

2008 US/Canada Jr Dual Racewalk
(Sanctioned by BC Athletics)
Junior 5k, Juvenile 1500m, and All-comers Open/Masters 5k

Hosted by the Prairie Inn Harrier Racewalkers and Racewalk West

Date: Sat. Aug 16, 2008

Starting Time:

Juvenile- 1500m-9:00 am
Junior Male- 10k- 9:20
All-comers female- 5k- 10:30
Junior female- 5k- 11:15
All-comers male 5k- 12:00
Coaches Challenge- 1500m- 12:40

Course: University of Victoria Track- From airport or ferries follow highway 17 to exit 7, turn left and follow McKenzie to UVic

Registration: Day of race entries will be accepted at the track from 8-8:30

Package Pick-up: Numbers can be picked up at the Welcome get-together at 7 pm Fri, Aug 15 (at the residence) or at the track day of race from 8-8:30

Categories:

Junior Challenge- Male 10K/Female 5K
Juvenile 1500m- Male/Female
All-comers 5k- Male/Female Open and Masters

Entry Fee:

Junior teams- no charge
Juvenile- \$20 by Aug 8 - \$20 after (includes lunch/welcome get-together)
Open/Master - \$35 by Aug 8 - \$45 after (includes lunch/welcome get-together)

Services: Water/fruit at race, lunch following on site

Awards: medals for first 3 in each category (Juv/Jun/Open/Mst- male/female)

Accommodation: Reasonable accommodation is available at UVic Dorms. Contact Ruth Hall for reservations ruthhall@uvic.ca. Accommodation (breakfast included) is provided for the junior teams and 2 coaches per team.

Clinic: There will be a clinic held for the Junior teams from 9-12 am Sun Aug 17 based on video tape from the race. The clinic will be lead by a fully qualified Athletics Canada coach and will involve participation from the US & Canadian team coaches. Space will be available for up to 10 additional racewalkers on a first come first served basis.

Contact Gerry Dragomir for information and cost of the clinic at racewalk@shaw.ca

2008 US/Canada Jr Dual Racewalk Event Entry Form

Name _____ Phone _____ Age on race day _____

Address _____ e-mail _____

Category

Junior 5k Female _____

Junior 10k Male _____

Juvenile 1500m Male _____ Female _____

All-comers 5k Open Male _____ Female _____ Masters Male _____ Female _____

Entry fee (includes welcome get-together and lunch):

Junior team- no charge

Juvenile- \$20 (paid by Aug 8- After \$30)

All-comers- \$35 (paid by Aug 8- After \$45)

Please make cheques payable to Prairie Inn Harrier Racewalkers- and mail entry to

Helen Jaques, Race Director

1276 Layritz Place, Victoria, BC V8Z 7C3

e-mail hjaques@shaw.ca

Waiver: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the Prairie Inn Harrier Racewalkers and Racewalk West from any and all rights or claims for damages I may have against them for any and all illnesses, injuries or loss I may sustain as a result of my participation in this event. I am physically fit and have prepared for this race.

Signature _____ Date _____

Parent/Guardian/Association authorization _____

Reservation for Awards ceremony lunch Sat _____

Guest for Welcome event Fri _____

Guest for lunch (\$10) _____