

1500M RACE WALK AND 5K RACE WALK

5K RACE WALK

In conjunction with OSG Cycling and 5K Run at Lake Stanley Draper

Saturday, September 21

Entry Deadline: September 7

Lake Stanley Draper Marina
8301 S.W. 104th St.
Oklahoma City, OK 73165
405-799-0870

EVENT

5K Race Walk

Check In: 9:00 am

Event starts: 10:00 am

EVENT DIRECTOR

Kathleen Fitzgerald

Kathleen.fitzgerald@OKSeniorGames.com

(727) 776-1877

1500 M RACE WALK

In conjunction with the OSG Track and Field Meet at Oklahoma Baptist University

Saturday, October 5

Entry Deadline: September 21

Oklahoma Baptist University
500 W University
Shawnee, OK 74804

EVENT

1500 M Race Walk

Check In at 7:00 am

Event starts: 8:00 am

EVENT DIRECTOR

Regina Stewart

Regina1022@sbcglobal.net

(405) 802-4491

SPORT RULES

1. Race Walk events will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, please visit or contact:

USA Track & Field

132 East Washington Street, Suite 800

Indianapolis, IN 46204

(317) 261-0500

www.usatf.org

2. Race Walk athletes must use proper race walking techniques or risk disqualification.

3. Race Walk athletes must not wear clothing that could impede the view of the judges.
4. Race Walk race numbers must be worn on the front and back and must be visible at all times.

2019 is NOT a year in which to qualify for NSGA competition.