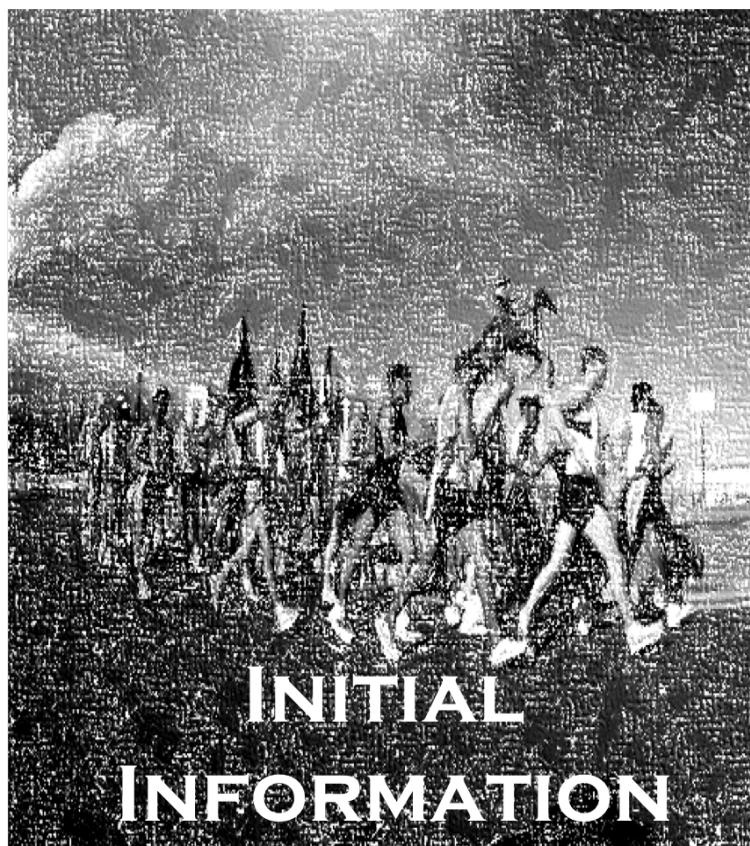




*IAAF*  
*2019 RW Challenge*  
*&*  
*RW Pan-Am Cup*



## 1.1 The Event.

Ever since the conception of the RW IAAFChallenge, Mexico has been one of its "Category B" venues. This year, the Pan American Athletics Association (APA) has also assigned to Mexico the organization of the Pan American Cup.

Both organizations, the IAAF and the APA have agreed that Mexico hosts both competitions jointly in a single event, to be held in Lazaro Cárdenas City on 21 & 22 April 2019.

## 1.2 IAAF & APA Council Members & International Officials.

IAAF COUNCIL	APA COUNCIL
Lord Sebastian Coe (GBR)	Victor Lopez (PUR)
Sergey Bubka (UKR)	Julio Roberto Gómez (COL)
Dahlan Al Hamad (QAT)	Evelyn Claudio (PUR)
Alberto Juantorena Danger (CUB)	Alain Jean Pierre (HAI)
Hamad Kalkaba Malboum (CMR)	Claude Blackmore (GUY)
José Maria Odriozola (ESP)	Marcos Oviedo (VEN)
Roberto Gesta De Melo (BRA),	Esther Maynard (BAR)
Nawal El Moutawakel (MAR)	Rob Guy (CAN)
Abby Hoffman (CAN)	Roberto Gesta de Melo (BRA)
Anna Riccardi (ITA)	
Pauline Davis-Thompson (BAH)	
Geoff Gardner (NFI)	
Sylvia Barlag (NED)	
Ahmad Al Kamali (UAE)	
Bernard Amsalem (FRA)	
Zhaocai Du (CHN)	
Victor Lopez (PUR)	
Stephanie Hightower (USA)	
Hiroshi Yokokawa (JPN)	
Antti Pihlakoski (FIN)	
Mikhail Butov (RUS)	
Adille Sumariwalla (IND)	
Nawaf Al Saud (KSA)	
Svein Arne Hansen (NOR),	
Karim Ibrahim (MAS),	
Vivian Gungaram (MRI),	
	PAN AM RW COMMISSION
	Rubén Aguilera (ARG)
	Cándido Vélez (PUR)
	Tim Berret (CAN)
	INTL' RACE WALKING JUDGES
	Rolando Abrego (ESA)
	Carlos Barrios (GUA)
	Raúl Cruz (MEX)
	Maryanne Daniels (USA)
	David Obed Domínguez (MEX)
	Daniel Michaud (CAN)
	Wendy Vargas (C RC)
	Cándido Vélez (PUR)

