

**2020**  
**AAU Racewalk**  
**National Championship**



**Apalachee Regional Park**  
**7550 Apalachee Pkwy**  
**Tallahassee, FL 32311**

**December 5, 2020**  
***Official Information Packet***

**2020 AAU RACEWALK  
NATIONAL CHAMPIONSHIP  
Apalachee Regional Park  
7550 Apalachee Pkwy  
Tallahassee, FL 32311**

**DECEMBER 5, 2020**

**AAU National Meet Director:**

**Tracey Tomlinson**

[aauracewalkcommittee@gmail.com](mailto:aauracewalkcommittee@gmail.com)

**727-342-3684**

**AAU National Headquarters:**

**Madison Evans**

[mevans@aausports.org](mailto:mevans@aausports.org)

**407-828-8326**

<b>ELIGIBILITY:</b>	This meet is open to Youth, Open and Master athletes. 2020-2021 AAU membership is required to compete in this meet.
<b>ONLINE ENTRY:</b>	Each qualified athlete who plans to participate in the 2020 AAU Racewalk National Championship must register online <a href="#">CLICK HERE</a> . Each athlete must bring proof of age, and his or her current 2021 AAU Membership card. Please note that the mandated AAU membership year is August 1, 2020 – August 31, 2021
<b>COVID-19 PRECAUTIONS:</b>	Precautions as related to social distancing, masks, PPE and other requirements are constantly changing. We will follow the order of the CDC and the state of Florida's guidelines as they evolve. We will update this information packet as necessary.
<b>ENTRY FEE:</b>	ENTRY FEE: \$40. ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. All Entry Fees are Non-Transferable and Non-Refundable.
<b>ENTRY DEADLINE:</b>	<b>ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN NOVEMBER 30TH, 2020 AT 11:59 PM EST.</b>
<b>INDIVIDUAL ENTRY INFO:</b>	Athletes are to register at <a href="http://www.coacho.com">www.coacho.com</a> . Athletes who register for the 3K will receive splits for their races, but will only be awarded for their finish in the longest race for that time frame.  Athletes registering for the 5K and 10K will also receive split times for the distances leading up to their registered race and will also only be awarded for their 5K or 10K whichever is the longest.

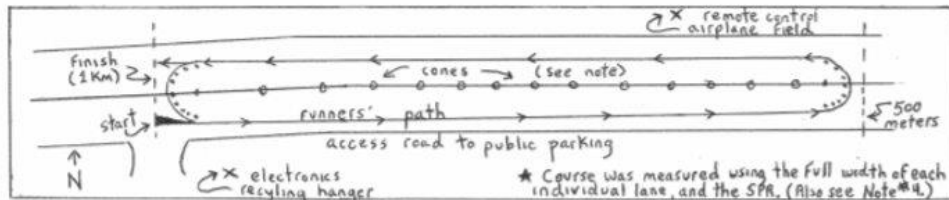
	Athletes can register for the 3K and 5K or 3K and 10K with the understanding that they are run right after each other. Because these are two separately scheduled races, awards will be awarded based on that race schedule.	
<b>AGE DIVISIONS &amp; DISTANCES</b>	6 & Under Boys & Girls	2014 & After
	7-8 Year Old Boys & Girls	2012-2013
	9-10 Year Old Boys & Girls	2010-2011
	11-12 Year Old Boys & Girls	2008-2009
	13-14 Year Old Boys & Girls	2006-2007
	15-18 Year Old Men & Women	2001-2005
	19-24 Year Old Men & Women	Age on day of the event, December 5, 2020
	25-29 Year Old Men & Women	Age on day of the event, December 5, 2020
	30-34 Year Old Men & Women	Age on day of the event, December 5, 2020
	35-39 Year Old Men & Women	Age on day of the event, December 5, 2020
	40-44 Year Old Men & Women	Age on day of the event, December 5, 2020
	45-49 Year Old Men & Women	Age on day of the event, December 5, 2020
	50-55 Year Old Men & Women	Age on day of the event, December 5, 2020
	56-60 Year Old Men & Women	Age on day of the event, December 5, 2020
	61-64 Year Old Men & Women	Age on day of the event, December 5, 2020
	65-69 Year Old Men & Women	Age on day of the event, December 5, 2020
	70-74 Year Old Men & Women	Age on day of the event, December 5, 2020
	75-79 Year Old Men & Women	Age on day of the event, December 5, 2020
	80-84 Year Old Men & Women	Age on day of the event, December 5, 2020
	85-89 Year Old Men & Women	Age on day of the event, December 5, 2020
90-95 Year Old Men & Women	Age on day of the event, December 5, 2020	
95-99 Year Old Men & Women	Age on day of the event, December 5, 2020	
100+ Year Old Men & Women	Age on day of the event, December 5, 2020	
<b>PROOF OF AGE:</b>	<p>Proof of age is required when whenever required and/or challenged. You are required to bring proof of age for the 2020 AAU Racewalk Nationals. Acceptable forms are as follows:</p> <ol style="list-style-type: none"> <li>1. Original Birth Certificate</li> <li>2. A notarized original birth certificate from the appropriate issuing authority</li> <li>3. A US Military Government Identification Card</li> <li>4. A Valid US Passport (not expired)</li> </ol>	
<b>AAU MEMBERSHIP:</b>	<p>All participants are required to have a 2021 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry. Participants must be prepared to show their AAU card at registration. No athlete will be permitted to run without a current AAU membership card. No entry forms will be processed without your AAU membership number</p>	
<b>RULES:</b>	<p>The meet will be conducted under the AAU Track &amp; Field/Racewalk Committee Rules for Racewalk and the USATF and IAAF competitive rules for the racewalk as well as the eligibility rules for qualifying for other national and international race walk championships.</p>	

