



Charlotte Mecklenburg Senior Games

2010 ENTRY PACKET

For Athletes, Artists & Cheerleaders

EARLY BIRD DEADLINE- MARCH 15 ENTRY DEADLINE- MUST BE RECEIVED BY APRIL 1 AT 4:00PM

LOCAL GAMES

April 20th - June 12th

Opening Ceremonies & Performing Arts Show

**Levine Senior Center
Thursday, May 6th
6:30 pm**

**SilverArts Show
Tyvola Senior Center
May 13th
2:00pm– 3:30pm**

**Big Saturday
Alexander Graham
Middle School
May 15th
8:00am– 3:00pm**

**Little Saturday
Nevin Community Park
May 22nd
8:00am - 1:00pm**

HOST AGENCIES

- Jillian's
- Dowd YMCA
- Tyvola Senior Center
- Levine Senior Center
- Wildlife Archery Club
- Rocky River Golf Club
- Charlotte Table Tennis
- Lowe's Motor Speedway
- George Pappas Bowling Lanes
- Mecklenburg County Park and Recreation
- Matthews Parks, Recreation and Cultural Resource Department

COORDINATING AGENCIES

- Levine Senior Center
- Mecklenburg County Department of Social Services
- Charlotte-Mecklenburg Senior Centers
- Mecklenburg County Park and Recreation

Charlotte-Mecklenburg Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years and better. Local Games provides fun, fitness and fellowship for people of all ages.

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



**Charlotte-Mecklenburg Senior Games, Inc. 2225 Tyvola Road, Charlotte, NC 28210 (704) 332-4020
www.cmseniorgames.org**

ELIGIBILITY INFORMATION

ELIGIBILITY

To be eligible to participate you must be 55 years of age or better on or before December 31, 2010. A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year. To participate in an official sport at State Finals, you must be a 1st, 2nd or 3rd place winner in that event from a sanctioned Local Games. To participate in Golf, you must also meet the minimum performance score. To participate in the SilverStriders Fun Walk, you must have completed the Fun Walk at a Local Games. To participate in the Cheerleader Showcase or Performing Arts you or your group must have been chosen as the representative for your Local Game. To participate in SilverArts; Heritage or Visual Showcase, you must be a 1st or 2nd place winner in that sub-category in a Local Game. To participate in the Literary Arts, you must be a 1st place winner in a Literary sub-category in a Local Game to qualify.

AGE CATEGORIES

Your age category is determined by your age on **Dec. 31, 2010**. Men and women compete in separate categories in the following five year increments: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. You must compete at the scheduled time with your age/sex category. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player on the Local Games level. You must play or participate with the partner or team you qualified with, no exceptions!

REGISTRATION INFORMATION & PROCESS

1. **CMMSG must receive your Entry Form by 4:00p.m. April 1st.** Each individual, including both doubles partners and all team members, must submit a completed Entry Form with total payment to CMMSG received by 4:00 pm on APRIL 1st. **There are no exceptions.**
2. Your Personal Schedule will be mailed mid-April. You should receive it by **April 13th** unless it is delayed by the postal service. It will contain starting times for your activities and all the Local Games details. Contact CMMSG at 704-332-4020 if you do not receive your personal schedule by **April 13th**.

AT THE GAMES:

1. You must have your photo ID to check in at all events each day.
2. Bring your "personal schedule" with you. Visit the check in station for each event. You will receive the participant packet at your first event.
3. Please have with you at all times a list of medication, medical conditions and allergies, and proof of insurance in case of any emergency.

After your Entry Form is received and processed please review your written confirmation sheet to make sure your information is correct. If you have questions please call 704-332-4020 BEFORE the games.

FEES & REFUNDS

There are two types of fees:

ENTRY Fees and **EVENT Fees**

As a participant, your **Entry Fee** includes a 2010 Local Games t-shirt, admission to Opening Ceremonies, Breakfast of Champions, SilverArts Show and Performing Arts Show. The entry fee also helps to offset general organizational costs and awards.

