NWANA Levels and Progression Guide

Nordic Walking Association of North America (NWANA) · Canonical Series performance level definitions · Generated as a PDF from nwaofna.org on November 16, 2026

NWANA competition performance levels are determined by finish time within each distance. The thresholds below are the canonical Series level definitions used by NWANA results and standings.

1K

- Elite: under 6:00
- High Performance: under 6:30
- Performance: under 7:00
- Competitive: under 7:30
- Open: 7:30 and above

3K

- Elite: under 20:00
- High Performance: under 21:00
- Performance: under 22:00
- Competitive: under 23:00
- Open: 23:00 and above

5K

- Elite: under 33:00
- High Performance: under 35:00
- Performance: under 37:00
- Competitive: under 40:00
- Open: 40:00 and above

10K

- Elite: under 1:05:00
- High Performance: under 1:10:00
- Performance: under 1:15:00
- Competitive: under 1:20:00
- Open: 1:20:00 and above

15K

- Elite: under 1:40:00
- High Performance: under 1:50:00
- Performance: under 2:00:00
- Competitive: under 2:10:00
- Open: 2:10:00 and above

20K

- Elite: under 2:20:00
- High Performance: under 2:30:00
- Performance: under 2:40:00

- Competitive: under 2:50:00
- Open: 2:50:00 and above