

Technical Package

28th Annual



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

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



Date: Sunday August 7, 2016

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

10:15 AM for 5 km for Junior Women and other 5 km competitors

11:00 AM for 1 km

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

Distance: 1000m certified loop (Athletics Canada)

Sanctioned by: Athletics Alberta

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

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

1 km – Free. Participants need to register on Trackie or at the race.

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

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

Contact Info: Dave Keenan HeartlandRacewalk@shaw.ca

Deadline: All registrations must be finalized by August 2, 2016 at 7 pm MST. Late entries on race day, if accepted, will be charged double. Scratches must be in by 7pm MST Tuesday August 2, 2016 to avoid charges. No refunds will be provided for scratches after the above deadline

Race Package: The race package containing your racing number and other items 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 starts.

Accommodations: The meet hotel is [Lakeview Inn and Suites, Fort Saskatchewan](#). A group discounted rate of \$89 CDN is available to participants, 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 Racewalk coach, Gerry Dragomir, Level 5 NCCP. He is conferencing in from the Olympics in Rio de Janeiro to discuss the promotion of racewalk. More information to follow.

Supporters:



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