



## POWER WALKING 1500M & 5000M

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**DATE**           **SATURDAY, MAY 18TH**

**TIME**           1500M Power Walking begins at 8:30 am   Running Events at 9:00 am  
5000M Power Walking approximately 12:00 pm *(following completion of running events)*  
Power Walk – During Track & Field Event  
Power Walk is immediately after Race Walk  
We advise athletes to choose ONE of Race Walk OR Power Walk  
**Evansville is CENTRAL TIME.**

**LOCATION**   Harrison High School  
Romain Track & Field Stadium  
211 Fielding Rd.  
Evansville, IN 47715

**REGISTRATION**   There is an additional \$5 fee for this event paid at time of registration.

### **GENERAL INFORMATION**

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2019. No onsite registration is allowed.

### **PACKET PICKUP**

All packets are located at the Host Hotel, Tropicana Evansville.

Tropicana Hotel Lower Level Meeting Room D

421 NW Riverside Dr, Evansville, IN 47708

Packet pickup available Thurs. May 16 – Tues May 21 8:00 am – 6:00 pm Central Time

Packets will also be available for pick-up at the Celebration of Athletes Dinner on Friday, May 17th at the Red Fez Restaurant.

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### QUALIFYING RULES

1. For 2019 only, Power Walk event will be classified as an "OPEN" event. Athletes do not need to qualify at a 2018 state qualifier.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

### ENTRY REGULATIONS

1. Athletes may compete in both the 1500M and 5K.
2. Anyone can register for the event regardless if a state qualifier offers it or not. It can also be counted as a third sport ONLY for the 2019 National Senior Games.

### MEDALS

Medals are given to 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), 3<sup>rd</sup> (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

### Equipment:

Power Walking equipment provided by athletes. Coordinator may inspect any equipment as needed.

### Rules:

See NSGA rules that apply.

### Coordinator:

Coordinator will be responsible for all event issues that arise. Coordinator will record scores on result sheets and award medals. Walking technique will be monitored by judges.

### QUESTIONS

Contact [IndianaStateGames@gmail.com](mailto:IndianaStateGames@gmail.com) or call 812-297-9568 text or please leave a message.