

North Carolina Senior Games
STATE FINALS 2011 ENTRY PACKET

For Athletes, Artists & Cheerleaders

EARLY BIRD DEADLINE - JULY 1

ENTRY DEADLINE - AUGUST 1

STATE FINALS

September 26 - October 2, Cary/Raleigh



Softball Tournament
Walnut Creek Softball Complex, Raleigh
September 12-14

Bocce Tournament
Clayton Community Park, Clayton
October 11-13

Golf Tournament
Tanglewood, Clemmons
October 11-12

Basketball Tournament
ECU, Greenville
October 21-23

Statewide Grand Patron



State Finals Gold Sponsor



HOST AGENCIES

Platinum: Cary Parks, Recreation & Cultural Resources Dept.
Premier: Raleigh Parks & Recreation Dept.
Cary Academy
Clayton Parks & Recreation Dept.
ECU Dept. of Recreational Services
N.C. Highway Patrol Training Center
NCSU McKimmon Center
N.C. State University
Pitt County Community Schools & Recreation

IMPORTANT DATES

July 1: **Early Bird Deadline**
August 1: **Entry Deadline**
August 5: **Last Day to Add an Activity**
August 25: **Cancellation Deadline for the Softball Tournament**
Sept. 15: **Cancellation Deadline**

COORDINATING AGENCIES

N.C. Recreation and Park Association
NCSU Dept. of Parks, Recreation & Tourism Management
N.C. Association on Aging
N.C. Association of Area Agencies on Aging
Pope Army Air Field
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.* Entries received after August 1 will be returned. No faxes or emails will be accepted.

On the Entry Form there are three types of fees:
Entry Fees and *Event/Team Fees*

Entry Fees for:

Forms **received** by NCSG on or before July 1 - \$30.00.

Forms **received** by NCSG after July 1 - \$40.00.

The Entry Fee includes a 2011 State Finals lapel pin (available from your Local Coordinator), admission to Celebration of the Games, the Cheerleaders Showcase, the Senior Expo, the SilverArts Showcase, and transportation to and from 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 web site 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 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 15.

Exception: August 25 is the cancellation deadline for the Softball Tournament.

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, 2011 and have qualified in the specific activity for which you want to register at a Local Game in North Carolina, and be a North Carolina resident for a minimum of 3 consecutive months of the year. Please confirm your eligibility with your Local Coordinator.

AGE CATEGORIES

Your age category is determined by your age on Dec. 31, 2011. 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.

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 check the web site at www.ncseniorgames.org or to call (919) 851-5456 *during* State Finals for all schedule updates.

**YOU would be a wonderful volunteer for
State Finals. Please sign up at
www.ncseniorgames.org**

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 web site and includes event locations and hotels. For additional information, contact the Greater Raleigh CVB at 800-849-8499 or www.visitraleigh.com. Due to decreasing ridership, no NCSG shuttle service will be provided to and from hotels.

HOTEL	WEBSITE	PHONE NUMBER	ADDRESS	RATE	BREAKFAST
Best Western Cary Inn & Extended Stay Suites	www.bestwestern.com	919-481-1200 800-780-7234	1722 Walnut St. Cary-27511	\$68.00	Extended Continental
Best Western Raleigh North	www.bestwestern.com	919-872-5000 800-780-7234	2715 Capital Blvd. Raleigh-27604	\$55.99	Extended Continental
Comfort Suites, Cary	www.comfortsuites.com	919-852-4318 877-424-6423	350 Ashville Ave. Cary-27518	\$74.00	Extended Continental
Hampton Inn Raleigh Capital Boulevard North	www.hamptoninn.com	919-872-7111 800-HAMPTON	3621 Spring Forest Rd. Raleigh-27616	\$89.00	Extended Continental
Hampton Inn & Suites RBC Center/Cary	www.hamptoninn.com	919- 233-1798 800-HAMPTON	111 Hampton Woods Ln. Cary-27607	\$89.00	Extended Continental
Holiday Inn Raleigh North/Capital Blvd	www.holidayinn.com	919-872-3500 888-HOLIDAY	2805 Highwoods Blvd Raleigh-27604	\$65.00	Extended Continental
Holiday Inn & Suites Raleigh/NCSU	www.hiexpress.com	919-854-0001 888-HOLIDAY	37-1 Thistledown Rd. Raleigh-27606	\$89.00	Extended Continental
Holiday Inn Hotel & Suites Cary	www.hiexpress.com	919-851-1220 888-HOLIDAY	5630 Dillard Dr. Cary-27518	\$84.99	Extended Continental
Red Roof Inn Raleigh NCSU/Convention Center	www.redroof.com	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 web site. The State Finals Map showing the location of all Cary/Raleigh events and host hotels is on the NCSG web site: www.ncseniorgames.org.

