

19th Annual Regional
SENIOR GAMES
April 23-May 1, 2012



Coordinated by

Lumber River Area Agency on Aging
910-618-5533

Early Bird Registration Deadline - MARCH 15, 2012
Final Registration Deadline - APRIL 5, 2012

OFFICIAL REGISTRATION PACKET

For More Information contact:

Kristen Elk, Local Games Coordinator
910-272-5060

*This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored statewide
by the North Carolina Division of Aging & Adult Services*

GENERAL INFORMATION

- ◆ To be eligible to participate in the Lumber River Regional Senior Games, individuals must be a resident of Bladen, Hoke, or Robeson Counties for a minimum of three (3) consecutive months annually. Men and women compete in separate categories in the following five-year age groups:

55-59	60-64	65-69	70-74	75-79
80-84	85-89	90-94	95-99	100+

- ◆ All events will be conducted in accordance with the 2011 edition of the North Carolina Senior Games, Inc., Official Rules Book, available at each event site.
- ◆
- ◆ Official *Gold*, *Silver*, and *Bronze* medals will be presented to the First, Second, and Third place men and women finalists in each category in each sports event with the exception of those not offered at North Carolina Senior Games. Medals for SilverArts are awarded to the First, Second, and Third place by category. The top three medalists in each athletic event, by gender and age group, are eligible for State Finals. First and Second place Visual and Heritage Arts winners; First place Literary Arts; and Performing Arts “Best of Show” are eligible for State Finals. Medals not picked up at Closing Ceremony will be available for pick up at the LRCOG office for 2 weeks.
- ◆ The **Opening Ceremony** will be held **Monday, April 23, 2012** at **11:30 a.m.** at Sam Noble Park, Lumberton at the Horseshoes event. The ceremony will include a light lunch, and the official opening of the games. A meal ticket is required for this lunch. Meal tickets will be enclosed in individual participant bags and will be distributed to participants at this event.
- ◆ The **Closing Ceremony** will be held on **Tuesday, May 1, 2012** at **5:00 p.m.** at the Southeastern Agricultural Center, 1027 Highway 74 East, Lumberton. The ceremony will include a meal, the Performing Arts competition, the SilverArts display, and medal presentation. A selection of events will conclude with medal presentation. Remaining medals earned during the week of competition will be awarded at the Closing Ceremony. The Closing Ceremony meal is covered for participants, but non-participants will be required to pay for dinner in advance.
- ◆ Games officials reserve the right to cancel, delay, postpone or change location of events due to inclement weather. Come prepared for all types of weather. Participants are encouraged to bring their own snacks in preparation

EVENT VERIFICATION

Each participant is responsible for verifying their Schedule of Events. Changes can be made by calling Kristen Elk Locklear at 272-5060 no later than Monday, April 9th.

Events CANNOT be added during the games.

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.

**PLEASE NOTE OUR OFFICE LOCATION IS:
30 CJ Walker Road, COMtech Park
Pembroke, NC 28372**

ENTRY FORM

To Enter, Complete the Following Information and Return to:

Kristen Elk
Senior Games Coordinator
Lumber River Senior Games
30 C J Walker Road
Pembroke, North Carolina 28372

Name _____ Date of Birth _____
First Middle Last Month Date Year

Mailing Address _____
Street or Post Office Box City State Zip Code

Phone Number _____ County _____

Email Address _____ Gender (circle one): Male Female

Age (as of Dec. 31, 2012): _____

Please CIRCLE one of the following T-shirt Sizes (ALL PARTICIPANTS):

M L XL XXL

The information requested below is for statistical information only and will remain confidential.

My Ethnicity (circle): African American Asian American Indian or Alaska Native Hispanic White
Native Hawaiian or other Pacific Islander Other _____

My Annual Household Income is less than \$10,890 (1 person in household) ___ Yes

My Annual Household Income is less than \$14,710 (2 people in household) ___ Yes

EARLY REGISTRATION FEE (must be received by March 15) **\$ 15.00**

- OR -

-OR-

FINAL REGISTRATION FEE (must be received by April 5)..... **\$18.00**

(One of the above is required for all participants in Athletic Events and/or SilverArts Events.)

GOLF FEE..... **\$21.00**

(Required in addition to the Registration Fee)

I will attend Closing Ceremony on May 1, 2012 at 5:00 p.m.

