

WATER WALKING 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.

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.**