

AN INTRODUCTION TO RACE WALKING AT CENTRE LEVEL

This scheme is provided to encourage Centres to conduct Race Walking events for their athletes, on the basis that it allows Officials to make common sense calls rather than an Official Judgement call if they are not accredited. It also encourages athletes to participate in Race Walking, with parents officiating without being scared off by the concept of formal judging.

If we look at the data base of qualified Race Walking Judges throughout Little Athletics Queensland there are very few names. This indicates that very few Centres would actually have the correct number of Walk Judges to judge the event correctly. A total of six (6) judges is required to cover the whole of the course for Race Walking events.

With the **Introduction to Race Walking** Centres are not required to give times to competitors unless they are truly walking correctly. This would be indicated if an athlete has walked in events in previous years at Association level without disqualification or is recommended by a qualified Walks Official, by all means these athletes should be given times. By taking the watches off the other athletes, it encourages them to try walking and to forget about the "winning aspect" that a time suggests.

Unfortunately many Centre Race Walking recorded times appear to be better than some of our State competition recorded times; we are not doing our athletes any favours by allocating times at Centre when correct techniques are not achieved.

With the **Introduction to Race Walking**, athletes are rewarded for a level of ability and this can be ascertained by the Age Marshall and a couple of other parent helpers if Centres do not have a qualified judge for Walks. By taking timekeeping away from the event we will encourage the athletes to be given true placings in the events.

Levels given for ability are: **GREEN, RED & BLUE**

These levels outlined below can be used to allocate points for improvement if the Centre adopts point's allocation for performances. A point can be allocated for participation and then one for improvement from Green to Red, maintaining Red, or of course advancing to Blue.

GREEN is given to the athlete who is just participating in the event and is **NOT** disruptive to other athletes. Basically, this level is awarded to those who are trying to improve their ability.

RED is given to the athlete who is trying hard but has not quite got the correct technique, but is complying with the "contact" rule at least. These athletes should be encouraged to stay with the event and get some help with technique if possible. They will probably be your potential Walkers of the future.

BLUE is given to the athlete who is trying hard and has the correct technique. This athlete may or may not be given a time. Some Centres who have tried the Introduction scheme do not give any times out until the second half of the season and only work on technique during the first half of the season.

If an athlete breaks into a run during the course of the race, they should be taken to the back of the field and told to walk (not run). If they continue to run or be disruptive, then **NO** level of ability is given. They will certainly try harder next time.

Under these rules we are encouraging the athletes but at the same time we are encouraging the parents to become involved in this event.

In the **younger age groups**, (those who do not qualify to compete at a State level) the Centres might encourage them by giving them **BLUE** for **trying very hard**. Bear in mind that some of these younger athletes do have a problem physically straightening their knees, but they can **NOT RUN**. Make it a fun event!

There is an excellent diagram in the Officials Handbook of the correct walk technique. Use this as a guideline and place in all age group folders.

If we use this "Introduction to Race Walking" scheme, we are not faced with the dreaded **DISQUALIFICATION** decision, which should not be given at a Centre level. We are there as coaches and Officials to encourage our children to enter events. It is up to us to expand our knowledge and assist them in all events. This should and **MUST** include Walks.

Centres will find that athletes will participate more readily without the fear of disqualification, and you may be surprised at the number of walkers you have at your Centre - good ones too.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Very Good Technique</i></p>
Distance
Time
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Much Better! A Little help Still needed</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.

<p>LITTLE ATHLETICS RACE WALKING</p> <p><i>Ask for help With Your technique</i></p>
Distance
Boys/Girls U
Date
Name
Reg No.