or judge the start and/or finish, unless assigned to do so. All competitors deserve to have a fair race.
- 12) Don't try to cover the track with just 1 or 2 people. To have 5 biased but knowledgeable parents, coaches or athletes is better than only 1-2 certified judges.

ASSURING JUDGING COMPETENCY/CONSISTENCY WHILE DEVELOPING A NATIONAL SPORT PROGRAM

In seeking to provide a national cadre of judges, race walking faces a dilemma. Interest in competitive walking is growing rapidly. This growth presents a special opportunity to build the foundation of large numbers of competitors required to field a sufficient number of elite walkers to be competitive at the international level. We know, however, that we cannot build this broad base of competitors without also providing the large number of trained judges required to expose these competitors to appropriate oversight and guidance. Thus, to complement this growing interest is the need to create a nationwide cadre of effective judges who can stimulate and sustain the sport's development at the grassroots.

The challenge in achieving this is that race walk judging clearly falls into the category of officiating which requires considerable technical knowledge, experience and skill. Due to the unique requirement that judges work independently, the current system has permitted few opportunities for on-the-job training readily available to other officiating areas within track and field where novice officials can work as part of a "team" with more experienced officials.

Yet it is not possible to create appropriately experienced and knowledgeable mentors in every community or region capable of transforming novice judges into seasoned masters. Thus, a comprehensive strategy must be developed which "tolerates" less than optimal judging at the outset while providing a basis for sound judging principles and practices to be developed in every region through a consistent system of training, technical assistance supports and a progression of steps leading to individual development.

STRATEGIC INVESTMENTS, COMPETENCY BUILDING APPRENTICESHIP PERIOD & CRITERIA FOR JUDGING ADVANCEMENT

The answer to the dilemma is a systematic two-tiered approach to information dissemination (via clinic content and supporting instructional materials) and a series of steps which links the level of competition to the level of available judging- via criteria for awarding regional and national championships only to those Associations with an adequate number of National and Master level judges or the resources to bring in these skilled officials. The two-tiered approach proposed here establishes one criterion initiating a judging program in a non/underdeveloped area and a second, more rigorous set of criteria for judging qualifying events, national championships, record performance and team selection races.

1. ***JUDGING ELEMENT IN EVERY RACE WALKING CLINIC:*** We must support the development of both judges and training novices to develop good technique at the grassroots level. Instruction and walking must be integrated with content focused on building interest and knowledge about judging. Therefore, the National Committee should establish a basic outline for conducting walking clinics to complement the newly revised Judging Handbook. This standardized clinic outline approach would include at least 40% of the clinic being devoted to explaining the rules, describing proper judging practices and techniques, and

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actual practice judging (i.e.: while one person practices technique, the other practices judging that technique) composing the remaining 60%. This outline and supporting materials must then be broadly distributed to coaches, Association Certification and Race Walk Chairs and others.

2. ***TRAIN THE TRAINER.*** The National Committee should identify regional trainers capable of training judges and identifying individual local “mentors” to guide the development of an area’s walking judges. Grant money should be sought to provide a regionally based train-the-trainer program in those regions showing the best promise for developing a youth and intermediate walking program. To support grassroots development, the following materials should be distributed at no cost to all Association Certification, Race Walk and Youth Athletics Chairs.

- ✓ A race walk judging clinic outline
- ✓ USATF Guide to Race Walk Judging video
- ✓ Race Walk Judging Handbook
- ✓ Race Walk Judging in a Nutshell by Leonard Jansen

3. ***DEVELOPMENTAL JUDGING FOR DEVELOPMENTAL EVENTS.*** Recognizing that it is important to have judges in areas where mentors are not available, the National Committee should tolerate less capable judges judging developmental “community” races. If these developmental programs are properly supported with instructional aids and periodic mentor observations, the community based programs can mature into more sophisticated and capable walking programs – in which the quality of both the competitions and the judging increases over time.

To support this step, the Race Walk Committee needs to work with the National Athletics Officials Committee to identify those experienced certified officials in non/under-served judging programs. These certified officials should then receive on a “grandfathered” basis, Association level certification as a race walk judge (see below).

At each national championship (including Youth Athletics and Masters) or national team selection events, time should be set aside for our best national, masters or IAAF level judges to conduct a clinic for apprentice and Association level judges to observe and assist more experienced judges.

