

**CANADIAN TRACK & FIELD CHAMPIONSHIPS  
WINDSOR, JULY 06, 2008**

The Canadian Championships will be a very special event again this year for Race walking enthusiasts. This championship will not only hold the men and women's senior 20k race walk event but also the Junior men and women's 10k event. The Junior 10k race walk event will also serve as the National trials for the Canada vs. USA Junior Dual meet. All of Canada's top race walkers will be there.

Open 5k and 10k race walks will be included in the championship.

**The NORTHEASTERN CUP**

The Northeastern Cup is a 10km challenge event made up of teams from each state and province with the winner being the team (men & women's points combined) with the most points. All athletes entered in the 10k and 20k events are automatically entered in the CUP. New York State has won the cup the last three years. Quebec, Ontario, British Columbia and Alberta will all battle to bring the Cup home to Canada. Quebec won the Cup in 2004.

**Racewalkers of all ages are welcome to compete with our national champions.**

All races will start at the same time.

Invitations are being sent to our USA friends letting them know that they are most welcome to compete in our championships. This event will offer some of the best competition of any race walk meet in North America, not to mention a great tune-up for the USA/Canada Junior Dual meet in Victoria, British Columbia on August 16<sup>th</sup> (event web site: [www.racewalk.org](http://www.racewalk.org) )

**Race Info:**

Date: Sunday, July 06, 2008

Time: 7:30 am start, all walks (5k, 10k and 20k)

Place: Assumption College, which is right beside the track stadium.

Course: Flat, 1.25k loop

Entries: Enter on line for the National Senior 20k walks and National Junior 10k walks.

For meet information and National event entries go to [www.athletics.ca](http://www.athletics.ca)

Open 5k and 10k walks – Contact Stafford Whalen ([staffordwhalen@rogers.com](mailto:staffordwhalen@rogers.com)) for entry forms.

For more information please contact:

Stafford Whalen

Athletics Canada National Race Walk Coordinator

Phone: 416.243.5413

[staffordwhalen@rogers.com](mailto:staffordwhalen@rogers.com)

**SPECIAL CHALLENGE:** Coaches and athletes from BC, Alberta, Ontario and Quebec - Please work together to assemble a team to challenge for the Northeastern Cup. All athletes entered in the National Championships 10k and 20k are automatically entered in the Northeastern Cup. You can have up to three scorers in the men's and women's races so fill the spots with 10k open event athletes. See attached open event entry form for more details on the Cup.