

North Carolina Senior Games  
**STATE FINALS 2009 ENTRY PACKET**

*For Athletes, Artists & Cheerleaders*

**EARLY BIRD DEADLINE - JULY 1**

**ENTRY DEADLINE - AUGUST 1**

**STATE FINALS**  
September 21<sup>st</sup> - 27<sup>th</sup>, Raleigh

**Softball Tournament**

Walnut Creek Softball Complex, Raleigh  
August 31<sup>st</sup> - September 2<sup>nd</sup>

**Bocce Tournament**

Clayton Community Park, Clayton  
October 6<sup>th</sup> - 8<sup>th</sup>

**Golf Tournament**

Tanglewood, Winston-Salem  
October 12<sup>th</sup> - 13<sup>th</sup>

**Basketball Tournament**

East Carolina University, Greenville  
October 23<sup>th</sup> - 25<sup>th</sup>

*Statewide Grand Patron*



*State Finals Gold Sponsor*



**Host Agencies**

Premier: Raleigh Parks & Recreation Department  
Platinum: Cary Parks, Recreation & Cultural Resources Dept.  
Cary Academy, Cary  
ECU Department of Recreational Services, Greenville  
N.C. Highway Patrol Training Center, Garner  
NCSU McKimmon Center, Raleigh  
NC State University, Raleigh  
Pitt County Community Schools & Recreation  
Clayton Parks & Recreation Department

**COORDINATING AGENCIES**

N.C. Recreation and Park Association  
NCSU Department of Parks, Recreation and Tourism Management  
N.C. Association on Aging  
N.C. Association of Area Agencies on Aging  
Pope Air Force Base  
AARP North Carolina

*North Carolina Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and better. State Finals provides fun, fitness and fellowship for people of all ages.*

## ELIGIBILITY INFORMATION

### ELIGIBILITY

To be eligible to participate you must be *55 years* of age or better on or before December 31, 2009. To participate in an **official sport** at State Finals, you must be a 1st, 2nd, or 3rd place winner in that event from a sanctioned Local Game. To participate in **Golf**, you must also meet the *minimum performance score*. To participate in the **SilverStriders Fun Walk**, you must have completed the Fun Walk at a Local Game. To participate in the **Cheerleaders Showcase or Performing Arts**, you or your group must have been chosen as the representative for your Local Game. To participate in the **SilverArts Heritage or Visual Showcase**, you must be a 1st or 2nd place winner in that sub-category in a Local Game. To participate in the **Literary Arts**, you must be a 1st place winner in a Literary sub-category in a Local Game to qualify.

### VERIFICATION OF ELIGIBILITY

NCSG will verify your Entry Form with the final results from your Local Game. Check with your Local Game Coordinator to verify the activities you are qualified to enter at State Finals.

### AGE CATEGORIES

Your age category is determined by your age on **Dec. 31, 2009**. Men and women compete in separate categories in the following five-year age increments: 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 on the Local Game's team.

## REGISTRATION INFORMATION & PROCESS

1. **NCSG must receive your Entry Form by 5:00 p.m. August 1.** Each individual, including both doubles partners and all team members, must submit a completed Entry Form with total payment to **NCSG by August 1st. There are no exceptions.** *The deadline is strictly enforced in fairness to all participants.* Late entries will be returned if received after August 1. No faxes will be accepted.
2. NCSG will send a written confirmation of your activities and payment. It is your responsibility to verify your Entry Form has been received by NCSG by **August 1** by checking our website or asking your Local Coordinator. No activities can be added after **August 5.**
3. You should receive your *Participant Newsletter* with your Personal Schedule **by September 1st** unless it is delayed by the postal service. It will contain starting times for your activities and *all* State Finals details. Bring your Personal Schedule with you to the Games. **Contact NCSG at (919) 851-5456 or by email at [ncsg@mindspring.com](mailto:ncsg@mindspring.com) if your Participant Newsletter is not received by September 1st and another one will be sent.**

### AT THE GAMES:

1. **You must have your photo ID to check in at all events each day.**
2. Bring your "Personal Schedule" with you. Visit Guest Services for information, awards, transportation schedules, Follies tickets, volunteer check-in and lost & found. Your lapel pin will be available from your Local Coordinator.
3. Please have with you at all times a list of medications, medical conditions and allergies, and proof of insurance in case of any emergency.

After your Entry Form is received and processed,  
**review your name and activities on our website.**

**Visit our website** for more details, schedule updates,  
driving directions, swimming heat sheets and much more  
at:

**[www.ncseniorgames.org](http://www.ncseniorgames.org)**

## FEES & REFUNDS

There are two types of fees:

**ENTRY Fees** and **EVENT Fees**

As a participant, your **Entry Fee** includes a 2009 State Finals lapel pin; admission to Opening Ceremonies; the Cheerleaders Showcase; the Senior Expo; the SilverArts Showcase; and transportation to and from select hotels and select offsite events. The entry fee also helps to offset general organizational costs and awards.