Please Circle: YES or NO

You may bring a guest(s) with you to the Closing Ceremony for a fee of **\$13.00** per person. Please list the names of your guests: _____

CLOSING CEREMONY GUESTS : NUMBER _____ x \$13 each = \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Please make checks payable to:

Lumber River Regional Senior Games

OFFICIAL ENTRY FORM FOR ATHLETES

Check all events you **INTEND** to participant in. **DO NOT** select an event unless you intend to participate.

INDIVIDUAL EVENTS

- _____ Basketball Shooting
- _____ Football Throw
- _____ Golf
- _____ Horseshoes
- _____ Softball Throw
- _____ Bowling (Singles)
- _____ Bowling-Doubles (Same Sex Partner)
Partner's Name Required _____
- _____ Bowling Mixed Doubles (Opposite Sex Partner)
Partner's Name Required _____
- _____ Spin Casting
- _____ Table Tennis
- _____ Shuffleboard
- _____ Putt-Putt Golf*

TRACK & FIELD

- _____ Shot Put
- _____ Discus
- _____ 5K Race Walk
- _____ 1500 Meter Run
- _____ 400 Meter Dash
- _____ 200 Meter Dash
- _____ 100 Meter Dash
- _____ 1500 Meter Race Walk
- _____ SilverStriders Fun Walk
- _____ Standing Long Jump
- _____ Running Long Jump

SPORTSMANLIKE CONDUCT

is expected at all events from all participants. Any participant exhibiting non-sportsmanlike behavior will be disqualified from that day's events. The Games Coordinator and Events Coordinator reserve the right to render this decision.

SWIMMING EVENTS

- _____ 25 yd. Freestyle*
- _____ 50 yd. Backstroke
- _____ 50 yd. Breaststroke
- _____ 50 yd. Freestyle
- _____ 50 yd. Butterfly
- _____ 100 yd. Backstroke
- _____ 100 yd. Breaststroke
- _____ 100 yd. Freestyle
- _____ 100 yd. Butterfly
- _____ 200 yd. Backstroke
- _____ 200 yd. Breaststroke
- _____ 200 yd. Freestyle
- _____ 200 yd. Butterfly

Please note: Participants are limited to a total of 3 swimming events.

** Activity not offered at State Finals*

IMPORTANT INFORMATION FOR ATHLETES

- ◆ Participants in race walking events not wearing shorts or tights will not be allowed to compete. No exceptions.
- ◆ Medals will not be awarded for events not offered at the N.C. Senior Games State Finals. Putt-putt golf and 25 yard swimming events are not offered at the N.C. Senior Games State Finals.
- ◆ Bowlers must choose to compete in ONLY ONE of the following:
Doubles or Mixed Doubles.
- ◆ To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS available from your coordinator. Golfers are required to provide their own equipment.
- ◆ Athletes competing in HORSEHOES and SHUFFLEBOARD not present at each event when called will be immediately forfeited from the event. **YOU MUST BE ON TIME.**
- ◆ Please choose to participate in either the FUN WALK or the 1500 METER RACE WALK event. Participants who select both will be automatically registered for the 1500 Meter Race Walk ONLY.

OFFICIAL ENTRY FORM FOR SILVERARTS

HERITAGE ARTS

- _____ Arts and Crafts
- _____ Basket Weaving
- _____ Crocheting
- _____ Jewelry
- _____ Needlework
- _____ Tatting and Needlelace
- _____ Tole/ Decorative Painting
- _____ Woodworking
- _____ Woodcarving
- _____ China Painting
- _____ Hooked, Braided and Woven Rugs
- _____ Knitting
- _____ Pottery-Thrown & Hand Built
- _____ Quilting
- _____ Stained Glass
- _____ Weaving

LITERARY ARTS

- _____ Essays/Articles
- _____ Poems
- _____ Life Experience
- _____ Short Stories (fiction)

VISUAL ARTS

- _____ Acrylics
- _____ Drawing
- _____ Oil
- _____ Photography
- _____ Watercolor
- _____ Charcoal
- _____ Mixed Media
- _____ Pastels
- _____ Sculpture

PERFORMING ARTS

- _____ Comedy/Drama
- _____ Dance
- _____ Line Dance
- _____ Instrumental Solo
- _____ Instrumental Small Group (2 to 4 people)
- _____ Instrumental Large Group (5 or more people)
- _____ Vocal Solo
- _____ Vocal Small Group (2 to 4 people)
- _____ Vocal Large Group (5 or more people)

