



RACE WALK 1500M & 5000M

DATE SATURDAY, JUNE 8, 2024

TIME 1500M Race Walk begins at 8:00 am Running Events at 9:00 am
5000M Race Walk approximately 11:30 am *(following completion of running events)*
Power Walk is immediately after Race Walk

NOTE: Athletes may participate in Race Walk OR Power Walk but NOT BOTH.
Evansville/Newburgh CENTRAL TIME.

LOCATION Castle South Middle School
3711, Newburgh, IN 47630

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

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.

T-SHIRT PICKUP

T-shirt also be available for pick-up at the Celebration of Athletes Dinner or at Bally's Lower Level Meeting room past the casino entrance.

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: Running/Walking equipment provided by athletes. Coordinator may inspect any equipment as needed.

RACE WALK

1500M & 5000M

FORMAT

This race will be on a Track.

SPORT RULES

1. All race walking events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:
USA Track & Field 132 East Washington St., Suite 800 Indianapolis, IN 46204 (317) 261-0500 www.usatf.org
2. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.

RACE WALK MINIMUM PERFORMANCE STANDARDS

Men	1500M	5K	Women	1500M	5K
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	12:43	43:00
80-84	13:04	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

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. Coordinator may inspect equipment if necessary.

QUESTIONS

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