The **Event Fees** are to help cover charges for facility rental, officials, and equipment for activities you choose to enter. Event Fees will be charged for Archery, Badminton, Basketball Shooting, Billiards, Bocce, Bowling, Croquet, Cycling, Discus, Golf, Horseshoes, Racquetball, Running Long Jump, Shot Put, Shuffleboard, SilverArts (Visual, Heritage & Literary), Standing Long Jump, Swimming, Table Tennis, Tennis, and Track. *Refer to the enclosed Entry Form for specific amounts.*

### If your Entry Form is:

***Received on or before*** July 1 (*the Early Bird deadline*),  
your entry fee is \$24.00.

***Received after*** July 1, your entry fee is \$34.00.

**Basketball Tournament Team Fee** - \$60.00

**Softball Tournament Team Fee** - \$225.00 (includes softballs)

These Team Fees are **in addition** to the Individual Entry Fee.

**Refund requests** must be in writing and received by the cancellation deadline of **September 10th.**

Except - **Softball Tournament** cancellation deadline is **August 15th.**

**Golf, Bocce** and **Basketball Tournaments** cancellation deadline is **September 15th.**

For **complete cancellations**, a \$15.00 processing fee for individuals and a portion of the team fee (\$35 Basketball and \$125 Softball) is non-refundable.

# SPORTS & EVENTS INFORMATION

## SCHEDULE

Included on page 7 of this Entry Packet is the Preliminary Schedule. The Final Schedule will be determined after August 1, when all entries have been received. You should receive your *Participant Newsletter* with details by September 1. It will answer your questions and include **your** Personal Schedule. At State Finals it is **your responsibility** to check at the event site daily for schedule changes.

## LIMITS OF EVENTS

Due to the large number of participants, the time required to complete the events, and health and safety factors, the following entry limits have been placed on these sports:

*Tournament Sports* — limit of 3 sports (see list below)

*Swimming* — limit of 5 events

*Tennis* — limit of 2 events

*Archery* — limit of 1 event

## CONFLICTS

Every effort will be made to reduce the number of conflicts for those participants who qualify for more than one event. When scheduling conflicts do arise, it is **your choice** to select which event you will enter. Check the Preliminary Schedule on page 7 and **do not** sign up for events that will have direct conflicts.

## RULES

All sports will be conducted in accordance with the 2009 edition of the *NCSG Official Rules Book*. The *Rules Book* is available on our website at [www.ncseniorgames.org](http://www.ncseniorgames.org) or from your Local Coordinator. **A copy of the official rules for each event will be at the event site.**

## EQUIPMENT

**The following regulation equipment will be provided for use at State Finals:**

*Badminton* — shuttlecocks

*Tennis* — balls

*Table tennis* — balls

*Racquetball* — balls

*Softball Tournament* — balls

*Basketball Tournament* — balls

*Croquet* — balls

*Bocce* — balls

*Shuffleboard* — discs

*Softball Throw* — balls

**Participants are required to provide the following equipment:**

*Archery* — bow and arrows

*Badminton* — racquet

*Tennis* — racquet

*Cycling* — bicycle and helmet

*Golf* — clubs and balls

*Racquetball* — racquet

*Softball tournament* — bats and gloves

*Spincasting* — reels

*Table tennis* — paddle

## DOUBLES EVENTS

You **must** compete with the partner you qualified with at your Local Game. There will be no exceptions. **Each partner** must submit an **individual** Entry Form by August 1 or neither can compete in that doubles event. *Please communicate with your partner!* Partners compete in the age category of the younger partner. NCSG will determine doubles age categories. The age category for your competition will be confirmed on your Personal Schedule.

**Check our website at [www.ncseniorgames.org](http://www.ncseniorgames.org) to ensure that your partner is registered!**

**NCSG reserves the right to cancel events or combine age groups due to insufficient registration.**

### REPORTING TIMES

Your specific reporting time for the following sports will be determined *after August 1* and you will be notified in the *Participant Newsletter* by September 1. It is necessary to know the total number of participants to finalize the schedule.

Archery  
Bocce  
Bowling  
Cycling  
Race Walking  
Swimming  
Basketball Tournament  
Softball Tournament  
All Tournament Sports

### TOURNAMENT SPORTS

The following sports will be conducted as tournaments in Raleigh. *Your* reporting time will be stated in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. *Due to scheduling conflicts, you may choose a maximum of 3 of these tournament sports.*

Badminton  
Billiards  
Croquet  
Horseshoes  
Racquetball  
Shuffleboard  
Table Tennis  
Tennis

### OPEN SPORTS

You may compete in the following sports *at any time* during the scheduled time for that event. You **will not** have a specific reporting time as in other sports. Please note that early hours are the busiest.

Discus  
Softball Throw  
Spin Casting  
Football Throw  
Basketball Shooting  
Shot Put  
Standing Long Jump  
Running Long Jump

## SOFTBALL TOURNAMENT INFORMATION

The **Softball Tournament** will be held on August 31 – September 2 at the Walnut Creek Softball Complex, 1201 Sunnybrook Road, Raleigh.

Each player must submit their **individual** Entry Form by August 1. Each team must have a Team Captain who is a participant. Team captains are responsible for submitting the required Team Fee by August 1. Tournament format and starting times will be determined when the number of entries is known. The Age category of your team will be determined by the age of the youngest player on your team. You will receive a Participant Newsletter with your Personal Schedule by August 25. Your Team Captain will be notified by mid August of the *reporting time for your first game* and other details of the Tournament.

*The Softball Tournament is hosted by the City of Raleigh Parks and Recreation Department.*

A maximum of five (5) eligible players may be added to the team roster. Detailed eligibility requirements are outlined in the NCSG Rules Book.

Please check with your **Team Captain** for all tournament details. NCSG will communicate with them. Team Captains should **check our website often** for their list of registered players!

