

2016 Orange County Senior Games

| Celebrating 29 Years |

Athletic Events for Ages 50+

April 2 - 27



SilverArts

April 11 – May 19

**Early Bird Registration Deadline:
Friday, March 4, 2016**

**Registration Deadline:
Friday, March 18, 2016**

Who May Participate

- ⇒ *All participants must be North Carolina residents for a minimum of three consecutive months of the year and at least 50 years of age on December 31, 2016.*
- ⇒ *As we are designated an Open Game, i.e. out of county participants may register and participate in the Orange County Senior Games. Please note: Out of county participants are required to pay an out of county fee of an additional \$5.00.*

How to Register

*All participants must complete the Senior Games registration form and return it by
Friday, March 18th*

You can save \$3.00 if you meet the early bird deadline: Friday, March 4th.

To obtain Registration Form Online

Go to

www.orangecountync.gov/aging

Scholarships

Limited scholarships are available.

Please contact Corina Riley at (919) 245-4251 for more information.

Interested in being a Jammer

Orange County Senior Games Cheerleading Team



*Please contact Clementine Self at (919) 942-8614 or
Cydnee Sims at (919)245-4250 for more information.*



**Orange County Senior Games are coordinated by: Orange County
Department on Aging, and the Recreation and Parks
Departments of Carrboro and Chapel Hill.**

**For further information please call (919) 918-7372
This program is sanctioned by North Carolina Senior Games, Inc.
and The North Carolina Division of Aging & Adult Services.**

For State Final details, visit www.ncseniorgames.org

Qualifying for the State Finals

- ⇒ *Events that are listed in this registration brochure will be held at the NCSG State Finals unless otherwise noted. For athletic events, you must place 1st, 2nd or 3rd at the local level, except Golf*, in order to advance to the State Finals. SilverArts participants placing 1st, 2nd, or 3rd may advance to the State Finals.*
- ⇒ **Note: To qualify for state finals in Golf, minimum scores are required.*
- ⇒ *Visit www.ncseniorgames.org for details and rule books.*

Health and Fitness

- ⇒ *Events of longer duration and lower intensity are strongly recommended to promote health and fitness while high-intensity types of activities are offered primarily for the conditioned, trained athlete.*
- ⇒ *Participants are encouraged to consult a medical professional before participating.*

More Event Information

Event Directors and Coordinators for each event:

Latonya Brown, OCSG 2016 Coordinator - (919) 245- 4270

Myra Austin & Latonya Brown, Event Managers - Cycling, Golf, (919) 245-2020 or (919) 245-4270

Myra Austin & Terry Colville, Event Managers - Billiards, Track, (919) 245-2020 or (919) 245-2016

Charles Harrington, Event Manager - Horseshoes, (919) 918-7377

Lynn Hecht, Event Manager - Swimming, (919) 245-2510

Dana Hughes, OCSG Co-Coordinator, Event Manager - Bocce, Corn Hole, Field Events, Shuffleboard, (919) 918-7372

Bernard Leach, Athletic Events Director - Basketball, Tennis, Croquet, Pickle Ball, Racquetball, (919) 968-2734

Marty Pomerantz, Former UNC Campus Recreation Director, Event Manager - Track, Golf, (919) 491-5105

CD Poon, Event Manager - Badminton, cdpoon@gmail.com

Corina Riley, OCSG Registration Coordinator, Event Manager- Bowling, (919) 245-4251

Cydnee Sims, SilverArts Coordinator - SilverArts, Performing Arts, Cheerleading, (919) 245-4250

Dan Stern, Event Manager - Table Tennis, stern.daniel@gmail.com

Ardra Webster, Event Manager - Archery, (919) 245-2664

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Archery

Date: Tuesday, April 12
Rain date: Tuesday, April 19
Place: Central Recreation Center
Hillsborough
Time: 9:00 am

