

# SENIOR GAMES GENERAL INFO & REGISTRATION PROCESS

Athletic Competition & Prelims: March 30 - May 7, 2020

SilverArts Performance Competition: May 14, 2020 | SilverArts Literary, Heritage, Visual Exhibition: May 5-6, 2020

**OPEN TO:** All Alamance County residents, as well as, any resident of the City of Mebane, who have lived in North Carolina at least three consecutive months and are 50 years of age or older. Age on December 31, 2019 will determine the category in which the athlete will compete. In athletics, participants will compete against others of their own sex and age as follows: 50-54, 55-59, 60-64, 65-69, etc. **Proof of age must be presented at registration. IN DOUBLES, TEAMS WILL BE PLACED IN AGE CATEGORIES BY THE AGE OF THE YOUNGEST PLAYER.**

**EVENTS:** Are listed on registration form. If 2 events overlap or are scheduled at the same time, the athlete will need to choose the event he/she wants. In SilverArts, each **artist may enter up to three pieces** in any combination of categories. However, if total entries exceed available display space, only one or two pieces per person will be displayed. **A/BSG reserves the right to choose pieces to be displayed if there are too many entries for the available space.**

**EQUIPMENT:** Participants in the following events will supply their own equipment: Golf - USGA approved golf clubs and balls; Tennis - tennis racket and balls; Racquetball - racquet, balls and goggles; Horseshoes - horseshoes (optional); Cycling - bicycle and helmet; Badminton - racquet.

**ENTRY FEE :** As a participant in the 33<sup>rd</sup> Annual ***Alamance/Burlington Senior Games*** your entry fee of \$10.00 will include an official Senior Games shirt, a FREE breakfast, an Awards Tea and a Senior Games packet of information. A facility fee of \$15.00 will be charged for golf, \$6.00 for each bowling event, \$9.00 for billiards, \$1.00 for Putt-Putt, and \$2.00 for each badminton event. These are in addition to the \$10.00 entry fee. If registration form is accepted after deadline you are not guaranteed a shirt. **Entry fees will be refunded if registration is cancelled by March 27 for athletic competition and April 4 for SilverArts. ATHLETIC AND SILVERARTS REGISTRATIONS WILL BE TAKEN UNTIL FEBRUARY 28. SilverArts participants will be required to sign a liability waiver release form releasing A/BSG from damage or theft that may occur while art work is displayed.**

**AWARDS:** Gold, Silver, and Bronze Medals will be awarded to the top three finalists in each age/sex category in each athletic event except the Fun Walk. Ribbons will be awarded in the Fun Walk. Athletic medals will be given out at the Awards Tea. The awards for SilverArts Performing category will be awarded at the SilverArts Talent Show - May 14. Each sub-category will be judged separately except for Performing Arts. Ribbons will be awarded to SilverArts winners. State Finals Registration Forms will be given out at the Awards Tea, SilverArts Talent Show and the Reception at the Kernodle Senior Center. If you win a medal in an athletic event, place 1<sup>st</sup> - 6<sup>th</sup> in bowling, receive Best of Show in Performing Arts or Literary Arts, Best of Show or 1<sup>st</sup> place in Heritage or Visual Arts or a ribbon in the Silver Striders Fun Walk, you are eligible to go to State Finals, except in golf where minimum standards have been set. **DEADLINE TO REGISTER FOR STATE FINALS: EARLY BIRD DEADLINE JULY 1, OR MUST BE RECEIVED BY NCSG BY 5:00 PM ON AUGUST 1.**

**CONFIRMATION:** Each athletic entry application will be confirmed no later than March 27. Confirmations will include any time changes or rain schedules. SilverArts entries will be confirmed no later than April 26.

**COMPLETING REGISTRATION:** Be sure to answer **all** questions on the Participant Registration Form and Health Information Form, sign the Liability Waiver, complete event registrations and mail your completed application prior to the Entry Deadline: February 28 - Senior Games and SilverArts. Include entry fees. **Incomplete forms will be returned.**

**RULES:** All events will be conducted in accordance with the 2020 Edition of the North Carolina Senior Games, Inc. Official Rule Book. If you have any questions about event rules please call Jane Smith 336-222-5135.

