



**XVIII**

**PAN AMERICAN  
RACE WALKING CUP  
- LIMA 2017 -**

**Lima, May 13 & 14, 2017**  
Version 3: March 30, 2017



# *XVIII Pan American Race Walking Cup*

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# ***TEAM MANUAL***



# XVIII Pan American Race Walking Cup

The Association of Pan American Athletics (APA), has designated, the Federación Peruana de Atletismo as organizers of the XVIII Pan American Race Walking Cup. The following individuals are responsible for the development of the competition.

## 1. ORGANIZATION:

### EXECUTIVE COUNCIL OF ASSOCIATION OF PAN AMERICAN OF ATHLETICS (APA)

Prof. Víctor López	PUR	President
Julio Roberto Gómez	COL	Vice President
Prof. Evelyn Claudio	PUR	General Secretary
Alain Jean Pierre	HAI	Treasurer
Claude Blackmore	GUY	Director
Marcos Oviedo	VEN	Director
Esther Maynard	BAR	Director
Rob Guy	CAN	Director
Dr. Roberto Gesta de Melo	BRA	Member Ex Officio

### PAN AMERICAN RACE WALKING COMMISSION

Rubén Aguilera	ARG	President
Prof. Candido Velez	PUR	Member
Tim Berret	CAN	Member

### DIRECTORS OF PERUVIAN ATHLETICS FEDERATION

Mr. Gustavo Cardenas Brou	President
Mrs. Elena Mantilla Rivadeneira	Vice President
Mrs. Mónica Roller Rivera	Secretary
Mrs. María Letts Colmenares	Treasurer
Mr. Mauricio Rivera López	Vocal

### LOCAL ORGANIZING COMMITTEE:

Mrs. Maria Letts Colmenares	President
Mr. Luis Condeso Ocampo	General Manager
Mr. Mauricio Rivera Lopez	Technical Coordination
Mrs. Patricia Martinez	Protocol and Awards
Mr. Luis Mondragon	Security.
Mr. Javier Chirinos	Medical Commission
Mr. Richard Ortiz	Accreditations
Miss. Anael Ayaipoma	Transport



# XVIII Pan American Race Walking Cup

## APA DELEGATES

<i>Prof. Cándido Vélez</i>	<i>PUR</i>	<i>Technical Delegate</i>
<i>Prof. Víctor M. López</i>	<i>PUR</i>	<i>Jury of Appeal</i>
<i>Dr. Roberto Gesta de Melo</i>	<i>BRA</i>	<i>Jury of Appeal</i>
<i>Dr. Amadeo Francis</i>	<i>PUR</i>	<i>Jury of Appeal</i>
<i>Raomir Hernández</i>	<i>VEN</i>	<i>Chief Race Walking Judge</i>
<i>Maryanne Daniel</i>	<i>USA</i>	<i>Race Walking Judge</i>
<i>Magdalena Caisabanda</i>	<i>ECU</i>	<i>Race Walking Judge</i>
<i>Rubén Aguilera</i>	<i>ARG</i>	<i>Race Walking Judge</i>
<i>Carlos A. Barrios</i>	<i>GUA</i>	<i>Race Walking Judge</i>
<i>César A. Arenas</i>	<i>COL</i>	<i>Race Walking Judge</i>
<i>José Rodolfo Eicher</i>	<i>BRA</i>	<i>Road Measurer</i>

## OPERATIONS TEAM

<i>Prof. Cándido Vélez</i>	<i>PUR</i>	<i>Technical Delegate</i>
<i>Liliana Asin Calero</i>		<i>Competition Director</i>
<i>Luisa Leon</i>		<i>Competition Secretary</i>
<i>TBC</i>		<i>Technical Director</i>
<i>Paul Delgado</i>		<i>Referee</i>

