

North Carolina Senior Games
2019 STATE FINALS ENTRY PACKET

For Athletes, Artists & Cheerleaders

EARLY BIRD DEADLINE - JULY 1

FINAL DEADLINE - AUGUST 1

STATE FINALS
Cary/Durham/Raleigh - September 16-22

**Register online by July 1
and save \$15!**



Bocce & Cornhole Tournaments

Clayton Community Park, Clayton
September 25-26

Softball Tournament

Thomas Brooks Park, Cary
October 4-7

Pickleball Tournament

Carolina Courts, Concord
October 15-17

Golf Tournament

Tanglewood, Clemmons
October 21-22

Basketball Tournament

ECU, Greenville
November 8-10

Statewide Grand Patron



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services

State Finals Gold Sponsors



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Humana



**BlueCross BlueShield
of North Carolina**

HOST AGENCIES

Platinum:

Cary Parks, Recreation & Cultural Resources Dept.
Raleigh Parks, Recreation & Cultural Resources Dept.
Cabarrus Co Active Living & Parks Dept.
Clayton Parks & Recreation Dept.
Pitt County Community Schools & Recreation

ECU Campus Recreation & Wellness
NC Highway Patrol Training Center
NCSU McKimmon Center
NC State University
Raleigh Racquet Club
Triangle Table Tennis

IMPORTANT DATES

Aug. 1:	FINAL Registration Deadline
Aug. 5:	Last Day to Add an Activity
Sept. 1:	Cancellation Deadline & last day to change partner (except as noted)
Sept. 27:	Softball Tournament cancellation deadline or add team members.
Oct. 7:	Pickleball & Golf Tournaments Cancellation Deadline & last day to change partner
Oct. 25:	Basketball Tournament: Cancellation deadline & last day to add team members

COORDINATING AGENCIES

AARP North Carolina
NC Association of Area Agencies on Aging
NC Association on Aging
NCSU Dept. of Parks, Recreation & Tourism Management
NC Recreation & Park Association

North Carolina Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 50 years of age and better. State Finals provides fun, fitness and fellowship for people of all ages.

REGISTRATION INFORMATION & PROCESS

ELIGIBILITY

To be eligible to participate you must be 50 years of age or better **on or before December 31, 2019** & have qualified at a Local Games in NC in the specific activity for which you want to register, & be a North Carolina resident for a minimum of three consecutive months of the year. Please confirm your eligibility with your Local Coordinator. Qualification details can be found at: www.ncseniorgames.org/sf.htm.

1. **NCSG must receive your Entry Form or online registration by 11:59 pm August 1.** Each individual, including doubles partners & all group/team members, must submit a completed registration with total payment to NCSG by August 1. There are no exceptions. The deadline is strictly enforced in fairness to all participants. Entries received without full payment will not be accepted. Entries received after August 1 will be returned. Online registration is available at www.ncseniorgames.org. No faxes or emails will be accepted.

Registration includes three types of fees:

Entry Fees, Activity Fees & Team Fees.

Entry Fees for:

Forms received by NCSG on or before July 1 = \$40.00 (\$35 online)

Forms received by NCSG after July 1 = \$50.00 (\$45 online)

The Entry Fee includes a 2019 State Finals lapel pin, admission to Celebration of the Games, featuring the Cheerleaders Showcase, & the SilverArts Showcase. The Entry Fee also helps to offset general organizational costs & awards.

Activity Fees & Team Fees help cover charges for facility rental, officials & equipment for activities you choose to enter. They are listed per activity in the information which follows.

2. After your registration is received & processed (allow three weeks), NCSG will send you a Preliminary Confirmation of your activities & payment (*by email, if address provided*). Online registrants can verify their registration 24 hours after submission at www.ncseniorgames.org/sf.htm. **It is your responsibility to verify that your registration has been received by NCSG by August 1 & that you are registered for the correct activities. No activities may be added after August 5.**

3. You should receive your Final Schedule & Final Confirmation by September 1 (*by email, if address provided*). They will contain reporting times for your activities & all State Finals details. Bring your Final Schedule and Confirmation with you to State Finals. Contact NCSG at (919) 851-5456 or by email at ncsg@ncseniorgames.org if your Final Schedule & Confirmation are not received by September 1 & another one will be sent.

