

32ND ANNUAL



AND



Official Entry Form

April 3, 2019 – May 3, 2019

Early Bird Registration Fee= \$15

Deadline Friday March 1, 2019

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Final Deadline Registration Fee = \$20

Friday March 15, 2019 by 4:30pm

**** Coordinating Agencies and Local Sponsors****

County of Carteret
Carteret County Parks & Recreation
Carteret County Health Department
Carteret Health Care
Morehead City Recreation Center
Brandywine Bay Golf Club
Cape Carteret Aquatic & Wellness Center
Leon Mann Jr. Enrichment Center
MacDaddy's Bowling Center
West Carteret High School
Crystal Coast Civic Center
Town of Pine Knoll Shores
Humana
Eastern Carolina Council Area Agency on Aging

Carteret County Senior Games Mission Statement

"To promote healthy living and active lifestyles with community participation by setting and achieving goals in sports and arts competitions."

**NEW
PARTICIPANTS
REGISTER FOR
HALF PRICE!**

Carteret County Senior Games Official Entry Form General Information

ELIGIBILITY A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the calendar year. A person must be 50 years of age or better to participate. Participants will compete against others of their own age and sex as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+. In doubles sports, the age of the youngest player determines the age group for competition.

RULES Carteret County Senior Games are open games. **ANY SCHEDULE CHANGES MUST BE MADE BY MARCH 22, 2019. IF YOU ARE ENTERING DOUBLES/MIXED DOUBLES YOUR ENTRY IN THAT EVENT WILL NOT BE COMPLETE UNTIL PARTNERS FORM IS RECEIVED. No partners will be assigned at events.** All events will be conducted in accordance with the 2019 Edition of the North Carolina Senior Games Inc. Official Rules and SilverArts Booklet both of which are located on the website at www.ncseniorgames.org

WHAT DO I RECEIVE? Registration fee includes complimentary participant t-shirt, participation in Athletic and/or Artistic Events and free admission to the following Events: SilverArts Exhibit at Fort Benjamin Park, Opening Ceremonies & Breakfast, and Awards Dinner and Dance.

AWARDS All medals will be awarded at the Awards Dinner/Dance held May 3, 2019. Medals will be awarded for each event the athlete has placed in during the local competition. All medalist qualify to participate in the North Carolina Senior Games State Finals, SEPTEMBER, 2019. Exceptions: ONLY First-Place Medal Winners in each subcategory for Heritage and Visual Arts and First and Second-Place Literary Arts will be submitted for State competition. Carteret County will judge and award sub-categories within Performing Arts for Performing Arts Competition. The Performance with the highest score will be awarded "Best in Show", and represent Carteret County at the State Finals.

WHAT IF IT RAINS? Unless the weather has made conditions hazardous to the safety of volunteers and participants, events will continue in the rain. Participants should report to the event site and check-in, regardless of the weather. Up to date information will be available from the Event Manager in charge of each specific event. Failure to check-in will result in disqualification.

STATE FINALS All events offered at the local level will also be offered at the State Finals (except for those noted with an asterisk*). Participants receiving medal(s) (see above) will receive a State Finals Entry Packet with their qualifying letter in the mail after the completion of the local Games. This Form must be filled out and returned to North Carolina Senior Games by August 1st. Early Bird Registration deadline is July 1st. This Program is sanctioned by North Carolina Senior Games, Inc. North Carolina Senior Games is sponsored State wide by the North Carolina Division of Aging and Adult Services.

NATIONAL GAMES 2019 is not a qualifying year for National Games, www.nsga.com.

CYCLING All Carteret County Senior Games cycling events will be held in Pine Knoll Shores at McNeil Park on Oakleaf Drive. Please check www.ccpr.recdesk.com for a map of the course.

CHEERLEADERS CCSG Cheerleaders that register for 2019 NCSG State Finals must also participate in the 2019 NCSG State Finals Opening Ceremonies in the Parade of Participants with Carteret County.

REFUNDS No refunds will be granted after March 22, 2019. A \$5 processing fee is non-refundable.

GOLF To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. Additionally golfers will follow a triple bogie, pick up and go, locally. MPS is available from your coordinator and in the NCSG Rules Book at www.ncseniorgames.org

Carteret County Senior Games Official Entry Form

Participant Information

LAST NAME _____ FIRST NAME _____ MI _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
TELEPHONE # _____ DATE OF BIRTH ____/____/____ Age as of 12/31/19
EMAIL ADDRESS _____ T-SHIRT SIZE _____

PLEASE PROVIDE THIS INFO TO HELP US. IT WILL BE KEPT CONFIDENTIAL. THANK YOU!