The **Event Fees** are to help cover charges for facility rental, officials, and equipment for activities you choose to enter. Event Fees will be charged for Badminton, Basketball Tournament, Billiards, Bocce, Bowling, Croquet, Cycling, Golf, Horseshoes, Racquetball, Shuffleboard, SilverArts, Softball, Swimming, Table Tennis and Tennis.

If your Entry Form is:

Received on or before March 15
Your entry fee is **\$8.00** (early bird discount)

Received after March 15
Your entry fee is **\$10.00**

Event Fees are noted by each event.

Request for refunds must be in writing and received by April 15th. For complete cancellations, a \$5.00 processing fee is non-refundable.

RULES

A COPY OF THE RULES FOR ALL SENIOR GAMES EVENTS IS AVAILABLE AT www.ncseniorgames.org OR BY CALLING 704-332-4020.

CHARLOTTE-MECKLENBURG SENIOR GAMES 2010
OFFICIAL ENTRY FORM

Please Read This Important Registration Information!

Before you submit this Entry Form, make sure you:

1. **Complete the PERSONAL INFORMATION section.**
2. **CHECK ALL THE ACTIVITIES in which you would like to participate.**
You must check an event if you want to participate in that event, we will not assume you want to participate based on past games. Please see the PRELIMINARY SCHEDULE on page 11 in the ENTRY Packet to see when your events will be taking place. For doubles events, your partner's names is required. For team Sports, your Team name is required.
3. **If you are a SilverArtist or Cheerleader, you must submit the required information with the ENTRY Form by April 1st. Please be sure to check the sub-category you would like to compete in.**
4. **It is your responsibility to verify your ENTRY FORM has been received by CMSG by 4:00 pm on April 1st. We will send out confirmation letters and your personal schedule by April 13.**
5. **Check to make sure you filled out all the pages in the Entry Form that pertain to you or your activities.**

Charlotte-Mecklenburg Senior Games Inc. is committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his or her doctor in regard to preparation for, and competition in, Senior Games or any similar activity. 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.

The Entry Form must be received by 4:00pm on APRIL 1st
The deadline is strictly enforced in fairness to all. Late entries will be returned.

Please mail in your entry forms. Do not deliver it to the physical address

MAIL TO: CHAR-MECK SENIOR GAMES
2225 Tyvola Road
CHARLOTTE, NC 28210

For more information and details visit the website at:

www.cmseniorgames.org

I have read and understand the above registration process and that I must have a photo ID to check in at all events each day:

Signature Required: _____

ENTRY FORM

- Swimming Events** *(limit 5 events)..... \$NO FEE
- 50 yd Freestyle 100 yd Freestyle 200 yd Freestyle 500 yd Freestyle 200 yd Ind Medley
- 50 yd Breaststroke 100 yd Breaststroke 200 yd Breaststroke 100 yd Ind Medley 50 yd Backstroke
- 100 yd Backstroke 200 yd Backstroke 50 yd Butterfly 100 yd Butterfly 200 yd Butterfly

TOURNAMENT SPORTS

- Bocce**.....\$2.00 = \$ _____
- Billiards**\$3.00 = \$ _____
- Croquet**.....\$2.00=\$ _____
- Horseshoe**.....\$2.00=\$ _____
- Racquetball**.....\$2.00=\$ _____
- Shuffleboard**.....\$2.00=\$ _____
- Badminton** (\$1.00 per event).....# of events ____ x \$1.00=\$ _____
- Singles
- Doubles—Partner’s Name Required: _____
- Mixed Doubles—Partner’s Name Required: _____
- Table Tennis** (\$1.00 per event).....# of events ____ x \$1.00 = \$ _____
- Singles
- Doubles—Partner’s Name Required: _____
- Mixed Doubles—Partner’s Name Required: _____
- Tennis** (\$3.00 per event) *(limit 2 out of 3 per participant).....# of events ____ x \$3.00 = \$ _____
- Singles
- Doubles—Partner’s Name Required: _____
- Mixed Doubles—Partner’s Name Required: _____

