

2020 SUMMER CHALLENGES for Seniors 50+

Running, Power Walking, Non-Competitive Walking and Fitness

See the Oklahoma Senior Games Website for Directions www.OKSeniorGames.com
Athletes will submit new scores each month. Scores will be updated each month.

1500 METER RUN CHALLENGE See Challenge Times below

Measure your distance as accurately as possible if you are unable to use a school track.

Find as flat of a terrain as possible for the best time.

Call the Oklahoma Senior Games office if you need help determining 1500 Meters on a track.

(405) 821-1500

Time yourself or have someone else time you as you run the 1500 Meter distance.

Report your time to tiffany.brenner@OKState.edu with **SENIOR GAMES** as the subject.

You may update your time during the month if you run a faster time.

Please indicate that this is an updated time in your email.

Fulfilling the Gold Challenge, would place you between the top 10 to 25 positions in national competition depending upon your age group. If you feel challenged, this is the reason.

1500 METER POWER WALK CHALLENGE See Challenge Times below

Measure your distance as accurately as possible if you are unable to use a school track.

Find as flat of a terrain as possible for the best time.

Call the Oklahoma Senior Games office if you need help determining 1500 Meters on a track.

(405) 821-1500

Time yourself or have someone else time you as you power walk the 1500 Meter distance.

Observe the **NO RUN** rule. One foot or the other foot must be in contact with the ground continually during your walk.

Report your time to tiffany.brenner@OKState.edu

You may update your time during the month if you power walk a faster time.

Please indicate that this is an updated time in your email.

Fulfilling the Gold Challenge, would place you in the top 10 to 25 positions in national competition depending upon your age group. If you feel challenged, this is the reason.

NON-COMPETITIVE WALK CHALLENGE Recreational walk for activity

See Challenge Criteria below

1500 Meters or approximately 2,000 steps is the minimum distance required for this event.

You may walk more if you desire.

The goal for this event is to challenge you to walk regularly.

FITNESS CHALLENGE

On the front page of our website we will recognize Gold, Silver and Bronze Winners based upon their performance in the following events:

- 25 points Number of sit-ups performed in 60 seconds;
Knees bent, feet secured, arms across chest. Rise to sitting position and back to floor.
- 25 points Number of 45° push-ups performed in 60 seconds;
Hands on a surface **half your height** distant from the floor with your feet **half your height** distant from a vertical line below your hands. Keep your body rigid with your arms straight. Lower your body until your upper arms and forearms form a 90 degree angle, then push back to your original position.
- 25 points Number of deep knee bends performed in 60 seconds
From a stand, lower body. Squat until your femur is parallel to the ground, then Rise to your original position. You may use your hands for balance but not for leverage.
- 25 points Length of time balancing on one leg then the other for between 180 and 300 seconds depending upon your age. 5:00 min. for 50-59; 4:20 for 60-69; 3:40 for 70-79; 3:00 min. for 80-89.

Men Fitness Levels Gold = 90-100 points, Silver 80-89 points, Bronze 70-79 points

Women Fitness Levels Gold = 80-100 points, Silver 70-79 points, Bronze 60-69 points

Age Group Scales are posted on the Oklahoma Senior Games website under
2020 Summer Challenge

MEN AND WOMEN NON-COMPETITIVE WALK

This is a non-competitive walk with a minimum distance of 1500 Meters

	GOLD	SILVER	BRONZE
50-54	6 DAYS/MIN 1500M	5 DAYS/MIN 1500M	3 DAYS/MIN 1500M
55-59	6 DAYS/MIN 1500M	5 DAYS/MIN 1500M	3 DAYS/MIN 1500M
60-64	6 DAYS/MIN 1500M	5 DAYS/MIN 1500M	3 DAYS/MIN 1500M
65-69	6 DAYS/MIN 1500M	5 DAYS/MIN 1500M	3 DAYS/MIN 1500M
70-74	5 DAYS/MIN 1500M	4 DAYS/MIN 1500M	2 DAYS/MIN 1500M
75-79	5 DAYS/MIN 1500M	4 DAYS/MIN 1500M	2 DAYS/MIN 1500M
80-84	4 DAYS/MIN 1500M	3 DAYS/MIN 1500M	2 DAYS/MIN 1500M
85-89	4 DAYS/MIN 1500M	3 DAYS/MIN 1500M	2 DAYS/MIN 1500M
90-94	3 DAYS/MIN 1500M	2 DAYS/MIN 1500M	1 DAY/MIN 1500M
95+	3 DAYS/MIN 1500M	2 DAYS/MIN 1500M	1 DAY/MIN 1500M

MEN 1500M RUN AGES and TIMES

	GOLD	SILVER	BRONZE
50-54	6.23 min	6.55 min	7.27 min
55-59	6.29	7.01	7.34
60-64	6.42	7.16	7.49
65-69	7.16	7.52	8.28
70-74	8.07	8.47	9.28
75-79	9.22	10.08	10.55
80-84	10.32	11.07	12.17
85-89	15.38	16.55	18.13
90+	19.16	20.52	22.28

MEN 1500 METER POWER WALK AGES and TIMES

	GOLD	SILVER	BRONZE
50-54	10.05 min	10.56 min	11.46 min
55-59	10.27	11.19	12.11
60-64	10.48	11.42	12.36
65-69	11.39	12.37	13.35
70-74	12.07	13.08	14.08
75-79	13.26	13.34	15.41
80-84	15.40	16.59	18.17
85-89	19.37	21.16	22.53
90+	20.47	22.31	24.15

WOMEN 1500M RUN AGES and TIMES

	GOLD	SILVER	BRONZE
50-54	7.54 min	8.33 min	9.13 min
55-59	8.28	9.10	9.52
60-64	8.44	9.28	10.11
65-69	9.30	10.18	11.05
70-74	11.00	11.55	12.50
75-79	13.06	14.11	15.17
80-84	16.29	17.51	19.13
85-89	19.48	21.27	23.06
90+	19.48	21.27	23.06

WOMEN 1500 METER POWER WALK AGES and TIMES

	GOLD	SILVER	BRONZE
50-54	11.54 min	12.53 min	13.53 min
55-59	12.14	13.16	14.17
60-64	12.25	13.28	14.29
65-69	13.01	14.06	15.11
70-74	13.43	14.52	16.00
75-79	15.16	16.32	17.49
80-84	16.58	18.22	19.47
85+	21.55	23.45	25.35