AT THE GAMES

Have with you at all times:

- Photo ID to check in at all events each day (REQUIRED)
- Final Schedule & Confirmation
- List of medications, medical conditions & allergies
- Proof of insurance, in case of an emergency

REFUNDS

Refund requests must be made in writing (email or USPS) & received by the cancellation deadline (see page 1 for dates). For complete cancellations, a \$15 processing fee for individuals & a portion of the team fee (\$35 for Basketball & \$85 for Softball) is non-refundable.

REGISTER AND PAY ONLINE BY JULY 1 TO SAVE \$\$\$

GENERAL INFORMATION

AGE CATEGORIES

Your age category is determined by your age on December 31, 2019. Men & women compete in separate categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. *You must compete at the scheduled time with your age/sex category.* In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player.

DOUBLES EVENTS

The age of the younger player will determine the age group. A player may compete in only one age group; age groups are the same as in individual sports. If an individual's partner cannot come to State Finals, that person may select another partner who qualified in **that** sport at a Local Games in NC. A list of partners-seeking-partners will be posted on the NCSG website. The last day to change one's partner is the cancellation deadline. **No changes may be made at the event.**

CONFLICTS

Every effort will be made to reduce the number of conflicts for participants who qualify for more than one activity. When scheduling conflicts do arise, it is **your** choice to select which activity you will enter. Please do **not** sign up for activities that will have direct conflicts. If you have special scheduling requests, please send those with your Entry Form or send an email to ncsg@ncseniorgames.org by August 1.

INCLEMENT WEATHER PLANS

Games Officials reserve the right to cancel or postpone events in case of inclement weather or unusual or extenuating circumstances. There will be no refunds for a cancelled or postponed event. Come prepared for all types of weather. Schedule changes *during* State Finals will be posted at www.ncseniorgames.org & on a recording at (919) 851-5456. **It is your responsibility to check the website or listen to the recording to obtain information about schedule changes.**

SPECIFIC DETAILS FOR EACH ACTIVITY

Specific details for each activity are available at:
www.ncseniorgames.org/activitydetails.htm

HOTELS

A complete list of State Finals host hotels is available on the State Finals page of the NCSG website.

DIRECTIONS

Directions and addresses for all venues & for travel between some venues are on the NCSG website. The State Finals Map showing the location of all Cary/Raleigh events & host hotels is on the NCSG website: www.ncseniorgames.org/sf.htm

NATIONALS

The National Senior Games are held every two years. 2019 is not a Nationals Qualifying year. State Finals 2020 will be the qualifying event for the National Games in Greater Fort Lauderdale in 2021. For more information, see the National Senior Games website at www.nsga.com.

IMPORTANT SPORTS DETAILS

Schedule: Preliminary dates & times are listed with each activity. Except where noted, specific reporting times will be determined after August 1 and published in the *Final Schedule & Confirmation* which you should receive by September 1. In tournament sports, winners will advance to the semi-final & final rounds; plan accordingly. A one-page *Preliminary Schedule* is on the State Finals page of the NCSG website. Additional details for each activity are available at www.ncseniorgames.org/activitydetails.htm

Rules: All sports will be conducted in accordance with the 2019 edition of the *NCSG Official Rules Book*, which is available on our website or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book. Last day to change a partner is Sept 1 (except where noted); changes may **not** be made at events.

5K OR 10K RUN

Sept. 19, 8:30 am – Noon
Bond Park Comm. Ctr.,
801 High House Rd, Cary

Details: Races are run concurrently so participants must choose ONE race. Cross country course mostly flat and on asphalt. Course Map at www.ncseniorgames.org/activitydetailshmt
Activity Fee: \$10

ARCHERY

Sept 21, 9:00 am

NCSU Miller Fields, 430 Morrill Dr, Raleigh
Recurve w/ sight, Recurve Barebow, Compound w/ sight,
Compound Barebow, Compound w/ sight & release aid,
Recurve w/ sight & release aid

Equipment: Participants must provide.
Activity Fee: \$5
Limit: 1 event

BASKETBALL SHOOTING

Sept. 19, 12:30 pm – 3:30 pm

Herb Young Comm. Ctr., 101 Wilkinson Ave, Cary
Equipment: NCSG provides balls. Participants may use their own balls that meet NCSG specs.
Activity Fee: \$5

