

# PASADENA SENIOR GAMES 2026

HOSTED BY



## RACE WALK

### Competition Schedule

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

#### Saturday, May 30

8:30 a.m. — 3000m (Track)  
11:00 a.m. — 1500m (Track)

#### Sunday, May 17

8:00 a.m. — 5K & 10K (Road)

### Competition Details

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

- The division you compete in is your age as of December 31, 2026, but records may be established as of the dates of the respective meets.
- **Please Note: Race Walk will not be offered at National Senior Games in Tulsa, OK in 2027.**
- 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 26** for Track and **May 12** for Road.

Late registration not accepted.

#### VENUE

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

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

## #AGEWELL

(626) 685-6755  
@PasadenaSeniorGames

Sports@PasadenaSeniorCenter.org  
[www.PasadenaSeniorCenter.org/Senior-Games](http://www.PasadenaSeniorCenter.org/Senior-Games)  
85 E Holly St, Pasadena CA 91103