TRANSPORTATION

Due to decreasing ridership, **no NCSG shuttle service will be provided to and from hotels** but will be offered from the Shuttle Hub to and from the event sites listed below. The Shuttle Hub on Thursday will be WakeMed Soccer Park and on Friday will be McKimmon Center.

- Athens Drive High School
- Buck's Billiards
- Triangle Aquatic Center
- WakeMed Soccer Park
- Laurel Hills
- Bond Park
- Cary Academy
- NCSU

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

NATIONALS

State Finals 2011 is **not** a qualifying event for the National Senior Games 2013 in Cleveland, OH.
For more information, go to the National Senior Games web site at www.nsga.com.

SPECIAL EVENTS

CELEBRATION OF THE GAMES

Don't miss this special event on Thursday, September 29 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. Enjoy the Cheerleaders Showcase and FunWalk prior to the Celebration!

CHEERLEADERS SHOWCASE

We hope you will join us for a fun and exciting show at WakeMed Soccer Stadium on Thursday, September 29 at 5:00 p.m. with performances by 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, September 30 and Saturday, October 1.

Follies tickets will be sold on a first-come, first-served basis from July 1 - September 1. To purchase, use the *Follies Ticket Order Form* (available on the website July 1-September 1). Complete payment must be received by 5:00 p.m. Sept. 1. 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 1 from 9:00 a.m. - 4:00 p.m.

SPORTS INFORMATION

- Eligibility:** 1st, 2nd or 3rd place in the specific event from a sanctioned Local Game, unless otherwise noted. For doubles and mixed doubles, you must compete with the partner with whom you qualified 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 2011 edition of the *NCSG Official Rules Book* which is available on our web site or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book.

ARCHERY

Bond Park, 801 High House Road, Cary

- Equipment:** Participants must provide.
Event Fee: \$5
Limit: 1 event

BADMINTON

Singles, Doubles and Mixed Doubles
Bond Park Community Center, 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. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required shuttlecocks. Participants must provide racquets.
- Event Fee:** \$5 per event
Limits: Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

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 meeting NCSG Rules Book specifications.
- Event Fee:** \$3

BILLIARDS

Buck's Billiards, 1102 Buck Jones Road, Raleigh

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required balls and cues. Participants may use their own cues meeting NCSG specifications.
- Event fee:** \$5
Limits: Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

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 free of charge. Participants may use their own shoes & 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 meeting NCSG specifications.
- Event fee:** \$5
Limits: Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

CYCLING

1 mile, 5K, 10K
NC Highway Patrol Training and Driving Facility
380 East Tryon Road, Raleigh

- Equipment:** Participants must provide.
Event fee: \$8 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 certified discus. Participants may use their own discus meeting 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 meeting NCSG specifications.
- Event fee:** None

GOLF

Tanglewood Golf Course, 4061 Clemmons Road, Clemmons

- Eligibility:** 1st, 2nd or 3rd place in golf and meet the minimum performance score in the NCSG Rules Book.
- Equipment:** Participant must provide clubs, balls and soft spikes.
Event fee: \$85 (includes greens fee, cart rental & park entrance)
Details: Two-day, 36-hole tournament. Shotgun start each day. Maximum of 280 golfers/first reply honored. You will play both courses. Practice rounds (at regular course fee rates) may be scheduled no more than 10 days in advance of the desired date by calling (336) 778-6321. 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.