Badminton

Date: Wednesday, April 20
Place: Central Recreation Center
Hillsborough
Time: 1:00 pm

Basketball Shooting Basketball 3 on 3

Date: Friday, April 8
Place: Hargraves Ctr.-Northside Gym
Time: 9:00 am

Billiards

Date: Monday, April 11
Place: Seymour Center, Chapel Hill
Time: 1:30 pm

Bocce Ball *Men & Women*

Date: Wednesday, April 6
Rain date: Thursday, April 7
Place: Chapel Hill Community
Center (Plant Road)
Time: 9:00 am

Bocce Ball *Singles & Mixed*

Date: Tuesday, April 5
Rain Date: Tuesday, April 12
Place: Chapel Hill Community
Center (Plant Road)
Time: 9:00 am
Note: Singles only offered at State Finals

Bowling *Singles & Mixed*

Date: Friday, April 15
Place: AMF Durham Lanes, Durham
Time: 12:30 am Singles
Time: 2:00 pm Doubles
Time: 3:30 pm Mixed Doubles

Cornhole *Singles & Doubles*

Date: Saturday, April 2
Rain date: Monday, April 4
Place: Hank Anderson Park
Carrboro
Time: 10:00 am

Cycling

Date: Saturday, April 9
Rain Date: Saturday, April 23
Place: Union Grove Church
Time: 2:00 pm 1 mile
Time: 2:30 pm 5k
Time: 3:30 pm 10k

Croquet

Date: Thursday, April 21
Rain Date: Monday, April 25
Place: Carol Woods Retirement
Center, Chapel Hill
Time: 9:00 am

Golf

Date: Tuesday, April 5
Rain Date : Tuesday, April 12
Place: Occoneechee, Hillsborough
Time: 10:00 am
Additional Fees: \$22 green and cart fee
(payable at clubhouse)

Note: Please call (919) 732-3435 to confirm course condition. All players will start at hole # 1.

Golf con't

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 in the NCSG Rule Books located on www.ncseniorgames.org

Horseshoes

Date: Saturday, April 2
Rain date: Monday, April 4
Place: Hank Anderson Park
Carrboro
Time: 9:00 am

Pickleball Men Doubles Women Doubles

Date: Sunday, April 10
Place: Chapel Hill Community
Time: 1:30 pm

Pickleball Men Singles Women Singles Mixed Doubles

Date: Monday, April 11
Place: Chapel Hill Community
Time: 9:30 am

Racquetball

Date: Wednesday, April 13
Place: Chapel Hill - Carrboro YMCA
Time: 9:00 am

Shuffleboard

Date: Friday, April 8
Place: Hargraves Ctr.-Northside Gym
Time: 1:00 pm

Swimming

Date: Tuesday, April 12
Place: Orange County SportsPlex
Time: 9:00 am

Table Tennis

Date: Thursday, April 7
Place: Seymour Center
Chapel Hill
Time: 1:30 pm

Tennis Mixed Doubles

Date: Monday, April 18
Rain date: Friday, April 22
Place: Ephesus Tennis Courts
Time: 9:00 am

Tennis Doubles

Date: Saturday, April 16
Rain date: Wednesday, April 20
Place: Ephesus Tennis Courts
Time: 9:00 am

Tennis Singles

Date: Friday, April 15
Rain date: Tuesday, April 19
Place: Ephesus Tennis Courts
Time: 9:00 am

Track & Field

Date: Saturday, April 9
Rain date: Saturday, April 23
Place: Cedar Ridge High School
Hillsborough
Time: 8:00 am

Performing Arts (Dance)

Date: Wednesday April 27
Place: Seymour Center
Time: 5:30 pm

Thank you!

Orange County Senior Games Committee would like to thank Walgreens, Friends of Central Orange and Friends of Seymour Center for their generous support of the Senior Games.



