



Presents

OKLAHOMA SENIOR GAMES



1500M and 5K POWER WALK 2021

5K POWER WALK

Saturday, September 11

Entry Deadline: August 28

Meet on East side of Jenks Bridge
Riverside and 96th 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 96th Street Park.
2. Power Walk athletes **must use proper power-walking techniques or risk disqualification.**

EVENT DIRECTOR

Jim McFadden

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 2

Entry Deadline: September 18

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801

EVENT

1500 M Power Walk

Check In at 11:40 am

Event starts: 12:40 pm

FORMAT

1. 1500M Power Walk will be 3.75 laps on a standard 400 Meter track.
2. Power Walk athletes **must use proper power-walking techniques or risk disqualification.**

EVENT DIRECTOR

Regina Stewart

Regina1022@sbcglobal.net

(405) 802-4491



OKSeniorGames.com (405) 821-1500 Info@okseniorgames.com

