



2025 AUSTRALIAN 20KM RACE WALKING CHAMPIONSHIPS

16 February 2025

Karen Rolton Oval, Adelaide



TECHNICAL REGULATIONS

Athletics Australia welcomes all participants in the 2025 Australian 20km Race Walking Championships. It is important that all participating athletes and where relevant coaches/support personnel take the time to read and adhere to the rules and regulations below, to allow smooth conduct of the Championships.

These Championships will be conducted according to the rules of World Athletics and Athletics Australia.

1. Uniforms

Open Athletes 20km - Athletes are encouraged to wear their Member Association, Institute/Academy of Sport, or First Claim Club uniform. All uniform must comply with the World Athletics and Athletics Australia advertising regulations (C7.4).

Under 20 Athletes 10km - All uniform must comply with the World Athletics and Athletics Australia advertising regulations (C7.4).

2. Athlete Check In

All athletes are required to check in for their event at the Bib Collection Station (BCS) – which will be located adjacent to the finish area.

Athletes are required to check-in no later than 30 minutes prior to the advertised start time of their event, if possible please use the Roster App for check-in.

3. Scratching from an event

Athlete who have entered for any event and subsequently decide to scratch are requested to advise the Athletics Australia Competitions Unit as soon as they are aware that they will not participate – competitions@athletics.org.au



4. Competition Bibs

Collection of the bibs is from the Bib Collection Station (BCS). All athletes must report to the BSC immediately on arrival at the venue.

The competition bibs issued to athletes for the Championships must be worn on the front and back of their competition uniform firmly attached with no less than four (4) pins. The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.

ATHLETICS AUSTRALIA WILL ENFORCE WORLD ATHLETICS RULE TR 5.9 & TR 5.11, WHICH RENDER AN ATHLETE LIABLE TO DISQUALIFICATION IF S/HE TAMPERS IN ANY WAY THE COMPETITION BIB.

5. Entries

The following events will be conducted:

Australian Championships – 20km Men; 20km Women

Support Events (World Athletics Calendar events) – Under 20 10km for Men and Women

In order to enter and compete in the above events athletes must be currently registered with an AA Member Association or Member Federation affiliated with (and not currently suspended by) World Athletics.

If after the closure of entries an athlete wishes to transfer their entry to another event for which they are eligible such request should be directed to the AA Competitions Unit - competitions@athletics.org.au

6. Warm-up

Warm-up may be conducted on the course prior to the start of the first race. Thereafter no warm-up is permitted on the course and must be undertaken on adjacent areas.

7. Refreshment Station

A Drink station (with water) will be provided for all athletes. Personal refreshment tables will be provided.



8. Call Room Procedures

There will be a call room/marshalling area in operation. All athletes are required to report to the Call Room before 15 minutes prior to their event

The call room will be adjacent to the Bib Collection Station (BCS).

Having previously checked in, all athletes must report to the call room on time with their competition bibs attached with no less than four (4) pins on the front and back of their competition.

In the Call Room, athletes will be expected to demonstrate that their competition uniform and bibs, shoes and other equipment comply with the competition rules. Athletes will leave the Call Room ready to compete.

In exceptional circumstances competition management may allow athletes to take warm clothing to the start line. If this is allowed, it will be advised at the Call Room and the athletes will be responsible for retrieving their own clothing from the start line or passing it to a support person.

Athletes will proceed to the start of their event from the Call Room accompanied by a Call Room Judge or Starter's Assistant. Athletes who proceed to the event not accompanied by a judge or an official may not be allowed to start.

9. Penalty Zone

The Penalty Zone will be in place for each event.

10. Timetable Changes

The timetable and any changes in the timetable or these regulations are available on the Athletics Australia website.

11. Post Event Procedures

At the conclusion of each event athletes must report immediately to Post Event Control located near the finish line end of the track. Doping control may be carried out. If athletes have other duties (such as interviews or presentations) they should sign the acknowledgement and ask the chaperone to wait.



12. Medal Presentations for 20km events

Medal presentations will be made as soon as possible after the event. All placegetters are asked to assist with this procedure by going with an official at the completion of the event. Each athlete must wear either their competition singlet or tracksuit top for the presentation.

13. Protests & Appeals

These must be lodged initially with the relevant Referee as per World Athletics Rules (WA TR8).

Appeals to the Jury can be made after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 fee. Appeals may be lodged by either the athlete or athlete's representative (usually the Team Manager) and are to be lodged in the TIC.

Australian 20km Race Walks Course – 2025

Karen Rolton Oval, Adelaide, SA

(On Port Road, corner of North and West Terrace)

Map



$$20,000 / 935.007 = 21.39 \text{ laps}$$

$$10,000 / 935.007 = 10.695 \text{ laps}$$



Finish Line



5Km to Go



10Km to Go



15Km to Go



AA 20km National Walk

Multiple 935m laps in Anticlockwise direction starting at highlighted distance locations with a common finish line west of the club rooms.

20km = 21 Laps + 365m

15Km = 16 Laps + 40m

10Km = 10 Laps + 650m

5Km = 5 Laps + 325m