

29th Annual Lumber River Regional
HYBRID SENIOR GAMES
April 12- May 26, 2022



Registration Deadline
MARCH 25, 2022

Senior Games Opening Ceremony
Pick Up T-Shirts and Bags
April 12, 2022 9:00 a.m. - 10:00 a.m.
Senior Games Closing Ceremony
May 26, 2022 5:00 p.m.-8:00 p.m.

For More Information Contact
Ursula Selles, Local Senior Games Coordinator
910-775-9762

Coordinated by
Lumber River Council of Governments Area Agency on Aging

*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 consecutive months annually or request special permission to participate. Men and women compete in separate categories in the following five-year age groups:

50-54	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 2022 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. Ribbons for Silver Arts 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 In Show” are eligible for State Finals.
- Score sheets for virtual games can be picked up at the designated locations below between April 12th - May 20, 2022, submit scores to Ursula Selles by May 25, 2022 by 5:00 p.m.
- Medals must be picked up at designated location in the county participants reside in by:
 - ~ **Bladen County participants - June 10, 2022 (1:00 pm - 3:00 pm)** Bladen County Senior Center, 608 McLeod St. Elizabethtown NC 28337. Contact: Kelly Robeson (910) 872-6332
 - ~ **Hoke County participants– June 10, 2022 (1:00 pm - 3:00 pm)** Hoke County Senior Center, 423 East Central Ave. Raeford, NC 28376. Contact: Brenda Molchan (910) 878-1242
 - ~ **Robeson County participants– June 10, 2022 (1:00 pm - 3:00 pm)** LRCOG 30 CJ Walker Rd. Pembroke, NC 28372. Contact: Ursula Selles (910) 775-9762
- Closing Ceremony–No time to Siesta, It’s time to Fiesta!! Thursday, May 26, 2022 from (5:00 pm - 8:00pm)** North East Park, 500 Hornets Rd. Lumberton, NC 28358. Performing Arts Show and Silver Arts Display.
- Game officials reserve the right to cancel, delay, postpone or change the location of events due to inclement weather.
- Participants are encouraged to bring their own snacks in preparation for long event times and to come prepared for all weather conditions. Bring a lawn chair for your convenience.
- Event fees are to help cover charges for facility and equipment usage for activities you choose to enter. **Lumber River Senior Games has a No Refund Policy.**

SPORTSMANLIKE CONDUCT

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 Senior Games Coordinator and Events Coordinator reserve the right to render this decision.

EVENT VERIFICATION

Each participant is responsible for verifying their Schedule of Events. Changes can be made by calling Ursula Selles no later than Friday, April 8, 2022

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.

ENTRY FORM

To Enter, Complete the Following Information (4 pages) and Return to:

**Ursula Selles
Local 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 _____
Address where you receive mail City State Zip Code

Phone Number _____ County _____

Email Address _____ Gender (check one): Male Female

Age (as of Dec. 31, 2022): _____ This determines the age category in which you will compete.
***Participants must be 50 years of age or better on Dec. 31, 2022**

Please SELECT a T-shirt Size: M L XL XXL XXXL * Black (Dry Fit) form fitting

I give permission to The Lumber River Council of Governments to use my photo in advertising and promotions. Signature _____

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

My Ethnicity (check): Black or African American Asian American Indian or Alaska Native Hispanic
 White Native Hawaiian or other Pacific Islander Unknown/Refused

My Annual Household Income is less than \$11,770 (1 person in household) ___ Yes

My Annual Household Income is less than \$15,930 (2 people in household) ___ Yes

I decline to answer/No Response ___

REGISTRATION FEE (must be received by March 25, 2022).....	\$15.00
LATE FEE (occurs after registration deadline).....	\$5.00
(OPTIONAL)ADDITIONAL SENIOR GAMES T-SHIRT Please indicate size here _____.....	\$ 9.00
GOLF FEE (Required in addition to the Registration Fee).....	\$25.00
SILVER ARTS ONLY (Only participating in items on page 3, t-shirt not included).....	\$10.00
DONATION TO SENIOR GAMES	\$ _____
Guest Fee for Closing Ceremony (1) guest allowed per participant	\$15.00
TOTAL AMOUNT ENCLOSED	

Please make checks payable to: **Lumber River Regional Senior Games**
 30 CJ Walker Rd
 Pembroke, NC 28372

\$

OFFICIAL ENTRY FORM FOR ATHLETES

*** Selected games are in person. All games can be played virtually.**

MEDALS CAN BE PICKED UP AT THE DESIGNATED LOCATION THE PARTICIPANT RESIDES IN.