## 2. PARTICIPATING COUNTRIES:

<i>Anguilla (AIA)</i>	<i>Dominica (DMA)</i>	<i>Nicaragua (NCA)</i>
<i>Antigua &amp; Barbuda (ANT)</i>	<i>Ecuador (ECU)</i>	<i>Panama (PAN)</i>
<i>Argentina (ARG)</i>	<i>El Salvador (ESA)</i>	<i>Paraguay (PAY)</i>
<i>Aruba (ARU)</i>	<i>United States (USA)</i>	<i>Peru (PER)</i>
<i>Bahamas (BAH)</i>	<i>Grenada (GRN)</i>	<i>Puerto Rico (PUR)</i>
<i>Barbados (BAR)</i>	<i>Guatemala (GUA)</i>	<i>Dominican Republic (DOM)</i>
<i>Belize (BIZ)</i>	<i>Guyana (GUY)</i>	<i>Saint Lucia (LCA)</i>
<i>Bermuda (BER)</i>	<i>Haiti (HAI)</i>	<i>St. Kris &amp; Nevis (SKN)</i>
<i>Bolivia (BOL)</i>	<i>Honduras (HON)</i>	<i>St. Vincent &amp; Grenadines (VIN)</i>
<i>Brazil (BRA)</i>	<i>Cayman Islands (CAY)</i>	<i>Surinam (SUR)</i>
<i>Canada (CAN)</i>	<i>USA Virgin Islands (ISV)</i>	<i>Trinidad &amp; Tobago (TTO)</i>
<i>Chile (CHI)</i>	<i>British Virgin Islands (IVB)</i>	<i>Turks &amp; Caicos (TKS)</i>
<i>Colombia (COL)</i>	<i>Jamaica (JAM)</i>	<i>Uruguay (URU)</i>
<i>Costa Rica (CRC)</i>	<i>Mexico (MEX)</i>	<i>Venezuela (VEN)</i>
<i>Cuba (CUB)</i>	<i>Montserrat (MNT)</i>	



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### 3. VISAS:

#### Country that require a visa to enter Peru

Haiti

#### Countries who do not need VISA to travel to Peru

(Only passport is needed)

Anguilla (AIA)	United States (USA)	Panamá (PAN)
Antigua & Barbuda (ANT)	Grenada (GRN)	Puerto Rico (PUR)
Aruba (ARU)	Guatemala (GUA)	República Dominicana (DOM)
Bahamas (BAH)	Guyana (GUY)	Santa Lucía (LCA)
Barbados (BAR)	Cayman Islands (CAY)	St. Kris & Nevis (SKN)
Belize (BIZ)	USA Virgin Islands (ISV)	St Vincent & Grenadines (VIN)
Bermuda (BER)	British Virgin Islands (IVB)	Surinam (SUR)
Canada (CAN)	Honduras (HON)	Trinidad & Tobago (TTO)
Costa Rica (CRC)	Jamaica (JAM)	Turks & Caicos (TKS)
Cuba (CUB)	Mexico (MEX)	Venezuela (VEN)
Dominica (DMA)	Montserrat (MNT)	
El Salvador (ESA)	Nicaragua (NCA)	

#### MERCOSUR

(Free Access to Peru by carrying CI, CC, DNI, RG)

Argentina (ARG)	Colombia (COL)
Bolivia (BOL)	Ecuador (ECU)
Brazil (BRA)	Paraguay (PAR)
Chile (CHI)	Uruguay (URU)

### 4. GENERAL PROGRAM:

<u>Date</u>	<u>Hour</u>	<u>Activity</u>
May 11	PM	Arrival of the Delegations
May 12	16:00	Inspection of the course
	18:00	Technical Meeting
May 13	07:00	20kms Men
	08:45	Opening Ceremony
	09:10	20kms Women
	11:00	10kms Men U 20
	11:50	10kms Women U 20
May 14	07:00	50kms Men/Women



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19:00 Awards and Closing Ceremony

May 15 AM Return of the Delegations

## 5. ARRIVAL

Airplanes will arrive in Lima at the Jorge Chaves International Airport. Delegations and will be welcomed by members of the organization and driven to place of accommodation.

IAAF/APA authorities, special guests and participant delegations will be assigned with an attaché. This person will be responsible for all the programmed activities plus the one to concur in case of doubts and/or emergencies.