BOCCE

Clayton Comm. Park, 524 Guy Rd, Clayton

CORNHOLE

Clayton Comm. Center, 715 Amelia Church Rd, Clayton

Sept. 25–26, 8:30 am – 5:00 pm

Hosted by the Clayton Parks & Recreation Dept.
Equipment: NCSG provides required balls & bags.
Activity Fee: \$5 per event

BOWLING

Sept. 16–19, 8:30 am – 5:00 pm

Buffaloe Lanes North,
5900 Oak Forest Dr, Raleigh
Singles, Doubles & Mixed Doubles

Equipment: Balls & shoes are available free of charge. Participants may use their own shoes & regulation balls.
Activity Fee: \$8 per event

CYCLING

Sept. 22, 8:30 am–4:00pm

Highway Patrol Driving Track
380 East Tryon Rd, Raleigh
1 mile, 5K, 10K

Equipment: Participants must provide equipment & tools.
Activity Fee: \$8 per event

LONG JUMPS

Sept. 18, 9:30 am–1:00 pm

Durham Co Memorial Stadium
750 Stadium Dr, Durham

Activity Fee: \$5 per event

FOOTBALL & SOFTBALL THROW

Sept. 19, 9:00 am–12:45 pm

Method Road Comm. Ctr.
514 Method Road

Equipment: NCSG provides required balls. Participants may use their own footballs meeting NCSG specs.
Activity Fee: None

FUN WALK

Sept. 19, 1:00 pm

Method Road Comm. Ctr.,
514 Method Road, Raleigh

Eligibility: Completion of the Fun Walk at a Local Games
Awards: A special award will be given upon completion.
Activity Fee: None

GOLF

Oct. 21 – 22, 8:00 am

Tanglewood & Salem Glen

Eligibility: 1st 2nd or 3rd place in Golf & meet the minimum performance score in the NCSG Rules Book.
Equipment: Participant must provide clubs, balls & soft spikes.
Activity Fee: \$88 (includes greens fee, cart rental & park entrance fee) Cancellation deadline is October 7.
Women & men 80+ will play from the forward tees & all other men from the senior tees. Two-day, 36-hole tournament, both courses played. Shotgun start each day. Maximum of 280 golfers/first reply honored. USGA rules apply with some tournament adaptations. For practice rounds no more than 10 days in advance, at regular course fee rates:
Salem Glen–336–712–1010
Tanglewood–(336) 703–6420.

PICKLEBALL

Oct. 15–17, 8:30 am – 9:00 pm

Carolina Courts, 24 SW Spring St, Concord
Hosted by Cabarrus Co Active Living & Parks Dept.
Singles, Doubles & Mixed Doubles

Equipment: NCSG provides Onix Fuse orange balls. Participants must provide paddles.
Activity Fee: \$10 per event
Oct 7: Cancellation deadline & last day to change partner.

SHOT PUT & DISCUS

Sept. 18, 10:00 am–3:30 pm

Durham Co Memorial Stadium, Durham
400 Wisteria Ave, Durham

Activity Fee: \$5 per event
Equipment: NCSG provides certified discus & shots. Participants may use their own discus or shot that meet NCSG specs.

SWIM MEET

Sept. 21, 9:30 am – 3:00 pm

Triangle Aquatics Center, Cary
275 Convention Dr, Cary, NC 27511

Limit: 6 events maximum
Details: Order of events:

- | | |
|------------------|-----------------|
| 1. 200 yd Free | 7. 200 yd Back |
| 2. 100 yd Breast | 8. 100 yd Free |
| 3. 100 yd Fly | 9. 50 yd Back |
| 4. 50 yd Free | 10. 100 yd IM |
| 5. 200 yd IM | 11. 200 yd Fly |
| 6. 50 yd Breast | 12. 100 yd Back |

Competition water temp. will be 83–84 degrees. Heat sheets on NCSG website after Sept. 1. Print & bring with you.
Activity Fee: \$15 (for 1–6 events)

TRACK EVENTS

Sept. 18, 8:00 am–5:00 pm

Durham Co Memorial Stadium, Durham
750 Stadium Dr, Durham

Order of events: 5 K Race Walk, 1500 M Run, 400 M, 100 M, 800 M, 50 M, 200 M, 1500 M Race Walk

Activity Fee: \$8 per event

REGISTRATION IS LIMITED TO 3 OF THE FOLLOWING 8 SPORTS:

Specific reporting times will be on the *Final Schedule*. Winners will advance to the semi-final & final rounds; plan accordingly. Format will be single elimination, except where noted. Submission of seeding information and special schedule requests is optional & will be used when possible.

