

## **3 KM PREDICTED WALK/RUN**

### **(INDIVIDUAL EVENT) OPEN**

The participant will predict the time he/she thinks it will take them to walk/run 3 KM (1.8 miles). The person coming closest to their predicted time will be declared the winner.

#### **ELIGIBILITY**

Participants do not have to qualify through regional play-offs. Entry forms and fees may be sent directly to the AAIM Games office. Entry forms are available through the office or website.

#### **EVENT CLASSIFICATION**

- Open - men and women compete on an equal basis.

**MINIMUM # OF ENTRIES RECOMMENDED:** 10 Participants

#### **RULES & REGULATIONS**

1. Participants will be required to walk 3 KM once. The person predicting their time the closest will be declared the winner.
2. No watches, timers or headsets are allowed.
3. Participants who put their hands into their pockets will be automatically disqualified.
4. Participants will be asked to predict their time a half hour prior to the event.
5. Coaching or pacing from the sidelines will result in an automatic disqualification.
6. Race numbers MAY be assigned prior to the event, and if so, participants must wear the number on the front of their shirt/jacket.
7. Walking or running or any combination is permitted.
8. Non motorized wheelchairs are permitted, and wheelchair participants must be self propelled.
9. Other means of support to assist in walking (i.e. cane) is allowed.

## OFFICIALS

There will be a head judge identified at the start of the tournament, and marshals will be located throughout the route. Timers will be provided by the Host Community.

## TOURNAMENT DRAW

The person predicting his/her time the closest (either over or under) will be declared the winner.

## TIE BREAKING SYSTEM

If two or more people are tied, a 1 KM walk off will be held after sufficient rest time (half hour after the announcement is made). The walkers will be asked to give a 1 km prediction. Any person refusing to take part in the tie break will forfeit their medal.

## MEDALS

Gold, silver, and bronze medals will be awarded for first, second, and third place respectively. Medals will be presented immediately following the event or at a central location at a predetermined time.