

**ROAD RACE**  
**5K/10K**

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**QUALIFYING RULES**

1. All athletes who complete a 5K/10K Road Race at a 2022 NSGA Qualifying State Games will qualify for the 2023 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 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division. The NSGA and LOC reserve the right to change the race format for any age division based on entry numbers, space restrictions, or other circumstance.

**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](http://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.