

ROAD RACE 5K/10K

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer the 5K and/or 10K Road Race event may qualify by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Athletes may enter only the event(s) in which he/she has qualified.
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.
4. Athletes qualified in either the 5K or 10K road race may compete in both events.

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

ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	50:35
55-59	19:23	45:06	55-59	26:50	56:13
60-64	20:02	46:29	60-64	27:15	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	32:15	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:21:00
80-84	33:55	1:23:16	80-84	46:58	1:39:00
85-89	43:30	1:40:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2017 National Senior Games)