

# North Carolina Senior Games 2018 STATE FINALS ENTRY PACKET

For Athletes, Artists & Cheerleaders

**EARLY BIRD DEADLINE - JULY 1**

**FINAL DEADLINE - AUGUST 1**

## STATE FINALS Cary/Durham/Raleigh

Register online by  
July 1 and save \$15!



*Statewide Grand Patron*



Aging and Adult Services  
HEALTH AND HUMAN SERVICES

*State Finals Gold Sponsors*

# 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

**Bocce & Cornhole Tournaments**  
Clayton Community Park, Clayton  
October 2-3

**Softball Tournament**  
Thomas Brooks Park, Cary  
October 5-8

**Golf Tournament**  
Tanglewood, Clemmons  
October 16-17

**Pickleball Tournament**  
Carolina Courts, Concord  
October 16-18

**Basketball Tournament**  
ECU, Greenville  
October 26-28

## IMPORTANT DATES

- |                 |   |
|-----------------|---|
| <b>Aug. 1:</b>  | <b>FINAL Registration Deadline</b>  |
| <b>Aug. 5:</b>  | Last Day to Add an Activity   |
| <b>Sept. 1:</b> | <b>Cancellation Deadline &amp; last day to change partner</b> (except as noted) |
| Sept. 24:       | Softball Tournament cancellation deadline or add team members.                  |
| Sept 28:        | Pickleball Tournament Cancellation Deadline & last day to change partner        |
| Oct. 9:         | Golf Tournament Cancellation  |
| Oct. 12:        | 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, 2018 & 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](http://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](http://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 2018 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](http://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](mailto: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, 2018. 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](mailto: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](http://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](http://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](http://www.ncseniorgames.org/sf.htm)

## NATIONALS

State Finals 2018 will be the qualifying event for the National Games in 2019 in Albuquerque, New Mexico. For more information, see the National Senior Games website at [www.nsga.com](http://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](http://www.ncseniorgames.org/activitydetails.htm)

**Rules:** All sports will be conducted in accordance with the 2018 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. 20, 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 on soft-packed mulch & some hills. Course Map will be posted by August 1.

**Activity Fee:** \$10

## ARCHERY

Sept 22, 1, 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. 21, 9:00 am - Noon

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, Guy Rd, Clayton  
**CORNHOLE**-Clayton Comm. Center  
715 Amelia Church Rd, Clayton

Oct. 2-3, 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. 17-19, 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. 23, 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. 19, 9:30 am—1:00 pm

Durham Co Memorial Stadium  
750 Stadium Dr, Durham

**Activity Fee:** \$5 per event

## FOOTBALL & SOFTBALL THROW

Sept. 20, 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. 20, 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. 16, 9:00 am; Oct. 17, 8:00 am

**Eligibility:** 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> 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 9.

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. Practice rounds (at regular course fee rates) may be scheduled no more than 10 days in advance of the desired date by calling (336) 703-6420.

## PICKLEBALL

Oct. 16-18, 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 green jugs indoor balls.

Participants must provide paddles.

**Activity Fee:** \$10 per event

**Sept 28:** Cancellation deadline & last day to change partner.

## SHOT PUT/DISCUS

Sept. 19, 10:00 am—3:30 pm

Durham Co Memorial Stadium, Durham  
400 Wisteria Ave, Durham

Friday, Sept. 21 inclement weather date

**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. 22, 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   | 9. 50 yd Back     |
| 2. 100 yd Breast | 10. 100 yd IM     |
| 3. 100 yd Fly    | 11. 200 yd Fly    |
| 4. 50 yd Free    | 12. 100 yd Back   |
| 5. 200 yd IM     | 13. 200 yd Breast |
| 6. 50 yd Breast  | 14. 50 yd Fly     |
| 7. 200 yd Back   | 15. 400 yd IM     |
| 8. 100 yd Free   | 16. 500 yd Free   |

Competition water temps will be 80-84 degrees. Heat sheets on NCSG website after Sept. 1. Print & bring with you.

**Activity Fee:** \$15 (for 1-6 events)

## TRACK EVENTS

Sept. 19, 8:00 am—5:00 pm

Friday, Sept. 21 inclement weather date  
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. 21, 9:00 am - 5:30 pm

Bond Park Comm. Center, 801 High House Rd, Cary  
Singles, Doubles & Mixed Doubles

**Equipment:** NCSG provides required shuttlecocks. Participants must provide racquets.

**Activity Fee:** \$5 per event

### BILLIARDS

Sept. 21, 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. 22, 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. 20-21, 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. 21, 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. 22, 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. 18-23, Noon—7:00 pm

Raleigh Racquet Club, 5516 Falls of Neuse Rd, Raleigh  
Singles, Doubles & Mixed Doubles

**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](http://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 1<sup>st</sup> deadline.

To post requests for teams/players on the NCSG website, please send your request by email to [ncsg@ncseniorgames.org](mailto: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 5-8

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 1.

**September 24:** 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

October 26-28

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 September 28.

**October 12:** 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 SilverArtists 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](http://www.ncseniorgames.org) or from your Local Coordinator.

A **2018 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. 7. 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. 21, starting at 2:45 pm. The Show will be on Friday, Sept. 21, 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. 20, 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. 20. The Show may open for a *Sneak Peek*, Thursday 4:00 pm - 4:45 pm. The Show will be open Friday, Sept. 21 from 9:30 am - 3:00 pm. Entries **must** be **picked up** between 3:15 pm - 4:30 pm on Friday, Sept. 21.

**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. 21, 9:30-3:00.

**Limit:** 1 entry per sub-category.

**Fee:** \$5 per entry.