

## Polk Senior Games Walking Additional Rules

revised 12/1/2023

1. The Walking event is a walking RACE, however the Official Race Walk stride is not allowed. A power walk stride or a normal walking stride may be used.
2. A second false-start will result in disqualification from a race.
3. The 1500 Meter (.9 mile) will be held in heats on the track (three and three quarter times around).
4. The 5000 Meter (3.1 mile) course will start on the Bartow High School Stadium track, circle 2 1/4 times, exit on the south side, head south in 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. All 5000 Meter entrants will start at the same time.
5. Competitive numbers will be issued at check-in and must be worn on front of T-shirt. Walkers must wear a shirt of some type in the manner it was designed to be worn.
6. Split times will be provided at the one and two mile markers.
7. Water station provided about 2 mile mark.
8. Monitors will be stationed around the course to direct participants, control traffic and assist walkers if needed. Judges will be stationed around the course to determine infractions.
9. A golf cart will follow the field to assist in emergencies.
10. NO warnings, verbal or otherwise, will be given.
11. Judges shall have the sole authority to call infractions as seen by the human eye. The rulings of the Judges will be final and without appeal. If an entrant is disqualified, they will be notified before the medal presentations.
12. In case of lightning or inclement weather, get to a safe shelter or in a vehicle as soon as possible.
13. Walkers may be disqualified for 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. Interfering with the event or other competitors
  - e. Unsportsmanlike conduct
  - f. The appearance of a gait or stride other than the regular walking stride as determined by the human eye (jogging, running, official race walk, etc.)

### 5000 Meter Course

