

# PASADENA SENIOR GAMES 2026

HOSTED BY



## Competition Schedule

Check-in opens 30 minutes prior to start time each day.

### Sunday, May 17

8:00 a.m. — 5K & 10K (Road)

### Saturday, May 30

1:00 p.m. — 1 Mile (Track)

## Competition Details

NSGA Rules govern the tournament and are available at [www.nsga.com](http://www.nsga.com). Please read them carefully.

- Power Walking is a progression of steps and one foot must be in contact with the ground at all times. The knee need not be straightened so long as no advantage is gained by sliding or shuffling.
- Disqualification will result when athletes are judged to be running (both feet off the ground at the same time), but will not be disqualified if deemed to be Race Walking.
- USATF Race Walk officials will be present.

### REGISTRATION

Power Walk fee is \$10 per event, plus one-time \$45 Athlete Registration fee.

Deadline to register is **May 12** for Road and **May 26** for Track.

Late registration not accepted.

### VENUE

**May 17**  
Rose Bowl Loop,  
Parking Lot B  
920 Rosemont Ave.  
Pasadena, CA 91103

**May 30**  
Occidental College  
1600 Campus Road  
Los Angeles, CA 90041

## #AGEWELL

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