



ROAD RACE - 5K

DATE Saturday, May 4th, 2019

TIME 8:00 AM Central Time

LOCATION New Harmony, IN
This event will be in conjunction with an officially held event.

REGISTRATION This event requires **TWO** registrations.

1. [Register with Indiana State Games](#)
2. [Register with Rise Up and Run](#)

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.

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.

PACKET PICKUP

Indiana State Games Packets will be available onsite.

Rise Up and Run will be available per instructions on that website.

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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. Medals awarded at completion of race once all times have been turned in. 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.

RULES

See NSGA rules that apply.

QUESTIONS

Contact IndianaStateGames@gmail.com or call 812-297-9568 text or please leave a message.