## 6. ACCREDITATIONS

a) Accreditation Center in the Main Hotel:

- Upon arrival in Lima, participating countries will have to obtain their respective accreditations.
- An area will be assigned in the Host Hotel (competition hotel)
- Each member of the delegation will have to present/display his/her passport.
- The accreditation center will be open from May 11 and will be closing its operations on May 13.
- The hours will be from 09:00 hours to 20:00 hours.

b) Accreditation: category – code – color - access

<u>Category</u>	<u>Code</u>	<u>Color</u>	<u>Access Code</u>
Authority IAAF/APA	VIP	White	1, 2, 3, 4, 5, 6
Authority Nationals	VIP	White	1, 2, 3, 4, 5, 6
International Officials	JI	White	1, 2, 3, 4, 5, 6
Organizing Committee	Aa	White	1, 2, 3, 4, 5, 6
Invited Guests	Ab	White	1, 2, 3, 4, 5, 6
Medical	M	Pink	1, 2, 3, 4, 5, 6
National Judges	JN	Blue	3, 4, 5
Team Leader	TL	Green	1, 2, 5
Coaches	E	Green	6
Athletes	C	Green	6
Press	P	Red	5, 6
Attachés	VA	Gray	1, 2, 3, 4, 5, 6
Volunteers	V	Yellow	Place of Work only
Special Pass		Tan	Doping
Special Pass		Tan	T.I.C.



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## Access Codes:

- Zone 1           VIP Area
- Zone 2           Start / Finish Area
- Zone 3           Course
- Zone 4           Mixed Zones
- Zone 5           Press Area
- Zone 6           Warm-up Area

## **7. ATTACHÉS**

The Organizing Committee will provide Attachés to the IAAF/APA, authorities and special guests, as well as to the sport delegations of all the countries. The attaché will assist the delegations and their charges with all activities before, during and after the competitions.

The attaché will be the person who solves any emergency of the members assigned to him/her and will provide all necessary information.

The attaché will meet their delegations upon their arrival, will accompany the delegations to their lodging places and will also accompany them to airport for their return to their country.

Any difficulties with the attachés may be resolved at the Offices of the Local Organizing Committee/National Federation or the Official Hotel.

## **8. FINANCIAL OBLIGATIONS**

The Organizing Committee will provide accommodation, meals and local transportation free from Thursday 11. to Monday 15, May 2017.

The delegations, athletes and additional officials arriving before or after they return, they must pay an additional US \$100.00 daily per person. Costs include accommodation, meals and local transportation.

The number of athletes and officials by country is as follows:

Athletes	Officials
1 - 4 athletes	1 official
5 - 8 athletes	2 officials
9 - 12 athletes	3 officials
13 - 16 athletes	4 officials
17 - 18 athletes	5 officials

Note:

- 1) The delegation that exceeds the number of officials will have to pay US \$100.00 daily per person.
- 2) Officials considered the following: Delegates, Coaches, Doctors, Physioterapists.



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## 9. LODGING:

The Official hotel of the event is **MIRAFLORES COLON HOTEL \*\*\*\*** The delegations will have lodging from the evening of the Thursday May 11 until after breakfast Monday May 15.

Hotel Information:

Hotel Name: **Miraflores Colon Hotel**  
 Address: Jr. Colon 600 Miraflores - Lima  
 Phone: 511+ 610-0900  
 E-mails: [reservas@miraflorescolonhotel.com](mailto:reservas@miraflorescolonhotel.com)  
 Website: [www.miraflorescolonhotel.com](http://www.miraflorescolonhotel.com)

## 10. MEALS:

The Organizing Committee will provide meals to the participants at their respective lodging from dinner on Thursday May 11 through breakfast on Monday May 15, according to the following Schedule:

	May 11, 12 and 15	May 13 and 14
Breakfast	06:00-09:00	05:00-08:00
Lunch	12:00-14:00	12:00-14:00
Dinner	19:00-22:00	19:00-22:00

## 11. TRANSPORTATION

a) From the Airport to the Hotel:

The delegations, authorities and international guests of the IAAF/APA and international judges, will be welcome by attachés and taken by special vehicles, to their places of lodging and accreditations.

b) From the hotel to the airport:

Team leaders must present on Friday 12 at the technical meeting the corresponding form in which shall be indicated the departing flight schedule of the delegation. The organization will place at the hotel a list with the airport transportation itinerary at Sunday 14.





