

WATER WALKING & POND CROSSING 2021

Saturday, September 11

Entry Deadline: August 28

Westwood Family Aquatic Center
1017 Fairway Drive
Norman, OK 73069

Event Check In: 9:00 am

Warm Up: 9:30 am

Meet Starts: 10:00 am

FORMAT

Women's Singles, Men's Singles,

Women's Team, Men's Team

Mixed Team (any mix)

Order of Events

200 yd individual (1 time around the river)

400 yd individual (2 times around the river)

1000 yd individual (5 times around the river)

800 yd relay team of 4 (4 times around the river)

The Pond Crossing

Rules

1. All walking events will be timed finals
2. Walkers may choose to wear water shoes or not.
3. The age division for the team event will be determined by the age of the youngest walker on December 31, 2021.

Pond Crossing

This is a timed event. On the signal to go, athletes cross the pond holding on to the rope structure above while stepping on the lilly pads and allegator in the water to reach the other side. The clock stops when any part of the athlete crosses between the yellow posts on the other side of the pond.

EXTRA SPECIAL

For \$5 each, your guests can also swim. They can use the meandering brook (Norman supplies the rafts) when it is not being used for the Water Walking competition, the splash pad, the slides and have an hour swim after the meet. **There is no charge for your guests coming to watch.**

STATE DIRECTOR

Josh Holman

Aquatics Supervisor/Special Events

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**This is NOT a qualifying event for 2021 National Senior Games
It is a GREAT way to be active outside and enjoy the camaraderie of fellow
athletes.**