4. ***MINIMUM REQUIREMENTS AND REGULAR REVIEW PROCEDURES FOR ATTAINING AND SUSTAINING THE NATIONAL AND MASTERS CERTIFICATION LEVELS.*** In cooperation with the National Athletics Officials Committee, the National Race Walk Committee should establish minimum qualifications and testing criteria for attaining and sustaining the certification levels of **National Judge** and **Master Judge**. Under no circumstances should an Association level judge be promoted to the National level without three (3) written recommendations from currently active National, Masters or IAAF level judges who have personally observed the candidate and assessed his/her judging cards for consistency and appropriate judging criteria.
5. ***REVIEW OF IAAF PANEL.*** Extreme care must be taken in the selection and continuous appraisal of

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Master and IAAF level judges. These are the judges used to judge at the international and national team selection events. To address the challenge of ensuring confidence in competency of those judging our most elite walkers, we must delegate the selection of these persons to the Chair of the National Race Walk Committee and/or his/her designees.

A continuous system of appraisal for retaining this certification is also needed. First, the IAAF panel should ask every Olympiad to evaluate the skill of those holding the Master's judge certification to determine if this rating should be retained. Second, by December 31st of every even numbered year, the Chair of the USA IAAF Panel would require the panel members to conduct a forced choice ranking evaluation of its members in which the 12 current members are each required to rank their colleagues from 1 (the most skilled and competent judge) to 11 (least skilled and competent judge) in the areas of consistent application of current judging criteria, judging activity during the previous two years, and overall assessment of judging skill at the international level (rating form to be developed). The individual IAAF members would not rank themselves. Masters judges and IAAF panel members would be asked to supply a resume of walk events officiated during the four- or two year appraisal period. Any panel members receiving an average cumulative rating of 10 or higher would be placed on a two-year probationary period and if the rating did not improve, the judge would not be recommended to the IAAF for continuation on the panel. Judges in the bottom third of this peer ranking would be asked to take steps to enhance their skills.

REVISED POLICY ON CERTIFYING ASSOCIATION, NATIONAL AND MASTER LEVEL RACE WALK JUDGES

As with other skilled and technical positions with officiating (e.g. starting, photo interpretation/evaluation, weights and measures), to develop an effective race walk judge requires a period of *Evaluated Apprenticeship* – a supervised training and evaluation period – to develop the necessary skills. Each USATF Association needs to develop procedures consistent with NARC policies to ensure that the candidate's knowledge and skills are thoroughly evaluated by qualified USATF certified judges before the apprentice official is permitted to work independently. This policy provides the basis for a consistently implemented structured training program to gain the necessary technical skills, standard body of knowledge and practical experience by establishing the minimum requirements for being certified as a race walk judge.

Minimum Requirements – Association and National Level Certifications

Effective January 1, 1993 as part of completing the requirements to being a USATF Certified Track and Field Official, all candidates for the USATF Association level Race Walk Judge endorsement are to meet the following minimum requirements (in the following order):

1. Attend an Association track and field certification and training clinic.
2. Take and pass the USATF Officials open book examination required of all seeking to be USATF certified track and field officials.

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3. Meet any other criteria required by the Association's USATF official certification process.
4. Submit all required paperwork (including your interest in becoming a certified race walk judge) to the Association certification Chairman for approval.
5. **Special Additional Requirement** – It is recommended that the apprentice start by doing work as an Observer with an experienced USATF judge (minimum of Association level certification rank) for one-two months or until you work a minimum of **three** “race walk only” competitions. These competitions should include at least five walkers and are either to be a race walk competition which is a distinct event at a track and field meet or a road race limited only to race walk competitors.

A Pre-Association Level Apprentice Period: Following the completion of this observation period, work as a “Non-scoring Judge” wherein you work independently under the supervision of a USATF certified race walk judge. Under this arrangement, the candidate keeps his/her own judging card for recording proposed cautions and warning calls, but makes no actual calls (i.e. by showing white paddle or submitting red warning cards) during the race. Following the race, the candidate's card is compared to those prepared by certified judges for consistency and receives a positive critique of proposed cautions and warnings. This is to be completed for a minimum of five (5) races over a 12-18 month period.

6. For certification at the **Association** level:

GRANDFATHER CLAUSE. Recognizing that in some Associations there are no currently active certified race walk judges, each Association will be permitted to “grandfather” one experienced official as an Association level judge. As a condition of this certification, this person must be willing to conduct clinics, chair the Association's RW Certification Committee (see tasks below) and help develop the local judging program by supervising the apprentice judges.