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### 12. ENTRIES

#### a) Preliminary Entries:

Preliminary Entries must be sent by the national federations before the March 15, 2017 (midnight local time Perú). Entries may be sent by electronic mail to [administracion@fedepa.org](mailto:administracion@fedepa.org) with a copy to [cvwj1@hotmail.com](mailto:cvwj1@hotmail.com) and [evelynclaudio344@gmail.com](mailto:evelynclaudio344@gmail.com) using the preliminary entry form.

#### b) Final Entries:

Final entries must be sent by the national federations until April 15, 2017 (midnight local time Perú). Final Entries may be sent by electronic mail to [administracion@fedepa.org](mailto:administracion@fedepa.org) with a copy to [cvwj1@hotmail.com](mailto:cvwj1@hotmail.com) and [evelynclaudio344@gmail.com](mailto:evelynclaudio344@gmail.com) using the final entry form.

#### c) Individual Entries:

Individual entries are accepted

#### d) Team Entries:

In the Open Competition four (4) athletes may compete per event, scoring three (3). In the Under 20 Competition three (3) athletes may compete per event, scoring two (2).

### 13. THE COMPETITION

#### a) Category C

The events of 20km of female and male and the 50km are Category C of the IAAF Race Walking Challenge. Therefore its conduction is governed by the relevant 2017 IAAF Regulations.

#### b) Pit Lane

The Pit Lane – IAAF Rule 230.7(c) – will be use in all events. The penalty times are as follows:

10kms: One minute  
20kms: Two Minutes  
50kms: Five Minutes

The times achieved by an athlete who was entered the pit lane will not be valid for World Championships or Olympic Games standards.



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### 14. AGE CATEGORIES:

a) *Open/Senior:*

*Only athletes 20 years of age as of December 31st, 2017 (born before 1997) may participate in 20km Men and Women and 50km Men and Women.*

b) *Under 20:*

*Only athletes 16, 17, 18 and 19 years of age on December 31st 2017 (born in 1998, 1999, 2000 and 2001) may participate in 10km U 20.*

### 15. TEAM SCORING SYSTEM:

*The team scoring system will be:*

a) *Each event will be scored separately.*

b) *Three athletes will score in each event for men and women and two in each event for Under 20.*

c) *The results of each team will be decided by the sum of the positions secured by the athletes who score.*

d) *The team with the smaller number of points will be the winner.*

e) *If a team is not able to finish with the required number of athletes to score, the race walkers who finish will be considered as individuals for the event.*

f) *No adjustments will be made in the final positions.*

g) *Race Walkers of teams that do not score or individual entries, and any ties will be resolved in favor of the team that has an athlete classified in better position.*

### 16. TECHNICAL:

a) *Competition Course:*

*The competition course (out and back) is located in the José Larco Avenue near the Municipality of Miraflores. It is a closed loop of 1km and 2km at sea level.*

Course 1km

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Course 1 Km.  
(10 Km. & 20 Km.)



Course 2km



b) Call Room:

The Call Room will be located very close to the circuit. All the athletes must promptly attend for verification accordingly. Athletes must respect IAAF Advertising Regulations regarding measurements, location of the name and logo of the clothing's manufacturer.

c) Warm-up Area:

The athletes will have a proper place for warming up before every competition. It will be located annexed to the course.

d) Training Area:

For delegations that require to use an area for training, the Organizing Committee will offer transport for the days Thursday 11 in the afternoon and Friday 12 in the morning to Athletic Stadium at Videna. The schedule will be announced upon arrival the delegations.



