



NORTH CAROLINA SENIOR GAMES STATE FINALS 2010 PARTICIPANT NEWSLETTER

Softball Tournament - September 13-15, Walnut Creek Softball Complex, Raleigh
State Finals - September 27-October 3, Cary/Raleigh
Bocce Tournament - October 12-14, Clayton
Golf Tournament - October 12-13, Tanglewood Park, Clemmons
Basketball Tournament - October 29-30, East Carolina University, Greenville

Congratulations on being part of the LARGEST State Finals ever - 3,424 registered participants!

**Bring your photo ID; it is required to check in at every activity each day!
We recommend bringing the enclosed Personal Schedule (pink sheet) for reference.**

Your Personal Schedule is Enclosed

The pink sheet of paper states **your starting times** for activities. **Review it carefully and bring it with you to State Finals. No changes can be made at the Games.** August 5 was the last day to add an activity. As a courtesy to your fellow participants, notify NCSG in writing, by email, or USPS before September 10 if your plans change and you will **not** participate in **one** of your activities.

You must present your photo ID each day at every activity to check in. This will be a large State Finals! The schedule has been designed to provide the **fewest** possible conflicts for the **most** people. However, with 3,424 participants, you may have conflicting event times and need to make some choices. **You must compete within your sex and age group** except in doubles, mixed doubles, and team sports, where the age group is determined by the age of the **youngest** player.

Starting time is forfeit time. Our hope is that you can start and finish every event in which you are registered. Due to the large number of participants, there may be short waits at some events. Thanks for your patience.

If you are in a tournament event; remember, you will continue to play as long as you continue to win. Please notify the Event Manager if you are going to forfeit in a tournament event so that your opponent may be informed. Some people are driving in from 6 hours away; please be considerate.

Directions to State Finals

A map was included in your Confirmation for Cary/Raleigh locations. Driving directions *with venue addresses* and the map are also on the State Finals page of our website at www.ncseniorgames.org.

Information at the Games

The Information Areas will have volunteer check-in, Follies ticket sales and lost & found. If you chose to receive a lapel pin on your Entry Form, your Local Coordinator will have it for you.

The McKimmon Center is only open for NCSG activities on **Friday, October 1, 12:30 p.m. - 10:30 p.m.** and **Saturday, October 2, 9:00 a.m. - 5:00 p.m.** Please visit on Friday for the Follies and Saturday for the Expo, SilverArts Showcase and Souvenirs! The Follies Ticket Order Form is on our website and orders can be placed until September 1.

For your health and safety, NCSG recommends you keep a list of your medications and medical conditions with you at all times.

Cancellation Deadline and Refunds

September 10 is the last day to cancel an activity and/or request a refund (except for Golf, Bocce and Basketball Tournaments). Your **written** (email or USPS) refund request must be received by NCSG by September 10. **No refunds after this date.** Golf, Bocce, & Basketball refund requests must be received by October 1. Refund checks will be mailed after State Finals ends on November 1. There is a \$15 non-refundable processing fee for complete cancellations.

Don't Miss the Opening Ceremony

Join your Local Games delegation at the WakeMed Stadium starting at 6:30 p.m. on Thursday, September 30 for the Opening Ceremony. Contact your Local Coordinator for your Games' Opening Ceremony plans for the Parade of Participants. Enjoy the Cheerleader Showcase and Fun Walk prior to the Opening Ceremony.

Attention SilverArtists and Cheerleaders

For all SilverArtists, there is a **"SilverArts Insert"** included with this Participant Newsletter that has important information about the Follies, Cheerleaders, and Literary, Heritage and Visual Arts Showcases. *Please read it carefully!*

Statewide Grand Patron



State Finals Gold Sponsor



2010 SPORTS INFORMATION

Practice and Warm-Ups: Warm up/practice only in designated areas at scheduled times.

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.

* **National** qualifying events, as of the printing of this document.

ARCHERY*

Bond Park Field 1, 801 High House Road, Cary

BADMINTON*

Bond Park Community Center, 801 High House Road, Cary

Yellow feather shuttlecocks will be used. Shoes that would mark the wooden floor are prohibited.

BASKETBALL SHOOTING

Laurel Hills Community Center, 3808 Edwards Mill Road, Raleigh

Compete any time during the scheduled event time, no specific reporting time. Early hours are the busiest.