MINIMUM REQUIREMENTS. Work a minimum of three race walk only competitions as an observer with an experienced USATF judge holding at least the Association level (preferably National level) certification rank at “race walk only” competitions. Each competition should include at least five walkers and is to be either a race walk competition which is a distinct event at a track and field meet or a road race limited only to race walk competitors.

It is strongly recommended that at some point during the above process (as part of the clinic content/handouts) that the candidate complete each of the following:

- attend a race walk judging clinic
- view the USATF Guide to Race Walk Judging Video
- read the *Race Walk Judging Handbook*
- read *Race Walk Judging in a Nutshell* by Leonard Jansen

7. For promotion from Association to National level: It is expected that any judge wishing to secure

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National or Master level be willing to make a long-term commitment to judging races at all levels within the Association on a regular basis and be willing to travel at his/her own expense to judge major competitions outside the Association.

It is strongly recommended that applications for National level make every effort to judge some races which include elite or near-elite level walkers, even if judging in a non-scoring capacity. The candidate should also include with the ten required races both youth and master level competitions which provide very different challenges to the novice judges.

An Association level judge may apply for the National level certification after actively serving in a satisfactory manner for a minimum of two years as an Association level race walk judge and has judged at least ten (10) USATF sanctioned race walk competitions. As well, it is recommended that the candidate should serve as an observer or apprentice judge at a minimum of three races involving at least three (3) National, Master or IAAF Level judges. The candidate would then submit:

- Three recommendations from certified National, Master or IAAF level judges who have personally observed the judge's competency during one or more walking only competitions;
- A resume of qualifying events worked; and
- The completed Application for USATF Certification as an Athletics Competition Official form and any required Association documentation.

This application material is to be submitted to the Association Race Walk Certification Committee for review and recommendation to the Association Certification Chair.

As with the Association level, the Association Certification Chair may not process any application which has not been favorably reviewed by the Association Race Walk Certification Committee.

ELIGIBILITY TO JUDGE

Association level judges are eligible to judge local and developmental races up to and including Association Championships. Association level judges should participate in higher level championship competitions in either a support or in an apprentice ("non-scoring" observer) capacity, as a means of building her/his experience base at this faster and more complex level of judging. Judging at championship races higher than the Association level is limited to those race walk judges certified at the National, Master and IAAF levels.

APPLICATION FOR RACE WALK JUDGE CERTIFICATION

Association Level: Upon completion of these minimum certification requirements, the candidate will become eligible to submit an application to become a certified judge to his/her Association Race Walk Certification Committee (ARWCC). If feasible, this committee should be composed of at least three or more

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certified judges. The committee will determine if the judge has the skill and experience needed to be certified at the Association level.

National Level: For those seeking promotion from the Association to the National level, this application is to include:

- Favorable recommendations from at least three certified judges holding the National, Master or IAAF level certification who have observed the candidate during the apprenticeship period.
- A resume of qualifying race walk competitions worked.
- A completed application for USATF National level certification as an athletics competition official.

The “Association Race Walk Certification Committee” (ARWCC) is to review the application and make a recommendation to the Association Certification Chair for processing the certification. The Association Certification Chair may not process any application which has not been favorably reviewed by the ARWCC.

Master Level: Master level applicants must forward their applications to the Chair of the USATF Race Walk Committee as decisions concerning those to be recommended for Master and IAAF Level Certifications in race walk judging are made by this USATF National Committee. Association Certification Chairs are not authorized to award either the Master or IAAF certifications in race walk judging. Prior to the start of the next Olympiad, the IAAF panel members will review applicants and submit their recommendations to the Chairs of the National Athletics Officials Committee and the National Race Walk Committee.

Minimum Requirements – Master Level Race Walk Judge: It is expected that any judge wishing to secure the Master level be willing to make a long-term commitment to judging races at all levels within the Association on a regular basis and be willing to travel at his/her own expense to judge major competitions outside the Association.

