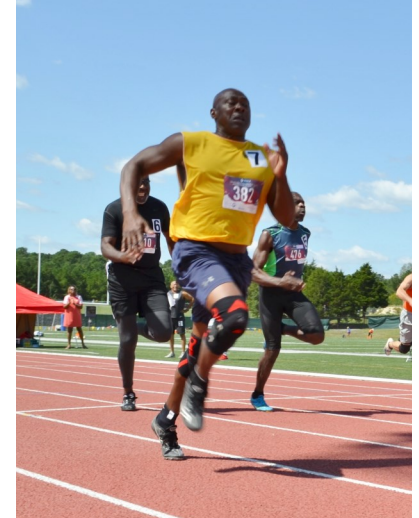




# NC SENIOR GAMES STATE FINALS 2023

State Finals lasts for 20 days and showcases over 3000 registered participants in over 70 sports and arts activities. Since the inaugural State Finals in 1985 to the present, this event has become a celebration in the truest sense of the word. It provides participants & volunteers an opportunity to showcase their talents, enjoy being active, renew old skills and learn new ones. Perhaps most important of all, it allows people of all ages to join together in what has come to be called the Senior Games Family.



## September 18-24, Raleigh/Cary/Durham

- Archery, Madison, Aug. 31
- Golf Tournament, Clemmons, Sept. 6-7
- Bocce & Cornhole Tournaments, Clayton, Oct. 3-4
- Mini Golf, Raleigh, Oct. 5
- Pickleball Tournament, Cary, Oct. 13-15
- Softball Tournament, Cary, Oct. 20-23
- Basketball Tournament, Greenville, Oct. 27-29



## Host North Carolina Senior Games, Inc

NCSG is a non-profit organization that began in 1983 with a mission of creating a year round health promotion and education program for adults 50 years of age and better. Senior Games provides a holistic approach to keeping the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

**Age Divisions** Individuals compete for awards in their own sex and age category within five year increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

## Sports

- |            |                |                      |                 |
|------------|----------------|----------------------|-----------------|
| Archery    | Bocce          | Horseshoes           | Softball        |
| Badminton  | Bowling        | Long Jumps           | Tournament      |
| Basketball | Cornhole       | (Running & Standing) | Swimming        |
| Shooting   | Croquet        | Mini Golf            | Table Tennis    |
| Basketball | Cycling        | Pickleball           | Tennis          |
| Tournament | Discus Throw   | Shuffleboard         | Track Events    |
| Billiards  | Football Throw | Shot Put             | (including Race |
|            | Golf           | Softball Throw       | Walk & Power    |
|            |                |                      | Walking)        |

## SilverArts

- VISUAL ARTS** Acrylics... Digital Art... Drawing... Mixed Media... Oil... Pastels... Photography (Digital)... Photography (Film)... Sculpture... Watercolor
- LITERARY ARTS** Essays... Short Stories... Life Experiences... Poetry
- PERFORMING ARTS** Comedy/Drama... Dance... Instrumental... Vocal... Line Dance
- HERITAGE ARTS** Basket Weaving... Crocheting... General Fiber Arts... Jewelry... Knitting... Needlework... Quilting... Stained Glass... Toile/Decorative Painting... Thrown & Hand Built Pottery... Weaving... Woodcarving... Woodworking
- CHEERLEADING**



**Contact Information** NCSG Office in Raleigh • 919-851-5456 •  
ncsg@ncseniorgames.org • www.ncseniorgames.org • 4603 Western Blvd, Raleigh, NC 27606