The Greater Winston-Salem Sports Commission, the Village Inn and Tanglewood Park will host a reception at Tanglewood on Tuesday, October 11 at 2:30 p.m.

Hotel Information:

Village Inn: 6205 Ramada Dr., Clemmons
Phone: (336) 766-9121 or (800) 554-6416
Room Rate: \$68.00 single/double (includes full hot breakfast)

Hosted by the Northwest Piedmont Area Agency on Aging

SPORTS INFORMATION

- Eligibility:** 1st , 2nd or 3rd place in the specific event from a sanctioned Local Game, unless otherwise noted. For doubles and mixed doubles, you must compete with the partner with whom you qualified 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 2011 edition of the *NCSG Official Rules Book* which is available on our web site or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book.

HORSESHOES

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

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required horseshoes. Participants may use their own horseshoes meeting NCSG specifications.
- Event fee:** \$5
- Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

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

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required balls. Participants must provide racquets.
- Note:** Parking is available in the Reynolds Parking Deck. See the State Finals Driving Directions for details.
- Event fee:** \$5
- Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

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 certified shots. Participants may use their own shots meeting NCSG specifications.
- Event fee:** \$3

SHUFFLEBOARD

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

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required discs and cues. Participants may use their own cues meeting NCSG specifications.
- Event fee:** \$5
- Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

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 Aquatic Center, 275 Convention Drive, Cary

- Limit:** 6 events maximum
- 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 NCSG 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

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required balls. Participants must provide paddles.
- Event fee:** \$5 per event
- Limits:** Maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

TENNIS

Singles, Doubles and Mixed Doubles
Millbrook Exchange Park, 1905 B Spring Forest Road, Raleigh

- Schedule:** Specific reporting times will be included in the *Participant Newsletter*. Winners will advance to the semi-final and final rounds; plan accordingly. Submission of seeding information is optional and will be used when possible.
- Equipment:** NCSG provides required balls. Participants must provide racquets.
- Event fee:** \$6 per event
- Limits:** 2 Tennis events and maximum of 3 of these sports: billiards, badminton, croquet, horseshoes, racquetball, shuffleboard, table tennis, tennis.

TRACK EVENTS

100m, 200m, 400m Dashes , 800m 1500m and 5k Runs
1500m and 5k Race Walks
Cary Academy, 1500 N Harrison Avenue, Cary

- Event fee:** \$5 per event

Visit www.ncseniorgames.org for
Schedule Updates
Driving Directions
State Finals Map
NCSG Rules Book

TEAM SPORTS INFORMATION

SOFTBALL TOURNAMENT

September 12-14

Walnut Creek Softball Complex, 1201 Sunnybrook Road, Raleigh

Eligibility:

1st or 2nd 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 the team with which they qualified is **not going to compete at State Finals**. To post requests for teams/players on the NCSG website, please send your request by email to ncsg@ncseniorgames.org.

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 will be included in the *Participant Newsletter*. All Team Captains, and participants who provide an email address on their Entry Form, 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 web site. If you have not provided NCSG with an email address, please check with your Team Captain for all tournament details; we will communicate with Captains. Team Captains should check our web site **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 are responsible for legal 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 August 25. 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

BASKETBALL TOURNAMENT

October 21-23

East Carolina University, Greenville

Eligibility:

1st or 2nd 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 the team with which they qualified is **not going to compete at State Finals**. To post requests for teams/players on the NCSG website, please send your request by email to ncsg@ncseniorgames.org.

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 1 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 web site. If you have not provided NCSG with an email address, please check with your Team Captain for all tournament details; we will communicate with Captains. Team Captains should check our web site 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 are 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 September 15. 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:

The City Hotel & Bistro, 203 SW Greenville Blvd., Greenville
Phone: (252) 355-8300 or (877) 271-2616 (toll free)
Room Rate: \$79 (includes breakfast buffet)

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

www.ncseniorgames.org

SILVERARTS INFORMATION

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

A **2011 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, the SilverArts Guidelines and Subcategory Requirements are on the NCSG web site and are 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 web site at www.ncseniorgames.org or from your Local Coordinator.