**SR. GAMES MISSION:** *"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."*

THIS EVENT IS PRODUCED BY ALAMANCE COUNTY, BURLINGTON, GRAHAM, & MEBANE RECREATION & PARKS DEPARTMENTS, ALAMANCE COUNTY YMCA, & BURLINGTON SENIOR ADULT LEISURE SERVICES.

# ATHELETIC EVENT REGISTRATION: Due February 28, 2020

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

_____ Awards Tea	Thursday, May 7	2:00 pm	Kernodle Sr. Center
_____ Archery	Tuesday, April 14	2:00 pm	Camp Chestnut Ridge, Efland
* _____ Basketball Shooting	Thursday, April 2	1:30 – 2:30 pm	Fairchild Center
* _____ Bowling Singles	Tuesday, April 21	1:00 - 3:30 pm	Country Club Lanes West
* _____ Bowling Doubles**	Tuesday, April 7	1:00 - 3:30 pm	Country Club Lanes West
* _____ Bowling Mixed Doubles**	Monday, April 20	1:00 - 3:30 pm	Country Club Lanes West
* _____ Cycling – 1 mile	Wednesday, April 15	8:00 am	Williams High School
* _____ Cycling – 5K	Monday, April 20	7:30 am	Pine Hill Cemetery
* _____ Cycling – 10K	Monday, April 20	7:30 am	Pine Hill Cemetery
* _____ Discus Throw	Thursday, April 16	7:45 am	Williams High School
_____ Free Breakfast	Tuesday, March 31	9:00 am	Kernodle Sr. Center
<i>Participant Salute &amp; Packet Pick-up</i>			
* _____ Football Throw	Thursday, April 9	1:30 – 2:30 pm	Fairchild Center
* _____ Golf	Wednesday, April 22	8:00 am	Indian Valley Golf Course
<i>Minimum performance standards for State Finals and Tee Times will be mailed to you.</i>			
* _____ Putt-Putt	Monday, April 20	10:30 - 11:30 am	Putt-Putt Golf & Games
* _____ Shot Put	Thursday, April 16	7:45 am	Williams High School
* _____ Softball Throw	Thursday, April 9	9:00 – 10:30 am	City Park Field #2
* _____ Spin Casting	Thursday, April 9	9:00 – 10:30 am	City Park Field #2
* _____ Standing Long Jump	Tuesday, April 14	7:45 am	Williams High School
* _____ 50 Meter Dash	Wednesday, April 15	6:45 am	Williams High School
* _____ 100 Meter Dash	Wednesday, April 15	7:00 am	Williams High School
* _____ 200 Meter Dash	Wednesday, April 15	7:15 am	Williams High School
* _____ 400 Meter Dash	Wednesday, April 15	7:30 am	Williams High School
* _____ 800 Meter Run	Wednesday, April 15	7:45 am	Williams High School
* _____ 1500 Meter Run	Tuesday, April 14	7:00 am	Williams High School
* _____ 5K Run	Thursday, April 16	6:45 am	Williams High School
* _____ 1500 Meter Race Walk	Thursday, April 16	7:30 am	Williams High School
<i>Racers must wear tights OR shorts that come above the knee.</i>			
* _____ 5K Race Walk	Tuesday, April 14	7:15 am	Williams High School
<i>Racers must wear tights OR shorts that come above the knee.</i>			
* _____ 10K Run	Tuesday, April 28	6:45 am	Williams High School
* _____ Silver Striders Fun Walk	Thursday, April 9	8:15 am	City Park Walking Track
<b>SWIMMING: (Limit 6 events)</b>	Monday, March 30	10:00 am	YMCA
* _____ 25 Yd. Backstroke	* _____ 50 Yd. Backstroke	* _____ 100 Yd. Backstroke	* _____ 200 Yd. Backstroke
* _____ 25 Yd. Breaststroke	* _____ 50 Yd. Breaststroke	* _____ 100 Yd. Breaststroke	* _____ 200 Yd. Breaststroke
* _____ 25 Yd. Butterfly	* _____ 50 Yd. Butterfly	* _____ 100 Yd. Butterfly	* _____ 200 Yd. Butterfly
* _____ 25 Yd. Freestyle	* _____ 50 Yd. Freestyle	* _____ 100 Yd. Freestyle	* _____ 200 Yd. Freestyle
* _____ 500 Yd. Freestyle	* _____ 100 Yd. Ind. Medley	* _____ 200 Yd. Ind. Medley	* _____ 400 Yd. Ind. Medley

