

ROAD RACES (running)

5K and 10K Road Races

In conjunction with the Cherokee Strip 5K & 10K

Saturday, September 18

Entry Deadline: September 4

Check In: 6:30 am

10K Starts: 7:00 am

5K Starts 7:15

Perry Chamber of Commerce

327 N 7th Street

Perry, OK 73077

FORMAT

1. The course follows the shortest route over the whole Railway/trail. The Start/Finish line is close to the Perry Chamber of Commerce building on N 7th Street in downtown Perry
2. The course map can be downloaded from our website under Events, and Road Race.
3. You must choose either the 5K or the 10K.
4. You will check in and pick up your bibs and t-shirt at the Chamber of Commerce building at 6:30 am the morning of the race.

EVENT DIRECTORS

Noel Black & Kali Hughey

580-336-4684

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SPORT RULES

1. All road race events will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, please visit or contact:

USA Track & Field

132 East Washington Street, Suite 800

Indianapolis, IN 46204

(317) 261-0500

www.usatf.org

2. Race numbers must be worn and visible at all times.

3. Competitors must pass through the entire finish chute to qualify as an official finisher.

**2021 is a year in which to qualify for NSGA competition in
Fort Lauderdale, Florida, May 10-23, 2022.**

Runners who HAVE qualified in the Oklahoma Senior Games in 2018 and/or 2020 are already qualified and are welcome to compete in Oklahoma again in 2021.

Please go to:

<https://nsga.com/wp-content/uploads/2021/01/2022QualificationUpdate011221.pdf>

for adjusted qualification information for nationals.

For more information about national competition go to: NSGA.com

- 1. All first, second, third and fourth place winners in each gender and age division qualify to compete in the 2022 National Senior Games.**
- 2. Oklahoma is an “Open” state. This means Oklahoma Senior Games allows participation by out-of-state athletes. The NSGA definition of an athlete’s state of residence is that state in which the athlete resides at least six months of the year.**
- 3. Oklahoma qualifies four Oklahoma residents in addition to any top four finishing out-of-state athletes. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2022 National Senior Games. Oklahoma would then qualify eight athletes for the national senior games in that gender and age division.**
- 4. If you qualify in either the 5K or the 10K you will be able to run in both at the NSGA Championships.**