### 1.3 Local Organizing Committee

LOCAL ORGANISING COMMITTEE
Mexican Federation of Athletic Federations (FMAA)
State Government of Michoacan
Municipal Government of Lazaro Cardenas

### 1.4 Information about Lazaro Cardenas

Lazaro Cárdenas is a port city that with its surrounding municipality is located in the southern part of the Mexican state of Michoacán located 500 km Southwest of Mexico City

It was formerly known as “Los Llanitos” but changed its name as a tribute to Lázaro Cárdenas del Río, a Michoacán-born politician who was president of Mexico from 1934 to 1940.

The city is located where the Río Balsas drains into the Pacific Ocean, one-hour flight from Mexico City.

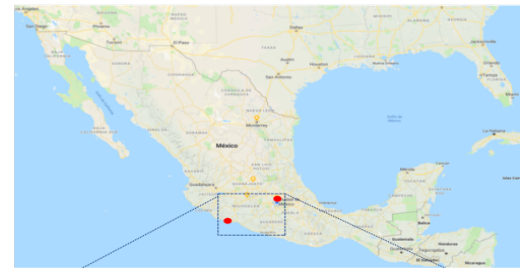
It is served by the Lázaro Cárdenas Airport.

Lázaro Cárdenas is the spearhead of the great industrialization project of the Michoacan coast, called as a whole "Fourth Development Pole",

which began to crystallize as of the 1970s.

Population	200,000	
Language	Spanish	
Currency	Mexican Peso	
Time Zone	GMT. -7	
Altitude	12 ~ 13 mamsl	
Electricity Vlt, Frc	127 V, 60 Hz	
Drinking water	To be provided	
<b>PREDICTED FOR APRIL, 2019</b>		
Temperature	Max.	29o Celsius
	Min.	12o Celsius
Sunrise	07:17	
Sunset	19:54	
Average Rainfall	01 mm	
Humidity	75%	

project.



This project based its viability on the rich ferrous deposits of Las Truchas, whose mineral wealth was already known since the post classic period.

The new municipal government is determined to develop a great social work with the purpose of giving this community, predominantly industrial, a better quality of life. Among the actions undertaken is the strong promotion of sports activities. The Race Walking Challenge and RW Pan Am Cup event is part of such ambitious

## 2. COMPETITION ENTRIES DEADLINES

To be sent to [fmaa.mx@gmail.com](mailto:fmaa.mx@gmail.com) and [mex@mf.iaaf.org](mailto:mex@mf.iaaf.org)

Friday 3 January	Information on intention to participate.
Friday 22 February	Numerical entries indicating number of athletes and accompanying persons.
Friday 15 March	Nominal entries indicating names, function, athlete's best season performance and a copy of the relevant passport page.

## 3. GENERAL PROGRAMME

Thursday, 18 April	Team Arrivals and Accreditation
Friday, 19 April	10:00 Course Inspection 19:00 Technical Meeting
Saturday, 20 April	08:00 10k Junior Men 09:15 20k Women 16:45 Opening Ceremony 17:00 10k Junior Women 18:00 20k Men
Sunday 21 April	08:00 50k Men (Pan-Am Cup Only)
Monday 22 April	Team Departures

## 4. TRAVEL TO LAZARO CARDENAS

It is advisable to arrive directly at the Mexico City airport on Thursday, April 18, 2019. The Organizing Committee will have first class buses that will travel 600 kms to Lazaro Cardenas, at no cost to the teams.

In order to take advantage of this service, the LOC must receive the information of the flight itinerary and the number of people of the delegation, no later than March 15, 2019.

Those who require it can fly from Mexico City to Lázaro Cárdenas (there are two daily flights by the company Aeromar) or from Mexico City to Iztapa-Zihuatanejo (there are several daily flights). There is transportation by road from the airport to Lázaro Cardenas, distant 95 kms. from Lazaro Cardenas.



