

North Carolina Senior Games 2017 STATE FINALS ENTRY PACKET

For Athletes, Artists & Cheerleaders

EARLY BIRD DEADLINE - JULY 1

ENTRY DEADLINE - AUGUST 1

STATE FINALS September 18-25 Cary/Durham/Raleigh

Register online by
July 1 and save \$15!



Statewide Grand Patron



Aging and Adult Services
HEALTH AND HUMAN SERVICES

State Finals Platinum Sponsor



**BlueCross BlueShield
of North Carolina**

State Finals Gold Sponsor

Humana

HOST AGENCIES

Platinum:

Cary Parks, Recreation & Cultural Resources Dept.
Raleigh Parks, Recreation & Cultural Resources Dept.

Cabarrus Co Active Living & Parks Dept.

Clayton Parks & Recreation Dept.

ECU Campus Recreation & Wellness

NC Highway Patrol Training Center

NCSU McKimmon Center

NC State University

Pitt County Community Schools & Recreation

Raleigh Racquet Club

Triangle Table Tennis

Golf Tournament

Tanglewood, Clemmons
August 30-31

Bocce & Cornhole Tournaments

Clayton Community Park, Clayton
October 3-4

Softball Tournament

Thomas Brooks Park, Cary
October 9-12

Pickleball Tournament

Carolina Courts, Concord
October 17-19

Basketball Tournament

ECU, Greenville
October 27-29

IMPORTANT DATES

Aug. 1	FINAL Registration Deadline
Aug. 5:	Last Day to Add an Activity
Aug. 25:	Golf: Cancellation deadline
Sept. 1:	Cancellation Deadline & last day to change partner (except as noted)
Sept. 29:	Pickleball & Softball Tournaments: Cancellation Deadline & last day to change partner or add team members
Oct. 13:	Basketball Tournament: Cancellation deadline & last day to add team members

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

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 INFORMATION & PROCESS

ELIGIBILITY

To be eligible to participate you must be 50 years of age or better on or before December 31, 2017 & have qualified at a Local Games in NC in the specific activity for which you want to register, & be a North Carolina resident for a minimum of three consecutive months of the year. Please confirm your eligibility with your Local Coordinator. Qualification details can be found at www.NCSeniorGames.org/sf.htm.

1. NCSG must receive your Entry Form or online registration by 11:59 pm August 1. Each individual, including doubles partners & all group/team members, must submit a completed registration with total payment to NCSG by August 1. **There are no exceptions.** The deadline is strictly enforced in fairness to all participants. **Entries received without full payment will not be accepted.** Entries received after August 1 will be returned. **Online registration is available at www.ncseniorgames.org.** No faxes or emails will be accepted.

Registration includes three types of fees:

Entry Fees, Activity Fees & Team Fees.

Entry Fees for:

Forms received by NCSG on or before July 1 = \$40.00 (**\$35 online**)

Forms received by NCSG after July 1 = \$50.00 (\$45 online)

The Entry Fee includes a 2017 State Finals lapel pin, admission to Celebration of the Games, featuring the Cheerleaders Showcase, & the SilverArts Showcase. The Entry Fee also helps to offset general organizational costs & awards.

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

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

3. You should receive your *Final Schedule & Final Confirmation* by **August 18** (by email, if address provided). They will contain reporting times for your activities & *all* State Finals details. Bring your *Final Confirmation* with you to State Finals. **Contact NCSG at (919) 851-5456 or by email at ncsg@ncseniorgames.org if your *Final Schedule & Confirmation* are not received by **August 18** & another one will be sent.**

AT THE GAMES

Have with you at all times:

- Photo ID to check in at all events each day (REQUIRED)
- Final Schedule & Confirmation*
- List of medications, medical conditions & allergies
- Proof of insurance, in case of an emergency

REFUNDS

Refund requests must be made in writing & received by the cancellation deadline (see page 1 for dates). For complete cancellations, a \$15 processing fee for individuals & a portion of the team fee (\$35 for Basketball & \$125 for Softball) is non-refundable.

REGISTER AND PAY ONLINE BY JULY 1 TO SAVE \$\$\$

GENERAL INFORMATION

AGE CATEGORIES

Your age category is determined by your age on December 31, 2017. Men & 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+. 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.

