



# OKLAHOMA SENIOR GAMES



## 1500M and 5K RACE WALK

### 5K RACE WALK

Saturday, September 11

Entry Deadline: August 28

Meet on East side of Jenks Bridge  
Riverside and 96<sup>th</sup> Street Park  
Tulsa, Oklahoma

#### EVENT

5K Race Walk

Check In: 9:15 am

Event starts: 9:45 am

#### FORMAT

1. The course is five times around the flat 1K loop in the Riverside and 96<sup>th</sup> Street Park.
2. Race Walk athletes **must use proper power-walking techniques or risk disqualification.**

#### EVENT DIRECTOR

Jim McFadden

[Jim.McFaden4@gmail.com](mailto:Jim.McFaden4@gmail.com)

918-978-6847

### 1500 M RACE WALK

In conjunction with the OSG Track and Field Meet at Shawnee High School

Saturday, October 2

Entry Deadline: September 18

Shawnee High School  
1001 N Kennedy Avenue  
Shawnee, OK 74801

#### EVENT

1500 M Race Walk

Check In at 11:40 am

Event starts: 12:40 pm

#### FORMAT

1. 1500M Race Walk will be 3.75 laps on a standard 400 Meter track.
2. Race Walk athletes **must use proper race-walking techniques or risk disqualification.**

#### EVENT DIRECTOR

Regina Stewart

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