APPENDIX

- Item A Judge's Warning Cards
- Item B Judge's Tally Sheet
- Item C Judges' Summary Sheet
- Item D Sample Paddle
- Item E Sample Armband (Optional)
- Item F Sample Warning Posting Board
- Item G Sample Judging Clinic Questions and Lap Scoring Sheets

IAAF Judge Listing

Ron Daniel	1289 Balboa Ct., #149, Sunnyvale, CA 94086	650/964-3580
Elliott Denman	28 N. Locust Avenue, W. Long Branch, NJ 07764	908/222-9213
Robert Hickey	2217 Montrose Avenue, Unit 6, Montrose, CA 91020	818/541-1447
Darlene Hickman	1960 Ninth Avenue West, Seattle, WA 98119	206/284-1028
Robert Kitchen		
Larry Larson	18 Virginia St., Racine, WI 53405	414/633-1943
Lori Maynard	2821 Kensington, Redwood City, CA 94061	650/369-2801
Gary Westerfield	350 Old Willets Path, Smithtown, NY 11787	516/979-9603





Judge's Warning Card



Athletics

Competitor's Number	Time of Day

Reason  or 	Bent Knee	
	Loss of Contact	

Name (please print) _____ Judge's Number _____

Signature _____ 2/2000brd





Judge's Warning Card



Athletics

Competitor's Number	Time of Day

Reason  or 	Bent Knee	
	Loss of Contact	

Name (please print) _____ Judge's Number _____

Signature _____ 2/2000brd





Judge's Warning Card



Athletics

Competitor's Number	Time of Day

Reason  or 	Bent Knee	
	Loss of Contact	

Name (please print) _____ Judge's Number _____

Signature _____ 2/2000brd





Judge's Warning Card



Athletics

Competitor's Number	Time of Day

Reason  or 	Bent Knee	
	Loss of Contact	

Name (please print) _____ Judge's Number _____

Signature _____ 2/2000brd

RECOMMENDED INDIVIDUAL JUDGE'S PADDLE OR DISC

(To be used by *each* walking judge)

