



Presents

OKLAHOMA SENIOR GAMES WATER WALKING



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

Womens Singles, Mens Singles, Womens Team, Mens 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)

RULES

1. All walking events will be timed finals
2. Walkers may choose to wear water shoes or not.
3. Age division for the team event is determined by the age of the youngest walker on December 31, 2022.

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

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