Senior Games Celebration

Join us to celebrate the spirit of Senior Games at the Food Truck Rodeo Wednesday, April 27 at 4:30 pm

**Robert & Pearl Seymour Center
2551 Homestead Road
Please RSVP on Registration Form
(Senior Games participants will receive a food bucks valued up to \$10)**

SilverArts Guidelines



SilverArts will be a juried show. Please complete the SilverArts Registration Form.

SilverArts will be held at the Robert & Pearl Seymour Center. Artists, or their representative, must deliver work to the Robert & Pearl Seymour Center on Tuesday, April 5, from 9:00 am until 12 noon. Please join us for the Opening Show of SilverArts and Reception on Monday, April 11 from 5:30 pm until 6:30 pm. The show will be held at the Robert & Pearl Seymour Center. The show will end on Thursday, May 19 and all art work must be picked up on this day, between 1:00 pm and 4:00 pm.

Heritage Arts

Categories: Basket Weaving-Knitting-China Painting-Needlework-Tole Painting-Jewelry-Quilting-Stained Glass-Weaving-Rugs (hooked, braided, woven), Crocheting-Woodcarving-Woodworking-Tatting & Needlelace

Visual Arts

Categories: Acrylics-Mixed Media-Oil-Drawing-Watercolor-Pastels-Sculpture-Photography

Specific Requirements for Heritage and Visual Arts

- ⇒ Entries must be an original work of the artist and must have been completed within 2 years of the Local Games' qualifying date. Artists may not submit an entry if the piece/performance/entry has been showcased in the previous SilverArts Showcase at State Finals.
- ⇒ Entries must be the work of an individual and not a group effort.
- ⇒ 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.
- ⇒ Framed work must be securely wired, ready to hang (no serrated hooks or string). All two - dimensional work must be framed.
- ⇒ Framed work can be no longer than 36"x42", including mat and frame.
- ⇒ Entries can be no heavier than 50 pounds.
- ⇒ All entries, except framed works, must be able to be displayed in an area 3'x3'. Quilts, weavings, rugs, etc., may be folded.
- ⇒ Groupings or sets are limited to no more than 3 pieces per group.

Please visit www.ncseniorgames.org for SilverArts guidelines and other details.

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2016 Orange County Senior Games Registration Form

Please complete both sides of this form and return to address below with your payment by **Friday, March 18, 2016**

Name:		New to Senior Games? (Check one)		Yes	No
Address:		E-Mail Address:			
City:	State:	Zip:	County:		
Daytime Telephone:		Evening Telephone:			
Date of Birth: _____		Age as of December 31, 2016 _____		Sex: M ___ F ___	
Check all that applies: <input type="checkbox"/> Early Bird Registration \$12.00 <input type="checkbox"/> Regular Registration \$15.00 (t-shirt included in registration fee) <input type="checkbox"/> Out of County Fee \$5.00 <input type="checkbox"/> Bowling Fee per event \$5.00 <input type="checkbox"/> I will attend Senior Games Celebration (Senior Games participants will receive a food bucks valued up to \$10) <input type="checkbox"/> Donation \$ _____ Total \$ _____			MAIL TO: Orange County Department on Aging 2551 Homestead Road Chapel Hill, North Carolina 27516		
			Please check your OCSG t-shirt size: Sm Med L XL XXL No Shirt		

MEDICAL INFORMATION IS USED ONLY FOR MEDICAL EMERGENCIES AND IS OPTIONAL

Current medical conditions (i.e. high blood pressure, diabetes, etc.)

Medications & dosage you are currently taking (Please list):

Medical Allergies (Please list):

Other Allergies (Please list):

Local person to contact in event of emergency
 (Ideally this should be someone who could speak for you in a medical emergency):

Name:	Relationship:	
Address:	City:	State:
	Zip:	
Daytime Telephone:	Evening Telephone:	
Office Telephone:	Cell Phone:	
Physician's Name:	Physician's Telephone:	

All participants in Orange County Senior Games must sign this liability waiver.

