



POWER WALKING 1500M & 5000M

DATE Saturday, May 19, 2018 Event at Track & Field

TIME 1500M Power Walking begins at 8:00 am (CDT) Running Events at 9:30 am (CDT)
5000M Power Walking begins at completion of running events approx.: 12:00 pm

LOCATION Harrison High School
Evansville, IN 47715
Power Walking event will occur on a Track.

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, 2018. No onsite registration is allowed.

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.

POWER WALKING

1500M

MEDALS

Medals are given to 1st (Gold), 2nd (Silver), 3rd (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 or call 812-297-9568 text or please leave a message.