

STATE RECORDS

If your race is coming up, you may want to print the current USATF Oklahoma state records for your distance and post them on site. You will find that many runners will take the time to look at these on race day. These records include Open, Age-group, Single age, Best Masters Performances, Best Oklahoma Performances and aided course times.

Records are not kept and courses not certified for trail or cross country runs.

Go to usatf.org/assoc/ok and click on OK LDR state records and select records to print.

Remember, USATF sanction and membership papers must be in to USATF Oklahoma before your race. You may download copies from the above address. Sanctioning is much more than full-coverage insurance.

If you need a copy of your course certificate to also post on race day, contact us at okrunjoe@cox.net.

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STATE RECORD REQUIREMENTS

The performances in a road race will be considered for state records if the event meets the following criteria:

- The Event must be sanctioned by USATF Oklahoma or RRCA.
- The course must be certified as accurately measured with the Road Running Technical Council of USATF. All rules regarding certification must be followed. The measurement of the course must be done and papers submitted before the event is held.
- Standard Oklahoma distances must be used. These are 5 km, 8 km or 5 mi, 10 km, 12 km, 15 km, 20 km, 25 km, 30 km, half marathon and marathon.
- Complete results must be furnished to USATF/Oklahoma/LDR following guidelines on results request form. These guidelines are very important and include such items as selective timing, course monitoring, recording exact information, having course certificate on hand, etc.

These rules must be followed by each race director to guarantee accurate results.

Performances are not considered if the race does not meet the proper criteria.

Oklahoma/LDR forwards all results to USATF Road Running Information Center for consideration for national records and rankings.