I, the undersigned participant, hereby agree to hold harmless any persons or Organizations involved with Orange County Senior Games as well as owners, proprietors and employees of all games facilities, from any legal action or claims at any time because of my participation in Senior Games. I am in good enough physical condition to participate safely. I acknowledge that I am strongly urged to consult my physician before participating. I hereby grant permission to a licensed medical facility and/or my physician listed above to provide treatment as deemed necessary for my well being. I hereby grant Orange County Senior Games permission to use any photographic likeness taken during the games and or exhibition.

I understand that it is my responsibility to check with the Local Senior Games Coordinator to determine if I am qualified for State Finals and to get a State Finals packet. My State Finals Entry Form must be received in the North Carolina Senior Games office in Raleigh by 5:00 pm on August 1st! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

Signature: _____

Date _____

Please provide this info to help us by checking all that applies. It will be kept confidential. Thank You!

My ethnicity: ___African American; ___American Indian; ___Hispanic; ___Caucasian; ___Other

My annual household income is less than \$14, 700 (1 person in household) ___Yes

My annual household income is less than \$19, 896 (2 people in household) ___Yes No Response___

Other Events

Unless otherwise noted, events must have a minimum of 6 participants to be held.

Print the letter "S" for singles and/or the letter "D" for doubles beside event(s) in which you wish to participate.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Archery | <input type="checkbox"/> Croquet |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Golf |
| <input type="checkbox"/> Basketball 3 on 3 Tournament | |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Racquetball |
| <input type="checkbox"/> Shuffleboard | |
| <input type="checkbox"/> Basketball Shooting | <input type="checkbox"/> Table Tennis |
| <input type="checkbox"/> Billiards | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Bocce Ball | <input type="checkbox"/> Bowling |
| <input type="checkbox"/> Cornhole | <input type="checkbox"/> Pickleball |

Partner's name and event(s) required below.

Partner Name: _____	Event: _____ <small>Please circle Mixed Doubles or Doubles: Mixed Doubles/Doubles</small>
Partner Name: _____	Event: _____ <small>Please circle Mixed Doubles or Doubles: Mixed Doubles/Doubles</small>
Partner Name: _____	Event: _____ <small>Please circle Mixed Doubles or Doubles: Mixed Doubles/Doubles</small>
Partner Name: _____	Event: _____ <small>Please circle Mixed Doubles or Doubles: Mixed Doubles/Doubles</small>
Partner Name: _____	Event: _____ <small>Please circle Mixed Doubles or Doubles: Mixed Doubles/Doubles</small>

Cycling

Please check the events you wish to participate in.

- 1 Mile Cycling Race
 5 K Cycling Race
 10 K Cycling Race

Swimming

Please check the events you wish to participate in. Participants are limited to 6 individual events.

- | | |
|-----------------------------------|-----------------------------------|
| Butterfly | Breaststroke |
| <input type="checkbox"/> 50 yard | <input type="checkbox"/> 50 yard |
| <input type="checkbox"/> 100 yard | <input type="checkbox"/> 100 yard |
| <input type="checkbox"/> 200 yard | <input type="checkbox"/> 200 yard |
| Backstroke | Individual Medley |
| <input type="checkbox"/> 50 yard | <input type="checkbox"/> 100 yard |
| <input type="checkbox"/> 100 yard | <input type="checkbox"/> 200 yard |
| <input type="checkbox"/> 200 yard | |
| Freestyle | Freestyle |
| <input type="checkbox"/> 50 yard | <input type="checkbox"/> 200 yard |
| <input type="checkbox"/> 100 yard | <input type="checkbox"/> 500 yard |

Track & Field

Please check the events that you would like to participate in. Participants are limited to 7 individual events.