INDIVIDUAL EVENTS

- _____ Basketball Shooting *
- _____ Football Throw *
- _____ Golf *
- _____ Horseshoes *
- _____ Softball Throw *
- _____ Bowling (Singles)*
- _____ Bowling-Doubles (Same Sex Partner)*
- _____ Bowling Mixed Dbls (Opposite Sex Partner)*

Partner's Name Required _____

- _____ Table Tennis *
- _____ Shuffleboard *
- _____ Corn Hole *
- _____ Billiards*
- _____ Pickleball Singles *
- _____ Pickleball Doubles *
- _____ Pickleball Mixed Doubles *

Partner's Name Required _____

- _____ Bocce *

TEAM SPORTS *3 players required

_____ Basketball Team (Women) Virtual Event

Players Name Required _____

Players Name Required _____

Players Name Required _____

_____ Basketball Team (Men) Virtual Event

Players Name Required _____

Players Name Required _____

Players Name Required _____

TEAM SPORTS *10 players required

_____ Softball Team (Women) Virtual Event

Players Name Required _____

Players Name Required _____

Players Name Required _____

Players Name Required _____

Players Name Required _____

INDIVIDUAL EVENTS

Swimming

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

_____ **5k Cycling (NEW) Virtual Event**

TRACK & FIELD EVENTS

- _____ Shot Put *
- _____ Discus *
- _____ 5K Power Walk*
- _____ 5K Run*
- _____ 50 Meter Run*
- _____ 100 Meter Dash*
- _____ 200 Meter Dash*
- _____ 400 Meter Dash*
- _____ 800 Meter Dash*
- _____ 1500 Meter Run*
- _____ 1500 Meter Power Walk*
- _____ Silver Striders Fun Walk (*noncompetitive*)*
- _____ Standing Long Jump *
- _____ Running Long Jump *

Events CANNOT be added during the games.

TEAM SPORTS *10 players required

_____ Softball Team (Men) Virtual Event

Players Name Required _____

Players Name Required _____

Players Name Required _____

Players Name Required _____

Players Name Required _____

IMPORTANT INFORMATION FOR ATHLETES

- ◆ **Bowlers must choose to compete in ONLY ONE of the following: Doubles or Mixed Doubles.**
- ◆ **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.****
- ◆ **5K run: Headphones are not allowed.**
- ◆ **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.**
- ◆ **Gloves and hand sanitizer will be provided.**

OFFICIAL ENTRY FORM FOR SILVERARTS

HERITAGE ARTS

Sub-category

- _____ Arts and Crafts **Not eligible for State Finals**
- _____ Basket Weaving
- _____ Weaving
- _____ Crocheting
- _____ Jewelry
- _____ Needlework
- _____ Tole/ Decorative Painting
- _____ Woodworking
- _____ Woodcarving
- _____ Woodturning
- _____ Knitting
- _____ Pottery-Thrown & Hand Built
- _____ Quilting (hand stitched)
- _____ Quilting (machine stitched)
- _____ Stained Glass

LITERARY ARTS

Sub-category

- _____ Essays (not autobiographical)
- _____ Poems
- _____ Life Experience (autobiographical)
- _____ Short Stories (fiction)

VISUAL ARTS

Sub-category

- _____ Acrylics
- _____ Drawing
- _____ Adult Coloring **Not eligible for State Finals**
- _____ Oil
- _____ Photography (digital)
- _____ Photography (film)
- _____ Watercolor
- _____ Mixed Media
- _____ Pastels
- _____ Sculpture

REMEMBER

**You must
NAME your
entry below!**

PERFORMING ARTS

Sub-category

- _____ 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 Silver Arts 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 Regional Senior Games Performing Arts competition.
- Except for microphones, each participant must provide their own equipment (instruments, CD's, music stands, etc.) All instructors, directors, and accompanists must be registered participants of Lumber River Senior Games.
- All SilverArts sub-categories are offered at the North Carolina Senior Games State Finals with the exception of Arts and Crafts.
- An artist may only submit **ONE** entry per Silver Arts sub-category.
- All artwork must be submitted between **May 9 - May 13, 2022** to the Lumber River Council of Governments' office at 30 C J Walker Road, COMtech Park, Pembroke, NC.
- All art work will be displayed at the closing ceremony **May 26, 2022 (5:00 p.m. -8:00 p.m.)** North East Park, at 500 Hornets Rd. Lumberton, NC 28358. **Participants must pick up their entries at the end of the event.**
- Lumber River Senior Games reserves the right to request copies of performance pieces prior to acceptance of entry.

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 Council of Governments, Lumberton Senior High School, Lumberton Bowling Center, Lumberton Recreational Department, Robeson County Parks and Recreation, Pembroke Parks and Recreation, Bill Sapp Center Fairmont Golf Club and Southeastern Lifestyle Fitness Center, here and after referred to as sponsors, their 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 March 25, 2022 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 any medals earned at the designated location that I reside in or these items will be forfeited. **I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my local Senior Games to determine if I qualified for State Finals and to get a State Final Entry Packet if I do not have internet access.** My State Finals registration with payment and all required items 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 HERE in order for your application to be accepted.