**5. ENTRY VISAS:**

Those who require a Mexican visa must apply to the FMAA for an official invitation, indicating the Mexican Consulate they will process the visa in. The letter to the FMAA must be accompanied by a copy of the page of your passport, valid for the next six months, which contains the photo and personal data of the applicant. The application must be sent with an anticipation of at least two months, to ensure that the visa is obtained on time.

In Appendix No. 1 you can find the list of countries whose citizens require an entry visa to Mexico, of those that do not require it, plus the countries that have a Mexican Embassy.

Visa Invitation Letter requests, and other enquiries, should be submitted to: [mex@mf.iaaf.org](mailto:mex@mf.iaaf.org) or to phone +525537318395 to the attention of Ms Claudia Olmos

**6. INSURANCE**

All Member Federations are responsible for their own insurance to cover illness or injury to any member of their Delegation and/or team when travelling to and from IAAF competitions and during the event itself. The LOC is negotiating insurance coverage for emergency medical costs during the travel and stay abroad for all athletes and officials entered.

**7. ACCREDITATION**

As soon as they arrive at Lazaro Cardenas, the teams will be transferred to the HQ hotel in order to proceed with their accreditation.

The identity and entry forms will be verified. The financial arrangements must be finalized before the accreditation is issued. All payments must be in cash. Once the accreditation is issued, the teams will be transferred to the corresponding hotel.

**8. ACCOMMODATION**

With a contribution of \$ 200 per person, the Organizing Committee will provide four days of accommodation, from the dinner on Thursday, April 18, Monday, October 22, breakfast provided. IAAF 2019 Qualified Athletes are exempted of such fee.

The number of officers allowed inside the team is shown in the graph here on the right:

Additional officials (Delegates, coaches, medicals, physios, etc) are responsible of their own accommodation, which we recommend to be arranged beforehand .

1 to 4 Athletes	1 Official
5 to 8 Athletes	2 Officials
9 to 12 Athletes	3 Officials
13 to 16 Athletes	4 Officials
17 to 16 Athletes	4 Officials



Earlier arrivals and/or departures after those dates must be arranged beforehand and are to be paid by the team or by the individual person.

The following hotels have been selected to accommodate the participating teams:

Hotel Quinta Antigua: ([www.quintaantigua.com](http://www.quintaantigua.com))

Hotel Casa Blanca: ([hcasablanca.com.mx](http://hcasablanca.com.mx))

Hotel Baymontt Inn: (<https://www.wyndhamhotels.com>)

All hotels are located within walking distance to the competition course.

## 9. COMPETITION COURSE

It is a 2k long circuit, straight and flat. Starts in front of the Municipal Presidency building, along Lazaro Cardenas Ave, Southeastwardly up to Corregidora Street. Returns along Lazaro Cardenas Av, up to Rio Balsas Ave, where the second return is. The level varies between 12 and 13 meters above sea level. Start and Finish line are indicated with A ; water and sponges with B , and refreshments station with C .



## 10. IAAF CHALLENGE SCORING AND PRIZE MONEY AWARDS

10.1 The 20k men and women race is a Category “B” IAAF Permit Meet. The winners will be awarded with the prize money awards and scoring points as shown in the hereunfrt chart.

Position	Scoring	Awards
1st place	12 points	\$4,000
2nd place	10 points	\$2,500
3rd place	8 points	\$1,500
4th place	7 points	\$1,000
5th place	6 points	\$800
6th place	5 points	\$700
7th place	4 points	
8th place	3 points	
9th place	2 points	
10th place	1 point	

10.2 The 50k men and women race is a Category “C” IAAF Permit Meet, therefore there is no prize money awards. The scoring is shown in the chart hereunder:

Position	Scoring
1st place	6 points
2nd place	5 points
3rd place	4 points
4th place	3 points
5th place	2 points
6th place	1 point

**FINAL NOTE:** As stated in the invitation sent to the IAAF Member Federations last October, it is very important to inform us, via the following e-addresses the intention of your Federation to participate in this important event: [inscripciones.fmaa@gmail.com](mailto:inscripciones.fmaa@gmail.com) and [mex@mf.iaaf.org](mailto:mex@mf.iaaf.org).

With our best regards,

The Organising Committee

