

# **1500 M and 5K POWER WALK**

## **5K POWER WALK**

**Saturday, September 19, 2020**

**Entry Deadline: September 5, 2020**

East side of Jenks Bridge  
Riverside and 96<sup>th</sup> Street Park  
Tulsa, Oklahoma

### **EVENT**

#### **5K Power Walk**

Check In: 9:15 am

Event starts: 9:45 am

### **FORMAT**

1. The course is five times around the flat 1K loop in the Riverside and 96<sup>th</sup> Street Park.
2. Walkers meet on the east side of Jenks Bridge in the park.

### **EVENT DIRECTOR**

Jim McFadden

[Jim.McFaden4@gmail.com](mailto:Jim.McFaden4@gmail.com)

918-978-6847

## **1500 M POWER WALK**

**In conjunction with the OSG Track and Field Meet at Shawnee High School**

**Saturday, October 3**

**Entry Deadline: September 19**

Shawnee High School  
1001 N Kennedy Avenue  
Shawnee, OK 74801

### **EVENT**

#### **1500 M Power Walk**

Check In at 7:30

Event starts: 8:30 am

### **EVENT DIRECTOR**

Regina Stewart

[Regina1022@sbcglobal.net](mailto:Regina1022@sbcglobal.net)

(405) 802-4491

## FORMAT

1. 1500M Power Walk will be on a standard 400 Meter track.
2. Awards will be presented for 1st through 3rd place for each event within each age division.

## SPORT RULES for both the 5K and 1500M POWER WALK EVENTS

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](mailto: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.

**2020 is a year in which to qualify for NSGA competition in**

**Fort Lauderdale, Florida November 5 – 18, 2021.**

**For more information about national competition go to: [NSGA.com](http://NSGA.com)**

- 1. ALL ATHLETES WHO COMPETE IN A 2020 QUALIFYING GAME QUALIFY TO COMPETE IN POWER WALKING EVENTS IN THE 2021 NATIONAL SENIOR GAMES.**
- 2. Athletes qualified in either the 1500M or the 5K power walk may compete in either or both events at the 2021 National Senior Games.**
- 3. Power walk can be counted as a third sport for the 2021 National Senior Games.**