

## ROAD RACE 5K/10K

### QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer the 5K and/or 10K Road Race event may qualify by meeting the "limited" event qualifying criteria in Rule D.

### ENTRY REGULATIONS

1. Athletes may enter only the event(s) in which he/she has qualified.
2. Individuals who want to qualify in the 5K and 10K Road Race must run the events separately. You cannot use your 5K split time from a 10K race to qualify for the 5K.
3. A 5000 meter and 10000 meter track event cannot be used as a qualifying event for the 5K and 10K road race, respectively.
4. Athletes qualified in either the 5K or 10K road race may compete in both events.

### FORMAT

1. In the 5K and the 10K all age divisions will run simultaneously.
2. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

### SPORT RULES

1. All road race events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these, rules please write or call:

USA Track & Field  
132 East Washington St., Suite 800  
Indianapolis, IN 46204  
(317) 261-0500  
www.usatf.org

### ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	50:35
55-59	19:23	45:06	55-59	26:50	56:13
60-64	20:02	46:29	60-64	27:15	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	32:15	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:21:00
80-84	33:55	1:23:16	80-84	46:58	1:39:00
85-89	43:30	1:40:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

### MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2017 National Senior Games)