




2024 Senior Games State Finals Entry Packet

Statewide Grand Patron



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Aging and
Adult Services



July 1
Early Bird Registration
Deadline

August 1
Final Registration
Deadline

September 1
Cancellation Deadline
& last day to change
partner (except as
noted)

State Finals Gold Sponsor



State Finals Silver Sponsor



State Finals Bronze Sponsor



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 & General Information

ELIGIBILITY

To be eligible to participate you must be 50 years of age or better **on or before December 31, 2024** and have qualified at a Local Games in NC in the specific activity for which you want to register. You must also be a North Carolina resident for a minimum of three consecutive months of the year.

1. **NCSG must receive your Entry Form or online registration by 11:59 pm August 1.** Each individual, including doubles partners and all group/team members, must submit a completed registration with total payment to NCSG by August 1. The deadline is strictly enforced in fairness to all participants. Entries received without full payment, or registrations received by email or fax, will not be accepted. Entries received after August 1 will be returned. Online registration is available at www.ncseniorgames.org/register.

Registration includes three types of fees: **Entry Fees, Activity Fees and Team Fees.**

Entry Fees for:

Forms received by NCSG on or before July 1 = \$45.00 (\$40 online)

Forms received by NCSG after July 1 = \$55.00 (\$50 online)

The Entry Fee includes a 2024 State Finals lapel pin and the Celebration of the Games. The Entry Fee also helps to offset general organizational costs and awards.

Activity Fees and Team Fees help cover charges for facility rental, officials and equipment for activities you choose to enter. They are listed per activity in the information which follows.

Scholarship funds may be available until July 25. Email ncsg@ncseniorgames.org for information.

2. After your registration is received and processed (allow three weeks), NCSG will send you a Preliminary Confirmation of your activities and payment (*by email, if address provided*). Online registrants can verify their registration 24 hours after submission at www.ncseniorgames.org/registered-participants. **It is your responsibility to verify that your registration has been received by NCSG by August 1 and that you are registered for the correct activities. No activities may be added after August 5.**

3. You should receive your Final Schedule and Final Confirmation by September 1 (*by email, if address provided*). They will contain reporting times for your activities and 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 if your Final Schedule and Confirmation are not received by September 1 and another one will be sent.

STATE FINALS SCHEDULE

Archery

Boneyard Archery, Madison
August 29

State Finals Big Week

Raleigh/Cary/Durham
September 16-22

Bocce & Cornhole Tournaments

Clayton Community Park, Clayton
September 30-October 2

Mini Golf

Frankie's Fun Park, Raleigh
October 3

Disc Golf

George Sappenfield Disc Golf
Course, Yadkinville
October 8

Golf Tournament

Tanglewood Park Golf,
Clemmons
October 8-9

Softball Tournament

Thomas Brooks Park, Cary
October 11-14

Pickleball Tournament

Cary Tennis Park, Cary
October 18-21

Basketball Tournament

ECU, Greenville
November 1-3

IMPORTANT DATES

July 1: **Early Bird Registration Deadline**

Aug. 1: **FINAL Registration Deadline**

Aug. 5: Last Day to Add an Activity

Aug. 22: Archery Cancellation Deadline

Sept. 1: **Cancellation Deadline & last day to change partner** (except as noted)

Sept. 23: Disc Golf, Golf, & Softball Tournament Cancellation Deadline

Oct. 4: Pickleball Tournament cancellation deadline

Oct. 21: Basketball Tournament cancellation deadline

Registration & General Information

GENERAL INFO

- **Bring your Photo ID to check in at all events each day. (REQUIRED)**
- North Carolina Senior Games, Inc. is committed to creating a healthy and safe environment for all participants, staff and spectators.
- We request that every participant consult his/her doctor in regard to preparation for, and competition in, Senior Games or any similar activity.
- All activities will be held in a smoke/vape-free environment.
- To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the conditioned, trained athlete.

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 and 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.**

HOTELS & MAP

A complete list of State Finals host hotels and the State Finals Map showing the location of all Raleigh area events and host hotel locations will be available on the State Finals Information page: www.ncseniorgames.org/information.