### **Hotel Information (see page 5 for additional details)**

Red Roof Inn Raleigh NCSU/Convention Center, 1813 S. Saunders St  
Holiday Inn Raleigh North, 2805 Highwoods Blvd  
Best Western Raleigh North, 2715 Capital Boulevard

**Cancellation Deadline for this event is August 15th.**

## BASKETBALL TOURNAMENT INFORMATION

The **Basketball Tournament** will be held October 23 – 25 at the Student Recreation Center on the campus of East Carolina University in Greenville.

Each player must submit their **individual** Entry Form by August 1. Each team must have a Team Captain who is a participant. Team captains are responsible for submitting the required Team Fee by August 1. Tournament format and starting times will be determined when the number of entries is known. Your Team Captain will be notified in early October of the *reporting time for your first game* and other details of the Tournament. The Age category of your team will be determined by the youngest player on your team. A maximum of three (3) eligible players may be added to a team roster. Detailed eligibility requirements are outlined in the NCSG Rules Book.

*The Basketball Tournament is hosted by Greenville-Pitt County Senior Games and East Carolina University Department of Recreational Services.*

Please check with your **Team Captain** for all tournament details. NCSG will communicate with them. Team Captains should **check our website often** for their list of registered players!

### **Hotel Information:**

The City Hotel & Bistro

Address: 203 SW Greenville Blvd., Greenville  
Phone: (252) 355-8300 or (877) 271-2616 (toll free)  
Room Rate: \$79 (includes breakfast buffet)

For a map, call the Greenville Convention & Visitors Bureau at 1-800-537-5564

**Cancellation Deadline for this event is September 15th.** All refund requests must be made in writing and received by this date.

## GOLF TOURNAMENT INFORMATION

The two-day, 36-hole **Golf Tournament** will be held October 12 - 13 at the Tanglewood Golf Course, Winston-Salem. Each day's round will begin with a shotgun start. Maximum of 280 golfers/first reply honored. Tanglewood, home of the PGA Vantage Championship, boasts two of America's finest golf courses as rated by *Golf Digest* - the Reynolds Course and the Championship Course. You will play both courses.

**Call (336) 778-6321 for practice rounds and fees no more than 10 days in advance of desired date.** USGA rules apply with some tournament adaptations. Men will play from the white tees except men 80+ and women will play from the red tees. Soft spikes are required for play at Tanglewood. **Cancellation Deadline for Golf is Sept. 15th.**

The Greater Winston-Salem Sports Commission, the Village Inn and Tanglewood Park will host a reception at Tanglewood on Monday, October 12 at 2:30 p.m.

### **Hotel Information:**

Village Inn will serve as the Headquarters Hotel.

Address: 6205 Ramada Dr, Clemmons

Phone: (336) 766-9121 or (800) 554-6416 (toll free)

Room Rate: \$66.00 single/double (includes full hot breakfast and manager's reception on Monday night).

*Golf is hosted by the Northwest Piedmont Area Agency on Aging.*

## BOCCE TOURNAMENT INFORMATION

The **Bocce Tournament** will be held October 6 - 8 at the Clayton Community Park, 1045 Amelia Church Road, Clayton. The Clayton Community Park features 8 high-quality bocce courts (60' X 12') and concession facilities. Located just 20 minutes east of Raleigh, the park is easily accessible from I-40.

### **Hotel Information:**

Hampton Inn Raleigh/Clayton I-40

Address: 100 Hampton Drive, Garner  
(Exit 312, Interstate 40--Just 5 minutes away!)

Phone: (919) 773-1977

Room Rate: \$85.00

**Please check our website often at [www.ncseniorgames.org](http://www.ncseniorgames.org) for the list of registered players and detailed directions to Clayton Community Park.**

**Cancellation Deadline for Bocce is September 15th.**

All refund requests must be made in writing and received by this date.

*The Bocce Tournament is hosted by the Clayton Parks & Recreation Dept.*

# SILVERARTS

## SILVERARTS INFORMATION FORMS

A 2009 SilverArts Information Form must be completed for **each** SilverArts entry. The Information Form **must** be enclosed and mailed **with** your State Finals Entry Form. You must also mail all requested items (i.e. music, photos, etc.) **with** your Information Form and Entry Form. **All items must be received by the August 1 deadline.** Your entry must be **the same** entry that won at the Local Games. Performing Artists and Cheerleaders should submit one *SilverArts Information Form per act*, by the Group Leader. Heritage, Literary, and Visual Artists should submit one *SilverArts Information Form per entry*. The *SilverArts Information Form* and a copy of the SilverArts Guidelines can be obtained from your Local Games Coordinator or at [www.ncseniorgames.org/infoforms.pdf](http://www.ncseniorgames.org/infoforms.pdf).

## SILVERARTS BOOKLET

Designed for SilverArtists and Cheerleaders, this booklet provides the history, philosophy, guidelines, and details for each category, including forms and Judges' scoresheets. The SilverArts Booklet is available on our website at [www.ncseniorgames.org](http://www.ncseniorgames.org) or from your Local Coordinator.

## VISUAL AND HERITAGE ARTS

Entries must be **delivered** to the McKimmon Center between 12:30 - 3:00 p.m., on Friday, September 25th. The **SilverArts Showcase** will be held on Saturday, September 26th, from 9:00 a.m. until 4:00 p.m. at the McKimmon Center. Entries **must be picked-up** at the McKimmon Center between 4:15 p.m. - 5:15 p.m. on Saturday, September 26th.