TEAM SPORTS

- Women’s Basketball**-Team Name _____ \$5.00= \$ _____
- Men’s Basketball**-Team Name _____ \$5.00= \$ _____
- Women’s Softball** -Team Name _____ \$5.00= \$ _____
- Men’s Softball**- Team Name _____ \$5.00= \$ _____

SILVERARTS

- SilverArts Fee**\$5.00= \$ _____
- Heritage Arts
- Visual Arts
- Literary Arts
- Performing Arts
- Cheerleading

PAGE 2 Subtotal= \$ _____

III. DEDUCTIONS FOR CONTRIBUTORS

- CMSG Champion**— I am enclosing \$250 (\$400 for couples) to be a CMSG Champion
- CMSG Supporter**— I am enclosing \$100 (\$175 for couples) to be a CMSG Supporter
- CMSG Friend**— I am enclosing \$25 (\$40 for couples) to be a CMSG Friend
- Early Bird Discount** (if received before March 15).....—\$2.00=\$ _____
- CMSG Friend**.....—\$2.00=\$ _____
- CMSG Supporter**.....—\$3.00=\$ _____
- CMSG Champion**.....—\$4.00=\$ _____
- DISCOUNT Subtotal = \$ _____

PAGE 1 Subtotal.....\$ _____

PAGE 2 Subtotal.....+\$ _____

DISCOUNT Subtotal.....—\$ _____

TOTAL AMOUNT ENCLOSED	\$ _____
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Make check or money order payable to CMSG. Do not send cash.

TEAM SPORTS INFORMATION

TEAM ROSTERS SHOULD BE SUBMITTED BY THE CAPTAIN OF EACH TEAM. EACH TEAM CAPTAIN IS RESPONSIBLE FOR MAKING SURE ALL THEIR TEAM MEMBERS TURN IN THEIR PERSONAL ENTRY FORM. NO ROSTER CHANGES WILL BE ALLOWED AFTER THE TEAM HAS QUALIFIED FOR STATE FINALS. THE TEAM WILL PLAY IN THE AGE CATEGORY OF THE YOUNGEST PLAYER ON THE TEAM.

TEAM NAME: _____

AGE CATEGORY: _____

TEAM CAPTAIN: _____ TEAM CAPTAIN PHONE #: _____

TEAM CAPTAIN EMAIL: _____

TEAM MEMBERS: _____

PERFORMING ARTS GROUP INFORMATION

CONTACT PERSON IS RESPONSIBLE FOR MAKING SURE ALL GROUP MEMBERS TURN IN PERSONAL ENTRY FORMS.

GROUP NAME: _____

CATEGORY: _____ CONTACT PERSON: _____

CONTACT PERSON'S PHONE #: _____ EMAIL: _____

GROUP MEMBERS: _____

New**Health Information for all Participants**

In the confirmation packet you receive after registering will be a name tag with a place to enter medical information on the back. Please fill out this medical information and bring the form with you to check in at your first event. Upon checking in at your first event you will be given a neck name badge holder to place your name tag and medical information in. Please have this name badge with your medical information on you or with your belongings at each event so that it could easily be accessed in the event of a medical emergency and given to the first aid provider, first responder, and or physician. **Medical information: personal physician's name and telephone number, emergency contact names and telephone numbers, medications, medical conditions, allergies.**

Emergency Contacts:

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

SilverArtist's Liability Waiver

(Must be signed by all Heritage, Visual and Literary Artist)

As a heritage, visual, and/or literary artist, I acknowledge, appreciate, and agree that:

1. My entry is my original artwork created after I was 55 years of age, within the last two years and that this work has not been entered in prior SilverArts competitions.
2. My literary work must be submitted with my entry form and will be included in a Literary SilverArts Booklet and I will receive no compensation from the sale of these booklets.
3. I am responsible for submitting my artwork to the Tyvola Senior Center on Tuesday, April 20, 2010 from 10:00am—1:00pm and will pick it up on Thursday, May 13, 2010 from 2:00pm —3:30pm.
4. My artwork will be on exhibition at the Charlotte-Mecklenburg Senior Center from May 1, 2010– May 12, 2010, and that if I fail to pick up my artwork I will not hold Charlotte-Mecklenburg Senior Center or Charlotte-Mecklenburg Senior Games responsible for its safe keeping or its loss.
5. When entering CERAMIC pieces in the Charlotte-Mecklenburg SilverArts, that my entry will be judged only at the local level, and will NOT qualify for NC State Finals.

