

2018 RACEWALK

EVENTS

Women's 1500 Meter and Men's 1500 Meter
Women's 5K and Men's 5K

DATE

Saturday, February 17, 2018

TIMES

Men's	1500M Race	Check in at 8:55 am	1500 start time: 9:30 am
Women's	1500M Race	Check in at 8:55 am	
Men's	5K Race	Check in at 12:25 pm	5000 start time: 1:00 pm
Women's	5K Race	Check in at 12:25 pm	

SITE

Valley Christian High School
6900 W Galveston St
Chandler, AZ 85226

AMENITIES

Restrooms: Yes Phones: \$ Food: No Water: Yes

ON-LINE AND MAIL-IN FEES

\$25 Registration Fee + \$10 Sport Fee per event if registering on or before December 15.

\$30 Registration Fee + \$10 Sport Fee per event if registering December 16 thru February 8.

Paper registration is available but will incur a \$5. Data Entry fee and must be postmarked by Dec. 15.

Registration fee is charged one time only per person.

REGISTRATION DEADLINE:

February 8, 2018 for all on-line registration.

ENTRY REQUIREMENTS

Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 2/17/18. Sole players in an age group will play in the next lower age group. Gold, Silver and Bronze medals are awarded by age group.

FORMAT

The 1500M may be conducted in 4 heats:

Women 50-64, Women 65+, Men 50-64, Men 65+

SPORT RULES

1. USATF / NSGA rules apply except as noted here.
2. These are judged races. Athletes must use proper race walking techniques or risk disqualification. One foot must be on the ground at all times and the knee of the advancing leg must be straight from the point of impact until the leg is vertical.
3. Athletes must not wear clothing that could impede the judge's view of the knees. Only athletic shorts with panty hose or bare knee will be permitted.
4. This is a judged event and correct technique is REQUIRED. See racewalk.com for more information.

SPORT COMMISSIONER

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