## CHEERLEADERS

A 2009 Cheerleaders Information Form must be completed **per squad** and must be submitted **with** the Head Cheerleader's Entry Form. Each member of a squad must submit a State Finals Entry Form by 5:00 p.m. on August 1.

The *Cheerleaders Information Form* and a copy of the Cheerleaders Guidelines can be obtained from your Local Games Coordinator or at [www.ncseniorgames.org/infoforms.pdf](http://www.ncseniorgames.org/infoforms.pdf)

## PERFORMING ARTS FOLLIES

Each member of a group must submit an individual State Finals Entry Form by 5:00 p.m. on August 1.

A *required Technical Workshop* will be held on Friday, September 25, starting at 3:15 p.m. The Follies will be held on Friday, September 25, at 7:00 p.m. at the McKimmon Center.

It would be unfair to sell **SilverArts Follies tickets** on this Entry Form since the 54 Local Games are held at different times and the earlier Games would have an advantage over the others. If you are a registered Follies performer, you will be sent a Ticket Order Form with your Confirmation. You will have until September 10th to buy a maximum of 8 tickets. All remaining Follies tickets will be sold on a first-come, first-served basis on **Thursday, September 24th at WakeMed Soccer Park and Friday, September 25th beginning at 12:00 noon at the McKimmon Center** (maximum 8 tickets per purchaser). Cost is \$10 each.

# AWARDS

Official gold, silver, and bronze medals will be presented to the 1st, 2nd, and 3rd place male and female finalists in each age category in each sport/event; 1st, 2nd, and 3rd place for each Heritage, Literary, and Visual Arts sub-category; 1st, 2nd, and 3rd place for solo, small group, and large group in each Performing Arts sub-category; and 1st, 2nd, and 3rd place per group size for the Cheerleaders Showcase.

*SilverStriders Fun Walkers* will receive a special award on-site.

Performing Artists and Cheerleaders will be presented their medals on-site following the completion of the Shows.

All medals will be presented at each event site after results are verified following the completion of an activity **except** for the following events: archery, shot put, discus, basketball shooting, standing long jump and running long jump.

Awards for these events may be picked up at the Guest Services area at the McKimmon Center approximately one hour after the event ends on Friday afternoon and Saturday.

# STATE FINALS HOTELS IN RALEIGH/CARY

To make reservations, contact a hotel below and identify that you are with *North Carolina Senior Games* to get these room rates. *Prices do not include tax.* Room blocks will be released on August 26 and these rates will no longer be available. Space is limited; make your plans early. For a detailed map and information, contact the Greater Raleigh Convention & Visitors Bureau at 1-800-849-8499.

<b>HOTEL</b>	<b>PHONE</b>	<b>RATE</b>
*Best Western Cary Inn & Extended Stay Suites	919-481-1200 (1-800-780-7234)	\$69.99
Best Western Raleigh North	919-872-5000 (1-800-780-7234)	\$79.99
Comfort Suites - Cary	919-852-4318 (1-877-424-6423)	\$74
*Hampton Inn & Suites - Raleigh/Cary I-40	919-233-1798 (1-800-Hampton)	\$89
Hampton Inn Raleigh - Capital Blvd North	919-872-7111 (1-800-Hampton)	\$89
*Holiday Inn & Suites - Cary	919-851-1220 (1-800-315-2621)	\$89
Holiday Inn Raleigh North	919-872-3500 (1-800-315-2621)	\$79.99
Red Roof Inn Raleigh NCSU/Convention Center	919-833-6005 (1-800-REDROOF)	\$47.99

\* NCSG shuttle service offered during State Finals on September 24 - 26. See map on page 8 for hotel locations.

## VOLUNTEER FOR STATE FINALS

We need and appreciate your help! Please volunteer when you are not competing and encourage your friends and family to do so. You may volunteer for an event in which you participate, but not in your age/sex category. Enjoy the hugs, smiles and a free t-shirt!

To volunteer, visit our website ([www.ncseniorgames.org](http://www.ncseniorgames.org)) or call (919) 851-5456.

## GENERAL INFORMATION

### TRANSPORTATION

For Raleigh events, a shuttle service will be provided from select hotels to Transportation Headquarters (*see State Finals Hotels, page 5*). Transportation is available to Athens Drive High School events, Basketball Shooting at Laurel Hills, Billiards, Swimming, Opening Ceremonies and events at WakeMed Soccer Park and events at NCSU. Transportation details and schedules will be posted at the event sites and select hotels, on our website, or you can request a copy from your Local Coordinator after September 1. Since parking is not available at NCSU on weekdays, participants are encouraged to ride the Senior Games Shuttle. Also, parking at Cary Academy (Track & Field events) is limited – please carpool. Lots of good free parking is available at WakeMed Soccer Park for Opening Ceremonies and events!

### GUEST SERVICES

In Raleigh, a “Guest Services” booth will be available at: WakeMed Soccer Park (Thursday), Cary Academy (Thursday-Friday), Horseshoes & Shuffleboard (Thursday-Saturday), Laurel Hills (Friday), McKimmon Center (Friday -Saturday) and Pullen Aquatic Center (Saturday). Guest Services offers information, awards, transportation schedules, Follies tickets, volunteer check-in and lost & found.