DOUBLES EVENTS

The age of the younger player will determine the age group. A player may compete in only one age group; age groups are the same as in individual sports. 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.**

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.

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 & 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

A complete list of State Finals host hotels is available on the State Finals page of the NCSG website.

DIRECTIONS

Directions and addresses for all venues & for travel between some venues, are on the NCSG website. The State Finals Map showing the location of all Cary/Raleigh events & host hotels is on the NCSG website: www.NCSeniorGames.org.

NATIONALS

State Finals 2018 will be the qualifying event for the National Games in 2019 in Albuquerque, New Mexico. For more information, see the National Senior Games website at www.nsga.com.

IMPORTANT SPORTS DETAILS

Schedule: Preliminary dates & times are listed with each activity. Except where noted, specific reporting times will be determined after August 1st and in the *Final Schedule & Confirmation* which you should receive by August 18. In tournament sports, winners will advance to the semi-final & final rounds; plan accordingly. A one-page *Preliminary Schedule* is on the State Finals page of the NCSG website.

Rules: All sports will be conducted in accordance with the 2017 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 Sept 1 (except where noted); changes may not be made at events.

5K OR 10K RUN

Sept. 21, 8:30 am - Noon
Bond Park Comm. Ctr.,
801 High House Rd, Cary

Details: Races are run concurrently so participants must choose ONE race. Cross country course on soft-packed mulch & some hills. Course Map will be posted by August 1.

Activity Fee: \$10

ARCHERY

Sept 23, 1, 9:00 am

NCSU Miller Field, 430 Morrill Dr, Raleigh
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: \$5

Limit: 1 event

BASKETBALL SHOOTING

Sept. 22, 10:00 am - 2:00 pm

Herb Young Comm. Ctr., 101 Wilkinson Ave, Cary

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

Activity Fee: \$5

BOCCE-Clayton Comm. Park, Guy Rd, Clayton

CORNHOLE-Clayton Comm. Center
715 Amelia Church Rd, Clayton

Oct. 3-4, 8:30 am - 5:00 pm

Hosted by the Clayton Parks & Recreation Dept.

Equipment: NCSG provides required balls & bags.

Activity Fee: \$5 per event

BOWLING

Sept. 18-20, 8:30 am - 5:00 pm

Buffaloe Lanes North, 5900 Oak Forest Dr, Raleigh
Singles, Doubles & Mixed Doubles

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

Activity Fee: \$8 per event

CYCLING

Sept. 24, 8:30 am-4:00pm

Highway Patrol Driving Track
380 East Tryon Rd, Raleigh
1 mile, 5K, 10K

Equipment: Participants must provide equipment & tools.

Activity Fee: \$8 per event

LONG JUMPS

Sept. 20, 9:30 am—12:30 pm

Durham Co Memorial Stadium
750 Stadium Dr, Durham

Activity Fee: \$5 per event

FOOTBALL & SOFTBALL THROW

Sept. 21, 9:00 am—12:45 pm

Method Road Comm. Ctr.
514 Method Road

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

Activity Fee: None

SILVERSTRIDERS FUN WALK

Sept. 21, 1:00 pm

Method Road Comm. 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

Aug. 30, 9:00 am; Aug. 31, 8:00 am

Tanglewood Golf Course, 4061 Clemmons Rd, Clemmons

Eligibility: 1st, 2nd or 3rd place in Golf & meet the minimum performance score in the NCSG Rules Book.

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

Activity Fee: \$85 (includes greens fee, cart rental & park entrance fee.)
Cancellation deadline is August 25.

Women & men 80+ will play from the forward tees & all other men from the senior tees. Two-day, 36-hole tournament, both courses played. Shotgun start each day. Maximum of 280 golfers/first reply honored. USGA rules apply with some tournament adaptations. Practice rounds (at regular course fee rates) may be scheduled no more than 10 days in advance of the desired date by calling (336) 703-6420.

PICKLEBALL

Oct. 17-19, 8:30 am - 9:00 pm

Carolina Courts, 24 SW Spring St, Concord
Hosted by Cabarrus Co Active Living & Parks Dept.

