



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL POWER WALKING
1500 Meter & 5k
SCORESHEET & PROCEDURES

Course Selection

1. The only course requirement is that it is safe and participants complete the correct distance in one ride for each of the two activities.
2. Walk where and when you like and report your times for each event you registered for on the NCSG website.

Recommended Equipment

1. Comfortable running shoes.
2. Water Bottle
3. Watch or Tracking app
4. Hat
5. Sunscreen

Course Selection

1. Anywhere you like. Trail, park or greenway are just a few recommendations
2. Considerations include terrain, hills and other features
3. Review community safety regulations before going for your walk
4. Alter your time of day if your favorite course is crowded
5. Be prepared for limited access to public restrooms
6. Walk where and when you like and report your times for each event for which you are registered.

Safety recommendations

- Walk single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

Rules

- All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein.
- Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground by both feet simultaneously 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 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 is forbidden.
 - f) Unlike Race Walking, the advancing leg does not have to be completely locked as it passes under the body and moves forward (and when the heel strikes). Soft knee is acceptable however; excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - g) Any violation in the last 100 meters as determined by a single judge would result in immediate disqualification. Do not change your form for the last 100 meters.

Scoring

Winners will be determined by gender and age for the fastest times submitted for each race.

	Write your times here so you will have them easily accessible to submit on the NCSG website.
1500 Meter Time	
5k time	