

1500M and 5K POWER WALK

5K POWER WALK

Saturday, September 19, 2020

Entry Deadline: September 5, 2020

Meet on East side of Jenks Bridge
Riverside and 96th Street Park
Tulsa, Oklahoma

EVENT

5K Power Walk

Check In: 9:15 am

Event starts: 9:45 am

FORMAT

1. The course is five times around the flat 1K loop in the Riverside and 96th Street Park.
2. Power Walk athletes **must use proper power-walking techniques or risk disqualification.**
3. Power Walk race numbers must be worn on the front and back and must be visible at all times.

EVENT DIRECTOR

Jim McFadden

Jim.McFaden4@gmail.com

918-978-6847

1500 M POWER WALK

In conjunction with the OSG Track and Field Meet at Shawnee High School

Saturday, October 3

Entry Deadline: September 19

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801

EVENT

1500 M Power Walk

Check In at 10:15 am

Event starts: 11:15 am

FORMAT

1. 1500M Power Walk will be 3.75 laps on a standard 400 Meter track.
2. Power Walk athletes **must use proper power-walking techniques or risk disqualification.**
3. Power Walk race numbers must be worn on the front and back and must be visible at all times.

EVENT DIRECTOR

Regina Stewart

Regina1022@sbcglobal.net

(405) 802-4491

SPORT RULES for both the 5K and 1500M POWER WALK EVENTS

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please visit or contact:
United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641
2. Power Walk is a Monitored Event: Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
3. Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
 - b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
 - c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
 - d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - e) Running or jogging mode is forbidden.
 - f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
 - g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
 - i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

**2020 is a year in which to qualify for NSGA competition in
Fort Lauderdale, Florida November 5 – 18, 2021.**

For more information about national competition go to: NSGA.com

- 1. ALL ATHLETES WHO COMPETE IN A 2020 POWER WALK QUALIFYING GAME QUALIFY TO COMPETE IN POWER WALKING EVENTS IN THE 2021 NATIONAL SENIOR GAMES.**
- 2. Athletes qualified in either the 1500M or the 5K power walk may compete in either or both events at the 2021 National Senior Games.**
- 3. Power walk can be counted as a third sport for the 2021 National Senior Games.**