Printed Name _____

Signature _____

Date _____

ENTRY FORM

SENIOR GAMES PARTICIPANT WAIVER AND RELEASE OF LIABILITY (required for all Artists, Athletes and Cheerleaders)

In consideration of being allowed to participate in any way in the 2010 Charlotte-Mecklenburg Senior Games athletics/sports program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. I am in sufficiently good enough physical condition to participate in the activities checked on the following pages of this entry form and that I assume all risks attendant upon my participation in these events. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE Charlotte-Mecklenburg Senior Games, Inc., its officers, officials, agents and/or employees, other participants, Host Agencies, Sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law; and
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law; and
6. I give permission for free and unrestricted use of my name and picture in broadcasts, telecasts, or other written account of the event; and
7. I meet the eligibility requirements of being 55 years of age or older by December 31st; and
8. 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 Finals Entry Packet. The State Finals Entry Form must be received in the NCSG office in Raleigh by 5:00p.m., 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; and
9. I authorize Charlotte Mecklenburg Senior Games personnel and volunteers to use and/or disclose my personal medical information contained on the back of my name tag and my emergency contact information to individuals providing first aid or medical assistance to me, including first responders and physicians, in the event that a medical emergency should arise while at a Charlotte Mecklenburg Senior Games event.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

THIS WAIVER MUST BE SIGNED AND DATED!

Printed Name

Signature

Date Signed

T-SHIRT INFORMATION

T-SHIRT SIZE:

SMALL____ MEDIUM____ LARGE____ X-LARGE____ XX-LARGE____ XXX-LARGE____

ADDITIONAL INFORMATION

This is my first experience participating in the Charlotte-Mecklenburg Senior Games.

YES NO

I am interested in serving as an ambassador for Charlotte-Mecklenburg Senior Games.

YES NO NOT SURE (for more information visit our website at www.cmseniorgames.org)

I am interested in serving as a member of the Board of Directors for Charlotte-Mecklenburg Senior Games.

YES NO NOT SURE (For more information visit our website at www.cmseniorgames.org)

I am interested in volunteering during the Senior Games and would like someone to contact me regarding Opportunities.

YES NO

STATE FINALS AND NATIONAL GAMES IMPORTANT QUALIFYING INFORMATION

PLEASE NOTE TO QUALIFY FOR GOLF AT THE STATE FINALS, GOLFERS NEED TO MEET A MINIMUM PERFORMANCE SCORE (MPS) AND FINISH IN THE TOP 3 OF THEIR AGE GROUP. MPS IS AVAILABLE FROM YOUR EVENT COORDINATOR AND IN THE NCSG RULES BOOK ON THE WEBSITE WWW.NCSeniorGames.org

PLEASE NOTE THE FOLLOWING ACTIVITY OFFERED IN THE CHARLOTTE MECKLENBURG SENIOR GAMES IS NOT OFFERED AT THE STATE FINALS:
CERAMICS

THIS YEAR IS A NATIONAL QUALIFYING YEAR.

2011 National Games are in Houston, Texas.



For more information on the National Games visit their website at www.nsga.com

2010 CMSG SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 20

Time	Event	Location
9:30am - 11:00am	Kick-Off Breakfast* (Registration for the breakfast is now closed)	Summit Place at Southpark

TUESDAY, APRIL 20

Time	Event	Location
10:00am-1:00pm	Drop off (Visual, Heritage and Literary Arts Drop off)	Tyvola Senior Center

TUESDAY, APRIL 27

Time	Event	Location
5:30pm	Cycling	Lowe's Motor Speedway

WEDNESDAY, MAY 5

Time	Event	Location
6:00pm	Swim Meet Warm Ups	Meck. County Aquatic Ctr.
6:30pm	Swim Meet	Meck. County Aquatic Ctr.