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e) *Inspection of the competition course:*

*The inspection of the course will be Friday May 12 at 16:00 p.m. Departure will be at 15:50 from official Hotel.*

f) *Start – Call Room*

<b>Saturday 13</b>	<b>1st Call</b>	<b>2nd Call</b>	<b>3rd Call</b>	<b>Start</b>
20kms Men	06:30	06:40	06:50	07:00
20kms Women	08:40	08:50	09:00	09:10
10kms Men Under 20	10:30	10:40	10:50	11:00
10kms Women Under 20	11:20	11:30	11:40	11:50

<b>Sunday 14</b>	<b>1st Call</b>	<b>2nd Call</b>	<b>3rd Call</b>	<b>Start</b>
50kms Men/Women	06:30	06:40	06:50	07:00

g) *Bib Numbers*

*The Team leader will receive the competitions numbers for his athletes at the Technical Meeting on Friday, May 12. Each athlete will receive four numbers. Two: for the chest and the back, and one for the competition bag.*

h) *Uniforms*

*All athletes will have to dress in the official uniform and the colors of his/her country, observing Rule 143.1 of the IAAF. The athletes will be able to deposit their competition bags in a separate area. And after participating they will gather their bags from the same location.*

i) *Start Line*

*Each of the participating teams will have 1 meter on the Start Line. If there are individual athletes, their place on the Start Line will be determined at the Technical Meeting.*

j) *Finish Area*

*Each of the participating teams will have 1 meter on the Start Line. If there are individual athletes, their place on the Start Line will be determined at the Technical Meeting*

k) *Mixed Zone*

*Medal Winners, upon finishing their competition, and having been taken care of in First aid and/or massages will enter the Mixed Zone. Medal Winners will be available for interviewing in the Zone of Interviews. Each team will be allowed to have one in the in the Mixed Zone.*



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## I) Conference Room

The first three places in each event will be a press conference with reporters.

## 17. TECHNICAL MEETING

The Technical Meeting will take place Friday, May 12 at 18:00 after visiting the competition site. It will be held in a room in the official hotel of the Event. A maximum of two (2) representatives of each delegation may attend the Technical Meeting. The meeting will be in Spanish, with translation for the English speaking countries.

Questions for the technical meeting must be sent by email to: [cvwj1@hotmail.com](mailto:cvwj1@hotmail.com) or deposited in writing at the office of the Organizing Committee/Official Hotel Friday, 12 May before 15:00.

### a) Technical Agenda

1. Welcome
2. Remarks by APA President
3. Introduction of the Competition Officials
4. Start Area
  - a. Warm-up Area
  - b. Call Room Area
  - c. Uniforms (team colors)
  - d. Position on the Start Line (previous draw)
5. The Competition Course
  - a. Map
  - b. Distances
  - c. Water / Sponges , Refreshments (20 y 50 km)
6. Finish Area
7. Sequence of events after the finish of the first three participants of each race.
  - i. Interviews by press and television
  - ii. Ceremony of Awards
  - iii. Doping Control
8. Medical Services
9. Start List
10. Transportation
11. Questions
12. Delivery of numbers

## 18. PROTESTS

All protests about a results or competition development must do it 30 minutes after the official results. The protest should be done first to the Judge of the event. All protests addressed to the Jury of Appeal must be made in conformity with the Rules of the IAAF and with a deposit of US \$100.00.



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## 19. DOPING CONTROL

Doping Control will be conducted in accordance with the procedures of the Rules of the IAAF under the supervision of a specialist doctor of the Organizing Committee and one of the authorities of IAAF/APA or in its place the Technical Delegate.

The athletes selected for the doping control will be informed in writing and notified of their appearance for the delivery of the samples. A person from the team may accompany the athlete to the site where the sample is taken.

## 20. MEDICAL SERVICES

### a) Assistance to the Teams

#### a. At the hotel:

Medical services will be provided at the hotel to those who need it

#### b. At the Competition Site:

Medical aid will be provided at the competition site. There will be a tent for First Aid and another for massage and rehabilitation

#### c. Medical Security at the Circuit:

There will be two ambulances for emergency attention. Properly identified medical personnel of the organization will be in attendance. Doctors of the delegations can enter these zones of medical aid for their own athletes. There will be facilities so that athletes receive their physiotherapy and rehabilitation in the tents set up for these purposes.

