

North Carolina Senior Games  
**STATE FINALS 2010 ENTRY PACKET**

For Athletes, Artists & Cheerleaders

**EARLY BIRD DEADLINE - JULY 1**

**ENTRY DEADLINE - AUGUST 1**

## STATE FINALS

September 27 - October 3, Cary/Raleigh

Softball Tournament  
Walnut Creek Softball Complex, Raleigh  
September 13-15

Golf Tournament  
Tanglewood, Clemmons  
October 12-13

Bocce Tournament  
Clayton Community Park, Clayton  
October 12-13

Basketball Tournament  
Greenville  
October 29-31



*Statewide Grand Patron*



*State Finals Gold Sponsor*

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Guidance when you need it most

### HOST AGENCIES

Platinum: Cary Parks, Recreation & Cultural Resources Dept.  
Premier: Raleigh Parks & Recreation Dept.  
Cary Academy  
Clayton Parks & Recreation Dept.  
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

### IMPORTANT DATES

July 1:	<b>Early Bird Deadline</b>
August 1:	<b>Entry Deadline</b>
August 5:	<b>Last Day to Add an Activity</b>
Sept. 10:	<b>Cancellation Deadline</b>
October 1:	<b>Cancellation Deadline for Bocce, Golf and Basketball Tournaments</b>

### 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.*

# REGISTRATION INFORMATION & PROCESS

**1. NCSG must receive your Entry Form by 5:00 p.m. on August 1.** Each individual, including doubles partners and all team members, must submit a completed Entry Form with total payment to NCSG by **August 1**. **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 or emails will be accepted.

On the Entry Form there are two types of fees:

*Entry Fees* and *Event/Team Fees*

*Entry Fees* for:

Forms received by NCSG on or before July 1 \$25.00.

Entry Forms received by NCSG after July 1 \$35.00.

*The Entry Fee* includes a 2010 State Finals lapel pin (available from your Local Coordinator), admission to Opening Ceremonies, the Cheerleaders Showcase, the Senior Expo, the SilverArts Showcase, and transportation to and from select hotels and select events. The Entry Fee also helps to offset general organizational costs and awards.

*Event Fees and Team Fees* help cover charges for facility rental, officials, and equipment for activities you choose to enter and are listed in the event information which follows.

**2.** After your Entry Form is received and processed, NCSG

will send you 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** and that you are registered for the correct activities. Verify on the NCSG website or ask your Local Coordinator. No activities can be added after **August 5**.

**3.** You should receive your *Participant Newsletter* with your Personal Schedule by **September 1** (unless it is delayed by the postal service). It will contain reporting 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@ncseniorgames.org](mailto:ncsg@ncseniorgames.org) if your *Participant Newsletter* is not received by **September 1** and another one will be sent.**

## AT THE GAMES

Have with you at all times:

- Photo ID to check in at all events each day
- List of medications, medical conditions and allergies
- Proof of insurance, in case of any emergency

## REFUNDS

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

Exceptions: Cancellation deadline is October 1 for Golf, Bocce and Basketball Tournaments.

For complete cancellations, a \$15 processing fee for individuals and a portion of the team fee (\$35 for Basketball and \$125 for Softball) is non-refundable.

# GENERAL INFORMATION

## ELIGIBILITY

To be eligible to participate, you must be *55 years* of age or better on or before December 31, 2010.

## 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.

## AGE CATEGORIES

Your age category is determined by your age on Dec. 31, 2010. 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.

**YOU would be a wonderful volunteer for State Finals. Please sign up at [www.ncseniorgames.org](http://www.ncseniorgames.org)**

## SCHEDULE

The *Preliminary* Schedule is on page 8. The *Final* Schedule will be determined after August 1, when all entries have been received. You should receive your *Participant Newsletter* and Personal Schedule by September 1. NCSG reserves the right to cancel events or combine age groups.

## CONFLICTS

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

## 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 all schedule updates.

# STATE FINALS HOTELS IN CARY/RALEIGH

Contact a hotel below and identify you are with North Carolina Senior Games to get these room rates. Prices do not include tax. Room blocks will be released on September 1 and these rates will no longer be available. Space is limited, so make your plans early. The State Finals map is on our website and will be included in your Confirmation. The map includes event locations and hotels. For additional information, contact the Greater Raleigh CVB at 800-849-8499 or [www.visitraleigh.com](http://www.visitraleigh.com).