BASKETBALL TOURNAMENT

East Carolina University, Greenville

Details and the preliminary schedule will be on the NCSG website and sent to Team Captains soon. Contact your Team Captain for all details. All teams must have at least 3 players checked in one hour before their first game time or the team may be forfeited from the tournament. Games will be scheduled 8:00 a.m.-8:00 p.m. Friday and 8:00 a.m.-5:00 p.m. Saturday. **Photo ID to verify identity and date of birth is required**

BOCCE TOURNAMENT

Clayton Community Park, 1045 Amelia Church Road, Clayton

The courts are 60' x 12' and have a surface of crushed gravel. Registration opens at 8:00 a.m. A match will consist of 2 out of 3 games to 6 frames or 9 points, whichever comes first. The format of matches is subject to change, due to weather or time constraints.

BOWLING*

Buffaloe Lanes North, 5900 Oak Forest Dr, Raleigh

With more than 700 bowlers, it is impossible to schedule all participants in singles, doubles and mixed doubles on the same or consecutive days. Our goal is to have age groups bowl together and receive awards immediately after their competition.

CROQUET

An optional session to review the rules will be held 15 minutes prior to the start of each sex/age group. Participants may use their own mallet if it complies with NCSG rules.

CYCLING

1 mile, 5K*, 10K*

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

Helmets are required. The races will use time trials with individual starts against the clock at 1 minute intervals. The facility will open at 7:45 a.m. for registration and 8:00 a.m. for warm-up. Cyclists are responsible for the operation and mechanical safety of their bicycles. Bring a cooler, snacks, lunch and lawn chairs.

FIELD EVENTS

DISCUS*, SHOT PUT*, RUNNING* & STANDING LONG JUMPS

Cary Academy, 1500 N Harrison Avenue, Cary

Compete any time during the scheduled event time, no specific reporting time. Early hours are the busiest.

FOOTBALL THROW, SOFTBALL THROW & SPINCASTING

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

Compete any time during the scheduled event time, no specific reporting time. Early hours are the busiest.

GOLF*

Tanglewood Golf Course, 4061 Clemmons Road, Clemmons
Two-day, 36-hole tournament, both courses. Shotgun start each day. Men 80+ and all ladies will play from the red tees. USGA rules apply with some tournament adaptations. Additional tournament details and information will be on the website. Pairings are based on local qualifying scores. Only registered participants are allowed on carts. Spectators and caddies are not permitted. Call (336) 778-6321 for practice rounds no more than 10 days in advance of desired date. Registration opens at 8:00 a.m. Tuesday, Oct. 12, and 7:30 a.m. Wednesday, Oct. 13. Tanglewood provides a bag drop area at the entrance to the Pro Shop. The Winston-Salem Sports Commission, Village Inn and Tanglewood will host a reception at Tanglewood on Tuesday, October 12, at 2:30 p.m.

RACQUETBALL*

NCSU Carmichael Gym, 2611 Cates Avenue, Raleigh

Shoes that would mark the wooden floor are prohibited. The Senior Games shuttle will go to Racquetball. Parking is limited at NCSU. Directions on the Senior Games website give details on the location of the parking deck that may have some space available.

SILVERSTRIDERS FUN WALK

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

The FunWalk will be on the grass at WakeMed Soccer Park. A special award will be given to each participant at the completion of the event.

SOFTBALL TOURNAMENT*

Walnut Creek Softball Complex, 1201 Sunnybrook Road, Raleigh

Tournament schedule and details are on the NCSG website. Team Captains without an email address were mailed a copy with all details. Contact your Team Captain for all details. Check in begins at 7:45 a.m. Monday, Tuesday and Wednesday. All male 55+ and 60+ teams must have at least 9 players, and all male 65+ and 70+ and females must have at least 10 players checked in one hour before their first game time or the team may be forfeited from the tournament. Bring a reusable water cup or bottle to reduce waste. **Photo ID to verify identity and date of birth is required.**

SWIMMING

Triangle Aquatics Center, 275 Convention Drive, Cary

Heat sheets will be available to view at Information Areas and on our website in mid-September. Please print a copy and bring it with you. Warm-ups will be held from 9:00 a.m. – 9:30 a.m. and throughout the meet. Events will begin promptly at 9:30 a.m. in the following order:

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

TABLE TENNIS*

Brier Creek Community Center, 10810 Globe Rd, Raleigh

Tournament format will be round robin. All participants within a pool will be called to a table to play out all of their pool play matches. Places are determined by round robin results. If an age group has more than six participants, single elimination play will determine places at the conclusion of pool play. Officials may require a change of attire if one's clothing is deemed a hindrance to the opponent. Shoes that would mark wooden floors are prohibited. Sandpaper paddles are not legal and the covering material of the racket faces shall be bright red on one side and black on the other.