### 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. **It is your responsibility to call (919) 851-5456 during State Finals for any schedule updates.**

### CONCESSIONS

Bring your own food and beverages to State Finals! Concessions will be available at Bowling, and the Basketball, Softball, Bocce and Golf Tournaments. NCSG requests facilities to provide concessions, but can **not** guarantee that they will do so.

## IMPORTANT DATES

- July 1:** Early Bird Deadline
- August 1:** Entry Deadline
- August 5:** Last Day to Add an Activity
- August 15:** Cancellation Deadline for Softball Tournament
- Sept. 10:** Cancellation Deadline for all other events
- Sept. 15:** Cancellation Deadline for Bocce, Golf and Basketball Tournaments

## SPECIAL EVENTS

### OPENING CEREMONIES

Don't miss this special event on Thursday, September 24, at WakeMed Soccer Park stadium starting at 6:30 p.m. with the Parade of Participants, torch lighting, entertainment, and special guests. Plan to march in with your Local Game and join us for a spectacular evening with easy parking and good seating! Enjoy the Cheerleaders Showcase and FunWalk prior to Opening Ceremonies!

### CHEERLEADERS SHOWCASE

Join us for a fun and exciting show at WakeMed Soccer Stadium on Thursday, September 24, at 5:00 p.m. with performances by the Local Games' Cheerleaders from across the state.

### SILVERARTS SHOWS

A celebration of the creative spirit! You are invited to celebrate the arts by visiting the Heritage, Literary, and Visual Arts Showcase and the Performing Arts Follies Showcase at the NCSU McKimmon Center on Friday and Saturday (see preliminary schedule on page 7 for dates and times).

**Follies tickets** will be sold on a first-come, first-served basis at the Games (\$10). No refunds. Tickets will not be mailed. Tickets may be picked up at WakeMed Soccer Park on Thursday or the McKimmon Center on Friday, September 25, and at the door to the show.

### SILVERSTRIDERS FUNWALK

A non-competitive, 1-mile recreational walk for registered participants who *qualified* for this event at a Local Game will be held in the WakeMed Soccer Park on Thursday, September 24, at 4:00 p.m. Special awards will be given to each participant. Plan to stay for the Cheerleader Showcase and Opening Ceremonies!

### SENIOR EXPO

Get your flu shot and visit exhibits from our sponsors, coordinating agencies, and various health and fitness organizations...free gifts and great information! This year's Expo will be held at the McKimmon Center on Saturday, September 26, from 9:00 a.m. - 4:00 p.m.

State Finals 2009 is not a qualifying event for the next National Senior Games. For more information on the Nationals visit [www.nsga.com](http://www.nsga.com).



# 2009 NCSG State Finals PRELIMINARY Schedule

After receipt of all Entry Forms on August 1, NCSG determines final times per age/sex group for some events. You will be notified of these details in the *Participant Newsletter* by **September 1**. If conflicts exist, the choice of events is *yours*. **You must compete in your age/sex category at the scheduled time.** In doubles competition, partners compete in the age group of the younger player. In team sports, the age division will be determined by the age of the youngest player. If you win in a tournament event, you will continue to play; plan accordingly. Sunday, September 27, is scheduled as a make-up day for any delays for prior events in Raleigh.

## MONDAY - WEDNESDAY, AUGUST 31 - SEPTEMBER 2

TIME	EVENT	LOCATION
9:00 a.m. – 5:00 p.m.	Softball Tournament	Walnut Creek Softball Complex, Raleigh

## MONDAY, SEPTEMBER 21

TIME	EVENT	LOCATION
9:30 a.m. – 5:00 p.m.	Bowling – Mixed Doubles	Buffaloe Lanes North
8:30 a.m. – 6:00 p.m.	Tennis	Exchange Park

## TUESDAY, SEPTEMBER 22

TIME	EVENT	LOCATION
8:30 a.m. – 5:00 p.m.	Bowling – Doubles	Buffaloe Lanes North
8:30 a.m. – 6:00 p.m.	Tennis	Exchange Park

## WEDNESDAY, SEPTEMBER 23

TIME	EVENT	LOCATION
8:30 a.m. – 5:00 p.m.	Bowling – Singles/Doubles	Buffaloe Lanes North
8:30 a.m. – 6:00 p.m.	Tennis	Exchange Park

## THURSDAY, SEPTEMBER 24

TIME	EVENT	LOCATION
8:30 a.m. – 5:00 p.m.	Bowling - Singles	Buffaloe Lanes North
8:30 a.m. – 6:00 p.m.	Tennis	Exchange Park
8:30 a.m. – 5:30 p.m.	Horseshoes	ADHS
8:30 a.m. – 5:30 p.m.	Shuffleboard	ADHS
9:00 a.m. – 2:00 p.m.	Shot Put	Cary Academy
9:30 a.m.	5 K Run	Cary Academy
9:30 a.m. – 12:00 p.m.	Running Long Jump	Cary Academy
11:30 a.m. – 3:30 p.m.	Spincasting	WakeMed Soccer Park
11:30 a.m. – 3:30 p.m.	Football Throw	WakeMed Soccer Park
11:30 a.m. – 3:30 p.m.	Softball Throw	WakeMed Soccer Park
11:00 a.m.	1500 Meter Race Walk	Cary Academy
12:30 p.m. – 3:00 p.m.	Standing Long Jump	Cary Academy
2:30 p.m.	800 Meter Run	Cary Academy
4:00 p.m.	SilverStriders Fun Walk	WakeMed Soccer Park
5:00 p.m.	Cheerleader Showcase	WakeMed Soccer Park
<b>6:30 p.m.</b>	<b>Opening Ceremonies</b>	<b>WakeMed Soccer Park</b>

