

PASADENA SENIOR GAMES 2025

HOSTED BY



65
Years
GETTING BETTER
WITH AGE



Competition Schedule

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

Saturday, May 31

8:30 a.m. — 5000m (Track)
11:15 a.m. — 1500m (Track)

Sunday, June 29

8:00 a.m. — 5K & 10K (Road)

Competition Details

NSGA Rules govern the tournament and are available at www.nsga.com. Please read them carefully.

- The division you compete in is your age as of December 31, 2025, but records may be established as of the dates of the respective meets.

- For experienced Race Walkers only. Walkers must use proper race walking techniques or risk disqualification - please refer to "Basic Race Walking Techniques." Athletes cannot wear clothing that will impede the view of the judges.
- USATF Race Walk officials will be present.

REGISTRATION

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

Deadline to register is **May 27** for Track and **June 24** for Road.

Late registration not accepted.

VENUE

May 31

Occidental College
1600 Campus Road
Los Angeles, CA 90041

June 29

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

#AGEWELL

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