

SPORT: ROAD RACES

EVENT: *All events are national qualifying.*

5K RACEWALK (National qualifying event, see Walking for rules)

5K RUN & 10K RUN (National qualifying events)

The date and venue location for the 5k events will be published in conjunction with the registration process for the Annual State Games.

The annual 10k will be published by separate letter. LSOG will attempt to satellite off another established organization for the events. Normally the 5k Run is held in conjunction with the Twilight Classic hosted by the Club South Runners, the 5K Race Walk is held in conjunction with the Alzheimer's A Walk to Remember and the 10K is held in conjunction with the Baton Rouge Sports Foundation's The Mardi Gras Mambo. Normally the races are governed by USATF masters rules.

National Qualifying Requirements for Track and Field:

1st, 2nd, 3rd, 4th Place in each age, plus those that meet the NSGA MPS will qualify.