<b>WAIVER:</b>	Each registered walker MUST complete a WAIVER. Waivers are available at <a href="#">CLICK HERE</a>	
<b>HOTELS:</b>	The following host hotels offer varied amenities designed to allow AAU members to choose which hotel fits their needs. All rates are based on availability at time of booking. Please ask for the AAU rate when calling the hotels or use the booking link for discounted rate. If you have any questions or concerns please contact Katie Gardocki (850)-606-2318 or <a href="mailto:gardockik@leoncountyfl.gov">gardockik@leoncountyfl.gov</a> .	
	<p><b>Fairfield Inn &amp; Suites Tallahassee Central</b>  2997 Apalachee Parkway  Tallahassee, FL 32301  <b>\$129 + tax</b>  5 miles to Course  <b>Phone Reservations: (850) 210-1210 Online</b>  <b>Booking: Group Rate for AAU</b></p>	<p><b>Four Points by Sheraton Downtown</b>  316 W. Tennessee St.  Tallahassee, FL 32301  <b>\$124 + tax</b>  8.9 Miles to course  <b>Phone Reservations: (850) 422-0071</b>  <b>Online Booking: Group Rate for AAU</b></p>
	<p><b>Seven Hills Suites 2735</b>  N. Monroe St.  Tallahassee, FL  <b>Standard: \$84 + tax, Suite: \$104 + tax</b>  5.5 Miles to course  <b>Phone Reservations: (850) 385-2038 Online</b>  <b>Booking: Group Code CCNC</b></p>	<p><b>Holiday Inn Express Tallahassee East</b>  1653 Raymond Diehl Rd.  Tallahassee, FL  <b>\$124 + tax</b>  10.2 Miles to course  <b>Phone Reservations: (850) 386-7500</b>  <b>Online Booking: Group Rate for AAU</b></p>
	<p><b>Holiday Inn Tallahassee E. Capitol – Univ.</b>  2003 Apalachee Pkwy  Tallahassee, FL  <b>\$129 + tax</b>  6.0 Miles to course  <b>Phone Reservations: (850) 729-8300 Online</b>  <b>Booking: Group Rate for AAU</b></p>	<p><b>Home2 Suites</b>  210 S. Magnolia Dr.  Tallahassee, FL  <b>\$149 + tax</b>  7.3 Miles to course  <b>Phone Reservations: (850) 402-8900</b>  <b>Online Booking: Group Rate for AAU</b></p>
<b>PACKET PICKUP:</b>	<p>Packet Pick up will be held on Friday, December 4, 2020 from 10am-6pm at the following location:</p> <p style="text-align: center;">Apalachee Regional Park - 7550 Apalachee Pkwy, Tallahassee, FL 32311</p>	
<b>COURSE:</b>	<p>The course is a USATF certified 1K loop on a 100% paved dead-end street with the following elevations (meters above sea level):</p> <ul style="list-style-type: none"> <li>• Start 35m</li> <li>• Finish 35m</li> <li>• Lowest 31m</li> <li>• Highest 37m</li> </ul> <p>The certification code is FL20022JK.</p>	