- | | |
|--|---|
| | Field |
| <input type="checkbox"/> Discus | <input type="checkbox"/> Shotput |
| <input type="checkbox"/> Football Throw | <input type="checkbox"/> Softball Throw |
| <input type="checkbox"/> Standing Long Jump | |
| <input type="checkbox"/> Running Long Jump | |
| | Track |
| <input type="checkbox"/> 100 m dash | <input type="checkbox"/> 200 m dash |
| <input type="checkbox"/> 400 m dash | <input type="checkbox"/> 800 m run |
| <input type="checkbox"/> 1500 m run | <input type="checkbox"/> 5 k run |
| <input type="checkbox"/> 1500 m racewalk | <input type="checkbox"/> 5 k racewalk |
| <input type="checkbox"/> 1 mile SilverStriders Funwalk | |

***Support your Senior Games
by signing up a new friend
this year!***

2016 SilverArts Registration Form

Please complete form and return to address below with your payment by **Friday, March 18, 2016.**

Name (Please Print):		New to SilverArts? (Check one)		Yes	No
Address:			E-Mail Address:		
City:	State:	Zip:	County:		
Daytime Telephone:			Evening Telephone:		
Date of Birth: _____		Age as of December 31, 2016 _____		Sex: ___M ___F	
Check all that applies: <input type="checkbox"/> Early Registration \$12.00 <input type="checkbox"/> Regular Registration \$15.00 (t-shirt included in registration fee) <input type="checkbox"/> I will attend Senior Games Celebration (Senior Games participants will receive a food bucks valued up to \$10) <input type="checkbox"/> Donation \$ _____			MAIL TO: Orange County Department on Aging 2551 Homestead Road Chapel Hill, North Carolina 27516		
			Please check your OCSG t-shirt size: Sm Med L XL XXL No Shirt		

Heritage Arts

You may submit one entry per sub-category. Entries incorrectly categorized by you and not in compliance with NCSG Guidelines and Requirements will not be displayed or considered in the judging process.

Title of Entry (Required for display card): _____

Brief Description of Entry (subject, color, etc.): _____

Price (if for sale): \$ _____

<input type="checkbox"/> Basket Weaving	<input type="checkbox"/> Knitting	<input type="checkbox"/> Rugs (hooked, braided, woven)	<input type="checkbox"/> Weaving
<input type="checkbox"/> China Painting	<input type="checkbox"/> Needlework	<input type="checkbox"/> Stained Glass	<input type="checkbox"/> Woodcarving
<input type="checkbox"/> Crocheting	<input type="checkbox"/> Pottery (thrown/hand)	<input type="checkbox"/> Tatting & Needlelace	<input type="checkbox"/> Woodworking
<input type="checkbox"/> Jewelry	<input type="checkbox"/> Quilting	<input type="checkbox"/> Toile/ Decorative Painting	<input type="checkbox"/> Other _____

Visual Arts

You may submit one entry per sub-category. Entries incorrectly categorized by you and not in compliance with NCSG Guidelines and Requirements will not be displayed or considered in the judging process.

<input type="checkbox"/> Acrylics	<input type="checkbox"/> Oil	<input type="checkbox"/> Sculpture
<input type="checkbox"/> Drawings	<input type="checkbox"/> Pastels	<input type="checkbox"/> Watercolor
<input type="checkbox"/> Mixed Media	<input type="checkbox"/> Photography	<input type="checkbox"/> Other _____

Title of Entry (Required for display card): _____

Brief Description of Entry (subject, color, etc.): _____

Price (if for sale): \$ _____

Performing Arts Cheerleading Dance

Please Check your OCSG t-shirt size: Sm Med L XL XXL No Shirt

Mail This Page

**Orange County Department on Aging
2551 Homestead Road
Chapel Hill, North Carolina 27516**

**Please remember to visit www.ncseniorgames.org for State Finals guidelines,
rule books and other relevant details.**

**Registration Fee: \$15
Register by Friday, March 4, 2016 and save \$3.00
Final deadline to register is Friday, March 18, 2016**