The **TITLE(s)** of your artwork or performance is **REQUIRED** for all SilverArts entries. List your title(s) below:

IMPORTANT INFORMATION FOR SILVER ARTISTS

- ◆ Participants may enter in **ONE** individual and **ONE** group performing arts category.
- ◆ Participants are not allowed to perform the same act as performed within **TWO** years during Lumber River Senior Games Performing Arts competition.
- ◆ Except for microphones, each participant must provide their own equipment (instruments, CDs, cassette tapes, CD players, music stands, etc.)
- ◆ All instructors, directors, and accompanists must be registered participants of Lumber River Senior Games.
- ◆ An artist may only submit **ONE** entry per SilverArts sub-category.
- ◆ All SilverArts sub-categories are offered at the North Carolina Senior Games State Finals with the exception of Arts and Crafts.
- ◆ All artwork must be at the Lumber River Council of Governments office at 30 C J Walker Road, COMtech Park, Pembroke, by 5:00 p.m. on Friday, April 20, 2012. All works will be judged on Thursday, April 26th and displayed at the Closing Ceremony on Tuesday, May 1st. Please pick up your artwork after the conclusion of the Closing Ceremony.

OPTIONAL HEALTH INFORMATION

List any specific medical conditions: _____

List all medications you are currently taking: _____

Do you: Have Trouble Hearing _____ Wear a Hearing Aid _____ Wear Glasses _____

Name of Personal Physician: _____

Emergency Contact Person: Name _____ Phone _____

Required Statement of Release / Liability Wavier

I, undersigned participant, agree that prior to participating, will inspect the facilities and equipment to be used and if I believe anything to be unsafe, I will advise the coach or supervisor of such condition and refuse to participate.

I acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which result not only from their own actions, in actions or negligence but the actions, in actions, or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. I assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

I hereby for myself, my heirs, executors, administrators and assigns, indemnify and hold harmless the Lumber River Regional Senior Games, the Lumber River Area Agency on Aging, UNC-Pembroke, Lumberton Bowling Center, Lumberton Fun Plex, Lumberton Recreational Department, Robeson County Parks and Recreation, and Carolina Sands of White Lake, here and after referred to as sponsors, their agents employees, representatives, and assigns from any and all actions, causes of actions, or claim of whatsoever kind of nature which I or my representative or assigns may have at any time in the future as result of any injury arising out of my participation in the Lumber River Regional Senior Games.

I understand that my application must be received at the LRCOG office, 30 CJ Walker Road, Pembroke, by 5 p.m. on April 5, 2012 in order for my application to be accepted. This deadline is enforced to ensure fairness to all participants. No exceptions. I understand that I must pick up my registration packet and any medals earned by May 17, 2012 or these items will be forfeited. **I understand that it is my responsibility to check with my Local Games to determine if I qualified for State Finals and to get a State Final Entry Packet.** My State Finals Entry Form must be received in the NCSG office in Raleigh by 5:00 p.m. on August 1st. I understand that this deadline is strictly enforced in fairness of all.

Signature _____ Date _____

You must sign above in order for your application to be accepted.

Required SilverArts Waiver

SilverArts is a “celebration of the creative expression of older adults in North Carolina.” The celebration unites the artist and the athlete by recognizing the similarities in both discipline, dedication, and pride in one’s accomplishments. SilverArts has four categories: Heritage, Literary, Performing, and Visual.

SilverArts will be judged. Artists may not enter an art work if the art piece, performance, or literary work has previously been entered in State Finals. First and second place qualifiers in each sub-category of Heritage and Visual are eligible for State Finals. Only first place qualifiers will be accepted at State Finals in each sub-category of Literary Arts. One entry from the Performing Arts will be sent to State Finals.

Every effort will be taken to guard all entries, however Lumber River Regional Senior Games will not be held responsible for any damages. Participants are required to sign a waiver for artwork.

Signature _____ Date _____

You must sign above in order for your application to be accepted.