BADMINTON

Sept. 20, 9:00 am – 5:30 pm

Herb Young Comm. Ctr., 101 Wilkinson Ave, Cary
Singles, Doubles & Mixed Doubles

Equipment: NCSG provides required shuttlecocks. Participants must provide racquets.
Activity Fee: \$5 per event

BILLIARDS

Sept. 20, 9:00 am – 4:00 pm

Buck's Billiards, 1102 Buck Jones Rd, Raleigh

Equipment: NCSG provides required balls & cues. Participants may use their own cues meeting NCSG specs.
Activity Fee: \$5

CROQUET

Sept. 21, 9:30 am – 5:30 pm

Bond Park, Field 6, 801 High House Rd, Cary

Equipment: NCSG provides mallets & required balls. Participants may use their own mallets meeting NCSG specs.
Activity Fee: \$5

HORSESHOES & SHUFFLEBOARD

Sept. 19–20, 8:30 am – 5:00pm

Adjacent to Athens Drive High School tennis courts.
Parking at Thomas G. Crowder Woodland Center.
5611 Jaguar Park Dr, Raleigh, NC 27606

Equipment: NCSG provides required horseshoes, discs & cues; participants may use their own meeting NCSG specs.
Activity Fee: \$5

RACQUETBALL

Sept. 20, 9:00 am – 2:00 pm

NCSU Carmichael Gym, 2611 Cates Ave, Raleigh

Equipment: NCSG provides required balls. Participants must provide racquets & eye protection.
Details: Round robin format. Parking is available in the Reynolds Parking Deck. See State Finals Driving Directions for details.
Activity Fee: \$5

TABLE TENNIS

Sept. 21, 8:30 am – 6:30 pm

Triangle Table Tennis Ctr.

2900 Perimeter Park Dr, Ste 200, Morrisville

Equipment: NCSG provides required balls. Participants must provide legal paddles.
Details: Round robin tournament format.
Activity Fee: \$5 per event

TENNIS

Sept. 19–22, noon – 7:00 pm

Raleigh Racquet Club

5516 Falls of Neuse Rd, Raleigh

Equipment: NCSG provides required balls. Participants must provide racquets.
Activity Fee: \$10 per event
Limit: 2 Tennis events
Details: RRC has Har-Tru clay courts & onsite café. Individuals in 2 events will be scheduled a max of 2 matches per day. Brackets with reporting times will be posted on the NCSG website with the Final Schedule. Note: format may require limited rest periods of 30 minutes between scheduled matches.

See www.ncseniorgames.org/activitydetails.htm

for specific details for each activity!

IMPORTANT DETAILS

TEAM SPORTS

Eligibility:

1st, 2nd and 3rd place softball teams per age group qualify from a Local Games. Each player must submit an **individual** Entry Form and payment by August 1st. The team will compete in the age group in which it qualified at the Local Games, unless that team adds a player from a younger age group. Each team must have a Team Captain who is a participant (*and should have email*). Players may be added to team rosters following qualification if they meet **one of the following two requirements**:

#1: A player may have participated in that event on a team at a Local Game in North Carolina in the same qualifying year. A player may change teams if the team captains of both teams (the qualifying team and the adding team) approve.

#2. Participants that are practicing and playing regularly with a team after Local Qualifying games are eligible to be added to Torch 1.0 as qualified team members by Local Coordinators and may register for State Finals until the August 1st deadline.

To post requests for teams/players on the NCSG website, please send your request by email to ncsg@ncseniorgames.org.

Schedule:

Tournament format and starting times will be determined after August 1 and published on the NCSG website by dates listed below. Team Captains, and participants who provide an email address, will be emailed the schedule and other details of the Tournament. If you do not provide NCSG with an email address, please check with your Team Captain for all tournament details. Team Captains should check our website **often** for their list of registered players and remind players to register by August 1 or they will **not** be eligible to participate.

SOFTBALL TOURNAMENT

October 4-7

Thomas Brooks Park, Cary

Hosted by Cary Parks, Recreation and Cultural Resources

Equipment: NCSG provides required balls; participants are responsible for legal bats & gloves. See the NCSG Rules Book for specifications.

Details: \$225 Team Fee must be submitted with the Team Captain's Entry Form by August 1. The tournament schedule will be published by September 2.