\*Indicates NCSG shuttle service offered on Thursday and Friday September 30 and October 1.

HOTEL	WEBSITE	PHONE NUMBER	ADDRESS	RATE	BREAKFAST
*Best Western Cary Inn & Extended Stay Suites	<a href="http://www.bestwestern.com">www.bestwestern.com</a>	919-481-1200 800-780-7234	1722 Walnut St. Cary-27511	\$64.99	Extended Continental
Best Western Raleigh North	<a href="http://www.bestwestern.com">www.bestwestern.com</a>	919-872-5000 800-780-7234	2715 Capital Blvd. Raleigh-27604	\$55.99	Extended Continental
*Comfort Suites, Cary	<a href="http://www.comfortsuites.com">www.comfortsuites.com</a>	919-852-4318 877-424-6423	350 Ashville Ave. Cary-27518	\$74.00	Extended Continental
Hampton Inn Raleigh, Capital Boulevard North	<a href="http://www.hamptoninn.com">www.hamptoninn.com</a>	919-872-7111 800-HAMPTON	3621 Spring Forest Rd. Raleigh-27616	\$89.00	Extended Continental
*Hampton Inn & Suites RBC Center/Cary	<a href="http://www.hamptoninn.com">www.hamptoninn.com</a>	919- 233-1798 800-HAMPTON	111 Hampton Woods Ln Cary-27607	\$89.00	Extended Continental
*Hampton Inn Raleigh/Cary	<a href="http://www.hamptoninn.com">www.hamptoninn.com</a>	919- 859-5559 800-HAMPTON	201 Ashville Avenue Cary-27518	\$60.00	Extended Continental
*Holiday Inn and Suites Raleigh/NCSU	<a href="http://www.hiexpress.com">www.hiexpress.com</a>	919-854-0001 888-HOLIDAY	37-1 Thistledown Road Raleigh-27606	\$89.00	Extended Continental
*Holiday Inn Hotel and Suites Cary	<a href="http://www.hiexpress.com">www.hiexpress.com</a>	919-851-1220 888-HOLIDAY	5630 Dillard Drive Cary-27518	\$84.99	Extended Continental
Red Roof Inn Raleigh NCSU/Convention Center	<a href="http://www.redroof.com">www.redroof.com</a>	919-833-6005 800-REDROOF	1813 S. Saunders St. Raleigh-27603	\$44.99	N/A

## GETTING THERE

### DIRECTIONS

Directions for all venues, and for travel between some venues, are on the NCSG website. The State Finals Map showing the location of all Cary/Raleigh events and host hotels is on the NCSG website and will be mailed with each participant's Confirmation.

### TRANSPORTATION

Transportation will be available on Thursday, September 30 and Friday, October 1 to the following locations:

- Hotels noted above to the Shuttle Hub
- Athens Drive High School
- Babineau's Billiards
- Triangle Aquatic Center
- WakeMed Soccer Park
- Laurel Hills
- Bond Park
- Cary Academy
- NCSU

Transportation details and schedules will be on our website and posted at the event sites and select hotels, or you can request a copy from your Local Coordinator after September 1.

### NATIONALS

State Finals 2010 is the qualifying event for National Senior Games 2011 in Houston, TX.

For more information, go to the National Senior Games website at [nsga.com](http://nsga.com).

## SPECIAL EVENTS

### OPENING CEREMONY

Don't miss this special event on Thursday, September 30 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 the Opening Ceremony!

### CHEERLEADERS SHOWCASE

We hope you will join us for a fun and exciting show at WakeMed Soccer Stadium on Thursday, September 30 at 5:00 p.m. with performances by the Local Games' Cheerleaders.

### 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 at the NCSU McKimmon Center on Friday and October 1-2.

**New for 2010 - Follies tickets** will be sold on a first-come, first-served basis from July 1 - September 1. To purchase, the *Follies Ticket Order Form* (available on the website July 1-September 1) **and** complete payment must be received by September 1 by 5:00pm. No phone calls or emails will be accepted. For more details, see page 7.