*This symbol indicates
"LOSS OF CONTACT"*

*If a handle is attached,
this judge's aid is called
a "paddle".*

*If there is no handle,
it's called a "disc".*

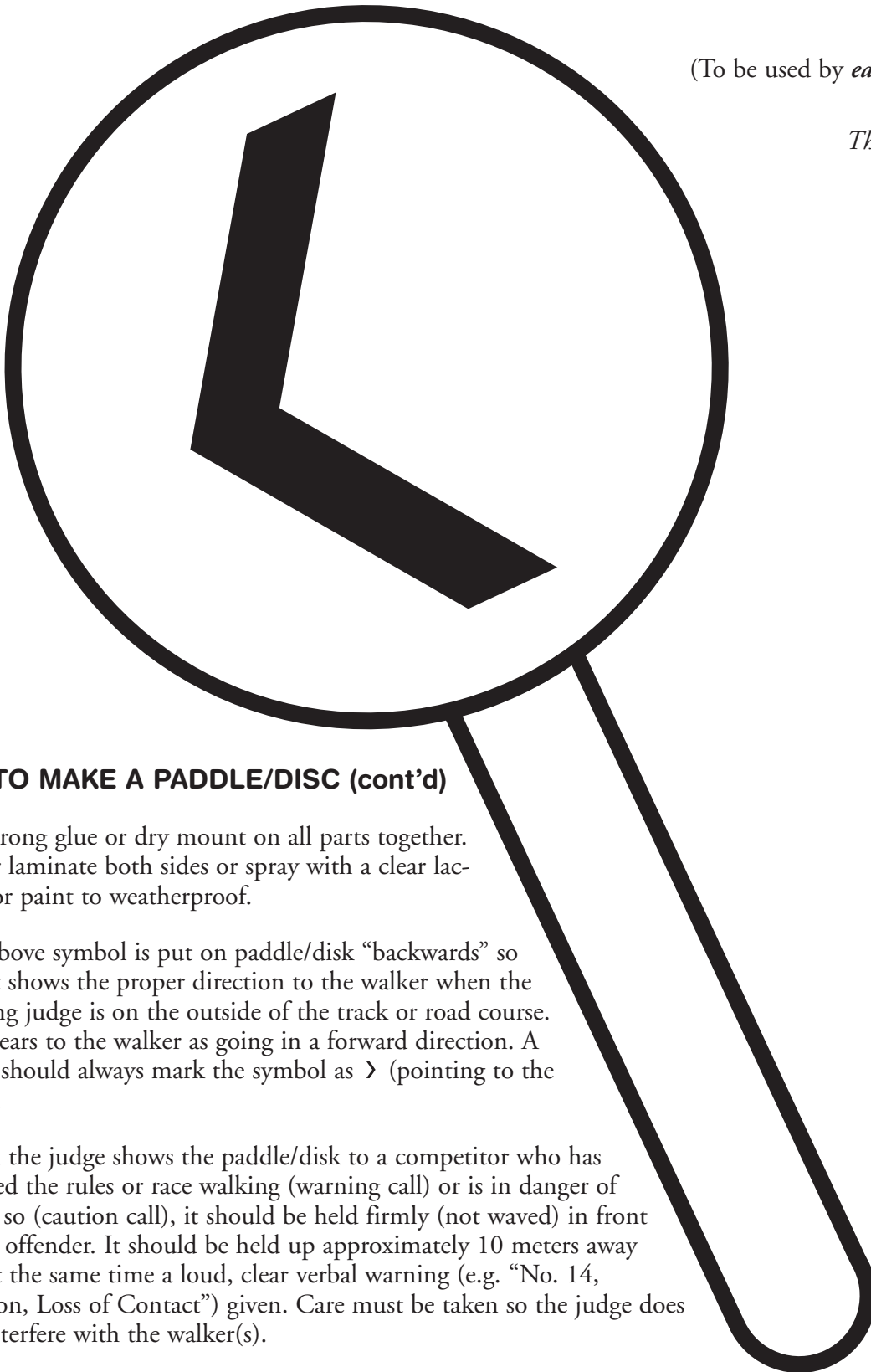
HOW TO MAKE A PADDLE/DISC

1. The paddle/disc may be made of heavy cardboard or light wood or other firm but lightweight material. Cut to the shape shown (either circles or with the handle included.) It may be one solid piece or two pieces depending on the materials used.
2. The recommended size of the paddle/disc is a diameter not smaller than 6 (15.5cm) and not larger than 8 (20.0cm). The smaller size allows the paddle/disc to be put into the side pocket of a jacket or coat.
3. The symbols may be traced or copied on the paddle/disc. The symbols must be large enough to be easily seen by the competitors during the race. They should be solid black against a white background. India ink is ideal. Paint on wood.
4. If two pieces are used, they must be mounted (glued) back-to-back so the symbols show on the reverse sides of the paddle/disc.
5. If the paddle is not a solid piece, the handle can be made out of one or two wooden tongue depressors glued between the two pieces. Such a handle provides a firm grip and keeps hand from covering symbol.

RECOMMENDED INDIVIDUAL JUDGE'S PADDLE OR DISC (cont'd)

(To be used by *each* walking judge)