My ethnicity: Black or African American; ___ Asian; ___ American Indian or Alaska Native; ___ Hispanic; ___ White; ___ Native Hawaiian or other Pacific Islander; ___ Or Unknown /Refused ___.

Medical Information

1. Name of physician: _____ Phone#: _____
2. Name of medications: _____
3. Your medical conditions: _____
4. Your allergies: _____

Emergency Contact Information

Name: _____ Phone #: _____
Relationship: _____
Name: _____ Phone #: _____
Relationship: _____

FEES

Early Bird registration fee – received in office by Friday March 1, 2019..... \$15.00 _____
Final deadline registration fee – received March 15, 2019..... \$20.00 _____
New Participant Half Price Fee-received by March 1, 2019..... \$7.50 _____
New Participant Half Price Fee-received by March 15, 2019..... \$10.00 _____
Golf – includes cart, green fees and lunch..... \$25.00 _____
Bowling – 3 games WITHOUT SHOES.....# of Events= _____ x \$7.00= _____
I will attend the Opening Ceremonies Breakfast at Leon Mann Center.....Please Circle One: Yes or No
I want my FREE Awards Dinner Ticket.....Please Circle One: Yes or No
I want to purchase guest Awards Dinner Tickets (limit 3).....# of Guests= _____ x\$10.00= _____
Make checks payable to: Carteret County Senior Games or (CCSG) Total Amount Enclosed= _____

Mail Entry forms with check/money order to:

Carteret County Senior Games 1702 Live Oak Street, Suite 300 Beaufort, NC 28516

Checks should be made out to Carteret County Senior Games (CCSG)

For registration assistance, please contact Carteret County Senior Games staff at

Carteret County Parks & Recreation at 252-808-3301 or ccpr.recdesk.com.

Online registration available at <http://torch.ncseniorgames.org>

Carteret County Senior Games Official Entry Form

Athletic Events

Last Name _____ First Name _____ MI _____

CHECK BOX TO THE LEFT OF YOUR EVENT CHOICE

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.

Individual Sports

<input type="checkbox"/>	Archery
<input type="checkbox"/>	Conventional - Recurve
<input type="checkbox"/>	Compound – Finger
<input type="checkbox"/>	Compound – Release Aid
<input type="checkbox"/>	
<input type="checkbox"/>	Bowling (Extra Fee)
<input type="checkbox"/>	Singles
<input type="checkbox"/>	Doubles Name Partner:
<input type="checkbox"/>	Mixed Doubles Name Partner:
<input type="checkbox"/>	
<input type="checkbox"/>	Cycling
<input type="checkbox"/>	1 Mile
<input type="checkbox"/>	5 K
<input type="checkbox"/>	10 K
<input type="checkbox"/>	
<input type="checkbox"/>	Football Throw
<input type="checkbox"/>	Softball Throw
<input type="checkbox"/>	Golf/Handicap:
<input type="checkbox"/>	
<input type="checkbox"/>	Track & Field (Limit 5)
<input type="checkbox"/>	50 M Dash
<input type="checkbox"/>	100 M Dash
<input type="checkbox"/>	200 M Dash
<input type="checkbox"/>	400 M Dash
<input type="checkbox"/>	800 M Dash
<input type="checkbox"/>	1500 M Dash
<input type="checkbox"/>	1500 M Race Walk
<input type="checkbox"/>	5 K Run
<input type="checkbox"/>	5K Race Walk
<input type="checkbox"/>	
<input type="checkbox"/>	Discus Throw
<input type="checkbox"/>	Running Long Jump
<input type="checkbox"/>	Shot Put
<input type="checkbox"/>	Standing Long Jump
<input type="checkbox"/>	
<input type="checkbox"/>	Silverstriders Fun Walk

Tournament Sports

<input type="checkbox"/>	Pickleball
<input type="checkbox"/>	Singles
<input type="checkbox"/>	Doubles Name Partner:
<input type="checkbox"/>	Mixed Doubles Name Partner:
<input type="checkbox"/>	
<input type="checkbox"/>	Billiards
<input type="checkbox"/>	Bocce
<input type="checkbox"/>	Croquet
<input type="checkbox"/>	Horseshoes
<input type="checkbox"/>	Shuffleboard
<input type="checkbox"/>	Table Tennis
<input type="checkbox"/>	Singles
<input type="checkbox"/>	Doubles Name Partner:
<input type="checkbox"/>	Mixed Doubles Name Partner:
<input type="checkbox"/>	
<input type="checkbox"/>	Tennis
<input type="checkbox"/>	Singles
<input type="checkbox"/>	Doubles Name Partner:
<input type="checkbox"/>	Mixed Doubles Name Partner:
<input type="checkbox"/>	
<input type="checkbox"/>	Basketball Shoot
<input type="checkbox"/>	Cornhole
<input type="checkbox"/>	*Disc Golf
<input type="checkbox"/>	*Kayaking
<input type="checkbox"/>	*Paddle Boarding