## 21. CEREMONIES:

### a) Opening Ceremony:

The official opening ceremony will be Saturday, May 13 at 08:45 on the course, before start the 20Km Women event.

The ceremony will take place at the same site of the competition, in a symbolic parade of the delegations represented by the flag and headed by a banner with the name of the participating countries.

### b) Medal Ceremony

Saturday, May 13	08:10	20km Men
	10:10	20km Women
	15:50	10km Men U 20
	17:40	10km Women U 20



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Sunday, May 14                      11:30                      50kms Men/Women

Individual medals (gold, silver and bronze) for the three first place men and women in each of the competitions (Pan American Cup; NACAC, CONSUDATLE).

Trophies for teams for the three first places teams, men and women (Pan American Cup, NACAC, CONSUDATLE). For the country that was the Global Winner of the Pan American Cup will receive a Cup. These will be awarded at the closing banquet and ceremony from the 19:00 hrs. On Sunday, May 26<sup>th</sup>.

The flag of the first place athlete will be raised during the playing of his/her national anthem.

The athletes for the medal ceremony will have to dress in the official uniforms of their country, in agreement with the rules and regulations of the IAAF

The ceremonies of individual medal winners will be conducted after the finish of the competition and the reading of the results as part of the Official Announcer of the championship.

c) Interviews

After each competition, the first three athletes will be taken to the press site for the official conference with the media.

d) Protocol and Social Program

The following social activities will be organized during the course of the championship.

<u>Date</u>	<u>Hour</u>	<u>Event</u>
Saturday 13	08:45	Open Ceremony
Sunday 14	19:00	Awards and Closing Ceremony

## 22. GENERAL INFORMATION

### Country/Urban

- ✓ Name: Perú
- ✓ Región: South America
- ✓ Size:
- ✓ Population: 8,894 million people
- ✓ Language: Spanish
- ✓ Money: Sol
- ✓ Electricity: 220 V.
- ✓ Water Quality: Not for drink
- ✓ Telephone: Country Code: 051
- ✓ Capital: Lima
- ✓ Altitude Above Sea Level: 154m





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- ✓ Maximum Temperature: 28° Celsius
- ✓ Average Temperature: 20° Celsius
- ✓ Minimal Temperature: 14° Celsius
- ✓ Average Relative Humidity: 90%

### **NOTES**

*Lima capital city of Peru, and capital of the region of the same name. Today it is a modern metropolis, with about 8 million inhabitants, being one of the main cities of South America, and is the largest city in the country, and is equipped with all the advances of modern life, has appropriate infrastructure Tourism, ideal to hold events (congresses, conventions, meetings, among others) of international character.*

*The city has downtown areas, districts with modern infrastructure, with important hotels, restaurants, shopping centers, and nightlife. Here you can find excellent tourist services, from hostels from 1 to 3 stars, hotels from 1 to 5 stars, apart hotels of 3, 4 and 5 stars, also restaurants from 3 to 5 forks; Specialized in local, national and international foods. Thus, Lima has districts that deserve to be visited, among which we have Miraflores, San Isidro and Barranco, where you will find beautiful and pleasant parks and plazas, to modern shopping and residential centers, pubs and discos full of fun. On the beaches of these districts are practiced the Hawaiian board, hang gliding and paragliding.*

*In its periphery and even in its urban area are the main architectural monuments, from pre-Columbian sites such as the citadel of Pachacamac (seat of an oracle and religious pilgrimage center of various eras), to houses and temples and colonial churches such as the cathedral, The Torre Tagle palace; Now home to the Foreign Ministry. Among other places of importance for tourism you can find colonial-style palaces that preserve its beauty and magnificence, such as Plaza de Acho, the barefoot mall, the house of the Inquisition, the Royal Felipe's fortress, the Museo de The Nation, the Larco Herrera Museum of Archeology and Anthropology, the Government Palace and the Leyendas Park.*

*It was founded on January 18, 1535, by the Spanish conquistador Dn. Francisco Pizarro and was called "City of the kings", being then seat of the governorship of New Castile, of which Pizarro was governor. For its colonial architecture, in 1991, UNESCO declared it as "Cultural Heritage of Humanity".*