



# NORTH CAROLINA SENIOR GAMES

## VIRTUAL 5K & 10K

### SCORESHEET & PROCEDURES

#### Recommended Equipment

1. Comfortable running shoes.
2. Water Bottle
3. Timing device: Watch or Tracking app
4. Hat
5. Sunscreen

#### Course Selection

- Anywhere you like. Trail, park or greenway are just a few recommendations
- Considerations include terrain, hills and other features
- Review community safety regulations before going for your run
- Alter your time of day if your favorite course is crowded
- Be prepared for limited access to public restrooms
- Run single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

#### Scoring

Winners will be determined by the fastest times submitted for each race by gender and age group.

### SCORESHEET

	<p>Write your time here so you will have them when you go to submit them on the NCSG website.</p> <p>Indicate Hours:Minutes:Seconds:Hundredths Example&gt;&gt; 00:35:23.45</p> <p>Hours: 0 Minutes: 35 Seconds: 23 Hundredths 45</p>
5k or 10k time (must run event for which you are registered)	<p>Time: Hours: Minutes: Seconds: Hundredths</p>