Equipment: NCSG provides green jugs indoor balls. Participants must provide paddles.

Activity Fee: \$10 per event

Limit: 2 pickleball events

Sept 29: Cancellation deadline & last day to change partner.

SHOT PUT/DISCUS

Sept. 20, 10:00 am—3:30 pm

Durham Co Memorial Stadium, Durham
750 Stadium Dr, Durham

Activity Fee: \$5 per event

Equipment: NCSG provides certified discus & shots.

Participants may use their own discus or shot that meet NCSG specs.

SWIM MEET

Sept. 23, 9:30 am - 3:00 pm

Triangle Aquatics Center, Cary

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 temp. will be 83-84 degrees. Heat sheets on NCSG website after Sept. 1. Print & bring with you.

Activity Fee: \$15 (for 1-6 events)

TRACK EVENTS

Sept. 20, 8:00 am—5:00 pm

Durham Co Memorial Stadium, Durham
750 Stadium Dr, Durham

50m, 100m, 200m, 400m Dashes; 800m & 1500m Runs;
1500m & 5k Race Walks

Activity Fee: \$8 per event

REGISTRATION IS LIMITED TO 3 OF THE FOLLOWING 8 SPORTS:

Specific reporting times will be on the *Final Schedule*. Winners will advance to the semi-final & final rounds; plan accordingly. Format will be single elimination, except where noted. Submission of seeding information is optional & will be used when possible.

BADMINTON

Sept. 22, 9:00 am - 5:00 pm

Bond Park Comm. Center, 801 High House Rd, Cary

Singles, Doubles & Mixed Doubles

Equipment: NCSG provides required shuttlecocks.

Participants must provide racquets.

Activity Fee: \$5 per event

BILLIARDS

Sept. 22, 9:00 am - 4:00 pm

Buck's Billiards, 1102 Buck Jones Rd, Raleigh

Equipment: NCSG provides required balls & cues.

Participants may use their own cues meeting NCSG specs.

Activity Fee: \$5

CROQUET

Sept. 23, 9:30 am - 5:30 pm

Bond Park, Field 6, 801 High House Rd, Cary

Equipment: NCSG provides required balls & mallets.

Participants may use their own mallets meeting NCSG specs.

Activity Fee: \$5

HORSESHOES & SHUFFLEBOARD

Sept. 21-22, 9:00 am - 5:00pm

Behind Athens Drive High School

Parking at Lake Johnson Pool, 5623 Jaguar Park Dr, Raleigh

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

Activity Fee: \$5

RACQUETBALL

Sept. 22, 9:00 am - 2:00 pm

NCSU Carmichael Gym, 2611 Cates Ave, Raleigh

Equipment: NCSG provides required balls. Participants must provide racquets & eye protection.

Details: Round robin format. Parking is available in the Reynolds Parking Deck. See State Finals Driving Directions for details.

Activity Fee: \$5

TABLE TENNIS

Sept. 23, 8:30 am - 5:00 pm

Triangle Table Tennis Ctr.

2900 Perimeter Park Dr, Ste 200, Morrisville

Singles, Doubles & Mixed Doubles

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

Details: Round robin tournament format.

Activity Fee: \$5 per event

TENNIS

Sept. 20-24, Noon—7:00 pm

Raleigh Racquet Club, 5516 Falls of Neuse Rd, Raleigh

Singles, Doubles & Mixed Doubles

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

Activity Fee: \$10 per event

Limit: 2 Tennis events

Details: RRC has Har-Tru clay courts & onsite café. Individuals in 2 events will be scheduled a max of 2 matches per day. Brackets with reporting times will be posted on the NCSG website with the Final Schedule. Note: format may require limited rest periods of 30 minutes between scheduled matches.

IMPORTANT DETAILS

TEAM SPORTS

Eligibility:

1st, 2nd and 3rd place softball teams per age group from a 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*). Adding players: (1) In order to be added to a team's roster, a player must have registered for and competed in that event at a Local Games in NC in the same qualifying year; (2) A player may only be added to another team's roster if the Team Captains of both teams (the qualifying team and the adding team) approve in writing to NCSG. To post requests for teams/players on the NCSG website, please send your request by email to ncsg@ncseniorgames.org.