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 by August 1.

REFUNDS

Refund requests must be made in writing (email or USPS) and received by the cancellation deadline (see p. 2 for dates). For complete cancellations, a \$20 processing fee for individuals and a portion of the team fee (\$35 for Basketball, \$85 for Softball) is non-refundable.

AGE CATEGORIES

Your age category is determined by your age on December 31, 2024. Men and 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+. In doubles competition, partners who are in different age groups 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

Partners may play down to a younger age group; the age of the younger player will determine the age group. A player may compete in only one age group in each event (i.e. can't play mixed doubles with two different people, etc.) 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.**

SPECIFIC DETAILS FOR EACH ACTIVITY

Specific details for each activity are available at: www.ncseniorgames.org/sf-sports and www.ncseniorgames.org/sf-silverarts

NATIONALS

The National Senior Games are held every two years. 2024 is a National Qualifying year. State Finals 2024 will be the qualifying event for the 2025 National Games in Des Moines, Iowa. See the Nationals page on the NCSG website at www.ncseniorgames.org/national-senior-games or www.nsga.com for more information.

HOST AGENCIES

Platinum:

Cary Parks, Recreation & Cultural Resources Dept.
Cary Arts Center
Raleigh Parks, Recreation & Cultural Resources Dept.
Clayton Parks & Recreation Dept.
Pitt County Community Schools & Recreation
Madison-Mayodan Recreation Dept.
ECU Campus Recreation & Wellness
NC Highway Patrol Training Center
Surry County Parks & Recreation
Yadkin County Parks & Recreation

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

2024 State Finals Sports

Schedule: Preliminary dates and times are listed with each activity. Except where noted, specific reporting times will be published in the *Final Schedule and Confirmation* which you should receive by September 1. In tournament sports, the format is single elimination, except where noted, winners will advance to the semi-final/final rounds. A complete *Preliminary Schedule* is at www.ncseniorgames.org/information. Additional details for each activity are available at www.ncseniorgames.org/sports.

Rules: All sports will be conducted in accordance with the 2024 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 the cancellation deadline for that activity; changes may **not** be made at events.

5K OR 10K RUN

Sept. 19, 8:30 am – Noon
Bond Park
801 High House Rd, Cary

Details: Races are run concurrently so participants must choose ONE race. Cross country course mostly flat and on asphalt. Course Map will be available at www.ncseniorgames.org/sf-5k-10k.

Activity Fee: \$12

ARCHERY

Aug. 29, 9:00 am
Boneyard Archery
184 Old Covered Bridge Rd, Madison
Hosted by the Madison-Mayodan Recreation Dept.
*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: \$15

Cancellation Deadline: August 22

Limit: 1 event

BADMINTON

Sept. 19, 9:00 am – 5:30 pm
Bond Park Community Center
150 Metro Park Dr, Cary
Singles, Doubles & Mixed Doubles

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

Activity Fee: \$5 per event

BASKETBALL SHOOTING

Sept. 20, 9:00 am – Noon
Bond Park Community Center
150 Metro Park Dr, Cary

Eligibility: Completion of Basketball Shooting at a Local Games.

Equipment: NCSG provides balls. Participants may use their own balls that meet NCSG specs.

Activity Fee: \$5

BILLIARDS

Sept. 20, 9:00 am – 4:00 pm
Benny's Billiards
932 NE Maynard Rd, Cary

Equipment: NCSG provides required balls and cues. Participants may use their own cues meeting NCSG specs.

Activity Fee: \$5

BOCCE

Oct. 1-2, 8:30 am – 5:00 pm
Clayton Community Park
524 Guy Rd, Clayton

Hosted by the Clayton Parks & Rec. Dept.

Equipment: NCSG provides required balls.

Activity Fee: \$5

CORNHOLE

Sept. 30–Oct. 2, 9:00 am – 5:00 pm
Clayton Community Center,
715 Amelia Church Rd, Clayton

Cornhole Singles, Doubles & Mixed Doubles

Hosted by the Clayton Parks & Rec. Dept.

Equipment: NCSG provides required bags.

