

SPORT: WALKING

EVENTS

WALKATHON: 1 MILE recreational (**no race walkers**)

RACE WALK: 1500M and 5000M *National qualifying events.*

EVENT: WALKATHON (recreational event)

EQUIPMENT

1 mile closed course of walking space OUT OF DOORS.

DESCRIPTION

(a) One foot must be in contact with the walking surface at all times. One leg must be straightened at least momentarily during each stride.

(b) A walker **WILL BE DISQUALIFIED** if both feet leave the surface simultaneously. *Failure to abide by rules will result in disqualification.*

TIES

In the event of a tie, duplicate medals will be awarded.

EVENTS: RACEWALK 1500M and 5000M (National Qualifying events)

EQUIPMENT

Race Walk clothing must not obscure the knees. Solid color tights may be worn provided that they are not baggy around the knees. When in doubt, secure a ruling from the judges prior to the race.

Athletes shall not use video or cassette recorders or players, TV's, CD or CD-Rom players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.

DESCRIPTION

Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.

A competitor will be disqualified when three disqualification (DQ) cards have been turned in by three judges. A judge may give one caution before filling out a DQ card, but is not required to do so. Competitors who are running may be immediately disqualified.

National Qualifying Requirements:

1st, 2nd, and 3rd Place in each age group, plus those that meet the NSGA MPS will qualify. The 5000M and 1500M race walk events are “RECIPROCAL Qualifying” events. If you qualify in one distance, you may choose to register in the other distance.