



POWER WALK 1500M & 5000M

DATE **1500M POWER WALK – SAT, JUNE 8, 2024 8:30 AM AFTER RACE WALK**
5000M POWER WALK – SAT, JUNE 8, 2024 AFTER RUNNING EVENTS COMPLETED

TIME Power Walk 1500M will be on a track – During Track & Field Event
Power Walk is immediately after Race Walk
Evansville/Newburgh CENTRAL TIME.

LOCATION Castle South Middle School
3711 Casey Rd., Newburgh, IN 47630

**NOTE: Athletes may participate in EITHER Race
Walk or Power Walk but NOT BOTH.**

REGISTRATION There is an additional \$5 fee for this event paid at time of registration.

There will be official timing provided at this event.

GENERAL INFORMATION

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2024. No onsite registration is allowed. The top four finishers in age, gender, and division will advance to the National Senior Games to be held July 24 – Aug 3, 2025 in Des Moines, Iowa.

BIB PICKUP

You will pick up your bib onsite at the track and field location 7:30 am or after on Saturday, June 8, 2024.

T-SHIRT PICKUP

T-shirt will be available for pick-up at Bally's Meeting Room Location or at the Celebration of Athletes Dinner or will be available onsite at event.

POWER WALK

1500M & 5000M

QUALIFYING RULES

1. Power Walk event will be a qualifying event for the 2025 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course, but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

FORMAT

1. The 1500M and 5000M Power Walk at the Indiana State Games will held on a track.

SPORT RULES

1. No canes, walkers, headphones, cell phones or water bottles allowed during the 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.

- 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.

MEDALS

Medals are given to 1st (Gold), 2nd (Silver), 3rd (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

Equipment:

Power Walking equipment provided by athletes. Coordinator may inspect any equipment as needed.

Rules:

See NSGA rules that apply.

Coordinator:

Coordinator will be responsible for all event issues that arise. Coordinator will record scores on result sheets and award medals. Walking technique will be monitored by judges.

QUESTIONS

Contact IndianaStateGames@gmail.com or call 812-297-9568 text or please leave a message.