Activity Fee: \$5 per event

NEW
EVENT

BOWLING

Sept. 16–19, 8:30 am – 5:00 pm
Buffaloe Lanes North,
5900 Oak Forest Dr, Raleigh

Singles, Doubles & Mixed Doubles

Eligibility: The top SIX bowlers/teams in each gender/age category qualify for State Finals.

Equipment: Balls and shoes are available free of charge. Participants may use their own shoes and regulation balls.

Activity Fee: \$8 per event

CROQUET

Sept. 21, 9:30 am – 5:30 pm
Bond Park, Field 2, 801 High House Rd, Cary

Equipment: NCSG provides mallets and required balls. Participants may use their own mallets meeting NCSG specs.

Activity Fee: \$5

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Rules: All sports will be conducted in accordance with the 2024 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 the cancellation deadline for that activity; changes may **not** be made at events.

CYCLING

Sept. 22, 8:30 am–4:00pm
Highway Patrol Driving Center
380 East Tryon Rd, Raleigh

Do Not enter "Highway Patrol Driving Center" into your GPS, enter the address above

1 mile, 5K, 10K
Recumbent: 1 mile, 5K, 10K

Equipment: Participants must provide equipment and tools.

Race Order: 1 mile, 5K, 10K

Activity Fee: \$8 per event

Limit: Recumbent and upright races are run concurrently so participants must choose one or the other for each race.



DISC GOLF

Oct. 8, 9:00 am
George Sappenfield Course
2513 Ireland Rd, Yadkinville

Hosted by Surry County Parks & Recreation and Yadkin County Parks & Recreation

Equipment: Participants must provide their own discs.

Cancellation Deadline: September 23

Activity Fee: \$5 per event

FIELD EVENTS

LONG JUMPS

Sept. 18, 9:30 am–1:00 pm
Durham Co Memorial Stadium
750 Stadium Dr, Durham

Activity Fee: \$5 per event

SHOT PUT & DISCUS

Sept. 18, 10:00 am–3:30 pm
Durham Co Memorial Stadium, Durham
400 Wisteria Ave, Durham

Activity Fee: \$5 per event

Equipment: NCSG provides certified discus and shots. Participants may use their own discus or shot that meets NCSG specs.

FOOTBALL & SOFTBALL THROW

Sept. 19, 9:00 am–12:45 pm
Method Road Community Ctr.
514 Method Road, Raleigh

Eligibility: Completion of the event at a Local Games.

Equipment: NCSG provides required balls. Participants may use their own footballs meeting NCSG specs.

Activity Fee: None

FUN WALK

Sept. 19, 1:00 pm
Method Road Community 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. 8–9,
9:00 am shotgun start both days
Tanglewood Park Golf
4201 Manor House Cir., Clemmons

Eligibility: Golfers must meet a minimum performance score (MPS) and finish 1, 2 or 3 at their Local Games to qualify.

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

Activity Fee: \$88 (includes greens fee, cart rental)

Cancellation Deadline: September 23

Details: All Women and Men 80+ will play from the forward (red) tees, Men 50–59 from the White tees and Men 60–79 from the Black tees. Two-day, 36-hole tournament, both courses played. Shotgun start each day. Maximum of 250 golfers/first reply honored. USGA rules apply with tournament adaptations in the NCSG Rules Book.

Practice rounds: Practice rounds can be booked online 7 days in advance at <https://golf.tanglewoodpark.org/> or by calling the golf shop at 336-703-6420. Senior rates apply Mon–Fri, exclusive of holidays.

HORSESHOES

Sept. 19–20, 8:30 am – 5:00 pm
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; participants may use their own meeting NCSG specs.

Activity Fee: \$5 per event

MINI GOLF

Oct. 3, 11:00 am–3:00 pm
Frankie's Fun Park
11190 Fun Park Dr, Raleigh

Equipment: Putters will be provided, but participants may bring their own putter if they desire. Required Mini Golf balls are provided.

Activity Fee: \$10 per event

2024 State Finals Sports

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Rules: All sports will be conducted in accordance with the 2024 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 the cancellation deadline for that activity; changes may **not** be made at events.