*This symbol indicates
"BENT KNEE"*



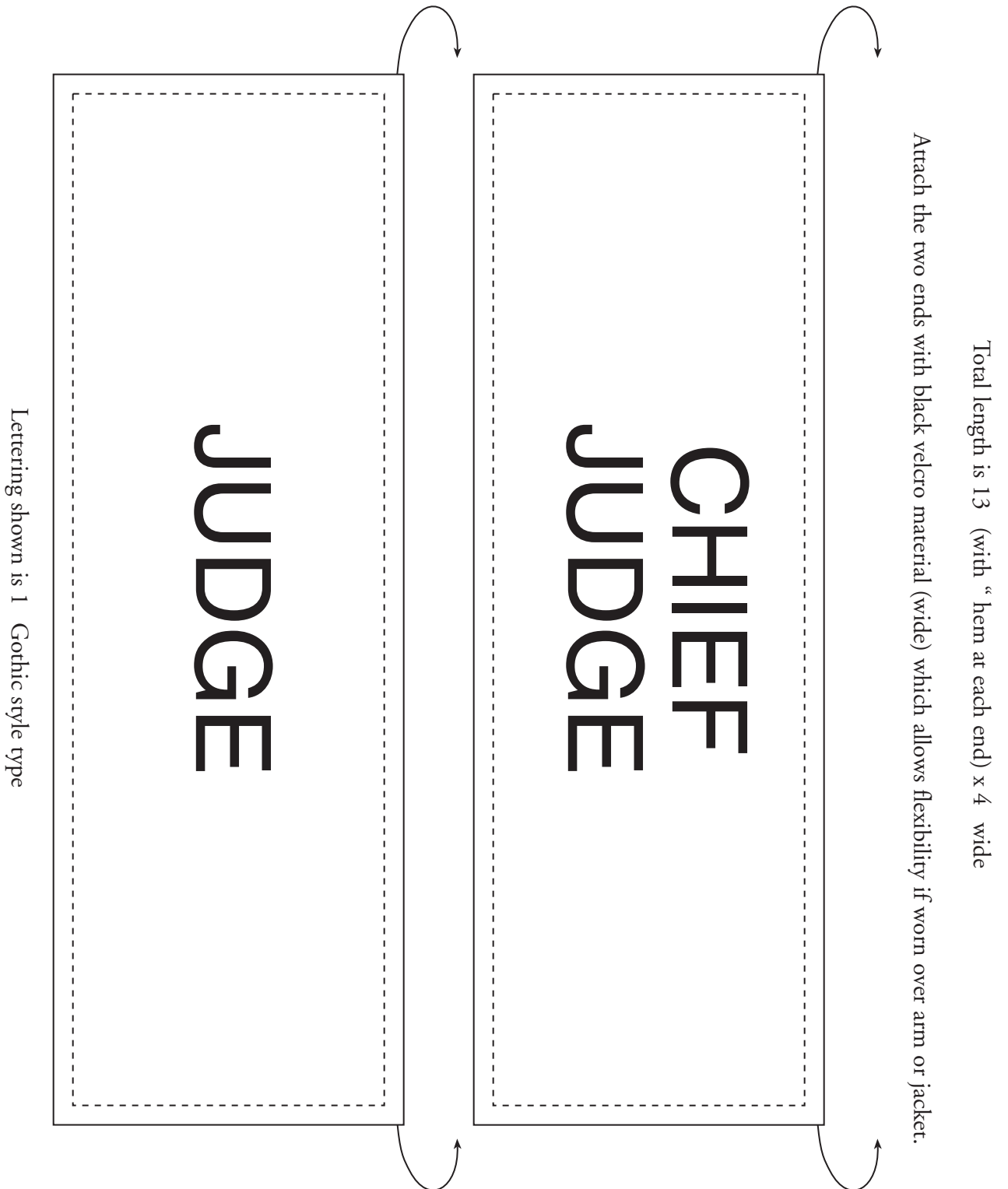
HOW TO MAKE A PADDLE/DISC (cont'd)

6. Use strong glue or dry mount on all parts together. Either laminate both sides or spray with a clear lacquer or paint to weatherproof.
7. The above symbol is put on paddle/disk "backwards" so that it shows the proper direction to the walker when the walking judge is on the outside of the track or road course. It appears to the walker as going in a forward direction. A judge should always mark the symbol as > (pointing to the right).
8. When the judge shows the paddle/disk to a competitor who has violated the rules or race walking (warning call) or is in danger of doing so (caution call), it should be held firmly (not waved) in front of the offender. It should be held up approximately 10 meters away and at the same time a loud, clear verbal warning (e.g. "No. 14, Caution, Loss of Contact") given. Care must be taken so the judge does not interfere with the walker(s).

JUDGE'S ARMBAND (optinal)

(Worn by each Walk Judge and Chief Judge)

