

ROAD RACE 5K/10K

QUALIFYING RULES

1. All athletes who compete in a 5K/10K Road Race at a 2020 NSGA Qualifying State Games will qualify for the 2021 National Senior Games, or athletes can qualify by meeting the “limited” qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Athletes qualified in either the 5K or the 10K road race may compete in both events.
2. Individuals who want to qualify in the 5K and 10K Road Race must run the events separately. You cannot use your 5K split time from a 10K race to qualify for the 5K.
3. A 5000-meter and 10000-meter track event cannot be used as a qualifying event for the 5K and 10K road race, respectively.

FORMAT

1. In the 5K and the 10K, all age divisions will run simultaneously.
2. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All road race 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. For the safety and well-being for the athlete, a time limit of 20 minutes' maximum per kilometer will be allowed. The athlete will be pulled from the course if exceeds the 20-minute maximum.