Swimming (Limit 6)

<input type="checkbox"/>	Backstroke
<input type="checkbox"/>	*25 Yards
<input type="checkbox"/>	50 Yards
<input type="checkbox"/>	100 Yards
<input type="checkbox"/>	200 Yards
<input type="checkbox"/>	Breaststroke
<input type="checkbox"/>	*25 Yards
<input type="checkbox"/>	50 Yards
<input type="checkbox"/>	100 Yards
<input type="checkbox"/>	200 Yards
<input type="checkbox"/>	Butterfly
<input type="checkbox"/>	*25 Yards
<input type="checkbox"/>	50 Yards
<input type="checkbox"/>	100 Yards
<input type="checkbox"/>	200 Yards
<input type="checkbox"/>	Freestyle
<input type="checkbox"/>	*25 Yards
<input type="checkbox"/>	50 Yards
<input type="checkbox"/>	100 Yards
<input type="checkbox"/>	200 Yards
<input type="checkbox"/>	500 Yards
<input type="checkbox"/>	Individual Medley
<input type="checkbox"/>	100 Yards
<input type="checkbox"/>	200 Yards
<input type="checkbox"/>	400 Yards

*Items are non-sanctioned and not offered at State Final.

- Please refer to Schedule of Events for dates, times and event sites.
- Doubles Partners – If individuals partner cannot come to State Finals, that person may select another partner who qualified in that event at the Local Games.
- Age of younger partner will determine age group
- Partners must be registered by March 15, 2019. No partners will be assigned at events
- Bowling and Golf Events require an extra fee

Silver Arts

(LITERARY ENTRIES MUST BE RETURNED WITH REGISTRATION INFO)

LIMIT OF 2 ENTRIES PER SUBCATEGORY

Entries must be the original work of the artist and must have been completed within 2 years of the Local Games qualifying date.

HERITAGE ARTS

_____ Basket Weaving
_____ Stained Glass
_____ Crocheting
_____ Pottery(Thrown and Hand built)
_____ Jewelry
_____ Knitting
_____ Needle Work
_____ Quilting (Machine Stitched)
_____ Quilting (hand stitched)
_____ Weaving
_____ Tole/Decorative
_____ Wood Working
_____ Wood Carving
_____ Wood Turning
_____ Ceramics (Local)

VISUAL ARTS:

_____ Acrylic
_____ Drawing
_____ Mixed Media
_____ Oil
_____ Pastels
_____ Photography (Film)
_____ Photography (Digital)
_____ Sculpture
_____ Watercolor

LITERARY:

_____ Essay (8 pages max, double space, non biographical)
_____ Life Experience (auto biography, 8 pgs. max, double space)
_____ Poem (40 lines max)
_____ Short Story (8 pgs. max, double space)

LIST TITLE OF ENTRY ON LINES BELOW!

Please list the names of the items submitted for Heritage, Visual and Literary Arts Categories:

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

PERFORMING ARTS:

Act Name; _____ Group/Solo _____ Number in Act _____
Music Information(Song Title) _____ Equipment Needed _____
_____ Comedy/Drama _____ Line Dance _____ Vocal _____ Instrumental _____ Dance

CHEERLEADERS:

Group Name _____ Head Cheerleader _____
Group Size _____ Music Title (If used) _____
Act Length (Min/Sec) _____ Introductory Statement _____

SIGNATURE FORM

Liability Waiver

I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play or the condition of the premises or of any equipment used. I assume all the foregoing risks, and accept personal responsibility for the damage following such injury, permanent disability or death. I release, waive, discharge and covenant not to sue the Carteret County Senior Games, its affiliated clubs, their respective administrators, directors, agents, sponsoring agencies, sponsors, advertisers and if applicable, owners and leasers of premises used to conduct the events, all of which are hereinafter referred to as "releases" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise. I have prepared myself for the events which I have entered by practicing prior to the Carteret County Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events I have selected.