Required SilverArts Wavier

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 HERE in order for your application to be accepted.

SCHEDULE FOR (IN PERSON) EVENTS

Registration and Rules Review will be held 30 minutes prior to each event.

Facemasks are recommended at in person events. Must adhere to social distancing guidelines when bringing lawn chairs.

Tuesday, April 12

9:00 a.m. - 9:30 a.m.	Opening Ceremony	Pembroke Recreation Complex	7164 Hwy 711	Pembroke
9:45 a.m.– 1:00 p.m.	Individual Sports	Basketball shoot, Softball throw, Football throw	<i>Bring a lawn chair for your convenience</i>	

Wednesday, April 13

9:00 a.m.	Pickleball	Sammy Cox Park	750 Norment Rd.	Lumberton
<i>Bring a lawn chair for your convenience</i>				

Thursday, April 21

10:00 a.m.	Bowling Singles	Lumberton Bowling Alley	2205 Godwin Ave	Lumberton
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Friday, April 22

9:00 a.m.	Horseshoes	Sam Noble Park	3924 Meadow Rd	Lumberton
<i>Bring a lawn chair for your convenience</i>				

Tuesday, April 26

10:00 a.m.	Billiards	Lumberton Bowling Alley	2205 Godwin Ave	Lumberton
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Wednesday, April 27

9:00 a.m.	Shuffleboard Table Tennis	North East Park	500 Hornets Rd.	Lumberton
<i>Bring a lawn chair for your convenience</i>				

Thursday, April 28

10:00 a.m.	Bowling Doubles	Lumberton Bowling Alley	2205 Godwin Ave	Lumberton
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Wednesday, May 4

9:00 a.m.	Golf	Fairmont Golf Club	11979 NC Hwy 130 Bypass	Fairmont
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Thursday, May, 5

9:00 a.m.	Cornhole	Sammy Cox Park	750 Norment Rd	Lumberton
<i>Bring a lawn chair for your convenience</i>				

Friday, May 13

12:00 p.m.	Swimming	Southeastern Fitness Center	4895 Fayetteville Rd.	Lumberton
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Saturday, May 14

8:00 a.m.	5K Run	Lumberton Senior High School	3901 Fayetteville Rd.	Lumberton
9:00am	50 Meter Run			
	100 Meter Run	Running Long Jump		
	200 Meter Run	400 Meter Run	Standing Long Jump	
	800 Meter Run	1500 Meter Run	Shot Put	
	1500 Meter Power Walk	Silver Striders Fun Walk	Discus Throw	
	5K Power Walk	<i>Bring a lawn chair for your convenience</i>		

Friday, May 20

9:00 a.m.	Bocce	Lumber River Council of Govern.	30 CJ Walker Rd.	Pembroke
<i>Bring a lawn chair for your convenience</i>				

Thursday, May 26

5:00 p.m.– 8:00 p.m.	Closing Ceremony	North East Park	500 Hornets Rd.	Lumberton
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Señores and Senioritas, No time to Siesta, It's time to Fiesta!! Hold on to your sombreros, for the Closing Ceremony with the Performing Arts Show and Silver Arts Display. Dress in bright fiesta colors, see you there...Olé!

**VIRTUAL EVENT SCORES MUST BE TURNED INTO LOCAL COORDINATOR, URSULA SELLES
BY 5:00PM MAY 25, 2022.**

**You may print score sheets from the NC Senior Games website (www.ncseniorgames.org) or
pick them up at the designated locations. (see General Information Page)**

(VIRTUAL) 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 fanned 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 50, 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" x 42", 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 50, 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 Silver Arts 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 time. Exceeding the time limit will result in automatic disqualification. Time begins as soon as your musical selection begins.**
- Performing Arts entries are categorized into the following: (a) soloist (1 performer), (b) small groups (2-4 performers), or (c) large groups (5 or more performers). Accompanists will be counted to determine group size.
- If a CD is used, artist/group leader must provide a high-quality disc for performance, with music at the beginning of the disc. Artist should pick up their disc after the performance. They will not be mailed/returned.
- No phones considered as part of audio equipment
- Artist/group must indicate any audio equipment needed during the performance on the Silver Arts Registration Form after the title of the performance
- Lumber River Regional Senior Games can provide Microphones. The act is responsible for all other equipment and props (including keyboard, compact disc, etc.)
- Voice presentations must be a **live** performance by the artist. Background music can be taped. Lip-sync 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.
- Performers need to arrive at 4:00 p.m. for sound check and equipment set up.

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 50, 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.



****PLEASE NOTE CHANGES IN SCHEDULED TIMES FOR SOME OF THE EVENTS**