Schedule:

Tournament format and starting times will be determined after August 1 and published by dates listed below. The schedule and all details will be published on the NCSG website. Team Captains, and participants who provide an email address, be emailed the schedule and other details of the Tournament. If you do not provide NCSG with an email address, please check with your Team Captain for all tournament details. Team Captains should check our website **often** for their list of registered players and remind players to register by August 1 or they will **not** be eligible to participate.

SOFTBALL TOURNAMENT

October 9-12

Thomas Brooks Park, Cary

Hosted by Cary Parks, Recreation and Cultural Resources

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

Details: \$225 Team Fee must be submitted with the Team Captain's Entry Form by August 1. The tournament schedule will be published by September 8. Scheduled as a four day tournament because Thomas Brooks has 4 fields. Walnut Creek Softball Complex, where we typically play, has nine fields and is closed for renovations.

September 29: Cancellation deadline and last day to add already registered players to a team. Just as each individual must register, *each individual*, and the team must cancel *in writing*. A team processing fee of \$125 is non-refundable.

BASKETBALL TOURNAMENT

October 27-29

East Carolina University, Greenville

Hosted by:

Greenville-Pitt Co Senior Games & ECU Campus Rec. & Wellness

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

Details: \$100 Team Fee must be submitted with the Team Captain's Entry Form by August 1. The tournament schedule will be published by September 29.

October 13: Cancellation Deadline & last day to add already registered players to a team. Just as each individual must register, *each individual*, and the team must cancel *in writing*. A team processing fee of \$35 is non-refundable.



McKimmon Center, 1101 Gorman St, Raleigh

SilverArts Booklet

Designed for SilverArtists and Cheerleaders, the Booklet provides the history, philosophy, guidelines, details for each category, Judges' Scoresheets and Information Forms. The SilverArts Booklet is available on our website at www.NCSeniorGames.org or from your Local Coordinator.

A **2017 SilverArts Information Form** must be completed for each entry/act and enclosed with the State Finals Entry Form. See the Information Form for complete requirements per category.

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

SILVERARTS FOLLIES

Purchase tickets on the SilverArts page of our website June 1 - Sept. 8. Performers do **not** need tickets but tickets can be ordered for friends and family. The order of the Show will be in the *Final Schedule*. The raised stage is 32' long x 24' deep.

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 email. Each group leader/solo act must submit a SilverArts Information Form **and music with her/his registration by August 1**.

Schedule: A *required* Technical Workshop will be on Friday, Sept. 22, starting at 2:45 pm. The Show will be on Friday, Sept. 22, at 7:00 pm.

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

CHEERLEADER SHOWCASE

The order of the Show will be in the *Final Schedule*. Performance space is a large carpeted floor.

Eligibility: Must be the squad chosen as the representative for your Local Games. Each member of the squad must submit an individual State Finals Entry Form by August 1. Each squad must have a Head Cheerleader who is a participant & should have email. Head Cheerleaders must submit a SilverArts Information Form and music with her/his registration.

Schedule: Thursday, Sept. 21, at 5:00 pm. Check-in will be 4:00 pm-4:50 pm

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

HERITAGE & VISUAL ARTS

Eligibility: 1st, 2nd or 3rd place in the sub-category in a Local Games. A photo of the entry **and** the SilverArts Information Form must be enclosed with Registration.

Limit: 1 entry per sub-category.

Schedule: Entries must be **delivered** between 10:00 am - Noon on Thursday, Sept. 21. The Show may open for a *Sneak Peek*, Thursday 4:00 pm - 4:45 pm. The Show will be open Friday, Sept. 22 from 9:30 am - 3:00 pm. Entries **must be picked up** between 3:15 pm - 4:30 pm on Friday, Sept. 22.

Fee: \$5 per entry

LITERARY ARTS

Eligibility: 1st or 2nd place in the sub-category in a Local Games. An original and two copies of the entry **and** the SilverArts Information Form must be enclosed with Registration. Online registrations require a PDF attachment. Entries will be displayed at the SilverArts Show Friday, Sept. 22, 9:30-3:00.

Limit: 1 entry per sub-category.

Fee: \$5 per entry.