September 27: Cancellation deadline and last day to add already registered players to a team. Just as each individual must register, *each individual*, and the team must cancel *in writing*. A team processing fee of \$85 is non-refundable.

BASKETBALL TOURNAMENT

November 8-10

East Carolina University, Greenville

Hosted by:

Greenville-Pitt Co Senior Games & ECU Campus Rec. & Wellness

Equipment: NCSG provides required game balls. Participants are responsible for practice balls & towels.

Details: \$100 Team Fee must be submitted with the Team Captain's Entry Form by August 1. The tournament schedule will be published by October 10.

October 25: Cancellation Deadline & last day to add already registered players to a team. Just as each individual must register, *each individual*, and the team must cancel *in writing*. A team processing fee of \$35 is non-refundable.



McKimmon Center, 1101 Gorman St, Raleigh

SilverArts Booklet

Designed for SilverArts and Cheerleaders, the Booklet provides the history, philosophy, guidelines, details for each category, Judges' Scoresheets and Information Forms. The SilverArts Booklet is available on our website at www.ncseniorgames.org or from your Local Coordinator.

A **2019 SilverArts Information Form** must be completed for each entry/act and enclosed **with the State Finals Entry Form**. See the Information Form for complete requirements per category.

Entries must be the same entries that won at the Local Games.

SILVERARTS FOLLIES

Purchase tickets on the SilverArts page of our website until Sept. 6. Performers do **not** need tickets but tickets can be ordered for friends and family. The order of the Show will be in the *Final Schedule*. The raised stage is 32' long x 24' deep.

Eligibility: Must be the act chosen as the representative for your Local Games. Each member of the act must submit an individual State Finals registration by August 1. Each non-solo act must have a Group Leader who is a participant and should have email. Each group leader/solo act must submit a SilverArts Information Form **and music with her/his registration by August 1**. Separate Information Form not required for online registrations.

Schedule: A **required** Technical Workshop will be on Friday, Sept. 20, starting at 2:45 pm. The Show will be on Friday, Sept. 20, at 7:00 pm. The order of the Show will be in the *Final Schedule*.

Awards: 1st, 2nd & 3rd place for solo, small group, & large group in each Performing Arts sub-category will be presented at intermission and the conclusion of the Show.

CHEERLEADER SHOWCASE

The order of the Show will be in the *Final Schedule*. Performance space is a large carpeted floor.

Eligibility: Must be the squad chosen as the representative for your Local Games. Each member of the squad must submit an individual State Finals Entry Form by August 1. Each squad must have a Head Cheerleader who is a participant & should have email. Head Cheerleaders must submit a SilverArts Information Form and music with her/his registration. Separate Information Form not required for online registrations.

Schedule: Thursday, Sept. 19, at 5:00 pm. Check-in will be 4:00 pm-4:30 pm

Awards: 1st, 2nd & 3rd place for small, medium & large groups will be presented immediately following the Show.

HERITAGE & VISUAL ARTS

Eligibility: 1st, 2nd or 3rd place in the sub-category in a Local Games qualify. A photo of the entry **and** the SilverArts Information Form must be enclosed with Registration. Separate Information Form not required for online registrations.

Limit: 1 entry per sub-category.

Schedule: Entries must be **delivered** between 10:00 am - Noon on Thursday, Sept. 19. The Show may open for a *Sneak Peek*, Thursday 4:00 pm - 4:45 pm. The Show will be open Friday, Sept. 20 from 9:30 am - 3:00 pm. Entries **must be picked up** between 3:15 pm - 4:30 pm on Friday, Sept. 20.

Fee: \$5 per entry

LITERARY ARTS

Eligibility: 1st or 2nd place in the sub-category in a Local Games qualify. An original and two copies of the entry **and** the SilverArts Information Form must be enclosed with Registration. Online registrations require a PDF attachment. Entries will be displayed at the SilverArts Show Friday, Sept. 20, 9:30-3:00.

Limit: 1 entry per sub-category.

Fee: \$5 per entry.



NORTH CAROLINA SENIOR GAMES STATE FINALS 2019 OFFICIAL ENTRY FORM

Congratulations!

You are eligible to participate at the 2019 State Finals in the activities for which you qualified at a Local Games.

We look forward to your participation in this celebration of fun & fitness!

REGISTER AND PAY ONLINE TO SAVE \$\$

Please review the State Finals Entry Packet BEFORE completing this form!