TRACK EVENTS*

100, 200, 400 Dashes, 800m 1500m & 5k Runs, 1500m & 5k Race Walks

Cary Academy, 1500 N Harrison Avenue, Cary

All participants in track events, the race walks, and the 5K run must check in at the Track check-in tent 10 minutes **prior** to the event time. **Check-in time is forfeit time.** In track events, women will precede men, and heats will be run with the oldest age group first, followed by the younger participants in descending order (for 1500m Race Walk, see page 3).

Race walkers must wear attire that leaves the knees exposed or enables the Judges to see the position of knees.

2010 SPORTS INFORMATION

Starting times for other events are listed on the enclosed State Finals Schedule (on the back of your pink sheet). Your "Personal Schedule" (the enclosed pink sheet) states other event times for **you**. **NOTE:** Participants **must** compete in their correct sex/age category as of December 31, 2010. In doubles competition and team sports, age category is determined by the **youngest player**.

M = Male
F = Female

Badminton

Bond Park Community Center
801 High House Road, Cary

Singles

F 55-59 Fri 12:00	M 55-59 Fri 9:00
F 60-64 Fri 12:00	M 60-64 Fri 9:00
F 65-69 Fri 11:15	M 65-69 Fri 9:00
F 70-74 Fri 11:15	M 70-74 Fri 9:45
F 75-79 Fri 12:00	M 75-79 Fri 9:00
F 80-84 Fri 11:15	M 80-84 Fri 12:00
F 85-89 Fri 11:15	M 85-89 Fri 12:00

Doubles

All Women Sat 9:00
All Men Sat 10:30

Mixed Doubles

All Men & Women Sat 12:00

Bowling

Buffaloe Lanes North
5900 Oak Forest Dr, Raleigh

Mixed Doubles

55-59 Mon 11:30
60-64 Mon 2:30
65-69 Mon 11:30
70-74 Mon 8:30
75-79 Mon 2:30
80-84 Mon 8:30
85-89 Mon 8:30
90-94 Mon 11:30

Doubles

F 55-59 Tues 2:30	M 55-59 Wed 8:30
F 60-64 Tues 2:30	M 60-64 Tues 2:30
F 65-69 Tues 11:30	M 65-69 Tues 8:30
F 70-74 Tues 11:30	M 70-74 Tues 8:30
F 75-79 Tues 11:30	M 75-79 Tues 2:30
F 80-84 Tues 11:30	M 80-84 Tues 8:30
F 85-89 Tues 11:30	M 85-89 Tues 8:30

Singles

F 55-59 Wed 2:30	M 55-59 Wed 2:30
F 60-64 Wed 11:30	M 60-64 Thurs 8:30
F 65-69 Thurs 11:30	M 65-69 Wed 8:30
F 70-74 Wed 2:30	M 70-74 Thurs 8:30
F 75-79 Wed 2:30	M 75-79 Wed 11:30
F 80-84 Thurs 11:30	M 80-84 Wed 11:30
F 85-89 Thurs 8:30	M 85-89 Thurs 8:30
F 90-94 Wed 2:30	M 90-94 Thurs 8:30
F 95-99 Wed 2:30	M 95-99 Thurs 8:30

Table Tennis

Brier Creek Community Center
10810 Globe Rd, Raleigh

Singles

Men Sat 1:00 & Women Sat 3:15

Doubles

All Men & Women Sun 1:30

Mixed Doubles

All Men & Women Sun 2:00

Horseshoes

Athens Drive High School
Parking at Lake Johnson Pool
1416 Athens Drive, Raleigh

F 55-59 Fri 1:00	M 55-59 Fri 1:00
F 60-64 Fri 11:30	M 60-64 Thurs 8:30
F 65-69 Thurs 10:00	M 65-69 Thurs 1:00
F 70-74 Fri 8:30	M 70-74 Thurs 8:30
F 75-79 Fri 10:00	M 75-79 Thurs 11:30
F 80-84 Thurs 12:15	M 80-84 Fri 8:30
F 85-89 Fri 10:45	M 85-89 Fri 8:30
F 90-94 Fri 10:00	M 90-94 Fri 8:30
F 95-99 Fri 10:00	