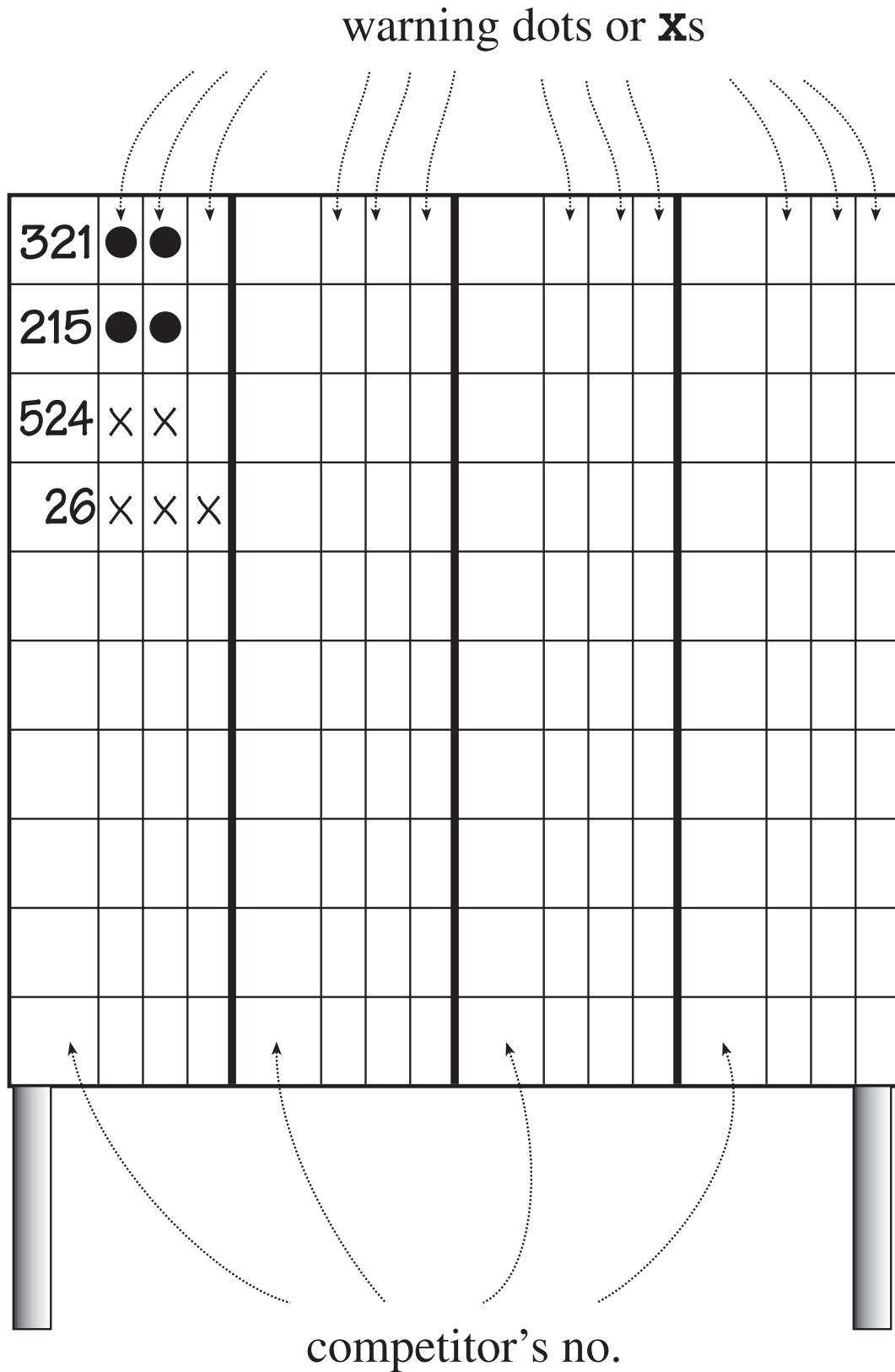
Plan for needing nine (9), marked as shown for Chief Judge, plus one each for Judge A, Judge B, etc



Hem all edges with ¼ hem (dotted lines.)

THE WARNING POSTING BOARD

The primary purpose of the board is to keep competitors informed about the number of red warning cards that have been handed in to the Recorder for each competitor.



RACE WALKING JUDGING CLINIC

Name _____

Date of Clinic _____

Race Walking Background

SHORT ANSWER QUESTIONS

1. Does a judge have to give a caution before giving a warning call?
2. How many cautions may a judge give a walker?
3. How often may a judge caution a walker for being in danger of failing to straighten his/her support leg?
4. How many warnings may a judge write up for the same walker?
5. If a walker with at least 3 warning calls crosses the finish line before the Chief Judge is able to notify him of the dq, is the walker still dq'd?

ESSAY QUESTIONS (use the back of sheet)

1. Why is it important for walkers not to know the identity of the judge(s) who has given them a warning during the race?
2. Why shouldn't a judge observe directly from the front or rear?
3. Why shouldn't a judge discuss the progress of walkers in a race with other judges or observers?