As you prepare this Entry Form, make sure you:

1. Complete the entire PERSONAL INFORMATION section.
Provide an email address to receive your State Finals information more quickly!
2. CHECK ALL THE ACTIVITIES in which you are qualified and would like to participate. Please check with your Local Coordinator to verify your eligibility for each activity you enter. You must check an activity if you qualified and wish to participate. We will not assume you will be competing just because you qualified. Do not register for activities with direct conflicts. For doubles events, your partner's name is required. For team sports, your team name is required. Submit any special scheduling requests in writing with your registration.
3. The Liability Waiver on page 4 **MUST BE SIGNED** to complete your registration.
4. If you are a SilverArtist or Cheerleader, you must submit the required SILVERARTS INFORMATION FORM with this Entry Form by August 1. Get these forms at www.ncseniorgames.org/sainfoforms.pdf or from your Local Coordinator.
5. It is your responsibility to verify your Entry Form has been received by NCSG by August 1. Check the State Finals website for **your name** or ask your Local Coordinator to check for you.

NO activities may be added after August 5, by current registrants, by you, or by your Local Coordinator. You will receive your *Participant Newsletter* and *Final Confirmation* by September 1. If you do not, you should contact NCSG to request another one be sent.

- North Carolina Senior Games, Inc. is committed to creating a healthy and safe environment for all participants, staff and spectators.
- We request that every participant consult his/her doctor in regard to preparation for, and competition in, Senior Games or any similar activity.
- All activities will be held in a smoke-free environment.
- To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the conditioned, trained athlete.

This Completed Entry Form or online registration (no faxes or emails) must be received by NCSG by 11:59 pm on August 1.

The deadline is strictly enforced in fairness to all. Late entries will be returned.

MAIL TO: NCSG State Finals
4603 Western Blvd.
Raleigh, NC 27606

I have read and understand the above registration information and understand that I must have a photo ID to check in at all events each day.

Signature Required: _____

Visit our website at www.ncseniorgames.org

STATE FINALS REGISTRATION FORM 2019

Individual Sports:

- \$ ____ (\$10) **5K Run** OR **10K Run**
- \$ ____ (\$5) **Archery - Limit 1 event**
 Conv-Recurve w/ Sight Conv - Recurve Bare Bow Comp - Bare Bow
 Conv-Recurve w/ Sight & Release Aid Comp-w/ Sight & Release Aid Comp - w/ Sight
- \$ ____ (\$5) **Basketball Shooting**
- \$ ____ (\$5) **Bocce**
- \$ ____ **Bowling** (# events _____ x \$8)
 Singles Dbls - Partner's Name: _____ Mxd Dbls - Partner's Name: _____
- \$ ____ (\$5) **Cornhole**
- _____ **Cycling \$** (# events _____ x \$8) 1 Mile 5 K 10 K
- \$ ____ (\$5) **Discus**
- \$no fee **Football Throw**
- \$ ____ (\$88) **Golf**
- \$ ____ (\$5) **Long Jump - Running**
- \$ ____ (\$5) **Long Jump - Standing**
- \$ ____ **Pickleball** (# events _____ x \$10)
 Singles Dbls - Partner's Name: _____ Mxd Dbls - Partner's Name: _____
- \$ ____ (\$5) **Shotput**
- \$no fee **SilverStriders Fun Walk**
- \$no fee **Softball Throw**
- \$ ____ (\$15 for 1- 6 events) **Swimming** Events are listed in order of meet (6 events max/person).

1. <input type="checkbox"/> 200 yd Freestyle	6. <input type="checkbox"/> 50 yd Breaststroke	11. <input type="checkbox"/> 200 yd Butterfly
2. <input type="checkbox"/> 100 yd Breaststroke	7. <input type="checkbox"/> 200 yd Backstroke	12. <input type="checkbox"/> 100 yd Backstroke
3. <input type="checkbox"/> 100 yd Butterfly	8. <input type="checkbox"/> 100 yd Freestyle	13. <input type="checkbox"/> 200 yd Breaststroke
4. <input type="checkbox"/> 50 yd Freestyle	9. <input type="checkbox"/> 50 yd Backstroke	14. <input type="checkbox"/> 50 yd Butterfly
5. <input type="checkbox"/> 200 yd IM	10. <input type="checkbox"/> 100 yd IM	15. <input type="checkbox"/> 400 yd IM
		16. <input type="checkbox"/> 500 yd Freestyle
- \$ ____ **Track Events** (# events _____ x \$8)
 50 M Dash 100 M Dash 200 M Dash 400 M Dash
 800 M Run 1500 M Run 1500 M Race Walk 5K Race Walk