SCHEDULE OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
Monday, April 23	9:00 a.m.	Opening Ceremony/ Horseshoes	Sam Noble Park Lumberton
Tuesday, April 24	2:00 p.m.	Bowling-Doubles & Mixed Doubles	Lumberton Bowling Center
Wednesday, April 25	9:00 a.m.	Golf	Pinecrest Golf Course, Lumberton
	2:00 p.m.	Putt-Putt Golf	White Lake Mini Golf White Lake
Thursday, April 26	12:30 p.m.	Women's Table Tennis	Pine Street Senior Center
		Men's Shuffleboard	Pine Street Senior Center
	3:00 p.m.	Men's Table Tennis Women's Shuffleboard	Pine Street Senior Center Pine Street Senior Center
Friday, April 27	9:00 a.m.–11:00 a.m.	Football Throw	UNCP Auxiliary Gym
		Basketball Shooting	Jones Athletic Center
		Spin casting	UNCP Field
		Softball Throw	UNCP Field
	11:30 p.m.–1:00 p.m.	Swimming	UNCP Pool
	3:00 p.m.	Bowling– Singles	Lumberton Bowling Center
Saturday, April 28	8:30 a.m.	Women's and Men's 5k Walk	All Track & Field Events
	9:00 a.m.-12:30	Women's Running Long Jump	Irwin Belk Athletic Complex
		Men's Running Long Jump	Dick & Lenore Taylor Track
		Men's Shot Put	UNCP
		Women's Shot Put	
		Women's Discus	
		Men's Discus	
		Women's Standing Long Jump	
	Men's Standing Long Jump		
	9:45 a.m.	Women's and Men's 1500 Meter Run	
	10:15 a.m.	Women's and Men's 100 Meter Run	
11:00 a.m.	Women's and Men's 400 Meter Run		
11:30 a.m.	Women's and Men's 200 Meter Run		

***Participants may travel from field event to field event in any order.
Completion of each event is the responsibility of each participant.***

12:00 noon	Women's and Men's 1500 Meter Race Walk Fun Walk (1 Mile)
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Tuesday, May 1	5:00 p.m.	Closing Ceremony/ Performing Arts/ Silver Arts Display	Southeastern Ag. Center Lumberton
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Registration Packets and Medal Pick-Up

Registration packets and medals earned must be picked up from a 2012 Lumber River Senior Games event or Closing Ceremony. Packets and medals not picked up during the games can be picked up at LRCOG, 30 CJ Walker Road, Pembroke, N.C. Registration packets and medals not picked up by May 17, 2012 will be forfeited.

SILVERARTS REQUIREMENTS

HERITAGE ARTS

- Entries must be the work of the individual and not a group effort.
- Heritage Arts entries must be an original work. Patterns may be used but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks and string). Two dimensional work not properly framed and wired will not be displayed.
- Frame works can be no longer than 36"x 24", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in a 3'x3' area.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Entries must be the **original** work of the artist, must be a work created **after** the artist is age 55, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- The Heritage Arts piece entered at the State Finals must be the same piece that won at the Local Games.

VISUAL ARTS

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 35"x42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Entries must be the **original** work of the artist, must be work created **after** the artist is age 55, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick up the entry at/during the designated times.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- The Visual Arts piece entered at State Finals must be the same piece that won at the Local Games.

PERFORMING ARTS

- **Performing Arts entries limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification.**
- Performing Arts entries may be one of the following: (a) soloist (1), (b) small groups (2-4 performers), or (c) large groups (5 or more performers). Accompanist's will be counted to determine group size.
- If a cassette tape or compact disc is used, artist/group leader must provide a **high-quality** cassette tape or compact disc for performance, with music at the beginning of tape/disc. No recorded instruction is permitted on the tape. Artist should pick up their tape/disc after the performance...they will not be mailed/ returned.
- **Artist/group must indicate any audio equipment needed during the performance on the SilverArts Registration Form after the title of the performance.**
- Lumber River Regional Senior Games can provide the Microphone(s). The act is responsible for all other equipment and props (including keyboard, compact disc player, etc.)
- Voice presentations must be a **live** performance by the artist. Background music can be taped. Lip-synch is not permitted as a performing art.
- The Group Leader must provide a listing of group members and submit it with their Entry Form and each member of the group must submit their own personal Entry Form by the deadline.
- The Performance at State Finals must be the same performance that won at the Local Games (i.e. same song, music, dance, etc.)
- No live animals are allowed in an act except for service animals.

LITERARY ARTS

- Poems can be no longer than 40 lines and must be typed.
- Short Stories, essays, and life experiences can be no longer than 8 pages, typed and double-spaced.
- All entries must have a title page which includes the title of work, sub-category, and name of artist.
- Artist's name should appear on the content pages.
- Entries must be the **original** work of the artist, must be created **after** the artist is age 55, and must be completed within **2 years** of the Local Games qualifying date.
- The literary arts piece entered at State Finals must be the same piece that won at the Local Games.

