**Use of the Pit Lane (penalty area) during race walks [USATF Rules 230.3(c) and 230.3(j)]**

Red card posting board

Recorder

Lane 1

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toward Finish Line

Lane 2

Chief Judge

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Lane 3

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Exit

Lane 4

Entry

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**Pit Lane**

Lane 5

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Official

Lane 6

Official

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Lane 7

Official

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lane 8

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10 m

Lane 9

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80 m

The entry to the Pit Lane is approximately 80 meters before the Finish Line.

The Chief Judge or the Chief Judge’s Assistant will direct the athlete with three red cards into the Pit Lane. For a 3,000-meter race walk, the athlete with three red cards must stay in the pit lane for 30 seconds. Officials will keep track of the time, alert the athlete when there is 10 seconds remaining on the penalty, then release the athlete when the 30 seconds has expired.

The athlete is free to stop or continue moving inside the penalty area; however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance, but communication with coaches is allowed. The athlete is not judged in the penalty area.

If the athlete receives a fourth red card (from a fourth judge), either while in the Pit Lane or afterward, the athlete will be disqualified.

If the athlete receives the third Red Card at the late stage of the race and it’s not possible for the Chief Judge or the Chief Judge’s Assistant to notify the athlete that the athlete must stop in the Pit Lane, the athlete shall finish the race, and the penalty shall be added to the race walker’s official time. Currently IAAF recommends the following penalty times: 30 seconds for races up to and including 5,000 meters, 60 seconds (1 minute) for <10 km, 120 seconds (2 minutes) for <20 km, 180 seconds (3 minutes) for <30 km, 240 seconds (4 minutes) for <40 km, and 300 seconds (5 minutes for <50 km. At the USATF annual meeting in 2016 the National Race Walk Committee endorsed these IAAF recommendations for penalty times.

[version 15 February 2017, parts quoted from the 2014 IAAF document “Race Walking – A Guide to Judging and Organising”]