Limit 3 of the following 8 sports:

- 1. \$ ____ (\$5) **Billiards**
- 2. \$ ____ (\$5) **Croquet**
- 3. \$ ____ (\$5) **Horseshoes**
- 4. \$ ____ (\$5) **Racquetball**
- 5. \$ ____ (\$5) **Shuffleboard**
- 6. \$ ____ **Badminton** (# events _____ x \$5)
 Singles Dbls - Partner's Name: _____ Mxd Dbls - Partner's Name: _____
- 7. \$ ____ **Table Tennis** (# events _____ x \$5)
 Singles Dbls - Partner's Name: _____ Mxd Dbls - Partner's Name: _____
- 8. \$ ____ **Tennis** (# events _____ x \$10) *Limit 2 of the 3 events.*
 Singles Dbls - Partner's Name: _____ Mxd Dbls - Partner's Name: _____

= _____ **SUBTOTAL before deductions** (including page 1 subtotal)

DEDUCTIONS FOR CURRENT CONTRIBUTORS - Please see next page to **make a contribution**. Thanks!

- \$40 Current NC Senior Games "Spirit Club" member
- \$10 Current NC Senior Games "Torch Club" member
- \$ 3 Current NC Senior Games "Friends" member

- Refund requests must be in writing. Partial payment is refunded if NCSG is notified in writing by the cancellation deadline. Page 2 of the Entry Packet has details.
- A service fee of \$30 will be charged for returned checks.



TOTAL AMOUNT ENCLOSED (Payment required **now**.)

Entry Forms without payment will not be accepted.
 Make check or money order payable to: **NCSG**. Do not send cash or staple check to this form.

SIGNATURE REQUIRED ON BACK TO COMPLETE FORM →

EMERGENCY CONTACTS

Name _____ Relationship _____ Phone (____) _____
 Will he/she be at State Finals? YES NO

Name _____ Relationship _____ Phone (____) _____
 Will he/she be at State Finals? YES NO

Name of Personal Physician _____ Phone (____) _____

JOIN TODAY TO SUPPORT HEALTHY AGING!

Check the correct boxes below. Please enclose a separate check payable to NCSG for your tax-deductible contribution.

FRIENDS receive: A lapel pin, car decal, discounts on Senior Games programs, subscription to the NCSG Newsletter <input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Couple	TORCH CLUB Members receive: <u>All</u> the FRIENDS benefits <u>plus</u> : Additional discounts and a Torch Club Certificate <input type="checkbox"/> \$100 Individual <input type="checkbox"/> \$175 Couple
<input type="checkbox"/> Send me a lapel pin and/or <input type="checkbox"/> car decal or <input type="checkbox"/> use my total gift for Senior Games programs.	

Spirit Club Members receive:
All the above benefits plus Free State Finals entry fee, acknowledgement in every Newsletter.
 \$250 Individual \$400 Couple

THANK YOU!

LIABILITY WAIVER

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the 2019 North Carolina Senior Games State Finals program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE North Carolina Senior Games, Inc., its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I UNDERSTAND AND CONSENT TO HAVE MY MEDICAL INFORMATION AVAILABLE TO MEDICAL PROVIDERS DURING THE GAMES. By entering the North Carolina Senior Games State Finals, I grant NCSG and its sponsors the right to use my name, quotes, and any pictures taken of me during State Finals without prior notification or remuneration.

I Have Read This Release	I Have Read This Release
_____	_____
Printed Name	Signature

	Date Signed

This Waiver MUST be signed and dated to process this form.



2019 STATE FINALS PRELIMINARY SCHEDULE

Final Schedule available by September 1. Days and times subject to change.
Specific Reporting times will be published in the Final Schedule.

State Finals is a program of North Carolina Senior Games, a statewide health promotion and education program for adults 50 years of age and better.
For more information, please visit our website at www.ncseniorgames.org.

