



ASHEVILLE-BUNCOMBE SENIOR GAMES

April 28- May 24, 2016

Join area Seniors for Friendly Competition in a variety of Events

Billiards, Horseshoes, Shuffleboard, Croquet, Badminton,

Cycling Races, Swimming, Basketball, Bowling, Golf,

Track Events - Short and Long Distance Runs,

Field Event - Discus, Softball throw, Shot Put,

Spin casting, Football Throw, Standing & Running Long Jumps.

For more information contact:

Dee Black @ 259-5809 or dblack@ashevillenc.gov

Visit: www.ashevillenc.gov/parks



ASHEVILLE
Parks & Recreation



2016 ASHEVILLE-BUNCOMBE SENIOR GAMES

GENERAL INFORMATION

All entry forms should be mailed to:

Dee Black, Parks & Recreation, PO Box 7148 Asheville, NC 28802

Eligibility: Open to individuals who are 50 years of age or older.

Entry Fee: Senior Games entry fee is just \$10 (through April 25th) and covers all event registrations, opening ceremonies, a t-shirt, and awards dinner. Note – golf and bowling require a separate activity fee, payable at the event. All entry fees paid after April 25th will be at the late fee rate of \$12.

“Buddy System”: First-time participants who are sponsored as a “buddy” of a seasoned participant, can enter the Senior Games for a reduced “buddy rate” of only \$8. “Buddy” entry forms and fees must be submitted together and be received by April 25th.

Age Categories: Categories are based on the participant’s age as of December 31, 2016. The Events Director reserves the right to combine age categories for competition purposes.

Participants who place first, second or third in the Asheville-Buncombe Senior Games are eligible to participate in the North Carolina Senior Games in Raleigh. It is your responsibility to determine if you qualified for State Finals and to obtain a State Finals entry packet. Entries for State must be received in the NC Senior Games office by 5:00 pm, August 1, 2016.

Rules: All events will be conducted in accordance with the 2016 edition of the North Carolina Senior Games, Inc. Official Rules Book. A copy of these rules for each event will be on location at the event site. Visit the NCSG web site www.ncseniorgames.org for rules and state finals details.

Awards: Awards will be presented at the Closing Ceremonies on May 24th at the Harvest House Recreation Center, 201 Kenilworth Road, Asheville, NC 28803

Inclement Weather: Games officials reserve the right to cancel or postpone events to a later time in the case of inclement weather or unusual, extenuating circumstances. Participants should call 552-1822 for daily updates during the games.

Healthful Suggestions: If you have not had a health examination in the past 12 months, we suggest you do so before registering for the Asheville-Buncombe Senior Games. We recommend participants bring lawn chairs, snacks & other necessities to the games. Be prepared for varying weather conditions.

Special Invitation: Senior Games are for EVERYONE.....spectators as well as participants. Spectators, family and friends are always welcome at any of the competitions, to cheer on participants! In addition, guests of Senior Games or Silver Arts participants can attend either the opening or closing dinner events for only \$5 each.

Silver Arts & Closing Ceremonies

Showcase & Awards Ceremony

May 24th, 2016 at 6:00pm

Harvest House Recreation Center



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OFFICIAL ENTRY FORM

- MAIL TO: Dee Black, PO Box 7148, Asheville, NC 28802, Attn: Parks & Recreation
- Please make checks payable to: City of Asheville
- Enclose entry fees:

Through April 25th: Entry (\$10) _____ Buddy (\$8) _____ Buddy's name _____

Late fee—after April 25th: All entries (\$12) _____ **PLEASE PRINT/COMPLETE ALL PAGES**

Name _____ Email _____

Address _____

Are you a Buncombe County resident for three consecutive months of the year? _____

Phone # _____ Is this your first Senior Games? _____

I plan to attend Closing Award Ceremony on May 24th _____ Guest count _____

Participant Age _____ Date of Birth ____/____/____ Male _____ Female _____

Age Category as of December 31, 2016 (check one):

55-59 _____ 60-64 _____ 65-69 _____ 70-74 _____ 75-79 _____
50-54 _____ 80-84 _____ 85-89 _____ 90-94 _____ 95 & over _____

Please mark if you will be attending the closing ceremonies as food is being ordered

Check All Activities for Enrollment

INDIVIDUAL EVENTS:

- __ Basketball Shoot
- __ Billiards—8 ball
- __ Croquet—Backyard
- __ Golf
- __ Horseshoes
- __ Shuffleboard
- __ CORNHOLE

FIELD EVENTS:

- __ Discus
- __ Football Throw
- __ Running Long Jump
- __ Shot Put
- __ Softball Throw
- __ Spin Casting
- __ Standing Long Jump

TRACK EVENTS:

- __ 100 meter Dash
- __ 200 meter Dash
- __ 400 meter Dash
- __ 800 meter Dash
- __ 1,500 meter Run
- __ 1,500 meter Race Walk
- __ 5 K—Run
- __ 5 K Race Walk

CYCLING:

- __ 1 mile
- __ 5 K
- __ 10 K
- __ 20 K
- __ 40 K

SWIMMING:

- __ 50 yd Backstroke
- __ 50 yd Breaststroke
- __ 50 yd Butterfly
- __ 50 yd Freestyle
- __ 100 yd Backstroke
- __ 100 yd Breaststroke
- __ 100 yd Butterfly
- __ 100 yd Freestyle
- __ 200 yd Backstroke
- __ 200 yd Breaststroke
- __ 200 yd Butterfly
- __ 200 yd Freestyle
- __ 500 yd Freestyle
- __ 100 yd Medley

TOURNAMENT SPORTS:

Badminton:

- __ Singles
- __ Doubles: Partner's Name _____
- __ Mixed Doubles: Partner's Name _____

Bowling:

- __ Singles
- __ Doubles: Partner's Name: _____
- __ Mixed Doubles: Partner's Name _____

Racquetball

Table Tennis

Tennis

- __ Singles
- __ Doubles: Partner's Name _____
- __ Mixed Doubles: Partner's Name _____

Pickleball

- __ Singles
- __ Doubles: Partner's Name _____
- __ Mixed Doubles: Partner's Name _____

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MEDICAL INFORMATION & RELEASE

Each participant in the Asheville-Buncombe Senior Games must present that his/her physical condition assures a healthy and safe experience, plus a medical examination that is valid for one year. Be sure to complete all questions.

**THIS FORM MUST BE COMPLETED TO BE FULLY REGISTERED FOR ABSG
INCOMPLETE FORMS WILL BE RETURNED**

Print clearly and use black ink or type

Full Name _____

Age _____ Height _____ Weight _____

Medical History

Any significant illnesses / operations? If yes, give brief explanation:

Allergies? If yes, list type: _____

Medication—list all current prescription medication taken on a regular basis:

Type	Dosage	Reason for Medication
_____	_____	_____
_____	_____	_____
_____	_____	_____

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims, City of Asheville, and County of Buncombe, and their representatives, and assigned for any and all injuries suffered by in said event. I also attest and verify that I am physically fit and have trained sufficiently for the events in which I have chosen to participate during the 2016 Senior Games. The 2016 Asheville-Buncombe Senior Games staff has my permission to have a physician attend to me if it is deemed necessary during my participation in the Games. The sponsors have advised me that it would be in my best interest to consult my physician prior to my training and participation in the Senior Games.

Signature _____ **Date** _____

Printed Name _____

Emergency Contact(s):

Name _____ Phone _____

Name _____ Phone _____