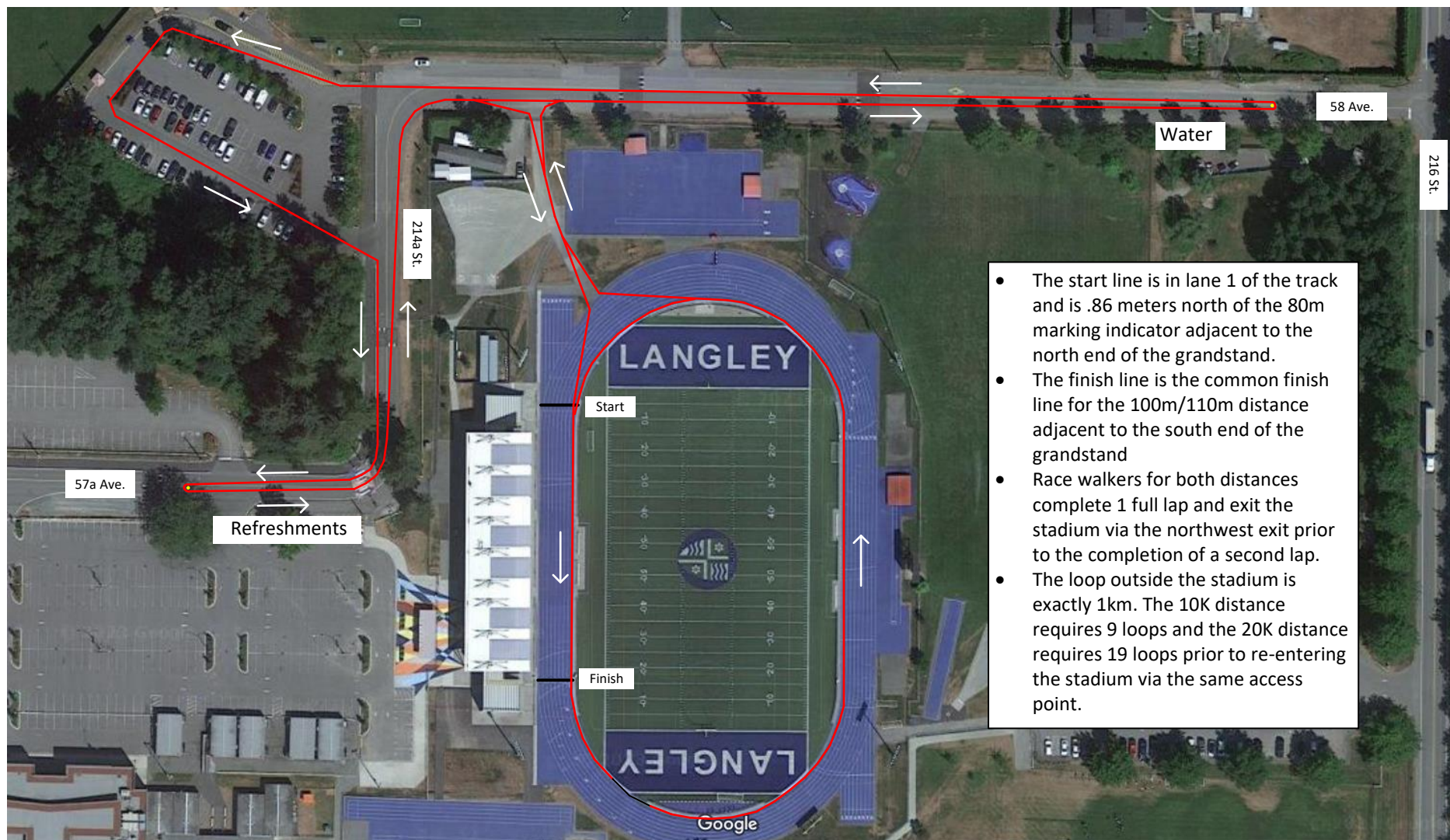


2023 BELL CANADIAN TRACK & FIELD CHAMPIONSHIPS

TRACK – Day 3 (Saturday – 2023-07-29)

10K / 20K Racewalk



- The start line is in lane 1 of the track and is .86 meters north of the 80m marking indicator adjacent to the north end of the grandstand.
- The finish line is the common finish line for the 100m/110m distance adjacent to the south end of the grandstand
- Race walkers for both distances complete 1 full lap and exit the stadium via the northwest exit prior to the completion of a second lap.
- The loop outside the stadium is exactly 1km. The 10K distance requires 9 loops and the 20K distance requires 19 loops prior to re-entering the stadium via the same access point.