

1500M RACE WALK AND 5K RACE WALK

5K RACE WALK

Saturday, September 19, 2020

Entry Deadline: September 5, 2020

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

EVENT

5K Race Walk

Check In: 8:30 am

Event starts: 9:00 am

FORMAT

1. The course is five times around the flat 1K loop in the Riverside and 96th Street Park.
2. Walkers meet on the east side of Jenks Bridge in the park.

EVENT DIRECTOR

Jim McFadden

Jim.McFaden4@gmail.com

918-978-6847

1500 M RACE 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 Race Walk

Check In: 8:30 am

Event Starts: 9:30 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.

**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 first, second, third and fourth place winners or athletes meeting this sport's minimum performance standards in competition at the 2020 NSGA qualifying games will qualify for the 2021 National Senior Games.
2. Athletes qualified in either the 1500M or the 5K race walk may compete in both events at the 2021 National Senior Games.
3. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes. The NSGA definition of an athlete's state of residence is that state in which the athlete resides at least six months of the year.
4. Race Walk allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents in addition to any top four finishing out-of-state athletes. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2021 National Senior Games. Oklahoma would then qualify eight athletes for the national senior games in that event, gender and age division.

RACE WALK MINIMUM PERFORMANCE STANDARDS

If you did not place as one of the top four in your age group at the Oklahoma Senior Games competition you qualify for participation in the 2021 National Senior Games if your score was the time or faster than that listed below for your gender and age.

	Men1500M	Women 1500m	Men 5K	Women 5K
50-54	8:25	9:55	30:30	35.35
55-59	8:43	10:12	31.21	36.13
60-64	9:00	10:21	32.15	37.05
65-69	9:34	10:51	34.14	37.56
70-74	10:06	11:26	36.48	42.26
75-79	11:12	12:43	39.10	43.00
80-84	13:04	14:08	46.39	48.44
85-89	16:21	18:16	53.10	55.30
90+	17:19	18:16	53.10	55.30