## FRIDAY, SEPTEMBER 25

TIME	EVENT	LOCATION
8:30 a.m. – 6:30 p.m.	Horseshoes	ADHS
8:30 a.m. – 6:30 p.m.	Shuffleboard	ADHS
8:30 a.m.	5 K Race Walk	Cary Academy
9:00 a.m. – 5:00 p.m.	Billiards	Babineau's Billiards
9:00 a.m. – 12:00 noon	Racquetball	NCSU Carmichael Gym
9:00 a.m. – 4:00 p.m.	Badminton	NCSU Carmichael Gym
9:00 a.m. – 2:00 p.m.	Discus	Cary Academy
10:00 a.m.	1500 Meter Run	Cary Academy
11:00 a.m.	100 Meter Dash	Cary Academy
11:00 a.m. – 4:00 p.m.	Basketball Shooting	Laurel Hills Park
12:30 p.m. - 3:00 p.m.	SilverArts Heritage & Visual Check-In	McKimmon Center
12:00 noon – 5:30 p.m.	Croquet	WakeMed Soccer Park

## FRIDAY, SEPTEMBER 25 (Cont'd)

TIME	EVENT	LOCATION
12:30 p.m.	400 Meter Dash	Cary Academy
1:30 p.m.	200 Meter Dash	Cary Academy
3:15 p.m.	SilverArts Follies Technical Workshop	McKimmon Center
<b>7:00 p.m.</b>	<b>SilverArts Follies</b>	<b>McKimmon Center</b>

## SATURDAY, SEPTEMBER 26

TIME	EVENT	LOCATION
8:00 a.m. – 6:00 p.m.	Horseshoes	ADHS
8:00 a.m. – 6:00 p.m.	Shuffleboard	ADHS
9:00 a.m.	Archery	WakeMed Soccer Park
9:00 a.m. – 4:00 p.m.	Senior Expo	McKimmon Center
9:00 a.m. – 4:00 p.m.	SilverArts Show	McKimmon Center
9:00 a.m. – 5:00 p.m.	Badminton	NCSU Carmichael Gym
9:00 a.m. – 6:00 p.m.	Swim Meet	Pullen Aquatic Center
9:30 a.m. – 4:30 p.m.	Croquet	WakeMed Soccer Park
1:00 p.m. – 7:00 p.m.	Table Tennis – Singles	Brier Creek Center, Raleigh
4:15 p.m. – 5:15 p.m.	SilverArts Heritage & Visual Pick-Up	McKimmon Center

## SUNDAY, SEPTEMBER 27

TIME	EVENT	LOCATION
8:30 a.m. – 3:00 p.m.	Cycling	NC Hwy Patrol Training Center, Garner
1:00 p.m. – 6:00 p.m.	Table Tennis – Doubles & Mixed Doubles	Brier Creek Center, Raleigh

## TUESDAY - THURSDAY, OCTOBER 6 - 8

TIME	EVENT	LOCATION
8:30 a.m. – 6:00 p.m.	Bocce Tournament	Clayton Community Park, Clayton

## MONDAY, OCTOBER 12

TIME	EVENT	LOCATION
9:00 a.m.	Shotgun Golf Tournament	Tanglewood, Winston-Salem

## TUESDAY, OCTOBER 13

TIME	EVENT	LOCATION
8:00 a.m.	Shotgun Golf Tournament	Tanglewood, Winston-Salem

## FRIDAY – SUNDAY, OCTOBER 23 - 25

TIME	EVENT	LOCATION
To Be Determined	Basketball Tournament	East Carolina University, Greenville

ADHS = Athens High School

NCSU = North Carolina State University



### WakeMed Soccer Park

Opening Ceremony, SilverStriders Fun Walk, Cheerleaders Show, Spin Casting, Football Throw, Softball Throw, Archery, Croquet

