



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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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 up to Saturday 21st November

Circuit 1 South Loop: 1km 1.30pm, 5km 1:40pm, 3km 2.15pm

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

Race days; Saturday events after Sunday 22nd November

The 2km loop will be used: 1km 1.30pm, 2km 1.35pm, 5km 1:40pm, 3km 2.00 pm

Race days; Sunday events for Sunday 15th November

Circuit 1 South Loop: 20km 9:05am

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

Race days; Sunday events after Sunday 22nd November

The 2km loop will be used: 20km 9:00am 2km 9:05am, 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 up to Saturday 21st November

Limit of 50 members per race after Sunday 22nd November

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 online by **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 \$10 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 (10 per race)

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 (10 per race)

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 (10 per race)

Circuit 1 South Loop: 1km 1.30pm, 5km 1:40pm, Additional 3km 2:15pm

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 (50 per race)

The 2km loop will be used: 1km 1.30pm, 2km 1.35pm, 5km 1:45pm, 3km 2.00 pm

Sun 6th December 2020

Middle Park

Venue: Middle Park Bowling Club

Race days; Sunday events (50 per race)

The 2km loop will be used: 20km 9:00am 2km 9:05am, 5km 9:15am, 10km 9:55am

Sun 13th December 2020

AVSL to hold walks as part of their program.

****** NOTE: Saturday races may be held at Middle Park during January if AVSI does not have walks within their program.**

Sun 17th January 2021

Middle Park

Venue: Middle Park Bowling Club

Race days; Sunday events

2km 9:00am

20km 9:05am

5km 9:15am

10km 9:55am

Sun 31st January 2021**Collingwood**

Venue: Collingwood Athletic Track-

Race days; Sunday events, will start at 10.00am

1500m 10:00am,

3000m & 5000m 10:15am

Sun 14th February 2021**Middle Park**

Venue: Middle Park Bowling Club

Race days; Sunday events

2km 9:00am

20km 9:05am

5km 9:15am

10km 9:55am

VRWC AGM 11:30am- TBC**Sun 14th March 2021: AV 5km teams race****Collingwood**

Venue: Mentone Athletic Track-

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

1500m 9:00am,

3000m 9.10am

AV teams 5000m 9.35am

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 21st March 2021: VMA 5km**Collingwood**Venue: Collingwood Athletic Track- **Please note, minor change may occur if Covid 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