

**POWER WALK**  
**1500M on a Track or Road course**  
**5K on a road course**

**QUALIFYING RULES**

1. For 2022 only, Power Walk event will be classified as an “OPEN” event. Athletes do not need to qualify at a 2021 state qualifier.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

**ENTRY REGULATIONS**

1. Athletes qualified in either the 1500M or the 5K power walk may compete in both events.
2. Power Walk will continue as an Open Sport for the 2023 National Senior Games presented by Humana. Qualification will not be required for Power Walk.
3. Powerwalk can be counted as a third sport ONLY for the 2023 National Senior Games.

**FORMAT**

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5 km should be conducted on the road in a recommended loop of 1000M and 500M between turn around to turn around. The 1500M Power Walk can be held on a road course or a track.
3. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

**SPORT RULES**

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association  
Doug & Marianne Hamilton, Administrators  
[Unitedstatespwa@gmail.com](mailto:Unitedstatespwa@gmail.com)  
(408) 205.9641

2. No canes, walkers, headphones, cell phones or water bottles allowed during the event.

Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.

- a) One foot must be on the ground at all times. Loss of contact with the ground 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 and knee are bent into a running form 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 mode is forbidden.
- f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
- g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
- h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
- i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

**RACE WALK**  
**1500M on a Track/Road course**  
**5K on a road course**

**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 2022 NSGA qualifying games will qualify for the 2023 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K race walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K race walk event will be held on a road course.
4. If a track is used for the 5K, it is referred as a 5000M.

**ENTRY REGULATIONS**

1. Athletes qualified in either the 1500M or the 5K race walk may compete in both events.

**FORMAT**

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5K shall be a maximum of 1250M but not shorter than 1000M. The 1500M Race Walk will be on a standard 400M track or a 1500M road course.
3. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

**SPORT RULES**

1. All race walking 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. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.

**RACE WALK MINIMUM PERFORMANCE STANDARDS**

Men	1500M	5K	Women	1500M	5K
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	12:43	43:00
80-84	13:04	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

**TRACK & FIELD**  
**50, 100, 200, 400, 800, 1500 Meter, 4x100-Meter Relay;**  
**Discus; Hammer Throw; High Jump; Javelin;**  
**Long Jump; Pole Vault; Shot Put; Triple Jump**

**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 2021 NSGA qualifying games will qualify for the 2022 National Senior Games.
2. All athletes who compete in hammer throw at a 2022 NSGA qualifying games will qualify for the 2023 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw and pole vault may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 50,100, 200, 400 or 800 meter events at the 2023 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

**ENTRY REGULATIONS**

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2023.

**FORMAT**

1. Advancement to the finals for the 50m, 100m, 200m and 400m will be on time (the fastest 8 times to the final)
2. All races longer then 400m will be timed finals, with the fastest final going last.
3. All throws, long jumps and triple jumps will be conducted in flights. Two or more flights may be formed. Each athlete will have 3 trials in their flight, followed by a final of the athletes with the 8 best performances from all of the flights. These athletes will have 3 additional trials.
4. General order for track events is Women, Oldest to Youngest then Men, Oldest to Youngest.
5. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

**SPORT RULES**

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write, email 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. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

Age Division	Discus	Hammer	Javelin	Shotput
M50-54	1.5kg	6kg	700g	6kg
M55-59	1.5kg	6kg	700g	6kg
M60-64	1.0kg	5kg	600g	5kg
M65-69	1.0kg	5kg	600g	5kg
M70-74	1.0kg	4kg	500g	4kg
M75-79	1.0kg	4kg	500g	4kg
M80+	1.0kg	3kg	400g	3kg
W50-54	1.0kg	3kg	500g	3kg
W55-59	1.0kg	3kg	500g	3kg
W60-74	1.0kg	3kg	500g	3kg
W75+	.75kg	2kg	400g	2kg

- The competitors must not wear clothing that could impede the view of the judge

**TRACK MINIMUM PERFORMANCE STANDARDS**  
(Shaded items indicate revised standards from the 2019 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.  
(Metric)

	MEN'S DIVISION					
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.99	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:9:27	:16.39	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:11.79	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:42.04	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

	WOMEN'S DIVISION					
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:18.64	7:03.00
60-64	:8.73	:16.61	:36.19	1:32.44	3:39.72	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.67	:41.94	1:44.17	4:11.21	9:10.00
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.55	:25.28	1:06.55	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	8:37.32	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

**FIELD MINIMUM PERFORMANCE STANDARDS (Metric)**

	MEN'S DIVISIONS							
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.06	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.41	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.05	.99	4.73	8.52	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.73	1.22	14.78
70-74	2.43	.90	4.21	6.40	16.99	15.37	1.22	12.22
11.11	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.37	7.62	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

**FIELD MINIMUM PERFORMANCE STANDARDS (English)**

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
80-84	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
85-89	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 10"	57' 9"
90-94	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 5"

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	67' 11.25"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 0"	3' 2"	15' 6.25"	27' 11.5"	71' 4"	65' 3"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
70-74	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5.25"	4' 0"	40' 1"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	14' 4"	25' 0"	19' 6.25"	2' 10"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"