

# RACEWALK

• 5 K •

**EVENT DATE:** Saturday, April 5  
**ENTRY DEADLINE:** Friday, March 7

**CHECK-IN:** 9:00 am  
**EVENT TIME:** 10:00 am

**EVENT FEE:** \$5.00 per event

**Florida State Senior Games Qualifier:** YES

**LOCATION:** Clearwater High School  
540 S Hercules CLW 33765

**EVENT DIRECTOR:** Bonnie Stein

**PHONE:** (727) 394-9255

## FORMAT:

1. Race Walkers should plan to arrive early enough for adequate warm-up prior to event.
2. Race numbers will be issued at check-in and must be worn during entire race.
3. Appropriate clothing (exposed knees) is required to facilitate proper judging.
4. Walkers not conforming to official race-walking rules will receive a warning. Walkers must be given three warnings prior to disqualification.
5. Race walk Judges will be present on the course.

## SPORTS RULES:

1. 5k Race Walk will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. (1) One foot must be on the ground at all times. (2) The knee of the support leg must be straight upon contact with the ground. For a copy of these rules, please write or call:  
**USA Track & Field, One RCA Dome Suite 140, Indianapolis, IN 46225 (317) 261-0500**  
**[www.usatf.org](http://www.usatf.org)**
2. Race Walk athletes must use proper race walking techniques or risk disqualification.
3. Race Walk athletes must not wear clothing that could impede the view of the judges.
4. Race Walk race numbers must be worn on the front and back and must be visible at all times.
5. 5K competitors must pass through the entire finish chute to qualify as an official finisher.