### 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, October 2 from 9:00 a.m. - 4:00 p.m.

# SPORTS INFORMATION

**Eligibility:** 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in the specific event from a sanctioned Local Game, unless otherwise noted. For doubles and mixed doubles, you must compete with the partner you qualified with at your Local Game. Each partner must submit an individual entry form. Age category will be determined by the younger partner.

**Schedule:** See page 8 for the Preliminary Schedule. Except where noted, specific reporting times will be determined after August 1 and included in the *Participant Newsletter*.

**Rules:** All sports will be conducted in accordance with the 2010 edition of the *NCSG Official Rules Book*, available on our website or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book.

\* **Nationals** qualifying events, as of the printing of this document.

## ARCHERY\*

Bond Park, 801 High House Road, Cary

**Limit:** 1 event

**Equipment:** Participants must provide.

**Event Fee:** \$3

## BADMINTON\*

Singles, Doubles and Mixed Doubles  
Bond Park Community Center, 801 High House Road, Cary

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

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

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

## BASKETBALL SHOOTING

Laurel Hills Community Center, 3808 Edwards Mill Road, Raleigh

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Equipment:** NCSG provides balls. Participants may use their own balls if they meet NCSG Rules Book specifications.

**Event Fee:** \$3

## BILLIARDS

Babineau's Billiards, 1102 Buck Jones Road, Raleigh

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required balls and cues. Participants may use their own cues if they meet NCSG specifications.

**Event fee:** \$5

## BOCCE TOURNAMENT

Clayton Community Park, 1045 Amelia Church Road, Clayton

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required balls.

**Event fee:** \$5

### Hotel Information:

Hampton Inn Raleigh/Clayton I-40, 100 Hampton Drive, Garner

(Exit 312, Interstate 40--Just five minutes away!)

Phone: (919) 773-1977

Rate: \$85.00

Hosted by the Clayton Parks & Recreation Dept.

## BOWLING\*

Singles, Doubles and Mixed Doubles  
Buffaloe Lanes North, 5900 Oak Forest Drive, Raleigh

**Equipment:** Balls and shoes are available. Participants may use their own shoes and regulation balls.

**Event fee:** \$7 per event

## CROQUET

Bond Park, 801 High House Road, Cary

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required balls and mallets. Participants may use their own mallets if they meet NCSG specifications.

**Event fee:** \$5

## CYCLING

1 mile, 5K\*, 10K\*

NC Highway Patrol Training and Driving Facility  
380 East Tryon Road, Raleigh

**Equipment:** Participants must provide.

**Event fee:** \$5 per event

## DISCUS\*

Cary Academy, 1500 N Harrison Avenue, Cary

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Equipment:** NCSG provides required discus. Participants may use their own discus if it meets NCSG specifications.

**Event fee:** \$3

## FOOTBALL THROW & SOFTBALL THROW

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Equipment:** NCSG provides required balls. Participants may use their own footballs for Football Throw if they meet NCSG specifications.

**Event fee:** None

## GOLF\*

Tanglewood Golf Course, 4061 Clemmons Road, Clemmons

**Eligibility:** 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> place in golf and meet the minimum performance score in NCSG Rules Book.

**Equipment:** Participant must provide clubs and balls and soft spikes.

**Event fee:** \$82 (includes greens fee, cart rental and park entrance)

**Tournament Details:** Two-day, 36-hole tournament. Shotgun start each day. Maximum of 280 golfers/first reply honored. 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 55-79 will play from the white tees. Men 80+ and women will play from the red tees. Cancellation Deadline for Golf is October 1.

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

**Hotel Information:** Village Inn, 6205 Ramada Dr, Clemmons  
Phone: (336) 766-9121 or (800) 554-6416 (toll free)  
Room Rate: \$66.00 single/double (includes full hot breakfast)

### Hotel Information:

Village Inn, 6205 Ramada Dr, Clemmons

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

Room Rate: \$66.00 single/double (includes full hot breakfast)

Hosted by the Northwest Piedmont Area Agency on Aging

# SPORTS INFORMATION

**Eligibility:** 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in the specific event from a sanctioned Local Game, unless otherwise noted. For doubles and mixed doubles, you must compete with the partner you qualified with at your Local Game. Each partner must submit an individual entry form. Age category will be determined by the younger partner.

