

Long Distance Running and Walking

Guidelines for mixing Run/Walk events for one individual (NEW 2025 season)

Beginning with the 2025 LDR/W season we will allow an individual to enter races in both walking and running events; this is meant to be a tool for development of athletes. We have a lot of athletes participating in the 1500 events and we want to be training them so they are capable of doing more advanced races. Here are some guidelines that must be followed as you make these decisions:

1. Can't walk and run in same event. Each athlete and UP can only be entered once at each distance.
2. Athlete cannot run in an advanced event and walk in a lower distance event (i.e. cannot run the 5K and walk the 1500M).
3. Good example of entry would be 1500M Run and 3000K Walk or 1500M/3K Run and 5K Walk.
4. Coaches will need to assess the capability of a mixed event type competitor – are they successfully able to differentiate their walking and running events and not end up DQ'ing because they are running in a walking event. It is asking them to do two different things on the same day for a sectional or local tournament event and that we will still enforce the no running rule for the walkers. It can be confusing!