

# 2019 RACEWALK

## **EVENTS**

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

## **DATE**

**Saturday, February 9, 2019**

## **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**

Saguaro High School, 6250 N 82nd St, Scottsdale, AZ 85250

## **AMENITIES**

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

## **FEES**

Early Bird Reg.: \$28.00 Registration fee + \$12.00 Sport fee per event by Dec. 15, 2018.  
Late Reg.: \$35.00 + \$12.00 Sport fee per event from Dec.16, 2018 thru Jan. 6, 2019.  
Mail In: Add \$10.00 (incl. addl. processing fee). **Postmarked by 12/31/18.**  
Payment can be made by check or credit card (VISA, MasterCard or Discover).

## **REGISTRATION DEADLINE:**

**Sunday, January 6, 2019.**

## **ENTRY REQUIREMENTS**

Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 2/9/19. 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. See [racewalk.com](http://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**

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