### McKimmon Center

SilverArts Follies, Silver Arts Showcase, Senior Expo

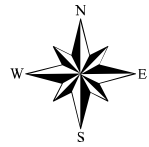
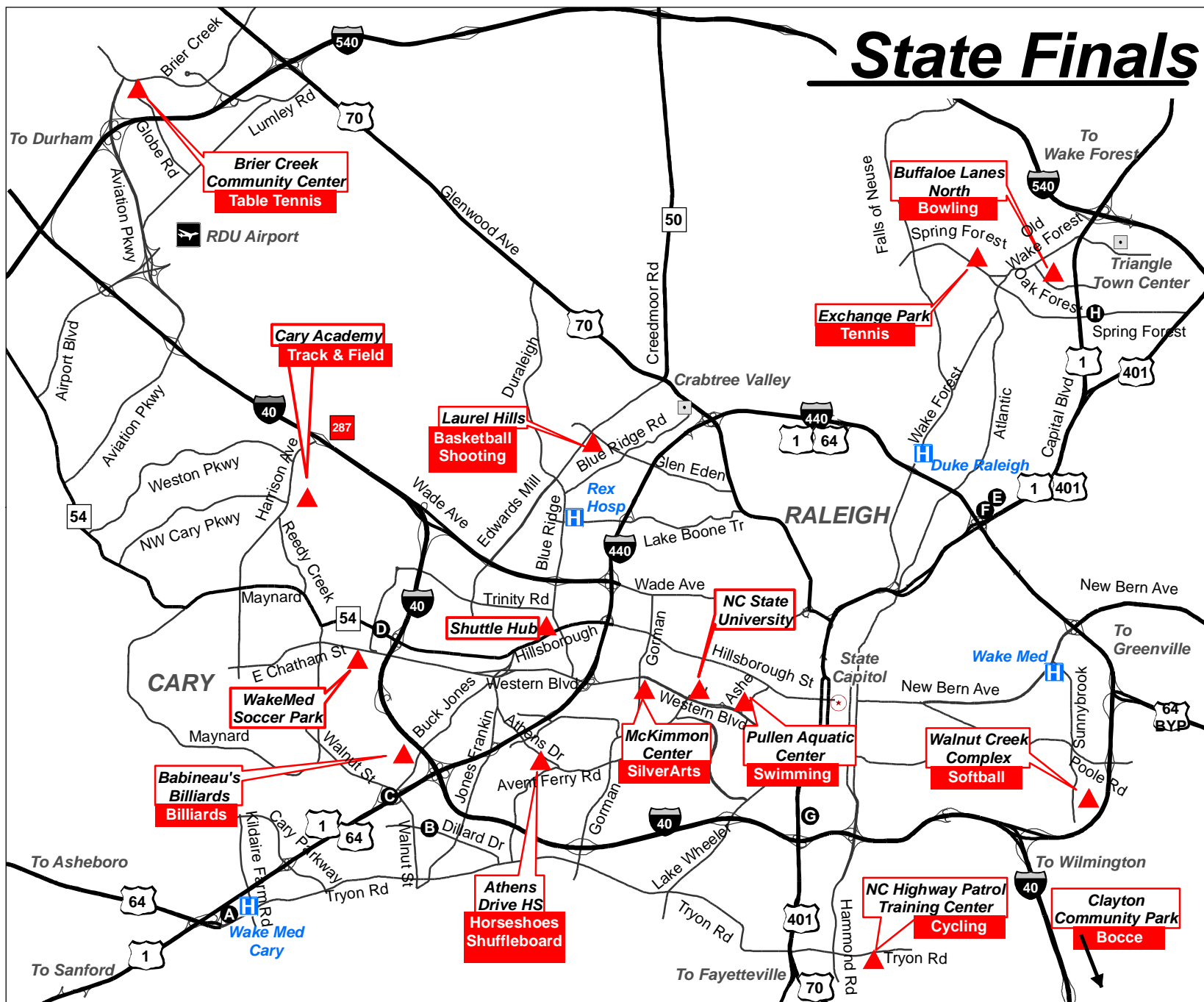
### NC State University

CARMICHAEL GYM: Badminton, Raquetball

### Cary Academy

5K Run, 1500 M Run, 5K Race Walk, 1500 M Race Walk, 800 M Run, Discus Throw, Shot Put, Running Long Jump, Standing Long Jump, 100, 200, 400 Meter Dash

# State Finals



- ▲ **Event Sites**
- **Exit Numbers**
- H **Hospital**
- HOTEL KEY**
- A **Comfort Suites, Cary**
- B **Holiday Inn & Suites, Cary**
- C **Best Western Cary Inn & Extended Stay Suites**
- D **Hampton Inn & Suites, Cary**
- E **Holiday Inn Raleigh North**
- F **Best Western Raleigh North**
- G **Red Roof Inn Downtown, Raleigh**
- H **Hampton Inn Capital Blvd North**

# NORTH CAROLINA SENIOR GAMES STATE FINALS 2009 OFFICIAL ENTRY FORM

## ***Congratulations!***

You are eligible to participate at the 2009 State Finals in the activities for which you qualified at a Local Game.  
We look forward to your participation in this celebration of fun and fitness!

## Please Read This Important Registration Information!

### **Before you submit this Entry Form, make sure you:**

**1. Print the next 4 pages. Complete the PERSONAL INFORMATION section.**

List the Local Games where you qualified so NCSG can check their results.

**2. CHECK ALL THE ACTIVITIES in which you want to participate.**

Please check with your Local Coordinator to verify your eligibility for each activity you enter. You must check an event if you qualified and wish to participate. *We will not assume you will be competing just because you qualified.* See the Preliminary Schedule on page 7 in the Entry Packet to determine possible conflicts. Do not register for events with direct conflicts. For doubles events, your partner's name is required. For team sports, your Team name is required.

**3. If you are a SilverArtist or Cheerleader, you must submit the required SILVERARTS INFORMATION FORM with this Entry Form by August 1.**

*You can get these forms from your Local Coordinator and at [www.ncseniorgames.org/infoforms.pdf](http://www.ncseniorgames.org/infoforms.pdf)*

**4. It is your responsibility to verify your Entry Form has been received by NCSG by August 1 by checking our website or asking your Local Coordinator.**

NO activities can be added after August 5, by you or your Local Coordinator. You will receive your *Participant Newsletter* and personal schedule by September 1 or 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. All activities will be held in a smoke-free environment. We request that every participant consult his/her doctor in regard to preparation for, and competition in, Senior Games or any similar activity. 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 original Entry Form (no faxes) must be received  
by NCSG by 5:00 p.m. on August 1st.

