GENERAL INFORMATION AND REGISTRATION PROCESS
ATHLETIC COMPETITION – APRIL 4 - MAY 5, 2017
SILVERARTS COMPETITION – MAY 11-12, 2017

***OPEN TO*:** All Guilford County residents 50 years of age and older. A participant must be a North Carolina resident for a minimum of three consecutive months of the year. Age on December 31, 2017 will determine the age category in which the athlete will compete. In athletics, participants will compete against others of their own sex and age as follows: 50-54, 55-59, 60-64, etc. In doubles, teams will be placed in age categories by the age of the youngest player.

***EVENTS*:** All events are listed on registration form. In SilverArts, an artist may enter **up to three pieces** in any combination of categories. However, if total entries exceed available display space, only one or two pieces per person will be displayed. GGSG reserves the right to choose pieces to be displayed if there are too many entries for the available space.

***EQUIPMENT*:** Participants in the following events will supply their own equipment: **Archery, Golf, Tennis** and **Cycling**. Participants must wear a helmet in all cycling events.

***ENTRY FEE*:** As a participant in the Greater Greensboro Senior Games your entry fee of $10 includes Opening Ceremonies and an official GGSG shirt. A facility fee of $20 will be charged for golf, $6 for each bowling event, and $5 for each basketball team member. These are in addition to the $10 entry fee. Entry fees will be refunded if registration is cancelled 7 days prior to the first day of GGSG Athletic competition (April 4). May 1 is the date for SilverArts refunds. Athletic and SilverArts registrations will be accepted until **5 pm** on **March 3**. SilverArts participants will be required to sign a SilverArts Liability Waiver releasing GGSG from damage or theft that may occur while artwork is displayed.

***AWARDS*:** Gold, Silver, and Bronze medals will be awarded to the top three finalists in each age/sex category in each athletic event except the Fun Walk. Participant ribbons will be awarded in the Fun Walk. Athletic medals will be given out at the Awards Luncheon. Ribbons will be awarded to SilverArts winners at the SilverArts Showcase. Each sub-category will be judged separately except for Performing Arts. State Finals Registration Forms will be given out at the Awards Luncheon. Participants who win a medal in an athletic event, 1st Place in Performing Arts, 1st or 2nd Place in Literary Arts, 1st, 2nd or 3rd Place in Heritage or Visual Arts or a ribbon in the Silver Striders Fun Walk, are eligible to go to State Finals, except in golf where minimum performance scores have been set. **Deadline to register for State Finals: Early Bird Deadline is July 1. Final Deadline is August 1.**

***CONFIRMATION*:** Each athletic entry will be confirmed by mail by March 31. Confirmations will include any date or time changes for events. SilverArts entries will be confirmed by mail by May 1.

***COMPLETING REGISTRATION*:** Be sure to answer **all** questions on the Entry Form, sign the Liability Waiver, complete the Fees page, include a check for all fees, and mail your completed application prior to the entry deadline: **March 3 at 5 pm**. ***Incomplete forms will be returned**.*

***RULES*:** All events will be conducted in accordance with the 2017 Edition of the North Carolina Senior Games, Inc. Official Rule Book. If you have any questions about event rules please call Jennie Matkins at 336-373-7566 or Marya Haefner at 336-373-7567.

***MISSION*:** *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.*

Visit our website at www.greensboro-nc.gov/seniorgames

ATHLETIC REGISTRATION DEADLINE: March 3, 2017 by 5 pm

PLEASE PRINT CLEARLY:

NAME: _____ **ADDRESS**_____ **CITY**_____

STATE _____ **ZIP** _____ **COUNTY** _____ **PHONE: HOME**_____ **CELL** _____

GENDER: (circle one) FEMALE MALE AGE AS OF 12/31/17: _____ **BIRTH DATE:**_____
(Month/Day/Year)

EMAIL ADDRESS:_____

* _____ Archery	Monday, April 17	1:30 pm	Hester Park
_____ Awards Luncheon	Thursday, May 18	12 pm	Smith Senior Center
* _____ Basketball Shooting	Tuesday, April 4	10 am-12 pm	Greensboro Sportsplex
* _____ Bowling Singles	Wednesday, May 3	10 am	Triad Lanes
* _____ Bowling Doubles**	Thursday, May 4	10 am	Triad Lanes
* _____ Bowling Mixed Doubles**	Friday, May 5	10 am	Triad Lanes
* _____ Cycling – 1 mile	Sunday, April 9	8:30 am	Country Park
* _____ Cycling – 5K	Sunday, April 9	8:30 am	Country Park
* _____ Cycling – 10K	Sunday, April 9	8:30 am	Country Park
* _____ Discus Throw	Monday, April 24	9 - 10 am	NC A&T Track
* _____ Football Throw	Tuesday, April 4	10 am-12 pm	Greensboro Sportsplex
* _____ Golf	Monday, April 10	9:30 am	Country Hills Golf Course
_____ Opening Ceremonies	Tuesday, April 4	9 am	Greensboro Sportsplex
* _____ Running Long Jump	Monday, April 24	10 - 11 am	NC A&T Track
* _____ Shot Put	Monday, April 24	9 - 10 am	NC A&T Track
_____ SilverArts Showcase	Thursday, May 11	11 am	Muir's Chapel UMC
* _____ SilverStriders Fun Walk	Thursday, April 13	9:30 am	Jaycee Park Soccer Fields
* _____ Softball Throw	Thursday, April 13	10 am-12 pm	Jaycee Park Soccer Fields
* _____ Standing Long Jump	Monday, April 24	10 - 11 am	NC A&T Track
* _____ 50 Meter Dash	Wednesday, April 26	9 am	NC A&T Track
* _____ 100 Meter Dash	Wednesday, April 26	9:30 am	NC A&T Track
* _____ 200 Meter Dash	Wednesday, April 26	10 am	NC A&T Track
* _____ 400 Meter Dash	Wednesday, April 26	10:30 am	NC A&T Track
* _____ 800 Meter Run	Wednesday, April 26	8:30 am	NC A&T Track
* _____ 1500 Meter Run	Tuesday, April 25	9:30 am	NC A&T Track
* _____ 5K Run	Monday, April 24	9 am	NC A&T Track
* _____ 10K Run	Sunday, April 30	8 am	Country Park
* _____ 1500 Meter Race Walk^^	Monday, April 24	8:30 am	NC A&T Track
* _____ 5K Race Walk^^	Tuesday, April 25	8:30 am	NC A&T Track
SWIMMING: (LIMIT 6 EVENTS)	Monday, April 17	10 am	Greensboro Aquatics Ctr.