**Schedule:** See page 8 for the Preliminary Schedule. Except where noted, specific reporting times will be determined after August 1 and included in the *Participant Newsletter*.

**Rules:** All sports will be conducted in accordance with the 2010 edition of the *NCSG Official Rules Book*, available on our website or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book.

\* **Nationals** qualifying events, as of the printing of this document.

## HORSESHOES\*

Athens Drive High School

Parking at Lake Johnson Pool at 1416 Athens Drive, Raleigh

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required horseshoes. Participants may use their own horseshoes if they meet NCSG specifications.

**Event fee:** \$5

## LONG JUMPS - RUNNING\*, STANDING

Cary Academy, 1500 N Harrison Avenue, Cary

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Event fee:** \$3 per event

## RACQUETBALL\*

NCSU Carmichael Gym, 2611 Cates Avenue, Raleigh

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

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

**Note:** Parking is not available on the NCSU campus. Participants should use the NCSG shuttle.

**Event fee:** \$5

## SHOT PUT\*

Cary Academy, 1500 N Harrison Avenue, Cary

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Equipment:** NCSG provides required shots. Participants may use their own shots if they meet NCSG specifications.

**Event fee:** \$3

## SHUFFLEBOARD\*

Athens Drive High School

Parking at Lake Johnson Pool at 1416 Athens Drive, Raleigh

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required discs and cues. Participants may use their own cues if they meet NCSG specifications.

**Event fee:** \$5

## SILVERSTRIDERS FUN WALK

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

**Eligibility:** Completion of the Fun Walk at a Local Game

**Awards:** A special award will be given to each participant at the completion of the event

**Event fee:** None

## SPINCASTING

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

**Schedule:** You may compete *at any time* during the event. You will not have a specific reporting time. Early hours are the busiest.

**Equipment:** NCSG provides required plugs. Participants should provide rods and reels.

**Event fee:** None

## SWIMMING

Triangle Aquatics Center, 275 Convention Drive, Cary

**Limit:** 6 events

**Schedule:** Order of the events:

- |                      |                      |                       |
|----------------------|----------------------|-----------------------|
| 1. 200 yd Freestyle* | 6. 50 yd Brtstroke*  | 11. 100 yd Bkstroke*  |
| 2. 100 yd Brtstroke* | 7. 200 yd Bkstroke*  | 12. 200 yd Brtstroke* |
| 3. 100 yd Butterfly* | 8. 100 yd Freestyle* | 13. 50 yd Butterfly*  |
| 4. 50 yd Freestyle*  | 9. 50 yd Bkstroke*   | 14. 200 yd Butterfly  |
| 5. 100 yd IM*        | 10. 200 yd IM*       | 15. 500 yd Freestyle* |

Heat sheets will be available on the website after September 1. Please print and bring with you.

**Event fee:** \$15

## TABLE TENNIS\*

Singles, Doubles and Mixed Doubles

Brier Creek Community Center, 10810 Globe Road, Raleigh

**Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

**Equipment:** NCSG provides required balls. Participants must provide paddles.

**Event fee:** \$5 per event

## TENNIS\*

Singles, Doubles and Mixed Doubles

Millbrook Exchange Park, 1905 B Spring Forest Road, Raleigh

**Limits:** 2 Tennis events and maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

**Schedule:** Specific reporting times will be included in the Participant Newsletter. Winners will advance to the semi-final and final rounds; plan accordingly.

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

**Event fee:** \$6 per event

## TRACK EVENTS\*

100\*, 200\*, 400\* Dashes, 800\*m 1500\*m and 5k\* Runs  
1500m\* and 5k Race Walks

Cary Academy, 1500 N Harrison Avenue, Cary

**Event fee:** \$3 per event

Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for  
Schedule updates  
Driving directions  
State Finals Map  
NCSG Rules Book

# TEAM SPORTS INFORMATION

## SOFTBALL TOURNAMENT

Walnut Creek Softball Complex, 1201 Sunnybrook Road, Raleigh

### Eligibility:

1<sup>st</sup> or 2<sup>nd</sup> place softball teams from a Local Game. Each player must submit an **individual** Entry Form by August 1. The team will compete in the age group in which it qualified at the Local Game, unless that team adds a player from a younger age group. Each team must have a Team Captain who is a participant. A maximum of five (5) players may be added to a team, if they meet the following requirements: a player must have registered for and competed in a Local Game this year and may only be added to another team's roster if the team with which they qualified is **not going to compete at State Finals**. The 2010 Softball Tournament is a qualifying event for the 2011 National Senior Games.

