



# Walking/Run

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Summer Games must be made aware that the following rules will be in use at Ontario 55+ Summer Games.

## D) FORMAT OF PLAY – Three (3) Divisions

Division	Age Category	Number of Participants
Prediction Walk	Women 55+ - 3km (3000m) Men 55+ - 3km (3000m) Women 75+ - 1.6 km (1600m) Men 75+ - 1.6 km (1600m)	One (1) per category.
Nordic Prediction Walk	Women 55+ - 3 km Nordic Walk Men 55+ - 3 km Nordic Walk Women 55+ - 1 km Nordic Walk Men 55+ - 1 km Nordic Walk	One (1) per category.
<b>Prediction Run</b>	<b>Women 55+ - 5km (5000m)</b> <b>Men 55+ - 5km (5000m)</b>	<b>One (1) per category</b>
Participants may compete in only one division at Ontario 55+ Summer Games		

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete competition regardless of their record thus far in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

**If there are any questions about rulings, the OSGA Summer Games Technical Manual will be considered correct.**

## E) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Summer Games ( Provincial Championships)	Gold Medal Winners – District competition
<b>NOTE:</b> Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Summer Games level.	

## F) TOURNAMENT SET-UP

1. At the provincial level, competitors will **walk/run** twice (2) over a two-day period (once per day).
2. Participants predict the time it will take them to walk the 3000 metre (3km) or the 1600 metre (1.6km) course.
3. Participants in the Nordic Walk will predict the time it will take them to walk the 3000m (3km) or the 1000m (1km) course
4. **Participants in the Prediction Run will predict the time it will take them to run the 5000m (5km) course.**

### Determining the Winners

1. Competitors actual times for the two days will then be compared to their predicted times. Disregarding pluses and minuses, the two differential times will be totaled. The person whose total differential time is closest to zero wins.
2. In the event of a tie, the tied competitors will **walk/run** an additional one (1) kilometer (2 ½ laps of a 400 metre track). The closest to his/her predicted time (over or under) will be the winner.

## D) AWARDS

<b>Gold (10)</b>	Women 55+ 3km (3000m) Prediction Walk Women 75+ 1.6km (1600m) Prediction Walk Women 55+ - 3km Prediction Nordic Walk Women 55+ - 1km Prediction Nordic Walk <b>Women 55+ - 5km Prediction Run</b>	Men 55+ 3km (3000m) Prediction Walk Men 75+ 1.6km (1600m) Prediction Walk Men 55+ - 3km Prediction Nordic Walk Men 55+ - 1km Prediction Nordic Walk <b>Men 55+ - 5km Prediction Run</b>
<b>Silver (10)</b>	Women 55+ 3km (3000m) Prediction Walk Women 75+ 1.6km (1600m) Prediction Walk Women 55+ - 3km Prediction Nordic Walk Women 55+ - 1km Prediction Nordic Walk <b>Women 55+ - 5km Prediction Run</b>	Men 55+ 3km (3000m) Prediction Walk Men 75+ 1.6km (1600m) Prediction Walk Men 55+ - 3km Prediction Nordic Walk Men 55+ - 1km Prediction Nordic Walk <b>Men 55+ - 5km Prediction Run</b>
<b>Bronze 10)</b>	Women 55+ 3km (3000m) Prediction Walk Women 75+ 1.6km (1600m) Prediction Walk Women 55+ - 3km Prediction Nordic Walk Women 55+ - 1km Prediction Nordic Walk <b>Women 55+ - 5km Prediction Run</b>	Men 55+ 3km (3000m) Prediction Walk Men 75+ 1.6km (1600m) Prediction Walk Men 55+ - 3km Prediction Nordic Walk Men 55+ - 1km Prediction Nordic Walk <b>Men 55+ - 5km Prediction Run</b>

## E) RULE SOURCE

As there is no specific rule source for the walking event, rules are listed under "Tournament Set-Up" and "Walking Rules Summary."

### Websites

[www.nordicwalkingcanada.ca](http://www.nordicwalkingcanada.ca)

[www.nordicwalkfit.com](http://www.nordicwalkfit.com)

## F) EVENT REQUIREMENTS

- Equipment**
1. Nordic Walking uses two specially designed poles to work the upper body while walking. Like cross-country skiing, the poles are used by the arms to match each stride the person takes.
  2. **Participants should wear proper footwear.**
- Facilities**
1. Districts can use either a track or a walking trail for the **5km**, 3km and 1.6km walks/run.
  2. Most tracks are 400 metres, therefore, **12 ½ laps = 5km**; 7 ½ laps = 3km.; 4 laps = 1.6km., 2 ½ laps = 1km
  3. It is suggested that a walking trail be used for the **Nordic Walk/Run** if one is available.
  4. The facility should have a clearly indicated start and finish line.
  5. The facility should be accessible to the disabled and should not have any obstructions on the course.

## G) OFFICIALS

The OSGA requires at minimum the following major officials for **Ontario 55+ Summer Games**:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

One (1) Activity Convenor  
Timekeepers

**In addition, sufficient Marshalls should be positioned so that all participants are in visual contact with at least one Marshall at all times. Marshalls shall be equipped with a cell phone or other such device so emergency personnel can be called immediately if required.**

The host committee will ensure that major officials have the required qualifications as specified by the OSGA at least one (1) year prior to OSGA Ontario 55+ Summer Games. The host committee is also responsible for any other officials required to stage the event.



## Walking/Run Rules Summary

1. A medical examination two (2) months prior to the event is strongly recommended
2. Participants are permitted to change their predicted time on the second day of competition.
3. Participants in the 75+ Prediction walk may use Nordic poles.
4. In Nordic walk, a pole must contact the ground during each step
5. Participants may not use watches, **electronic timing devices i.e cell phones, smartphone/tablet, etc** or receive any pacing information. There shall be no coaching from the sidelines.
6. Wheelchair participation in the prediction walking event is permissible (manual operated wheelchairs only).