

Millrose Games Qualifying

The 113th Annual NYRR Millrose Games will be held Saturday, February 8th, 2020, at the Armory in New York City. Two of the featured events at the Millrose Games are the **Tom Eastler & Elaine Ward USA 1 Mile Race Walk Championships**. It is all part of the grand tradition of race walking in the Millrose Games since 1911.

Tentative Race Times (Millrose Games will start before 12 noon in 2020):

TBD - Elaine Ward Women's USATF National Championship One Mile Walk

TBD - Tom Eastler Men's USATF National Championship One Mile Walk

Millrose Games 1 Mile Records:

Women – Rachel Seaman (Canada) 6:17.29 – 2014

Men - Tim Lewis (USA) 5:33.53 - 1988

To be considered for selection to compete athletes must meet at least one of the following standards:

- Men - 6:40 for 1,500m, or 7:10 for the mile or 13:40 for 3,000m or 23:00 for 5k
- Women – 7:20 for 1,500, or 7:50 for the mile or 15:20 for 3,000m or 26:30 for 5k.

The qualifying times will be used to seed the athletes for determining those athletes who will receive invitations to compete. Marks achieved between December 1st, 2019 and January 27th, 2020 will weigh heavier than marks set outside this qualifying window. For early consideration please submit entry by January 13th.

The field size is limited to approximately 10-11 athletes due to the size of the track.

All requests for entry must be submitted using the form below. The deadline for submitting an entry is Sunday, January 26th, 9pm. Jeff Salvage will be coordinating the entries for the race walk. Email entry form to this address: **campsalvage2@yahoo.com**

~~~ MILLROSE ENTRY FORM ~~~

Name:

2020 USATF Membership #: (this is required for entry to be accepted)

Gender: Age: Birth Date:

Email Address:

Phone Number:

Club Name (if any, or unattached):

School Name (if representing a HS or college):

Hometown:

State: Zip:

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Qualifying/Seed Time:

Qualifying Race Name:

Qualifying Race Location:

Qualifying Race Distance:

Date of Qualifying Race:

Where on internet race results may be viewed - or Race Director's contact info:

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Athlete's lifetime PR time for 1 mile RW:

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Coach's Name: Coach's Phone #:

Coach's email address: