

STATE FINALS INCLEMENT WEATHER UPDATE AS OF 11/15/18 11:00 am

State Finals **Croquet** has been cancelled due to field conditions and will not be rescheduled.

The State Finals **Tennis Tournament** has been cancelled and will not be rescheduled. Participants who are interested in going to Nationals should email ncsg@ncseniorgames.org for information.

Thursday, November 15, no State Finals events will take place.

Friday, November 16 schedule remains unchanged.

All **Horseshoes and Shuffleboard** participants scheduled for Thursday should report on Saturday, November 17 at the same reporting time.

The following events are cancelled and will not be rescheduled: **Football Throw, Softball Throw and Fun Walk.**

In addition to weather and participant safety, facility availability and staffing are factors in determining when events can be rescheduled.

Here is a revised Schedule: www.ncseniorgames.org/finalschedule.pdf

Anyone who can volunteer for horseshoes or shuffleboard on Saturday is welcome and most appreciated! Please come if you are available.

NCSG Staff remains on site at other State Finals events, we hope to see you there.

All other activities remain on schedule.



NORTH CAROLINA SENIOR GAMES STATE FINALS 2018 FINAL SCHEDULE AND DETAILS

CONGRATULATIONS ON BEING A 2018 STATE FINALS PARTICIPANT!

Bring your photo ID. It is required to check in at every activity each day!

Also bring this Schedule, the attached Final Confirmation, and a list of your medications and health conditions.

Details for all activities can be found at: <http://www.ncseniorgames.org/sf.htm>

Your Final Confirmation is enclosed/attached.

Review it carefully and bring it with you to State Finals. No changes can be made at the Games. As a courtesy to your fellow participants, notify NCSG in writing by email or USPS before the games if your plans change and you will not participate in any one of your activities. You must present your photo ID each day at every activity to check in. The schedule has been designed to provide the fewest possible conflicts for the most people. However, with 3150 participants, you may have conflicting event times and need to make some choices. Our hope is that you can start and finish every event in which you are registered. There may be short waits at some events. Thanks for your patience.

During the Games, 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 from 6 hours away. Please be considerate.

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.

Inclement Weather Plans: Plan for all types of weather! Please check with Event Managers for changes in schedules. NCSG reserves the right to change tournament format or postpone and/or cancel events. In case of inclement weather, schedule changes will be posted at the venue, Information Areas, on the NCSG at the link above, and with a recorded message at 919-851-5456.

Directions & Parking: Driving Directions *with venue addresses* and a map are on the State Finals page of our website at the link above. Look for the blue and white Senior Games highway signs. NCSG is not responsible for parking tickets or towed vehicles. Park only in designated parking lots, not on the sides of roads. 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. Please have your ID, list of medical conditions and medications with you at all times at State Finals.

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. 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 and a reusable cup or bottle for water. Concessions may be available at some events but are not guaranteed.

National Senior Games: This **IS** a qualifying year for the 2019 National Games to be held in Albuquerque, NM. For details on NSGA sports, rules, how to qualify, etc., call the National office at (225)766-6800 or visit their website: www.nsga.com.



STATE FINALS 2018 FINAL DETAILED SCHEDULE

- You must compete at the scheduled time for your age/sex category or the age category of your doubles team.
- Starting time is forfeit time, unless otherwise noted. If conflicts exist, the choice of events is yours.
- Tournament format is single elimination, unless otherwise noted. If you win in a tournament event, you will continue to play; plan accordingly.
- Rules: All sports will be conducted in accordance with the 2018 edition of the NCSG Official Rules Book, available on our website or from your Local Coordinator.

TUESDAY, NOVEMBER 13

5K&10K Runs- 10:00 am (check-in required by 9:30am)

Badminton

Deadline to change partners, October 19

Age Category determined by the younger player as of Dec 31, 2018.

Singles: All Females: 2:15 pm; All Males: 3:45 pm

Doubles: All Females 12:00 pm All Males: 12:45 pm

Mixed Doubles: All age groups 9:00 am

Tennis Cancelled

WEDNESDAY, NOVEMBER 14

Shot Put 10:00 am – 3:30 pm

Discus 10:00 am – 3:30 pm

Long Jump Running 9:30 am – 12:30 pm

Long Jump Standing 10:30 am – 12:30 pm

Track Events:

| | |
|------------------|---------------|
| 5K Race Walk | 8:30 am |
| 1500 m Run | 9:30 am |
| 400 m Dash | 10:30 am |
| 100 m Dash | 11:15 am |
| 800 m Dash | 12:00 pm |
| 50 m Dash | 12:45 pm |
| 200 m Dash | 1:30 pm |
| 1500 m Race Walk | |
| Females: 2:15pm | Males: 2:45pm |

THURSDAY, NOVEMBER 15

Open Events:

Football Throw, Softball Throw CANCELLED

SilverStriders Fun Walk CANCELLED

Horseshoes and shuffleboard Thursday age groups rescheduled for Saturday

FRIDAY, NOVEMBER 16

Billiards

| | | | |
|--------------|----------|------------|----------|
| Female 50-54 | 1:30 pm | Male 50-54 | 1:30 pm |
| Female 55-59 | 1:30 pm | Male 55-59 | 9:00 am |
| Female 60-64 | 1:30 pm | Male 60-64 | 9:00 am |
| Female 65-69 | 9:00 am | Male 65-69 | 10:30 am |
| Female 70-74 | 1:30 pm | Male 70-74 | 1:00 pm |
| Female 75-79 | 10:30 am | Male 75-79 | 11:00 am |
| Female 80-84 | 9:30 am | Male 80-84 | 12:00 pm |
| Female 85-89 | 9:00 am | Male 85-89 | 1:30 pm |
| Female 90-94 | 1:30 pm | Male 90-94 | 1:30 pm |

Basketball Shooting

Racquetball All ages 9:00 am

Cheerleader Showcase – 5:00 pm

SilverArts - Heritage & Visual Check-In 2:00 pm-3:30pm

Shuffleboard

| | |
|--------------|----------|
| Female 50-54 | 1:30 pm |
| Female 55-59 | 9:00 am |
| Female 60-64 | 10:30 am |
| Female 65-69 | 12:00 pm |
| Female 70-74 | 9:00 am |
| Female 75-79 | 10:30 am |
| Female 80-84 | 1:30 pm |
| Female 85-89 | 1:30 pm |
| Female 90-94 | 1:30 pm |

Horseshoes

| | |
|------------|----------|
| Male 50-54 | 10:30 am |
| Male 55-59 | 12:00 pm |
| Male 60-64 | 10:30 am |
| Male 65-69 | 8:30 am |
| Male 70-74 | 9:30 am |
| Male 75-79 | 11:30 am |
| Male 80-84 | 8:30 am |
| Male 85-89 | 10:30 am |
| Male 90-94 | 10:00 am |

Additional age groups on Saturday

SATURDAY, NOVEMBER 17

SilverArts—

SilverArts Show

9:30 am–1:30 pm

Follies Technical Workshop

See SilverArts Insert

Heritage & Visual Pick-Up

1:30pm-2:30 pm

Follies

2:30 pm

Horseshoes

| | |
|--------------|----------|
| Female 50-54 | 10:30 am |
| Female 55-59 | 11:00 am |
| Female 60-64 | 10:30 am |
| Female 65-69 | 11:30 am |
| Female 70-74 | 8:30 am |
| Female 75-79 | 8:30 am |
| Female 80-84 | 9:30 am |
| Female 85-89 | 12:30 pm |
| Female 90-94 | 10:30 am |
| Female 95-99 | 8:30 am |

Shuffleboard

| | |
|------------|----------|
| Male 50-54 | 9:00 am |
| Male 55-59 | 11:15 am |
| Male 60-64 | 12:00 pm |
| Male 65-69 | 9:00 am |
| Male 70-74 | 10:30 am |
| Male 75-79 | 12:00 pm |
| Male 80-84 | 9:00 am |
| Male 85-89 | 9:45 am |
| Male 90-94 | 9:00 am |

Additional age groups on Friday

Archery 9:00 am

Croquet-CANCELLED

Table Tennis

Singles

| | | | |
|--------------|----------|------------|----------|
| Female 50-54 | 11:45 am | Male 50-54 | 8:25 am |
| Female 55-59 | 11:20 am | Male 55-59 | 9:40 am |
| Female 60-64 | 12:10 pm | Male 60-64 | 8:25 am |
| Female 65-69 | 12:10 pm | Male 65-69 | 8:25 am |
| Female 70-74 | 10:55 am | Male 70-74 | 10:30 am |
| Female 75-79 | 10:55 am | Male 75-79 | 8:25 am |
| Female 80-84 | 11:20 am | Male 80-84 | 9:40 am |
| Female 85-89 | 11:45 am | Male 85-89 | 10:55 am |
| Female 90-94 | 12:10 pm | Male 90-94 | 9:40 am |
| Female 95-99 | 12:10 pm | | |

Doubles Age Category determined by the younger player as of Dec 31, 2018.

Deadline to change partners, October 19

| | | | |
|--------------|---------|------------|---------|
| Female 50-54 | 3:05 pm | Male 50-54 | 1:25 pm |
| Female 55-59 | 3:05 pm | Male 55-59 | 1:25 pm |
| Female 60-64 | 3:05 pm | Male 60-64 | 1:25 pm |
| Female 65-69 | 3:05 pm | Male 65-69 | 1:25 pm |
| Female 70-74 | 3:05 pm | Male 70-74 | 1:25 pm |
| Female 75-79 | 3:05 pm | Male 75-79 | 1:25 pm |
| Female 80-84 | 3:05 pm | Male 80-84 | 1:25 pm |
| Female 85-89 | 3:05 pm | Male 85-89 | 1:25 pm |

Mixed Doubles All age groups at 4:45 pm

Deadline to change partners, October 19 Age Category determined by the younger player as of Dec 31, 2018.

SUNDAY, NOVEMBER 18

Cycling See "Sports Information" page for check-in requirements.

1 mile start time: 8:30 am

5K start time: 11:00 am

10K start time: 1:30 pm

2018 STATE FINALS SPORTS INFORMATION

Additional details for all activities at www.ncseniorgames.org/activitydetails.htm

5K & 10K RUNS

Bond Park, 801 High House Rd, Cary

Cross Country course on soft packed mulch and some hills. Bib and chips for timing. Registration is 8:30-9:30, races begins at 10:00 a.m.. Course map and details are posted at above link.



ARCHERY

NCSU Miller Field, 821 Dan Allen Dr, Raleigh

Per NCSG Rules Book, 900 Round. Miller Field is the right near the bottom of the hill. See *Driving Directions* for specific details on where to park for new location. For safety, the gate onto the field near Morrill Drive will be locked. Do not plan to park there! Access the field from the Dan Allen gate only.

BAMINTON

Bond Park Community Center, 801 High House Rd, Cary

Shuttlecocks will be yellow feather Genji Sports Super Tournament Grade (77 speed.) Shoes that would mark the wooden floor are prohibited. Please check in 15 minutes prior to start time.

Deadline to change partners, October 19

BASKETBALL SHOOTING

Herbert Young Community Center, 101 Wilkinson Ave, Cary

Compete any time during the scheduled event time; no specific reporting time. Early hours are the busiest. Park in the deck for first floor access to the building; there is no elevator in the Community Center.

BILLIARDS

Bucks Billiards, 1102 Buck Jones Rd, Raleigh

Tournament format is single elimination. Concessions are available for purchase.

