

1500 M and 5K POWER WALK

5K POWER WALK

In conjunction with OSG Cycling and 5K Run at Lake Stanley Draper

Saturday, September 21

Entry Deadline: September 7

Lake Stanley Draper Marina
8301 S.W. 104th St.
Oklahoma City, OK 73165
405-799-0870

EVENT

5K Power Walk

Check In: 9:30 am

Event starts: 10:30 am

EVENT DIRECTOR

Kathleen Fitzgerald

Kathleen.fitzgerald@OKSeniorGames.com

(727) 776-1877

1500 M POWER WALK

In conjunction with the OSG Track and Field Meet at Oklahoma Baptist University

Saturday, October 5

Entry Deadline: September 21

Oklahoma Baptist University
500 W University
Shawnee, OK 74804

EVENT

1500 M Power Walk

Check In at 7:30

Event starts: 8:30 am

EVENT DIRECTOR

Regina Stewart

Regina1022@sbcglobal.net

(405) 802-4491

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.

FORMAT

1. The circuit for 5 K will be conducted on the road in a recommended loop of 1000M and 500M between turn around to turn around. The 1500M Power Walk will be on a standard 400 meter track.
3. Awards will be presented for 1st through 3rd place for each event within each age division.

SPORT RULES

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please visit or contact:
United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641
2. Power Walk is a Monitored Event: Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
3. Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
 - b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
 - c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
 - d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - e) Running or jogging mode is forbidden.
 - f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
 - g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
 - i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

2019 is NOT a year in which to qualify for NSGA competition.