Shuffleboard

Athens Drive High School
Parking at Lake Johnson Pool
1416 Athens Drive, Raleigh

F 55-59 Thurs 1:00	M 55-59 Thurs 8:30
F 60-64 Thurs 1:00	M 60-64 Fri 8:30
F 65-69 Fri 8:30	M 65-69 Fri 1:00
F 70-74 Thurs 8:30	M 70-74 Fri 10:00
F 75-79 Thurs 9:15	M 75-79 Fri 1:00
F 80-84 Fri 11:30	M 80-84 Thurs 10:00
F 85-89 Thurs 12:15	M 85-89 Thurs 1:45
F 90-94 Thurs 2:30	M 90-94 Thurs 2:30
F 95-99 Thurs 2:30	M 95-99 Thurs 2:30

Billiards

Babineau's Billiards
1102 Buck Jones Rd, Raleigh

F 55-59 Fri 12:00	M 55-59 Fri 12:00
F 60-64 Fri 12:00	M 60-64 Fri 12:00
F 65-69 Fri 9:45	M 65-69 Fri 9:00
F 70-74 Fri 12:00	M 70-74 Fri 9:00
F 75-79 Fri 12:00	M 75-79 Fri 11:15
F 80-84 Fri 12:00	M 80-84 Fri 10:30
F 85-89 Fri 9:45	M 85-89 Fri 9:00
	M 90-94 Fri 9:00
	M 95-99 Fri 9:00

1500 Meter RaceWalk

Cary Academy
1500 N Harrison Ave, Cary

F 55-59 Thurs 11:30	M 55-59 Thurs 1:30
F 60-64 Thurs 11:30	M 60-64 Thurs 1:30
F 65-69 Thurs 11:00	M 65-69 Thurs 1:00
F 70-74 Thurs 11:00	M 70-74 Thurs 12:30
F 75-79 Thurs 10:30	M 75-79 Thurs 12:00
F 80-84 Thurs 10:30	M 80-84 Thurs 12:00
F 85-89 Thurs 10:30	M 85-89 Thurs 12:00
	M 90-94 Thurs 12:00

Croquet

Bond Park Field 2
801 High House Road, Cary

F 55-59 Fri 4:30	
F 60-64 Fri 12:00	M 60-64 Sat 9:30
F 65-69 Sat 9:30	M 65-69 Sat 2:00
F 70-74 Fri 12:00	M 70-74 Fri 3:00
F 75-79 Sat 12:30	M 75-79 Fri 1:30
F 80-84 Sat 12:30	M 80-84 Sat 11:00
F 85-89 Fri 4:30	M 85-89 Fri 4:30
F 90-94 Fri 12:00	
F 95-99 Fri 12:00	

Bocce

Clayton Community Park,
1045 Amelia Church Road, Clayton

F 55-59 Tue 12:15	M 55-59 Wed 8:30
F 60-64 Tue 12:15	M 60-64 Wed 12:15
F 65-69 Thur 8:30	M 65-69 Wed 8:30
F 70-74 Tue 8:30	M 70-74 Wed 8:30
F 75-79 Tue 8:30	M 75-79 Wed 11:00
F 80-84 Tue 11:00	M 80-84 Wed 9:45
F 85-89 Tue 8:30	M 85-89 Wed 12:15
	M 90-94 Wed 12:15
	M 95-99 Wed 12:15

Other events times are listed on your enclosed pink sheet!

GENERAL INFORMATION

Awards

All medals will be presented at each event site following the completion of an activity, after results are verified. All Track and Field awards will be available at Cary Academy on Thursday and Friday. Please refer to the poster at your event site or check with your Event Manager to find out the time the results of your event should be completed. If you are unable to pick up your medal, arrange for someone to do it for you. Medals will only be mailed by special written request and pre-payment of \$5 for postage and handling per medal.

Senior Expo

This year's Expo will be held on Saturday, October 2, from 9:00 a.m.-4:00 p.m. at the McKimmon Center. Complimentary photos will be available and **Flu Shots will be back!**

Hotels

Please refer to the Entry Packet on the website for housing suggestions and details.

Transportation

To assist you in finding the event sites, look for the blue and white Senior Games highway signs. Venue addresses, detailed directions and a map are available at www.ncseniorgames.org. NCSG will provide transportation from the Shuttle Hub at NC State Fairgrounds-Gate 1 (on Hillsborough Street near the corner of Blue Ridge Road) on **Thursday and Friday, September 30-October 1**, to Cary Academy, WakeMed Soccer Park, Laurel Hills Park, Athens Drive High School, NCSU and select hotels listed in the Entry Packet. *Due to lack of use, no transportation will be available on Saturday, October 2.* Transportation Schedules will be available at Information Areas, on our website and from your Local Coordinator.

Parking

NCSG is not responsible for parking tickets or towed vehicles. Park only in designated parking lots — not on the sides of the road. Traffic flow is necessary for emergency and service vehicles.

Medical Services

NCSG is committed to providing high quality first aid and medical services for you. Should you require medical assistance or medical treatment, please notify your Event Manager and ask for Medical Services or look for the Rex Emergency Response Team Staff in Raleigh/Cary. In the event of an emergency that requires EMS transport, you will be responsible for the cost of that transport.

Inclement Weather Plans

Plan for all types of weather! Please check with Event Managers for changes in schedules. NCSG reserves the right to postpone and/or cancel events. **In case of inclement weather, schedule changes will be posted at the Information Areas or call 919-851-5456 for a recorded message during the Games.**

Volunteer for State Finals on the volunteer page of the website...invite friends and family too!

SilverArts

Come enjoy the SilverArts Celebration with the **Visual, Heritage and Literary Arts Showcases** on Saturday, October 2, 9:00 a.m.-4:00 p.m. in the McKimmon Center. The **Cheerleader Showcase** will be held on Thursday, September 30, at 4:45 p.m. outside in the WakeMed Stadium. The **SilverArts Follies** will be Friday, October 1, at 7:00 p.m. in the McKimmon Center. The Follies ticket order form is available until September 1 at www.ncseniorgames.org. Sales of any remaining tickets and *pre-sold* tickets will be at the Games at Information.

State Finals Results

Available for free on our website at www.ncseniorgames.org. Stay in touch with your Local Coordinator for all results...they receive them immediately! If you ordered a copy of the Results on your Entry Form, it will be mailed to you in November. If you did **not** order on your Entry Form and would like a copy mailed to you in November, send \$5.00 and a SASE to: NCSG Results, 4603 Western Blvd, Raleigh, NC 27606.

Souvenirs

Souvenirs will be available in Raleigh at Bowling on Monday-Wednesday (9:00 a.m.-2:00 p.m.); WakeMed Soccer Park on Thursday (10:30 a.m.-7:00 p.m.); the McKimmon Center on Friday (12:00 p.m.-7:00 p.m.) and Saturday (9:00 a.m.-4:00 p.m.); and at the Softball and Basketball Tournaments.

National Senior Games Information

This is a qualifying year for the 2011 National Games. For details on their sports, rules, how to qualify, etc., call the National office at (225)766-6800 or visit their website: www.nsga.com. Qualifiers will be posted on the NC Senior Games website in mid-November.

Appeals Policy

All appeals must be made within 30 minutes of the conclusion of the game, match, heat or activity under appeal to a Sports or Arts Director or right to appeal will be forfeited. If the activity has ended, go to an Awards area **immediately** and request to meet with the Sports or Arts Director.

Remember that State Finals is for Everyone!

Your safety and the sportsmanlike conduct of everyone is of paramount concern. State Finals Officials have the authority to disqualify, and/or remove from current and future NCSG programs, **anyone** who exhibits inappropriate behavior or a condition of medical concern. For the safety of all, **pets** are not allowed in the competition or spectator areas. All activities will be held in a **smoke free** environment.

Concessions

Bring your own food and beverages to State Finals! Concessions *may* be available at some events. NCSG requests facilities to provide concessions for you, but can **not** guarantee they will do so. Bring a reusable cup or bottle for water to reduce waste.

Visit our website at www.ncseniorgames.org for more Information (schedules, directions, rules, etc.)
NCSG 4603 Western Blvd Raleigh, NC 27606 (919) 851-5456