MON-WED, SEPTEMBER 16-18

Bowling 8:30 am–5:00 pm
Buffaloe Lanes North, Raleigh
Mon. - Mixed Doubles; Tue. - Doubles
Wed. - Singles

TUESDAY, SEPTEMBER 17

Tennis Noon–5:00 pm
Raleigh Racquet Club, Raleigh

WEDNESDAY, SEPTEMBER 18

Field Events
Durham County Memorial Stadium, Durham
Running & Standing Long Jumps 9:30 am – 1:00 pm
Shot Put, Discus 10:00 am – 3:30 pm

Track

Durham County Memorial Stadium, Durham
5 K Race Walk 8:30 am
1500 Meter Run 9:30 am
400 Meter Dash 10:30 am
100 Meter Dash 11:15 am
800 Meter Dash 12:00 pm
50 Meter Dash 12:45 pm
200 Meter Run 1:30 pm
1500 Meter Race Walk 2:15 pm

Tennis Noon–5:00 pm
Raleigh Racquet Club, Raleigh

THURSDAY, SEPTEMBER 19

5 K & 10 K Runs 8:30 am-Noon
Bond Park Community Center, Cary
race starts at 9am

Basketball Shooting 9:00 am–Noon
Location TBD

Horseshoes & Shuffleboard 8:30 am–5:00 pm
Athens Drive High School, Raleigh
Women-Horseshoes; Men-Shuffleboard

Football Throw & Softball Throw 9:00 am-12:45 pm
Method Rd Community Center, Raleigh

SilverArts McKimmon Center, Raleigh
Heritage & Visual Check-In 10:00 am–Noon
SilverArts Show Sneak Peek 4:00 pm–4:30 pm

Tennis Noon–5:00 pm
Raleigh Racquet Club, Raleigh

Fun Walk 1:00 pm
Method Rd Community Center, Raleigh

Celebration of the Games featuring the Cheerleader Showcase! 5:00 pm
McKimmon Center, Raleigh

FRIDAY, SEPTEMBER 20

Badminton 9:00 am–5:30 pm
Singles, Doubles, Mixed Doubles
Herb Young Community Center, Cary

Billiards 9:00 am–4:00 pm
Buck's Billiards, Cary

Friday continued in next column

Friday continued from previous column

Horseshoes & Shuffleboard 8:30 am–5:00 pm
Athens Drive High School, Raleigh
Women-Shuffleboard; Men-Horseshoes

Racquetball 9:00 am–2:00 pm
NCSU Carmichael Gym, Raleigh

SilverArts McKimmon Center, Raleigh
SilverArts Show 9:30 am–3:00 pm
Follies Technical Workshop 2:45 pm
Heritage & Visual Pick-Up 3:15 pm–4:30 pm
Follies 7:00 pm

Tennis Noon–7:00 pm
Raleigh Racquet Club, Raleigh

SATURDAY, SEPTEMBER 21

Archery 9:00 am
NCSU Miller Fields, Raleigh

Croquet 9:30 am–5:30 pm
Bond Park Field 6, Cary

Swim Meet 9:30 am–3:00 pm
Triangle Aquatics Center, Cary

Table Tennis Singles, Dbls & Mxd Dbls 8:30 am–6:30 pm
Triangle Table Tennis Center, Morrisville

Tennis Noon–7:00 pm
Raleigh Racquet Club, Raleigh

SUNDAY, SEPTEMBER 22

Tennis 8:00 am-7:00 pm
Raleigh Racquet Club, Raleigh

Cycling 8:30 am-4:00 pm
NC Hwy Patrol Training Center, Raleigh

TUESDAY-WEDNESDAY, SEPTEMBER 25-26

Bocce Tournament 8:30 am–5:00 pm
Women Tuesday; Men Wednesday
Clayton Community Park, Clayton

Cornhole Tournament 9:00 am–1:00 pm
Men Tuesday; Women Wednesday
Clayton Community Center, Clayton

FRIDAY-MONDAY, OCTOBER 4-7

Softball Tournament 8:30 am-5:30pm
Thomas Brooks Park, Cary

TUESDAY-THURSDAY, OCTOBER 15-17

Pickleball Tournament 8:30 am-9:00pm
Carolina Courts, Concord
Tuesday-mixed doubles
Wednesday-Doubles Male, Singles Female
Thursday-Doubles Female, Singles Male

MONDAY-TUESDAY, OCTOBER 21-22

Golf Tournament
Tanglewood & Salem Glen, Clemmons

FRIDAY-SUNDAY, November 8-10

Basketball Tournament
Student Rec Center, ECU, Greenville