

Prediction Walk

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.

A) FORMAT OF PLAY – Two (2) Divisions – Walking and Nordic Walking

Division	Age Category	Number of Participants
Prediction Walk	Women 55+ Women 70+ Men 55+ Men 70+	Gold winner in each of the 3 distances walked at the district qualifier
Nordic Prediction Walk	Women 55+, Women 70+ Men 55+ Men 70+	Gold winner in each of the 3 distances walked at the district qualifier
Please see the walking rules summary on page 5 for details		

Any person not present at the scheduled commencement of play and throughout the competition is in default and is automatically disqualified from the competition. If there are extenuating circumstances, exceptions to this may be granted by the Event Convenor.

Competitors are obligated to complete the competition regardless of their record. 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.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Summer Games (Provincial Championships)	Gold Medal Winners – District competition
<p>NOTE: 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 but must qualify at the District level before going to the Summer Provincial Games.</p>	

C) TOURNAMENT SET-UP

- a. At the provincial level, competitors will walk twice (2) over a two-day period.
- b. Participants predict the time it will take them to walk a maximum of any 4 distances, choosing from 400M, 800M, 1KM, 2KM OR 3KM.
- c. Participants in the Nordic Walk will predict the time it will take them to walk a maximum of any 4 distances, choosing from 400M, 800M, 1KM, 2KM OR 3KM.

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 totalled. The person whose total differential time is closest to zero wins.
2. In the event of a tie, the tied competitors will walk an additional one (1) kilometre (2 ½ laps of a 400-metre track). The closest to his/her predicted time (over or under) will be the winner.

D) AWARDS

Gold (40)	Women 55+ - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM
Silver (40)	Women 55+ - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM
Bronze (40)	Women 55+ - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ - 400M, 800M, 1KM, 2KM, 3KM
	Women 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 55+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM
	Women 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM	Men 70+ Nordic Walking - 400M, 800M, 1KM, 2KM, 3KM

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

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. May use either a track or a walking trail for the 5 distances: 400M, 800M, 1KM, 2KM, 3KM.
2. Most tracks are 400 meters, therefore, 400M - one (1) lap, 800M - two (2) laps, 1KM - 2 ½ laps, 2KM - 5 laps, 3KM - 7 ½ laps.
3. It is suggested that a walking trail be used for the Nordic Walk 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 prior to the OSGA Ontario 55+ Summer Games. The host committee is also responsible for any other officials required to stage the event.

Walking 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 the competition.
3. In Nordic Walk, a pole must contact the ground during each step.
4. Participants may not use watches, **electronic timing devices e.g. cell phones, smartphone/tablet, etc** or receive any pacing information. There shall be no coaching from the sidelines.
5. Wheelchair participation in the prediction walking event is permissible (manual operated wheelchairs only).
6. At the district qualifier, 3 distances should be offered, 1KM plus either 400M or 800M plus either 2KM or 3KM or any 3 distances the district decides. The maximum number of participants equals 24.
7. Gold winners of the 3 distances offered at the district qualifier advance to the Provincial Summer Games for both 55+ and 70+ Regular Walking and Nordic Walking men and women.
8. At the Provincial Summer Games any participant may enter a maximum of 4 of the 5 distances offered 400M, 800M, 1KM, 2KM, 3KM.