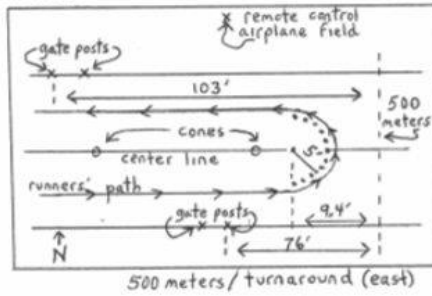
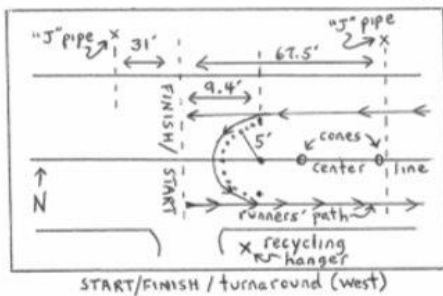
**COURSE MAP:**

Course maps have been provided online at [www.aatrackandfield.org](http://www.aatrackandfield.org) and at the link below. Please print a copy of these maps. We will not have them available at Packet Pick-Up.

Map shown below



**AAU National Race Walk Championship 1K loop  
Tallahassee, FL**



**Notes:**

1. Start line to finish line is 1km.
2. One loop is 1 km.
3. Marks are made with masonry nails and washers, with white paint.
4. Cones are placed along the centerline, restricting outgoing runners to the south lane, and incoming runners to the north lane.
5. Cones for turnarounds are at least 20cm (7 7/8 inches) in height, and are placed no more than 1.5 meters (59 inches) apart.
6. See item #34 on roadrace application for description of how arc turns were created without adding distance to the course.

S/F: on the unnamed main rd. through Apalachee Regional Park, adjacent to the electronics recycling hanger. Start is 31' east of westernmost 6' tall inverted 'J' pipe on north side of road. It is also 67.5' west of the second 'J' pipe from the west, on north side of rd.

West turnaround: Center point for arc turn with a 5' radius is located on the midline of road, 9.4' east of Start/Finish line.

500 m: adjacent to remote control airplane field. Turn is 76' east of east metal gatepost on south side of road, for swinging gate. It is also 103' east of west metal gatepost on north side of road.

East turnaround: Center point for arc turn with a 5' radius is located on the midline of road, 9.4' west of the 500 meter mark.



**USATF Certificate**  
FL20022JK  
Effective: 06/16/2020  
Through: 12/31/2030

Course measured  
June 10, 2020  
by: Bill McGuire  
1978 Setting Sun Trail  
Tallahassee, FL 32303  
(850) 294-5837  
bmcguire31@centurylink.net

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**COURSE PREVIEW/WALK:**

Friday's course preview and/or guided walks will be....:  
Non-Guided Course Walk (Sat. Morning/Afternoon): 7:00 am - 8:30 am (Course closes at 10:00 am) **Friday & Saturday non-guided walk: course will be open after scheduled times until Complex closes. Course Walks may be cancelled due to rain or severe weather conditions.**

**BIB NUMBERS:**

Each competitor will receive 2 (two) bib numbers (one to be worn on the front and the other on the back).

**HIP NUMBERS:**

Each competitor will receive 2 (two) hip numbers. One to be worn on the front thigh of each leg.

**RACE WALK APPAREL:**

The competitors may not wear clothing that could impede the view of the judges. (Rule 143.1) This rule is usually enforced by the Clerk of the Course and/or the Chief Judge.

- Usually, in race walking competition, knees must be "uncovered" in order that a judge can actually see the "straight knee in operation...Leggings, tracksters, long tights, etc are not the norm in less than 100 mile and 24 hour events.
- Rule of Thumb: Always check with the Chief Judge before the start. Come prepared to walk with shorts and leggings that leave the knees uncovered
- Rule of Thumb: Many referees may insist that if capris or long length tights are worn, they should be plain (i.e.: not multi-colored patterned...) so the judges can see the knee. Please be aware, some will not allow any capris or long length tights to be worn and DQ the athlete.
- FYI: Basketball shorts are included in the rule, they must NOT cover the knees. I recommend athletes who don't like tight fitting pants wear thigh length tights/biking shorts and put short loose-fitting pants on top of the tights...main focus...keep the knee uncovered.
- No warm ups when you are competing. Come to line, ready to compete. Remember, your goal is to compete. Most athletes have worked too diligently to get DQ'd on a technicality

**RACES:**

There will be 4 scheduled races. The 1K and 3K will be walked together. The 5K and 10K will be walked together.

