

Forever Young

ASHEVILLE - BUNCOMBE SENIOR GAMES



May 15—22, 2012

Join area Seniors
for Friendly Competition in a variety of Events:

Billiards, Horseshoes, Shuffleboard, Croquet, Badminton,
Cycling races, Swimming, Basketball, Bowling, Tennis, Golf,
Track events—short and long distance runs,
Field events—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

2012 ASHEVILLE-BUNCOMBE SENIOR GAMES—GENERAL INFORMATION



All entry forms should be mailed to:
Dee Black, 72 Gashes Creek Road, Asheville, NC 28805
Attn: ABSG



Eligibility: ABSG is open to individuals who resided in Buncombe County for a minimum of three months during the past year and who are 55 years of age or older.

Entry Fee: Senior Games entry fee is just \$10 (through May 11th) 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 May 11th 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 May 11th.

Age Categories: Categories are based on the participant’s age as of December 31, 2012. The Events Director reserves the right to combine age categories for competition purposes.

Categories: 55-59.....60-64.....65-69.....70-74.....75-79.....80-84.....85-89.....90-94.....95+

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, 2012.

Rules: All events will be conducted in accordance with the 2012 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.

Awards: Awards will be presented at the Silver Arts Showcase on May 22 at the Reuter Center on the campus of UNC-A.

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 259-5809 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.

Senior Games
Opening Ceremony
Dinner
May 15, 2012 at 6pm
Reuter Center, UNC-A

 
Silver Arts
Showcase & Awards Ceremony
May 22, 2012 at 6:00pm
Reuter Center, UNC-A

2012 ASHEVILLE-BUNCOMBE SENIOR GAMES—OFFICIAL ENTRY FORM

- MAIL TO: Dee Black, 72 Gashes Creek Rd., Asheville, NC 28805, Attn: ABSG
- Please make checks payable to: City of Asheville
- Enclose entry fees:
 Through May 11: Entry (\$10) _____ Buddy (\$8) _____ Buddy's name _____
 Late fee—after May 11: All entries (\$12) _____
- Enclose guest fees: Opening Ceremony Dinner (\$5) _____ Closing Awards Dinner (\$5) _____

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 Opening Ceremony Dinner on May 15 _____ Guest count _____

I plan to attend Closing Award Ceremony & Silver Arts Showcase on May 22 _____ Guest count _____

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

Age Category as of December 31, 2012 (check one):

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

Check All Activities for Enrollment

INDIVIDUAL EVENTS:

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

CYCLING:

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

TOURNAMENT SPORTS:

Badminton:

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

- __ Mixed Doubles
- Partner's Name: _____

Bowling:

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

- __ Mixed Doubles
- Partner's Name: _____

**Raquetball
 Table Tennis**

Tennis:

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

- __ Mixed Doubles
- Partner's Name: _____

FIELD EVENTS:

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

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
- __ 200 yd Medley

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

**Silver Arts entries
 on separate form**

2012 ASHEVILLE-BUNCOMBE SENIOR GAMES — 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
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check if you have ever been treated for:

High Blood Pressure _____ Diabetes _____ Heart Condition _____
Respiratory Illness _____ Seizures _____ Arthritis _____

Any physical restrictions or limitations? If yes, give brief explanation:

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 2012 Senior Games. The 2012 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 _____