### Schedule:

The Preliminary Schedule is on page 8. Tournament format and starting times will be determined after August 1 when the number of entries is known and included in the Participant Newsletter. All Team Captains, and participants with email addresses, will be notified of the *reporting time for their team's first game* and other details of the Tournament. All details will also be posted on the NCSG website. 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 and remind players to register by August 1 or they will not be eligible to participate.

### Equipment:

NCSG provides required balls, participants responsible for bats and gloves. Bats must meet ASA requirements at the time of the tournament.

### Team fee:

\$225 must be submitted with the Team Captain's Entry Form by August 1. Cancellation Deadline for this event is September 1. Just as each individual must register, each individual, and the team must cancel *in writing*. A team processing fee of \$125 is non-refundable.

### Hotel Information (see page 3 for additional details)

*Red Roof Inn Raleigh NCSU/Convention Center and Best Western Raleigh North*

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

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## BASKETBALL TOURNAMENT

Greenville

### Eligibility:

1<sup>st</sup> or 2<sup>nd</sup> place basketball teams from a Local Game. Each player must submit an **individual** Entry Form by August 1. The team will compete in the age group in which it qualified at the Local Game, unless that team adds a player from a younger age group. Each team must have a Team Captain who is a participant. A maximum of three (3) players may be added to a team, if they meet the following requirements: a player must have registered for and competed in a Local Game this year and may only be added to another team's roster if the team with which they qualified is **not going to compete at State Finals**. The 2010 Basketball Tournament is a qualifying event for the 2011 National Senior Games.

### Schedule:

See page 8 for the Preliminary Schedule. Tournament format and starting times will be determined after August 1 when the number of entries is known. All Team Captains, and participants who provide an email address on their Entry Form, will be notified by September 20 of the *reporting time for their team's first game* and other details of the Tournament. All details will also be posted on the NCSG website. 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 and remind players to register by August 1 or they will not be eligible to participate.

### Equipment:

NCSG provides required game balls. Participants responsible for practice balls.

### Team fee:

\$75 must be submitted with the Team Captain's Entry Form by August 1. Cancellation deadline for this event is October 1. Just as each individual must register, each individual, and the team must cancel *in writing*. A team processing fee of \$35 is non-refundable.

**Hotel Information:** Will be provided on the NCSG website after the dates are confirmed with ECU.

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

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

# SILVERARTS INFORMATION

**Schedule:** See page 8 for the Preliminary Schedule. More details will be on the NCSG website and in the *Participant Newsletter*.

The **2010 SilverArts Information Form** must be completed for each SilverArts entry and be enclosed and mailed **with** your State Finals Entry Form. All required items must be received by the August 1 deadline. The SilverArts Information Form and a copy of the SilverArts Guidelines are on the NCSG website and available from your Local Coordinator.

## **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.

## **CHEERLEADER SHOWCASE**

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

**Eligibility:** Must be the squad chosen as the representative for your Local Game. Each member of the squad must submit an individual State Finals Entry Form by 5:00pm on August 1. Each squad must have a Head Cheerleader who is a participant.

The **2010 Cheerleaders Information Form** must be completed for the squad by the Head Cheerleader and be enclosed **with** the Head Cheerleader's State Finals Entry Form **and** any recorded music (CD).

**Fee:** None

**Awards** for 1st, 2nd and 3rd place for small and large groups will be presented immediately following the Showcase.

## **HERITAGE AND VISUAL ARTS SHOWCASES**

McKimmon Center, 1101 Gorman Street, Raleigh

**Eligibility:** 1st or 2nd place in the sub-category in a Local Game. The entry must be the same entry that won at the Local Game.

The **2010 SilverArts Information Form** must be completed for each entry and be enclosed and mailed **with** your State Finals Entry Form and a photo of the entry.

