

# Technical Package, updated July 26

## 28<sup>th</sup> Annual

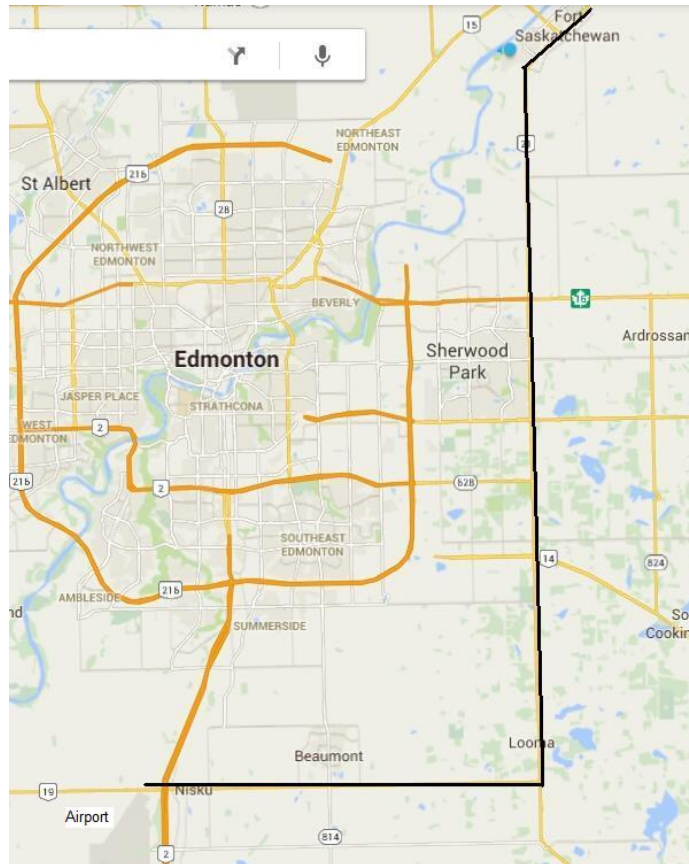


**Purpose:** To prepare junior athletes for high level competition by providing a setting that replicates an international competition environment. It introduces junior athletes to the new IAAF “Pit Lane” concept, to allow athletes to learn improve their technique. It allows other athletes, which are not on the Canadian or USA teams, to compete alongside with them.

**Eligibility:** Any athlete. Does not have to be a member of an athletic organization (i.e. Athletics Alberta)

**Hosted by:** [Heartland Racewalk](#), Fort Saskatchewan, Alberta, Canada

**Travel:** Due to the heavy construction on the Anthony Henday, it is strongly recommended to follow the route below when coming from and returning to the airport or from south of Edmonton. It is approximately 50 minutes from the airport to Fort Saskatchewan.



**Race Location:** Carscadden Park (90 St and 97 Ave), Fort Saskatchewan, Alberta, Canada

**Race course:**



**Date:** Sunday August 7, 2016

**Time:** **9:10 AM** for 10 km for Junior Men and other 10 km competitors

**10:20 AM** for 5 km for Junior Women and other 5 km competitors

**11:00 AM** for 1 km

**Surface:** Paved asphalt trail, 3m width, some small undulations, elevation at 630 m

**Distance:** 1000m certified loop (Athletics Canada)

**Sanctioned by:** Athletics Alberta

**Entry Fees:** 10 km - \$40 (athletes not registered with Athletics Alberta must pay an additional \$5 Day of Meet fee)

5 km - \$40 (athletes not registered with Athletics Alberta must pay an additional \$5 Day of Meet fee)

1 km – **Free**. Unjudged event – advice only. Participants need to register on Trackie or at the race. Entry does not include lunch and must be purchased at the registration table or at the luncheon at the meet hotel.

Entry fee includes; medals for the Canada USA Junior teams, pre/post-race massage, refreshments and light snacks at the race, decaled technical shirt and an awards luncheon after the race at the meet hotel.

*\*Note – in order to guarantee your shirt size, you must register by **3 pm August 26<sup>th</sup>**. Extra shirts may be purchased at the registration desk or luncheon for \$15. If they are sold out, then \$20, which includes postage.*

**Tickets for the awards luncheon are available at the registration desk for \$20, 4-10 yrs. old is \$10.**

**Deadline:** Registrations close on August 2, 2016 at 7 pm MST on Trackie. Late entries will be accepted *at the race* and charged **\$60**. Scratches must be in by 7pm MST Tuesday August 2, 2016 to avoid extra charges. No refunds will be provided for scratches after the August 2 deadline.

**Registration:** Click [here](#) to register at Trackie

**Contact Info:** Dave Keenan [HeartlandRacewalk@shaw.ca](mailto:HeartlandRacewalk@shaw.ca)

**Race Package:** The race package contains two race numbers (front & back), technical long sleeve shirt, luncheon ticket and other items. They will be available for pick-up to the general public at the race on August 7 at 8 AM. Race packages for the Canada-USA teams are available on Saturday August 6 in the evening.

**Check-in:** All competitors **MUST** be checked in at the registration desk by *at least* 15 minutes before their event.

**Meet Hotel:** [Lakeview Inn and Suites](#), 10115 88th Ave, Fort Saskatchewan, Alberta. A group discount rate of \$89 CDN is available to participants, family, volunteers... Use the discount Code *Heartland Racewalk* when reserving. Rate is inclusive of a continental breakfast and is based on double occupancy.

**Seminar:** A video conference call, open to everyone, will be held on August 6 at the meet hotel with head Athletics Canada 2015 Coach of the Year, Gerry Dragomir, Level 5 NCCP Coach. He will Skype from the Olympics in Rio de Janeiro to discuss the promotion of racewalk. More information is to follow.

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