Carteret County Senior Games has my permission to transport me and to have a physician attend me if it is deemed necessary during my participation in local games. I agree to release and hold harmless the Carteret County Senior Games from any damage to or loss of my art entry. I certify that the art piece(s) I enter are my own work, were created after having reached age 50, and are not manufactured in any sense of the word. I grant to the Carteret County Senior Games the free and unrestricted right to use my name and picture, picture of my art work and/or written material in any broadcast, telecast or other written or photographic account to the Carteret County Senior Games without remuneration.

- **I understand it is my responsibility to read and be accountable for the information in this Official Entry Form Packet and that all information and resources for finding information pertaining to Carteret County Senior Games has been offered to me.**
- **I understand that I am to participate by the rules of Carteret County Senior Games and know that all information can be found on the Rule Changes and Reminders Page of the Official Entry Form Packet.**
- ***"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 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 11:59 p.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."***

I have read the above information

I have read the above information

Print Name

Signature

Date

SEE SILVERARTS GUIDELINES FOR GENERAL REQUIREMENTS

ADDITIONAL INFORMATION CAN BE FOUND ON NCSG WEBSITE @ <http://www.ncseniorgames.org/>

- All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
- Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.
- See SilverArts Guidelines for general requirements.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- All artwork, except sculpture, must be framed (or gallery wrapped), 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 36" 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).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3'(W) x 3'(L) x 5'(height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- 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 entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial").
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the final note of music or movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 50 as of Dec. 31st will be permitted on stage and an accompanist must be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, it must be an mp3 file (submitted electronically or on a flash drive) or a high-quality CD. Music must be sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the CD/flashdrive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant, must complete the SilverArts Information Form for the group and submit it with their State Finals Entry Form and each member of the group must submit their own personal State Finals Entry Form by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

Carteret County Senior Games 2019 Schedule of Events

MAC = MacDaddy's

FBP = Fort Benjamin Park, Newport

TOPKS = Town of Pine Knoll Shores

BYB = Brandywine Bay Golf Club

LMC = Leon Mann Center

CIVIC = Crystal Coast Civic Center

MHCRC = Morehead City Recreation Center

WCHS = West Carteret High School

CCAWC = Cape Carteret Aquatic & Wellness Center

Date	Time	Event	Location
Wednesday, April 3	9:00am	Pickleball (Singles 9am/Mixed Doubles 11am)	CIVIC
Thursday, April 4	9:00am	Pickleball (Doubles)	CIVIC
Monday, April 8	9:00am	Silverstriders Fun Walk	FBP
Monday, April 8	10:00am	Silverarts Drop-off	LMC
Thursday, April 11	9am	Free SG Breakfast	LMC
Thursday, April 11	10am	Opening Ceremonies	LMC
Thursday, April 11	10:30am	Performing Arts/Cheer Competition	LMC
Thursday, April 11	12:00pm	Archery	LMC
Friday, April 12	9am	Billiards	FBP
Friday, April 12	11am	Cornhole	FBP
Monday, April 15	9am	Tennis	FBP
Monday, April 15	9am	Table Tennis	FBP
Monday, April 15	10am	Football Throw	FBP
Monday, April 15	11am	Softball Throw	FBP
Tuesday, April 16	9am	Bocce (MEN)	FBP
Tuesday, April 16	10:00am	Shuffleboard (MEN)	FBP
Tuesday, April 16	11:30am	Disc Golf	FBP
Wednesday, April 17	9:30am	Golf	BYB
Wednesday, April 17	9am	Bocce (WOMEN)	FBP
Wednesday, April 17	10am	Shuffleboard (WOMEN)	FBP
Wednesday, April 17	9am	Croquet	FBP
Thursday, April 18	10:00am	Bowling Singles	MAC
Monday, April 22	9am	Track Events(Dashes, Walks, Runs)	WCHS
Monday, April 22	1pm	Shot-put, Discus, Running/Standing Jumps	WCHS
Tuesday, April 23	9am	Cycling (1M, 5K, 10K)	PKS
Tuesday, April 23	11am	Kayaking/Paddleboarding	PKS
Wednesday, April 24		RAINDATE	
Thursday, April 25	10:00am	Bowling Doubles/Mixed Doubles	MAC
Friday, April 26	9:30am	Horseshoes Women 9:30am	FBP
Friday, April 26	11:30am	Horseshoes Men 11:30am	FBP
Monday April, 29	9:30am	Basketball Shooting	MHCRC
Tuesday, April 30	1pm	Swimming	CCAWC
Friday, May 3	6-9pm	Awards Dinner/Dance	LMC

"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."