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

**MAIL TO: NCSG State Finals  
PO Box 33590  
Raleigh, NC 27636**

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

Signature Required: \_\_\_\_\_

Visit our website at [www.ncseniorgames.org](http://www.ncseniorgames.org)



# Tournament Sports

**Bocce** ..... \$ 5.00 = \$ \_\_\_\_\_

**Limit 3 of the following 8 sports in Raleigh**

**Billiards** ..... \$ 5.00 = \$ \_\_\_\_\_

**Croquet** ..... \$ 5.00 = \$ \_\_\_\_\_

**Horseshoes** ..... \$ 3.00 = \$ \_\_\_\_\_

**Racquetball** ..... \$ 3.00 = \$ \_\_\_\_\_

**Shuffleboard** ..... \$ 5.00 = \$ \_\_\_\_\_

**Badminton** - \$5 per event, Includes use of shuttlecocks ..... # of badminton events \_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

Singles (\$5)

Doubles (\$5) - Partner's Name **Required:** \_\_\_\_\_

Mixed Doubles (\$5) - Partner's Name **Required:** \_\_\_\_\_

**Table Tennis** - \$3 per event, Includes use of balls ..... # of table tennis events \_\_\_\_ x \$ 3.00 = \$ \_\_\_\_\_

Singles (\$3)

Doubles (\$3) - Partner's Name **Required:** \_\_\_\_\_

Mixed Doubles (\$3) - Partner's Name **Required:** \_\_\_\_\_

**Tennis** - \$6 per event, Includes use of balls ..... # of tennis events \_\_\_\_ x \$ 6.00 = \$ \_\_\_\_\_

Limit 2 of the 3 events - Please enclose tennis seeding information (on separate sheet).

Singles (\$6)

Doubles (\$6) - Partner's Name **Required:** \_\_\_\_\_

Mixed Doubles (\$6) - Partner's Name **Required:** \_\_\_\_\_

## Team Sports

Team Name & Captain's Name are **REQUIRED** to process this form. The Team Captain must enclose Team Fee with this form.

**Basketball Tournament** (TEAM FEE Must be paid and enclosed by Team Captain) ..... \$ 60.00 = \$ \_\_\_\_\_

Team Name **Required:** \_\_\_\_\_ Captain's Name **Required:** \_\_\_\_\_

**Softball Tournament** (TEAM FEE Must be paid and enclosed by Team Captain) ..... \$ 225.00 = \$ \_\_\_\_\_

Team Name **Required:** \_\_\_\_\_ Captain's Name **Required:** \_\_\_\_\_

### III. 2009 STATE FINALS RESULTS (OPTIONAL)

Available free on the NCSG website. If ordered, will be mailed in November ..... \$ 5.00 = \$ \_\_\_\_\_

### IV. DEDUCTIONS FOR CONTRIBUTORS For more information see back of this page.

“**Spirit Club**” members with current membership may DEDUCT \$24.00 ..... \$ - 24.00 = \$ - \_\_\_\_\_

“**Torch Club**” members with current membership may DEDUCT \$8.00 ..... \$ - 8.00 = \$ - \_\_\_\_\_

“**Friends**” with current membership may DEDUCT \$2.00 ..... \$ - 2.00 = \$ - \_\_\_\_\_

**SUBTOTAL = \$ \_\_\_\_\_**

Make check or money order payable to **NCSG**. **Do not send cash**. Payment is partially refundable if NCSG is notified in writing by the cancellation deadline. A \$15.00 processing fee for complete cancellations for individuals is non-refundable. For teams, \$35 Basketball and \$125 Softball fees are non-refundable. **Request for refunds must be in writing**. A service fee of \$25 will be charged for returned checks.

**(Add subtotals from both pages) TOTAL Amount Enclosed**

**\$**

## Health Information for all Participants (Optional)

<p><b>Names of Medications:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Your Medical Conditions:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Your Allergies:</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
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Please have with you at all times a list of medications, any medical conditions and allergies, and proof of insurance in case of any emergency.

**TURN OVER**



Be a FRIEND, TORCH CLUB or SPIRIT CLUB Member!

**FRIENDS receive:**

An invitation to the State Finals Party and a listing in the State Finals Official Program and a lapel pin, car decal, discounts and a subscription to the NCSG Newsletter.

\$25 Individual       \$40 Couple

**TORCH CLUB Members receive:**

All the FRIENDS benefits plus: an invitation to the NCSG Holiday Party, additional discounts, a Torch Club Certificate, lapel pin and decal.

\$100 Individual       \$175 Couple

**Senior Games  
SPIRIT CLUB**

For those of you who care so much! All the above benefits plus: Free State Finals entry fee, the opportunity to present the NCSG Flag at State Finals Opening Ceremony, acknowledgement in every Newsletter and the State Finals Official Program, and an invitation to the annual Senior Games Spirit Celebration with the Board of Directors and major contributors.

\$250 Individual       \$400 Couple

Please enclose a separate check payable to NCSG for your tax-deductible contribution. Check the correct box above. Thank You!

Send me a  Lapel Pin and/or  car decal; or  use my total gift for Senior Games programs.

**REQUIRED Emergency Contact Information**

Name of Personal Physician \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

**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

**LIABILITY WAIVER**

**Amateur Athletic Waiver and Release of Liability**

In consideration of being allowed to participate in any way in the 2009 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.

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.**

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 remuneration.