PICKLEBALL

Oct. 18–21, 8:30 am – 9:00 pm
Cary Tennis Park, 2727 Louis Stephens Dr, Cary

Hosted by the Town of Cary
Singles, Doubles & Mixed Doubles

Equipment: NCSG provides Onix Fuse g2 yellow outdoor pickleballs. Participants must provide paddles that meet USA Pickleball specifications.

Activity Fee: \$12 per event

Note: Participation will be limited to 900 participants. Availability will be on a first-come, first-served basis.

Cancellation Deadline & Last Day to Add a Partner: October 4

Format: Tournament format will be available on the website at www.ncseniorgames.org/sf-pickleball. The Pickleball schedule will be available by September 6. Scorekeepers may not be provided.

NEW LOCATION

SHUFFLEBOARD

Sept. 19–20, 8:30 am – 5:00 pm
Method Road Community Ctr.,
514 Method Road, Raleigh

Details: Held indoors on vinyl indoor courts with plastic beads.

Equipment: NCSG provides required discs and cues; participants may use their own meeting NCSG specs.

Activity Fee: \$5 per event

NEW LOCATION

SWIM MEET

Sept. 21, 8:30 am – 4:00 pm
Pullen Aquatics Center
410 Ashe Ave, Raleigh

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 temperature will be 83 degrees. Heat sheets will be on the NCSG website in mid-September.

Activity Fee: \$15 (for 1–6 events)

TABLE TENNIS

Sept. 20–21, 8:30 am – 6:30 pm

Triangle Badminton & Table Tennis
2900 Perimeter Park Dr, Ste 200, Morrisville

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

Activity Fee: \$10 per event

Format: Tournament format is available on the website at www.ncseniorgames.org/sf-table-tennis.

Venue Details: Triangle Badminton and Table Tennis Center is a premiere specialty facility for badminton and table tennis. The venue has specialized lighting, air flow, and sport surface flooring.

TENNIS

Sept. 16–19, 8:30 am – 4:00 pm

Millbrook Exchange Tennis Center
1905 Spring Forest Rd, Raleigh
Singles, Doubles & Mixed Doubles

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

Activity Fee: \$10 per event

Details: Millbrook Exchange Tennis Park is the City of Raleigh's flagship Tennis Facility featuring 23 *hard surface* courts. Brackets with reporting times will be posted at www.ncseniorgames.org/sf-tennis. Note: Format may require limited rest periods and more than three matches per day when registered for more than 1 event.

TRACK EVENTS

Sept. 18, 8:00 am–5:00 pm

Durham Co Memorial Stadium, Durham
750 Stadium Dr, Durham

Limit: For the health and safety of participants, an individual may compete in a maximum of five (5) of the following running and/or walking events. This limit is established because the State Finals Track Meet is a one-day event.

Order of events: 5K Race Walk, 5K Powerwalk, 1500 M Run, 400 M, 1500 M Race Walk, 200 M, 1500 M Powerwalk, 100 M, 800 M, 50 M

Activity Fee: \$8 per event

2024 State Finals Team Sports

Team Sports

Eligibility:

Participate in a 2024 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*). Team Captains should check our website **often** for their list of registered players and remind players to register by September 1 or they will **not** be eligible to participate.

Team Player Pickup – All additions must be made in writing and meet the published deadline stated in the Entry Packet. Player may be added to team rosters following qualification if they meet one of the following two requirements:

Requirement #1: A player may have participated in that event on a team at a Local Games 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.

Requirement #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 and may register for State Finals until the August 1st deadline.

To post requests for teams/players on the NCSG website, fill out the form at www.ncseniorgames.org/sf-team-basketball or www.ncseniorgames.org/sf-team-softball.

Late Registration:

Late registration will be accepted August 2-September 1 only for team basketball and team softball. Late registration is \$65 per participant, team fee remains the same (\$100 per team). Online registration will not be allowed, all registration forms must be **received** by NCSG by September 1, no exceptions.

