



**NORTH CAROLINA  
SENIOR GAMES**

**VIRTUAL RACE WALK**  
1500 Meter & 5k  
**SCORESHEET & PROCEDURES**

**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

**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**

Rules not covered below will be in accordance with USA Track and Field rules.

1. Race Walking is a progression of steps taken so that unbroken contact with the ground is maintained.
2. These rapid steps must meet the rules for Race Walking which are as follows:
  - One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground.
  - The leg must be in a straightened position upon contact with the ground and remain straight until the body passes over it.
3. The following infractions of the rules would lead to a warning and/or eventual disqualification of an athlete during an in-person race walk competition. Participants are required to not do either of the following.
  - *Loss of Contact* - When a walker does not have continuous contact with the ground.
  - *Bent Knee* - When a walker fails to straighten the leg from the point of contact until the body passes over the leg.
4. A visually impaired competitor may be allowed assistance that does not give an advantage over other walkers.

*Note 1:* Pacesetting by a person entered in an event for that purpose is permitted.

*Note 2:* Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart rate monitors.

# VIRTUAL RACE WALK

## Scoring

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

|            | <b>Write your scores here so you will have them easily accessible for submission</b> |
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| <b>5k</b>  |  |
| <b>10K</b> |  |