2020 RACEWALK – NATIONAL QUALIFIER

EVENTS
Men’s and Women’s 1500 Meter
Men’s and Women’s 5K

DATE
Saturday, February 8, 2020

TIMES
Men’s 1500M Race Check in 8:30 am Race at 9:00 am
Women’s 1500M Race Check in 8:30 am Race at 9:30 am
Men’s 5K Race Check in 11:30 am Race at 12:00 pm
Women’s 5K Race Check in 12:30 pm Race at 1:00 pm

SITE
ASU Sun Angel Stadium – Joe Selleh Track
400 S Rural Rd
Tempe AZ 85281

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

FEES
Early Bird Registration: $30.00 (Thru Nov. 8, 2019)
Registration: $35.00 (Nov. 9, 2019-Jan. 19, 2020)
Sport Fee: $12.00 / per event
Mail In: Must be Postmarked by 1/05/2020.
Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE:

ENTRY REQUIREMENTS
Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 2/8/2020. 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

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. See racewalk.com for more information.
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.

SPORT COMMISSIONER
Phil Hershkowitz phershkowitz@scottsdaleaz.gov

RW FINAL 10/8/19