

Senior Olympics Road Race Rules

Playing Format

1. All Road Race events will be conducted in accordance with USA Track & Field rules and National Senior Games Association rules, except as modified herein. For a copy of these rules, please write or call:
USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
National Senior Games Association
P. O. Box 82059
Baton Rouge, LA 70884-2059
(225) 766-6800
www.nsga.com
2. Road Race Events will be 5K and 10K
3. In all age divisions, both men and women, will run simultaneously.
4. See the Sport Table for race course map and directions to venue.

Playing Rules

1. Water stops and course marshals will be stationed along the course.
2. NMSO reserves the right to reschedule or cancel event due to inclement weather.

2009