THURSDAY, MAY 6

Time	Event	Location
6:30pm	Performing Arts & Opening Ceremonies	Levine Senior Center

MONDAY, MAY 10

Time	Event	Location
9:00am	Golf	Rocky River Golf Club
6:00pm	Tennis	Jeff Adams Tennis Center

TUESDAY, MAY 11

Time	Event	Location
6:00pm	3 on 3 Basketball	Crews Road Center

WEDNESDAY, MAY 12

Time	Event	Location
10:00am	Racquetball	Dowd YMCA
5:00-7:15pm	Badminton Doubles	Marion Diehl Recreation Ctr.

THURSDAY, MAY 13

Time	Event	Location
2:00pm	Visual Arts	Tyvola Senior Center

FRIDAY, MAY 14 -

Time	Event	Location
6:00-9:00PM	Badminton Singles	Marion Diehl Recreation Ctr.

Your personal schedule will be mailed out to you before APRIL 13, along with a map and addresses to each facility. Directions and more information can be found at www.cmseniorgames.org

***Registration for the Kick Off Breakfast is now closed.**

***Registration information for the Breakfast of Champions will be mailed out in May, to 2010 Charlotte Mecklenburg Senior Games Participants. You must RSVP to attend.**

SATURDAY, MAY 15 - BIG SATURDAY

Time	Event	Location
8:00am - 2:00pm	Registration Headquarters	Alexander Graham Middle
8:00am - 10:00am	Breakfast	
9:00am	Croquet	
9:00am - 11:00am	Football Throw	
9:00am - 11:00am	Spin Casting	
9:00am - 11:00am	Basketball Shoot	
9:00am - 11:00am	Softball Throw	
9:00am - 12:00pm	Field Events (Discus, Running Long Jump, Shot Put, Standing Long Jump)	
9:00am	1500 M Race Walk	
9:30am	100 M Dash	
10:00am	800 M Run	
10:30am	200 M Dash	
11:00am	5K Race Walk	
11:30am - 1:00pm	Lunch	
12:00pm	400 M Dash	
12:30pm	1500 M Run	
1:00pm	5K Run	
1:30pm	Fun Walk	

MONDAY, MAY 17

Time	Event	Location
9:30am	Bowling Singles	George Pappas Park Lanes
5:30pm	Table Tennis	Hawthorne Rec. Center

TUESDAY, MAY 18

Time	Event	Location
9:30am	Bowling Doubles	George Pappas Park Lanes
6:00pm	Billiards	Jillian's

WEDNESDAY, MAY 19

Time	Event	Location
2:00pm	Archery	Wildlife Archery Club

FRIDAY, MAY 21

Time	Event	Location
9:30am	Bowling Mixed Doubles	George Pappas Park Lanes

SATURDAY, MAY 22 - LITTLE SATURDAY

Time	Event	Location
8:00am - 10:00am	Registration	Nevin Park
8:00am - 10:00 am	Breakfast	
8:30am	Bocce	
8:30am	Horseshoes	
10:00am	Shuffleboard	

SATURDAY, JUNE 5

Time	Event	Location
9:30am-11:00am	Breakfast of Champions*	THE IVEY

SATURDAY, JUNE 12

Time	Event	Location
8:00am	Softball Tournament	Park Road Park

Charlotte-Mecklenburg Senior Games Salutes Our Generous Sponsors!

Presbyterian ORTHOPAEDIC HOSPITAL



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Guidance when you need it most



Willow Grove
Independent Retirement Living



Char-Meck Senior Games
2225 Tyvola Road
Charlotte, NC 28210
704-332-4020
www.cmseniorgames.org

Mail To:



Mecklenburg County
Park and Recreation



Mecklenburg County
Department of
Social Services

Charlotte-Mecklenburg Senior Games Breakfast of Champions

Sponsored by THE IVEY

Mark your calendars !

Saturday, June 5
9:30 am—11:00 am

THE IVEY
6030 Park South Drive
Charlotte NC

Breakfast will be open to
first 100 people that RSVP

Specific information about the registration period
for the breakfast will be sent to all
2010 Senior Games participants in May



AFFORDABLE LUXURY ADULT DAY CARE