CHEERLEADER SHOWCASE

WakeMed Soccer Park, 201 Soccer Park Drive, Cary

The **2011 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).

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 5:00 p.m. on August 1. Each squad must have a Head Cheerleader who is a participant.

Fee: None

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

HERITAGE AND VISUAL ARTS SHOWCASES

McKimmon Center, 1101 Gorman Street, Raleigh

The **2011 SilverArts Information Form** must be completed for each entry and be enclosed and mailed **with** your State Finals Entry Form and a well labeled photo of the entry.

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.

Limit: 1 entry per sub-category.

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

Fee: \$5 per entry

SILVERARTS FOLLIES

McKimmon Center, 1101 Gorman Street, Raleigh

The **2011 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).

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.

Schedule: A *required* Technical Workshop will be held on Friday, September 30 starting at 3:00 p.m. The performance will be held on Friday, September 30 at 7:00 p.m. at the McKimmon Center. The order of the show will be included in the *Participant Newsletter*.

Fee: None

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 at the conclusion of the Follies.

LITERARY ARTS SHOWCASE

McKimmon Center, 1101 Gorman Street, Raleigh

The **2011 SilverArts Information Form** must be completed for each entry and be enclosed and mailed **with** your State Finals Entry Form and 3 copies of your entry.

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

Limit: 1 entry per sub-category.

Fee: \$5 per entry

GET YOUR TICKET FOR THE SILVERARTS FOLLIES!

Follies tickets will be sold on a first-come, first-served basis from July 1-September 1. To purchase, use the *Follies Ticket Order Form* (available on the website July 1-September 1). Complete payment must be received by 5:00 p.m. September 1. 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.



2011 STATE FINALS PRELIMINARY SCHEDULE

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

MONDAY - WEDNESDAY, SEPTEMBER 12-14

9:00 a.m. – 5:00 p.m. **Softball Tournament**
Walnut Creek Softball Complex, Raleigh

MONDAY, SEPTEMBER 26

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

TUESDAY, SEPTEMBER 27

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

WEDNESDAY, SEPTEMBER 28

8:30 a.m. – 5:00 p.m. **Bowling – Singles & Dbls**
Buffaloe Lanes North, Raleigh

9:00 a.m. – 6:00 p.m. **Tennis**
Exchange Park, Raleigh

9:00 a.m. – 2:00 p.m. **Shot Put**
Cary Academy, Cary

9:30 a.m. – 12:30 p.m. **Running Long Jump**
Cary Academy, Cary

9:30 a.m. **5 K Run**
Cary Academy, Cary

10:30 a.m. **1500 Meter Race Walk**
Cary Academy, Cary

10:30 a.m. – 1:00 p.m. **Standing Long Jump**
Cary Academy, Cary

1:30 p.m. **800 Meter Run**
Cary Academy, Cary

2:30 p.m. **100 Meter Dash**
Cary Academy, Cary

4:00 p.m. **200 Meter Dash**
Cary Academy, Cary

THURSDAY, SEPTEMBER 29

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. – 6:00 p.m. **Horseshoes**
Athens Dr. High School, Raleigh

8:30 a.m. – 6:00 p.m. **Shuffleboard**
Athens Dr. High School, Raleigh

8:30 a.m. **5 K Race Walk**
Cary Academy, Cary

9:00 a.m. – 2:00 p.m. **Discus**
Cary Academy, Cary

10:00 a.m. **1500 Meter Run**
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

12:30 p.m. **400 Meter Dash**
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. **Celebration of the Games**
WakeMed Soccer Park, Cary

FRIDAY, SEPTEMBER 30

8:30 a.m. – 6:00 p.m. **Horseshoes**
Athens Dr. High School, Raleigh

8:30 a.m. – 6:00 p.m. **Shuffleboard**
Athens Dr. High School, Raleigh

9:00 a.m. – 4:00 p.m. **Billiards**
Buck's Billiards, Cary

9:00 a.m. – 1:00 p.m. **Racquetball**
NCSU Carmichael Gym, Raleigh

9:00 a.m. – 4:00 p.m. **Badminton Singles**
Bond Park Community Center, Cary

11:00 a.m. – 3:00 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 Field 2, Cary