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

**Schedule:** Entries must be **delivered** to the McKimmon Center between 12:30 - 3:00 p.m., on Friday October 1. The SilverArts Showcase will be held on Saturday October 2, 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 -5:00pm on Saturday October 2.

**Fee:** \$5 per entry

## **SILVERARTS FOLLIES**

McKimmon Center, 1101 Gorman Street, Raleigh

**Eligibility:** Must be the act chosen as the representative for your Local Game. Each member of the act must submit an individual State Finals Entry Form by 5:00pm on August 1. Each non-solo act must have a Group Leader who is a participant.

The **2010 SilverArts Information Form** must be completed for the act by the Solo performer/Group Leader and be enclosed **with** their State Finals Entry Form **and** any recorded music (CD).

**Schedule:** A *required* Technical Workshop will be held on Friday October 1, starting at 3:00 p.m. The performance will be held on Friday October 1, at 7:00 p.m. at the McKimmon Center. The order of the show will be included in the *Participant Newsletter*.

**Fee:** None

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

## **LITERARY ARTS SHOWCASE**

McKimmon Center, 1101 Gorman Street, Raleigh

**Eligibility:** 1st in the sub-category in a Local Game. The entry must be the same entry that won at the Local Game.

The **2010 SilverArts Information Form** must be completed for each entry and be enclosed and mailed **with** your State Finals Entry Form and 4 copies of your entry.

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

**Fee:** \$5 per entry

## **RESERVE YOUR SEAT FOR THE SILVERARTS FOLLIES!**

**Follies tickets** will be sold on a first-come, first-served basis from July 1-September 1. To purchase, the *Follies Ticket Order Form* (available on the website July 1-September 1) **and** complete payment must be received by September 1 by 5:00pm. No phone calls or emails will be accepted. Tickets will not be mailed but may be picked up at State Finals at WakeMed Soccer Park on Thursday, or the McKimmon Center on Friday, and at the door to the show.

If there are any tickets still available, they will be sold at State Finals at the same locations where tickets may be picked up. Follies performers do not need a ticket.

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

# 2010 STATE FINALS PRELIMINARY SCHEDULE

The Final Schedule will be available on the NCSG website and in the Participant Newsletter.