3 Competitor Lap Scoring Sheet - 5,000 Meters Race Walk (400 meter trac

<i>Use a Pencil</i>		Please Print All Information		Competitor's Name		Competitor's Name		Competitor's Name	
Competitor's Name		Competitor's Name		Competitor's Name		Competitor's Name		Competitor's Name	
Competitor's Bib#		Competitor's Bib#		Competitor's Bib#		Competitor's Bib#		Competitor's Bib#	
Uniform Colors		Uniform Colors		Uniform Colors		Uniform Colors		Uniform Colors	
Age Group/Gender		Age Group/Gender		Age Group/Gender		Age Group/Gender		Age Group/Gender	
Laps to Go Start - 12.5	Elapsed Time	Laps/Dist. Completed	Laps to Go Start - 12.5	Elapsed Time	Laps/Dist. Completed	Laps to Go Start - 12.5	Elapsed Time	Laps/Dist. Completed	Laps/Dist. Completed
12		0.5 - 200	12		0.5 - 200	12		0.5 - 200	0.5 - 200
11		1.5 - 600	11		1.5 - 600	11		1.5 - 600	1.5 - 600
10		2.5 - 1,000	10		2.5 - 1,000	10		2.5 - 1,000	2.5 - 1,000
9		3.5 - 1,400	9		3.5 - 1,400	9		3.5 - 1,400	3.5 - 1,400
8		4.5 - 1,800	8		4.5 - 1,800	8		4.5 - 1,800	4.5 - 1,800
7		5.5 - 2,200	7		5.5 - 2,200	7		5.5 - 2,200	5.5 - 2,200
6		6.5 - 2,600	6		6.5 - 2,600	6		6.5 - 2,600	6.5 - 2,600
5		7.5 - 3,000	5		7.5 - 3,000	5		7.5 - 3,000	7.5 - 3,000
4		8.5 - 3,400	4		8.5 - 3,400	4		8.5 - 3,400	8.5 - 3,400
3		9.5 - 3,800	3		9.5 - 3,800	3		9.5 - 3,800	9.5 - 3,800
2		10.5 - 4,200	2		10.5 - 4,200	2		10.5 - 4,200	10.5 - 4,200
1		11.5 - 4,600	1		11.5 - 4,600	1		11.5 - 4,600	11.5 - 4,600
Finish Time		12.5 - 5,000	Finish Time		12.5 - 5,000	Finish Time		12.5 - 5,000	12.5 - 5,000

Event: _____ Heat#: _____

Lap Timer: _____

Sheet ___ of ___ Sheets

Official Certification Number (if any): _____

Lap Scoring Sheet – 10,000 Meters Race (400 Meter Track)

Competitor's Name	Please Print All Information <i>Use a Pencil</i>	Competitor's Name		Competitor's Name
Competitor's Bib#		Competitor's Bib#		Competitor's Bib#
Uniform Colors		Uniform Colors		Uniform Colors
Age Group/Gender		Age Group/Gender		Age Group/Gender
Elapsed Time	Laps/Dist. Completed	Elapsed Time	Laps to Go	Elapsed Time
	Start		25	
	1 – 400		24	
	2 – 800		23	
	3 – 1,200		22	
	4 – 1,600		21	
	5 – 2,000		20	
	6 – 2,400		19	
	7 – 2,800		18	
	8 – 3,200		17	
	9 – 3,600		16	
	10 – 4,000		15	
	11 – 4,400		14	
	12 – 4,800		13	
	13 – 5,200		12	
	14 – 5,600		11	
	15 – 6,000		10	
	16 – 6,400		9	
	17 – 6,800		8	
	18 – 7,200		7	
	19 – 7,600		6	
	20 – 8,000		5	
	21 – 8,400		4	
	22 – 8,800		3	
	23 – 9,200		2	
	24 – 9,600		1	
	Finish Time		0	

Event#: _____

Date: _____

Lap Timer: _____

Start Time: _____

Certification No.: _____

Sheet ____ of ____ Sheets

(Please Print Your Name)

6 Competitor Lap Scoring Sheet – 10,000/20,000 Meters Race Walk – 4/8 Laps

<i>Use a Pencil</i>		Competitor's Name		Competitor's Name		Competitor's Name		Competitor's Name		
Please Print All Information		Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	Competitor's Bib#	
Uniform Colors		Uniform Colors	Uniform Colors	Uniform Colors	Uniform Colors	Uniform Colors	Uniform Colors	Uniform Colors	Uniform Colors	
Age Group/Gender		Age Group/Gender	Age Group/Gender	Age Group/Gender	Age Group/Gender	Age Group/Gender	Age Group/Gender	Age Group/Gender	Age Group/Gender	
Laps to Go Start – 8	Elapsed Time	Elapsed Time	Elapsed Time	Elapsed Time	Laps/Dist. Completed	Elapsed Time	Elapsed Time	Elapsed Time	Elapsed Time	Laps to Go Start – 8
7					1 – 2,500					7
6					2 – 5,000					6
5					3 – 7,500					5
4					4 – 10,000					4
3					5 – 12,500					3
2					6 – 15,000					2
1					7 – 17,500					1
0					8 – 20,000					0

Event: _____ Heat#: _____ Lap Timer: _____ (Please Print Your Name)

Sheet _____ of _____ Sheets Official Certification Number (if any): _____