3:00 p.m. **SilverArts Follies Technical Workshop**
McKimmon Center, Raleigh

7:00 p.m. **SilverArts Follies**
McKimmon Center, Raleigh

SATURDAY, OCTOBER 1

8:30 a.m. – 6:00 p.m. **Horseshoes**
Athens Dr. High School, Raleigh

8:30 a.m. – 6:00 p.m. **Shuffleboard**
Athens Dr. High School, Raleigh

9:00 a.m. **Archery**
Bond Park Field 1, 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. – 5:00 p.m. **Badminton Dbls & Mxd Dbls**
Bond Park Community Center, Cary

10:00 a.m. – 6:00 p.m. **Swim Meet**
Triangle Aquatic Center, Cary

9:30 a.m. – 3:30 p.m. **Croquet**
Bond Park Field 2, 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

SUNDAY, OCTOBER 2

8:30 a.m. – 3:00 p.m. **Cycling**
NC Hwy Patrol Training Center, Garner

9:30 a.m. – 6:00 p.m. **Table Tennis – Dbls & Mixed Dbls**
Brier Creek Center, Raleigh

TUESDAY-THURSDAY, OCTOBER 11-13

8:30 a.m. – 6:00 p.m. **Bocce Tournament**
Clayton Community Park, Clayton

TUESDAY-WEDNESDAY, OCTOBER 11-12

Tues. 9:00 a.m. Shotgun **Golf Tournament**
Wed 8:00 a.m. Shotgun Tanglewood Park, Clemmons

FRIDAY-SUNDAY, OCTOBER 21-23

Basketball Tournament
East Carolina University, Greenville





NORTH CAROLINA SENIOR GAMES STATE FINALS 2011 OFFICIAL ENTRY FORM

Congratulations!

You are eligible to participate at the 2011 State Finals in the activities for which you qualified at a Local Game.

We look forward to your participation in this celebration of fun and fitness!

Please review the State Finals Entry Packet BEFORE completing this form

As you prepare this Entry Form, make sure you:

1. Complete the entire PERSONAL INFORMATION section.
Provide an email address for faster communication!
2. **CHECK ALL THE ACTIVITIES** for which you are qualified and want to participate. Please check with your Local Coordinator to verify your eligibility for each activity you enter. You must check an event if you qualified and wish to participate. We will not assume you will be competing just because you qualified. See the Preliminary Schedule on page 8 in the Entry Packet to determine possible conflicts. Do not register for events with direct conflicts. For doubles events, your partner's name is required. For team sports, your Team name is required.
3. If you are a SilverArtist or Cheerleader, you must submit the required SILVERARTS INFORMATION FORM with this Entry Form by August 1. Get these forms at www.ncseniorgames.org/infoforms.pdf or from your Local Coordinator.
4. It is your responsibility to verify your Entry Form has been received by NCSG by August 1. Check our website or ask your Local Coordinator.

NO activities can be added after August 5 by you or by your Local Coordinator. You will receive your *Participant Newsletter* and personal schedule by September 1. If you do not, you should contact NCSG to request another one be sent.

- 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-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.

This Entry Form (no faxes or emails) must be received by NCSG by 5:00 p.m. on August 1.

The deadline is strictly enforced in fairness to all. Late entries will be returned.

MAIL TO: NCSG State Finals
4603 Western Blvd
Raleigh, NC 27606

I have read and understand the above registration information and understand that I must have a photo ID to check in at all events each day.

Signature Required: _____

Visit our website at www.ncseniorgames.org

STATE FINALS REGISTRATION FORM 2011

Please print clearly in BLUE INK, it is easier to read than black or red.

Grid for name and middle initial

First Name MI Last Name

Grid for email address

Email address for quicker, more frequent and easier communication

Grid for mailing address

Mailing Address (PO Box or Street Address) Future correspondence will be mailed to this address, if email address not provided.

