

# **LSOG SPORT: ROAD RACES**

**5K RACE WALK** ( National qualifying event, see Walking for rules )

**5K & 10k RUN** ( National qualifying events )

The dates and venue locations for the 5k events will be published in conjunction with the registration process for the Annual State Games. The annual 10k will be published by separate letter.

LSOG will attempt to satellite off another established organization. For the 5K, LSOG partners with the Annual LSU Lake to Lake. For the 10k, LSOG partners with BRSF for The Mardi Gras Mambo

The races are governed by USATF masters rules. Participants must choose between the 5K run or 5K Race Walk. Both races will be run concurrently.

## **National Qualifying Requirements for ROAD RACES:**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age, plus those that meet the NSGA MPS will qualify. In the 5K Run & 10K Run, Athletes may enter only the event in which he/she qualified.