CROQUET

Bond Park Field 6, 801 High House Rd, Cary

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 mallets if they comply with NCSG rules.

CYCLING

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

Volunteer lap counters will NOT be provided. Bring a bike computer or friend if you need help counting laps. At check-in, cyclists will be given a small chip (band aid size) that will be attached to the center/top of the helmet. It is imperative that cyclists bring their helmets to the check-in area and properly affix the chip before leaving check-in. **Cyclists should check in a minimum of 30 minutes prior to each race start time.** Individual start times will be emailed to all participants in late September. Cyclists who miss their start times cannot be "added to the back" after other cyclists. The races will use time trials with individual starts against the clock at 1 minute intervals. The facility will open at 7:45 am for registration and 8:00 am for warm-up. Cyclists are responsible for the operation and mechanical safety of their bicycles. See www.ncseniorgames.org/activitydetails.htm for additional details.

DISCUS & SHOT PUT

Durham County Memorial Stadium, 401 Wisteria Ave, Durham

Compete any time during the scheduled event time; no specific reporting time. Follow the signs for discus/shotput if you don't compete in long jumps or track events.

LONG JUMPS

Durham County Memorial Stadium, 750 Stadium Dr, Durham

Compete any time during the scheduled event time; no specific reporting time. Follow the signs for track...long jump & track participants use the same parking lot.

FOOTBALL/SOFTBALL THROWS &

SILVERSTRIDERS FUN WALK

Method Road Community Center, 514 Method Rd, Raleigh

For the Fun Walk, a special award will be given to each participant at the completion of the event. Throws: Compete any time during the scheduled event time; no specific reporting time. Early hours are the busiest.

RACQUETBALL

NCSU Carmichael Gym, 2611 Cates Ave, Raleigh

Tournament format is round robin. Shoes that would mark the wooden floor are prohibited. Parking is limited at NCSU. Directions on the Senior Games website give details on the location of the pay to park deck.

HORSESHOES & SHUFFLEBOARD

5611 Jaguar Park Dr, Raleigh

Adjacent to Athens Drive High School tennis courts. Parking is by the Crowder Woodland Center and in the gravel lot at the end of Jaguar Park Dr. Please do not park on the side of the road or in the parking lot beside the courts, they are reserved for student parking.

SWIMMING

Triangle Aquatics Center, 275 Convention Dr, Cary

Warm-ups will be held from 9:00 am – 9:30 am and throughout the meet. Events will begin at 9:30 am in the 25 yd pool. Water temperature will be 79-81 degrees. Heat sheets will be on our website in mid-September. Please print a copy and bring it with you.

TABLE TENNIS

Triangle Table Tennis Center

2900 Perimeter Park Dr, Ste 200, Morrisville

For details on our state-of-the-art host facility, visit their website at triangletabletennis.com. New details regarding check in and the flow of participants throughout the day can be found at www.ncseniorgames.org/activitydetails.htm. Tournament format will be round robin. All participants within a pool will be assigned a table to play all of their matches. Places are determined by round robin results for age groups with six or less. For age groups with seven or more 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 the floors are prohibited. Paddles are not provided. Sandpaper paddles are not legal and the covering material of the paddle faces shall be bright red on one side and black on the other. **Deadline to change partners, October 19**

TRACK EVENTS

50m, 100m, 200m, 400m Dashes; 800m & 1500m Runs

1500m & 5k Race Walks

Durham County Memorial Stadium, 750 Stadium Dr, Durham

New track check in procedures and participant flow throughout the day can be found at www.ncseniorgames.org/activitydetails.htm. Participants must check in at the track clerking tent on the football field 30 minutes prior to the event time or they may be forfeited.

The track has a red latex rubber granular surface. Competitors may wear ¼ inch pyramid spikes or smaller, no needle spikes. A participant may use provided starting blocks or bring their own. 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. Race walkers must wear attire that leaves the knees exposed or allows the judges to see the position of the knees.