

Polk Senior Games Road Race 5K Additional Rules

revised 8/5/2024

1. **There is a 60-minute limit on the timing of the 5k Road Race. The clock will end at 60 minutes and no times will be given.**
2. The course is 3.1 miles. The course will start on the Bartow High School Stadium track, circle 2 1/4 times, exit on the south side, head south on the east most lane of Shumate/Broadway which will be coned off from traffic, through Mary Holland Park, loop back, and finish on the stadium track. The course will be well marked and monitored. Police will monitor intersection at Shumate and Clower.
3. A second false-start will result in disqualification from a race.
4. Split times will be provided at the one and two mile markers.
5. Water station provided about 2 mile mark.
6. Monitors will be stationed around the course to direct and assist runners and control traffic.
7. Judges will be stationed around course to determine infractions.
8. A golf cart will follow the field to assist in case of emergency.
9. All participants run simultaneously.
10. Competitive numbers will be issued at check-in and must be worn on the front of T-shirt. Runners must wear a shirt of some type in the manner it was designed to be worn.
11. Participants must start and finish the race running.
12. Runners may be disqualified by the following infractions:
 - a. Receiving assistance in forward motion, including but not limited to a pacer (a pacer is anyone or anything that gives assistance to the pace of a racer, i.e. running or walking along side)
 - b. Not following designated course
 - c. Making physical contact with others
 - d. Conduct interfering with the event or other competitors
 - e. Unsportsmanlike conduct
12. In case of lightning or inclement weather, get to a safe shelter or in a vehicle as soon as possible.
13. USA Track and Field Rules apply, except as modified.