TIME	EVENT	LOCATION
<b>MONDAY - WEDNESDAY, SEPTEMBER 13-15</b>		
9:00 a.m. – 5:00 p.m.	Softball Tournament	Walnut Creek Softball Complex, Raleigh
<b>MONDAY, SEPTEMBER 27</b>		
8:30 a.m. – 5:00 p.m.	Bowling – Mixed Doubles	Buffaloe Lanes North, Raleigh
9:00 a.m. – 6:00 p.m.	Tennis	Exchange Park, Raleigh
<b>TUESDAY, SEPTEMBER 28</b>		
8:30 a.m. – 5:00 p.m.	Bowling – Doubles	Buffaloe Lanes North, Raleigh
9:00 a.m. – 6:00 p.m.	Tennis	Exchange Park, Raleigh
<b>WEDNESDAY, SEPTEMBER 29</b>		
8:30 a.m. – 5:00 p.m.	Bowling – Singles	Buffaloe Lanes North, Raleigh
9:00 a.m. – 6:00 p.m.	Tennis	Exchange Park, Raleigh
<b>THURSDAY, SEPTEMBER 30</b>		
8:30 a.m. – 5:00 p.m.	Bowling - Singles	Buffaloe Lanes North, Raleigh
9:00 a.m. – 6:00 p.m.	Tennis	Exchange Park, Raleigh
8:30 a.m. – 5:30 p.m.	Horseshoes	Athens Drive High School, Raleigh
8:30 a.m. – 5:30 p.m.	Shuffleboard	Athens Drive High School, Raleigh
9:00 a.m. – 2:00 p.m.	Shot Put	Cary Academy, Cary
9:30 a.m.	5 K Run	Cary Academy, Cary
9:30 a.m. – 12:00 noon	Running Long Jump	Cary Academy, Cary
11:30 a.m. – 3:30 p.m.	Spincasting	WakeMed Soccer Park, Cary
11:30 a.m. – 3:30 p.m.	Football Throw	WakeMed Soccer Park, Cary
11:30 a.m. – 3:30 p.m.	Softball Throw	WakeMed Soccer Park, Cary
10:30 a.m.	1500 Meter Race Walk	Cary Academy, Cary
12:30 p.m. – 3:00 p.m.	Standing Long Jump	Cary Academy, Cary
2:30 p.m.	800 Meter Run	Cary Academy, Cary
4:00 p.m.	SilverStriders Fun Walk	WakeMed Soccer Park, Cary
5:00 p.m.	Cheerleader Showcase	WakeMed Soccer Park, Cary
6:30 p.m.	Opening Ceremonies	WakeMed Soccer Park, Cary
<b>FRIDAY, OCTOBER 1</b>		
8:30 a.m. – 6:30 p.m.	Horseshoes	Athens Drive High School, Raleigh
8:30 a.m. – 6:30 p.m.	Shuffleboard	Athens Drive High School, Raleigh
8:30 a.m.	5 K Race Walk	Cary Academy, Cary
9:00 a.m. – 4:00 p.m.	Billiards	Babineau's Billiards, Cary
9:00 a.m. – 12:00 noon	Racquetball	NCSU Carmichael Gym, Raleigh
9:00 a.m. – 4:00 p.m.	Badminton Singles	Bond Park, Raleigh
9:00 a.m. – 2:00 p.m.	Discus	Cary Academy, Cary
10:00 a.m.	1500 Meter Run	Cary Academy, Cary
11:00 a.m.	100 Meter Dash	Cary Academy, Cary
11:00 a.m. – 4:00 p.m.	Basketball Shooting	Laurel Hills Park, Raleigh
12:30 p.m. – 3:00 p.m.	SilverArts Heritage & Visual Check-In	McKimmon Center, Raleigh
12:00 noon – 5:30 p.m.	Croquet	Bond Park, Cary
12:30 p.m.	400 Meter Dash	Cary Academy, Cary
1:30 p.m.	200 Meter Dash	Cary Academy, Cary
3:00 p.m.	SilverArts Follies Technical Workshop	McKimmon Center, Raleigh
7:00 p.m.	SilverArts Follies	McKimmon Center, Raleigh
<b>SATURDAY, OCTOBER 2</b>		
8:00 a.m. – 6:00 p.m.	Horseshoes	Athens Drive High School, Raleigh
8:00 a.m. – 6:00 p.m.	Shuffleboard	Athens Drive High School, Raleigh
9:00 a.m.	Archery	Bond Park, Cary
9:00 a.m. – 4:00 p.m.	Senior Expo	McKimmon Center, Raleigh
9:00 a.m. – 4:00 p.m.	SilverArts Show	McKimmon Center, Raleigh
9:00 a.m. – 4:00 p.m.	Badminton Dbls & Mixed Dbls	Bond Park, Cary
9:00 a.m. – 6:00 p.m.	Swim Meet	Triangle Aquatic Center, Cary
9:30 a.m. – 3:30 p.m.	Croquet	Bond Park, Cary
1:00 p.m. – 7:00 p.m.	Table Tennis – Singles	Brier Creek Center, Raleigh
4:15 p.m. – 5:00 p.m.	SilverArts Heritage & Visual Pick-Up	McKimmon Center, Raleigh
<b>SUNDAY, OCTOBER 3</b>		
8:30 a.m. – 3:00 p.m.	Cycling	NC Hwy Patrol Training Center, Garner
1:30 p.m. – 6:00 p.m.	Table Tennis – Dbls & Mixed Dbls	Brier Creek Center, Raleigh
<b>TUESDAY OCTOBER 12</b>		
8:30 a.m. – 6:00 p.m.	Bocce Tournament	Clayton Community Park, Clayton
9:00 a.m. Shotgun	Golf Tournament	Tanglewood Park, Clemmons
<b>WEDNESDAY, OCTOBER 13</b>		
8:00 a.m. Shotgun	Golf Tournament	Tanglewood Park, Clemmons
8:30 a.m. – 6:00 p.m.	Bocce Tournament	Clayton Community Park, Clayton
<b>FRIDAY, OCTOBER 29-SUNDAY, OCTOBER 31</b>		
	Basketball Tournament	Greenville



State Finals is a program of North Carolina Senior Games - a statewide health promotion and education program for adults 55 years of age and better.

For more information please visit our website at:

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