Grid for city, state, and zip code

City State Zip Code

Grid for date of birth, gender, and cell/day telephone

Date of Birth (Month/Day/Year) Gender (Check appropriate box) Cell/Day Telephone (Include Area Code)

My Ethnicity (optional): African American; American Indian; Asian American; Caucasian; Hispanic; Other

List the North Carolina Local Senior Game(s) and/or location(s) where you qualified:

ENTRY FEE REQUIRED FOR ALL PARTICIPANTS:

Entry fee options: \$30 Received by NCSG on or BEFORE July 1 OR \$40 Received by NCSG AFTER July 1

ACTIVITIES - Activity Fees are required in addition to the above Entry Fee. (See page 2 of the Entry Packet for more information.) Check the box and fill in the correct fee for activities in which you are qualified and would like to participate.

Team Sports

Basketball Tournament: Team Name (Required): Captain's Name (Required):

TEAM FEE (\$75). Must be paid and enclosed by Team Captain with this form.

Softball Tournament: Team Name (Required): Captain's Name (Required):

TEAM FEE (\$225). Must be paid and enclosed by Team Captain with this form.

SilverArts

Heritage Arts (# entries x \$5) Enclose one SilverArts Information Form for each entry.

- Heritage Arts options: Basket Weaving, Jewelry, Pottery, Stained Glass, Weaving, China Painting, Knitting, Quilting, Tatting & Needlelace, Woodcarving, Crocheting, Needlework, Rugs, Tole/Decorative Painting, Woodworking, Woodturning

Visual Arts (# entries x \$5) Enclose one SilverArts Information Form for each entry.

- Visual Arts options: Acrylics, Drawing, Mixed Media, Oil, Pastels, Photography, Sculpture, Watercolor

Literary Arts (# entries x \$5) Enclose a SilverArts Information Form for each entry.

- Literary Arts options: Essay, Life Experience, Poem, Short Story

Performing Arts - Soloist or Act Leader must enclose the act's SilverArts Information Form.

Leader's Name (Required):

Cheerleaders - Head Cheerleader must enclose the group's Cheerleader Information Form.

Head Cheerleader's Name (Required):



PAGE 1 SUBTOTAL

JOIN TODAY TO SUPPORT HEALTHY AGING!

Check the correct boxes below. Please enclose a separate check payable to NCSG for your tax-deductible contribution.

FRIENDS receive: A lapel pin, car decal, discounts on Senior Games programs, subscription to the NCSG Newsletter.

\$25 Individual \$40 Couple

TORCH CLUB Members receive: All the FRIENDS benefits plus: Additional discounts and a Torch Club Certificate

\$100 Individual \$175 Couple

Spirit Club Members receive: All the above benefits plus:

Free State Finals entry fee, the opportunity to present the NCSG Flag at State Finals Celebration of the Games, acknowledgement in every Newsletter, Invitation to the annual Senior Games Holiday Celebration with the Board of Directors and major contributors.

\$250 Individual \$400 Couple

Send me a lapel pin and/or car decal or Use my total gift for Senior Games programs.

THANK YOU!

HEALTH INFORMATION (OPTIONAL)

Names of Medications: _____

Medical Conditions: _____

Allergies: _____

In case of emergency, please have your medical information and proof of insurance with you at all times.

EMERGENCY CONTACTS

Name _____ Relationship _____ Phone (____) _____
Will he/she be at State Finals? YES NO

Name _____ Relationship _____ Phone (____) _____
Will he/she be at State Finals? YES NO

Name of Personal Physician _____ Phone (____) _____

LIABILITY WAIVER

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the 2011 North Carolina Senior Games State Finals program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE North Carolina Senior Games, Inc., its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I UNDERSTAND AND CONSENT TO HAVE MY MEDICAL INFORMATION AVAILABLE TO MEDICAL PROVIDERS DURING THE GAMES.

By entering the North Carolina Senior Games State Finals, I grant NCSG and its sponsors the right to use my name, quotes, and any pictures taken of me during State Finals without remuneration.

I Have Read This Release	I Have Read This Release	
_____	_____	
Printed Name	Signature	Date Signed

This Waiver MUST be signed and dated to process this form.