Athletes who register for the 3K will receive splits for their races, but will only be awarded for their finish in the longest race for that time frame.

Athletes registering for the 5K and 10K will also receive split times for the distances leading up to their registered race.

Athletes can register for the 3K and 5K or 3K and 10K with the understanding that they are run right after each other. Because these are two separately scheduled races, awards will be awarded based on that race schedule.

Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race. (Tentative schedule; subject to change)

- 1:30 Packet Pickup Opens
- 1:30 Athletes Check in for the 5K and 10K races
- 1:50 National Anthem
- 2:00 5K and 10K races begin
- 3:00 Athletes check in for the 1K and 3K races
- 3:15 1K and 3K races begin
- 3:30 5K and 10K Award Ceremony at Podium
- 4:15 1k and 3k Award Ceremony at Podium

<b>OFFICIALS:</b>	In addition to the 6 certified racewalk judges, there will also be other officials on the course to monitor the athletes. Race walk judges will judge technique while other officials will serve as course marshals and umpires among other jobs supervising volunteers.
<b>LAP COUNTERS</b>	Each athlete walking the 3K, 5K and 10K will be assigned to a lap counter who will help monitor the number of remaining loops an individual athlete has.
<b>PADDLES &amp; DQ BOARD</b>	When an athlete is being warned he or she will be shown the yellow paddle indicating whether the infraction is for loss of contact or bent knees. When an athlete has violated the infraction a second time with the same judge issuing the warning, a red card will be completed. The red card will be given to a red card cyclist who will take it to the DQ Board Official/Volunteer who will post it on the Board. When an athlete has been issued three red cards (evidenced by the three red dots next to his/her number on the Board), the athlete will be DQ'd. In most cases the athlete will then be escorted from or asked to leave the course. If the head judge sees blatant disrespect for the rules, running the red paddle will be shown.
<b>RESULTS:</b>	Results will be posted on the jumbotrons located in cross country tent city, at the podium jumbotron, and online at <a href="https://aautrackandfield.org">https://aautrackandfield.org</a>
<b>AWARDS:</b>	AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for all age divisions. A National Championship cap will be awarded to the individual champion. All American patches will be presented to the top 8 individual finishers in each age division.
<b>AWARDS PRESENTATION:</b>	After all race walk events are completed, there will be an official awards ceremony. Each age division will have a PRESENTATIONS: The official awards ceremony for each age group will take place 30 minutes after the conclusion of their race. Each age division will have a time when they will be presented with their awards. Individual athlete (1st through 25th) medals will be awarded at this time.
<b>PARTICIPATION AWARDS:</b>	Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 4, 2020. Those checking in on Saturday will pick theirs up at registration/check-in.
<b>MERCHANDISE:</b>	Will be available for purchase at registration on Friday (9am – 7pm) and at the course on Saturday (7am – Competition).
<b>CONCESSIONS:</b>	Food and beverages will be available for purchase at the meet from 7:00 a.m. to 4:30 p.m. on Saturday, December 5th.
<b>RESTROOMS:</b>	Port-a-potties will be located on both ends of the course. If an athlete has to leave the course for an emergency pitstop, he/she must first get permission from the official and must reenter the race where he/she exited.

<b>WEATHER:</b>	The average temperature in Tallahassee, FL ranges between 45 - 70 degrees F in early December. Please come prepared and dress accordingly.
<b>MEDICAL STATION:</b>	Medical staff will be on site near the finish line in a designated area.
<b>WATER STATION:</b>	Water stations will be located near the start and finish area. During the races, water will also be handed by volunteers to any walker wanting water.
<b>NUTRITION STATION:</b>	A Nutrition station will be located near the start and finish area for registered walkers who walk.
<b>PARKING:</b>	Parking is a one-time <b>CASH ONLY</b> fee of \$10 per car.
<b>RACE WALK CLINIC</b>	A race walk clinic will be available on Friday evening at no cost or no additional cost for anyone interested in learning how to racewalk and for those who want to enhance their technique. The race walk clinic is tentatively scheduled for 4:00-5:30 on the course. The time is subject to a 30 minute later/ending time.