* _____ 50 Yd. Backstroke	* _____ 100 Yd. Backstroke	* ____ 200 Yd. Backstroke
* _____ 50 Yd. Breaststroke	* _____ 100 Yd. Breaststroke	* ____ 200 Yd. Breaststroke
* _____ 50 Yd. Butterfly	* _____ 100 Yd. Butterfly	* ____ 200 Yd. Butterfly
* _____ 50 Yd. Freestyle	* _____ 100 Yd. Freestyle	* ____ 200 Yd. Freestyle
	* _____ 100 Yd. Ind. Medley	* ____ 200 Yd. Ind. Medley

* _____ 400 Yd. Ind. Medley *_____500 Yd. Freestyle

^^PARTICIPANTS IN THE 1500 M AND 5K RACE WALKS MUST WEAR EITHER TIGHTS OR SHORTS COMING ABOVE THE KNEE

TEAM SPORTS:

* _____ 3-on-3 Basketball Team	Saturday, April 29	9:30 am - 1:30 pm	Smith Senior Center

Name of Team: _____ **Age of Youngest Player:** _____

Name of Team Captain: _____

TOURNAMENT SPORTS:

GGSG reserves the right to change the times and locations listed below according to participation. You will be notified of changes on your confirmation. Please keep in mind these are tournament events and matches may go beyond scheduled times.

* _____ Badminton-Singles	Monday, April 10	6 - 9 pm	Leonard Recreation Center
* _____ Badminton-Doubles**	Monday, April 10	6 - 9 pm	Leonard Recreation Center
* _____ Badminton-Mixed Dbls**	Monday, April 10	6 - 9 pm	Leonard Recreation Center
* _____ Billiards	Friday, April 21	1:30 - 5 pm	Tailgators Bar & Billiards
* _____ Bocce	Wed, April 19 & Thurs, April 20	8:30 am - 5 pm	Smith Senior Center
* _____ Cornhole	Mon, May 1 & Tues, May 2	8:30 am - 5 pm	Smith Senior Center
* _____ Croquet	Thursday, April 13	9:30 am - 12 pm	Jaycee Park Soccer Fields
* _____ Horseshoes	Wed, April 5 & Thurs, April 6	8:30 am - 5 pm	Smith Senior Center
* _____ Pickleball-Singles	Wednesday, April 12	9 am - 12 pm	Greensboro Sportsplex
* _____ Pickleball-Doubles**	Wednesday, April 12	9 am - 12 pm	Greensboro Sportsplex
* _____ Pickleball-Mixed Dbls**	Wednesday, April 12	9 am - 12 pm	Greensboro Sportsplex
* _____ Shuffleboard	Tues, April 11 & Tues, April 18	8:30 am - 5 pm	Smith Senior Center
* _____ Table Tennis-Singles	Friday, April 21	9:30 am - 12 pm	Smith Senior Center
* _____ Table Tennis-Doubles**	Friday, April 21	9:30 am - 12 pm	Smith Senior Center
* _____ Table Tennis-Mixed Dbls**	Friday, April 21	9:30 am - 12 pm	Smith Senior Center
* _____ Tennis-Singles	Friday, April 28	9:30 am - 12 pm	Latham Park
* _____ Tennis-Doubles**	Friday, April 28	9:30 am - 12 pm	Latham Park
* _____ Tennis-Mixed Doubles**	Friday, April 28	9:30 am - 12 pm	Latham Park

PARTNERS: **You are required to find your own partner for all doubles events.

Badminton Doubles Partner's Name: _____

Badminton Mixed Doubles Partner's Name: _____

Bowling Doubles Partner's Name: _____

Bowling Mixed Doubles Partner's Name: _____

Pickleball Doubles Partner's Name: _____

Pickleball Mixed Doubles Partner's Name: _____

Table Tennis Doubles Partner's Name: _____

Table Tennis Mixed Doubles Partner's Name: _____

Tennis Doubles Partner's Name: _____

Tennis Mixed Doubles Partner's Name: _____

***A NC SENIOR GAMES, INC. SANCTIONED EVENT OFFERED AT STATE FINALS**

Greater Greensboro Senior Games
2401 Fairview Street
Greensboro, NC 27405
www.greensboro-nc.gov/seniorgames

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The Triad RETIREMENT resource guide

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Senior Resources of Guilford

Greensboro Parks & Recreation

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