

2020 POWER WALKING – NATIONAL QUALIFIER

EVENTS

Men's and Women's 1500 Meter

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

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 12/31/18.**

Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE:

Sunday, January 19, 2020.

ENTRY REQUIREMENTS

1. Athletes may compete in the 1500 M only and will be conducted with the 1500M Race Walk. Power walkers will wear a mesh vest for identification purposes.
2. Competition is in 5-year age groups: 50-54, 55-59 etc. **Age will be determined as of 2/8/2020.** Sole athletes in an age group will compete in the next lower age group. Gold, Silver and Bronze medals are awarded by age group.

FORMAT

1. The 1500M Power Walk will be on a standard 400 meter track.
2. Course and format for the 1500M will be determined by the availability of the facility.

SPORT RULES

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641

2. Power Walk is a Monitored 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.

3. Major points of the rules include:

- 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.

SPORT COMMISSIONER

Phil Hershkowitz

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