SOFTBALL TOURNAMENT

October 11-14

Thomas Brooks Park, Cary

9008 Green Level Church Road, Cary

Hosted by Cary Parks, Recreation and Cultural Resources

Equipment: NCSG provides required balls; participants are responsible for legal bats and gloves. See the NCSG Rules Book for specifications.

Details: \$225 Team Fee must be submitted with the Team Captain's Entry Form by September 1. The tournament schedule will be published by September 6.

Cancellation Deadline and last day for team roster changes which change the age category of the team is September 23. 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

November 1-3

East Carolina University, Greenville

Hosted by Greenville-Pitt Co Senior Games and ECU Campus Rec. and Wellness

Equipment: NCSG provides required game balls. Participants are responsible for practice balls and towels.

Details: \$100 Team Fee must be submitted with the Team Captain's Entry Form by September 1. The tournament schedule will be published by October 1.

Cancellation Deadline and last day for team roster changes which change the age category of the team is October 21. Just as each individual must register, *each individual* and the team must cancel *in writing*. A team processing fee of \$35 is non-refundable.

State Finals 2024 T-Shirt

You can order your State Finals T-shirt when you register! Postage and tax are included only if you purchase as part of your registration process. Shirts must be ordered by August 4, and will be mailed to all participants by August 21. Please confirm your mailing address! Shirts cannot be canceled for a refund after August 4 and NCSG is not responsible for postage for returned shirts.

Shirts can also be ordered at <https://blankslatesavannah.com/product-category/ncsg/general/>.

Prices: **\$22 S-XL; \$25 2xl-3xl**



2024 State Finals SilverArts



Cary Arts Center
101 Dry Ave., Cary

The SilverArts Booklet is available on our website at www.ncseniorgames.org/silverarts or from your Local Coordinator. The Booklet provides the guidelines, requirements per category, Judges' Scoresheets and Information Forms (Information forms are required to register).

Entries must be the same entries that won at the Local Games.

SilverArts Follies

September 20, 2024

Preliminary times listed below. Final times and the order of the Show will be in the Final Schedule.
Performance space is a raised stage.

Schedule: A **required** Technical Workshop is tentatively scheduled for Friday, Sept. 20 at 12:30 pm. The Show is tentatively scheduled for Friday, Sept. 20 at 4:00 pm. The order of the Show will be in the *Final Schedule and on the website at www.ncseniorgames.org/sf-silverarts.*

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 an email address. 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.

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

Tickets: The SilverArts Follies is a ticketed event. Tickets can be purchased at www.ncseniorgames.org/sf-silverarts.

Cheerleader Showcase

September 19, 2024

Preliminary times listed below. Final times and the order of the Show will be in the Final Schedule.
Performance space is a raised stage.

Schedule: Tentatively scheduled for Thursday, Sept. 21, at 5:00 pm. Check-in will be 3:30 pm-3:45 pm.

Eligibility: Must be the squad chosen as the representative for your Local Games. Each member of the squad must submit an individual State Finals registration by August 1. Each squad must have a Head Cheerleader who is a participant and should have an email address. Head Cheerleaders must submit a SilverArts Information Form and music with her/his registration. Separate Information Form not required for online registrations.

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

Heritage & Visual Arts

Fee: \$5 per submission

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 Registrations. SilverArts Information Forms can be found at www.ncseniorgames.org/register. Separate Information Form not required for online registrations.

Schedule: Entries must be **delivered** between 10:00 am - Noon on Thursday, Sept. 19. The Show may open for a *Sneak Peek*, Thursday 4:00 pm - 4:45 pm. The Show will be open Friday, Sept. 20 from 9:00 am - 2:30 pm. Entries **must be picked up** between 2:30 pm - 3:30 pm on Friday, Sept. 20.

Limit: 1 entry per sub-category.

Literary Arts

Fee: no fee

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. SilverArts Information Forms can be found at www.ncseniorgames.org/register. Online registrations require a PDF attachment. Entries will be displayed at the SilverArts Show Friday, Sept. 20, 9:00-2:30 pm and posted on the online Literary Showcase. Physical copies Literary Arts entries DO NOT need to be checked in at the SilverArts Show, they only need to be submitted with your registration.

Limit: 1 entry per sub-category.