

# 39<sup>TH</sup> ANNUAL



AND



## Official Entry Form

Event Dates March 31-April 2(Pickleball), 2026

Regular schedule March 30 – April 28, 2026

Registration Dates Online: January 21-March 6 Fee = \$20

REGISTRATION  
ASSISTANCE IS  
AVAILABLE AT  
FORT BENJAMIN PARK  
UPON REQUEST

### **\*\* Coordinating Agencies and Local Sponsors\*\***

County of Carteret  
Carteret County Parks & Recreation  
Carteret County Health Department  
Carteret Health Care  
Morehead City Recreation Center  
Star Hill Golf Club  
Cape Carteret Aquatic & Wellness Center  
Leon Mann Jr. Enrichment Center  
Civic Federal Credit Union  
MacDaddy's Bowling Center  
West Carteret High School  
Crystal Coast Civic Center  
East Carolina Council Area Agency on Aging  
Bobby Watson's Carteret County Speedway  
Pro Environmental  
Atlantic Beach Town Park

#### *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."*

# 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. "A participants age on December 31, 2026 determines the age category in which they will compete".

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 20, 2026. If you are entering doubles/mixed doubles, your entry in that event will not be complete until your partners form has been received. No partners will be assigned at events.

All events will be conducted in accordance with the 2026 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](http://www.ncseniorgames.org)

**WHAT DO I RECEIVE?** Registration fee includes a participant t-shirt, participation in Athletic and/or Artistic Events and free admission to the following Events: SilverArts Exhibit and SA reception at Fort Benjamin Park. Opening Ceremonies, and Awards/Lunch held at Crystal Coast Civic Center.

**AWARDS** All medals will be awarded April 28, 2026. One gold, silver or bronze will be awarded to represent all events placed in, along with a documented list of all events placed in.

**WHAT IF IT RAINS?** Unless 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 event. As an added source of updates, like our Senior Games page on Facebook. 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 upon request with a qualifying letter after the completion of the local Games. Return entry to North Carolina Senior Games by August 1<sup>st</sup>. Early Bird Registration deadline is July 1<sup>st</sup>.

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** 2026 is a qualifying year for National Games, [www.nsga.com](http://www.nsga.com).

**CYCLING** 2026 cycling event will be held at Carteret County Speedway this year. You may call Carteret County Speedway to schedule a practice date.

**REFUNDS** No refunds will be granted after March 13, 2026. 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](http://www.ncseniorgames.org)

**NEW EVENTS-Sports/Cornhole Doubles and Mixed Doubles, Silverarts/Metal Working, Adult Coloring and General Crafts**

# Carteret County Senior Games

## Official Entry Form Participant Information

FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE # \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 12/31/2026 \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ T-SHIRT Yes \_\_\_ or No \_\_\_ Size \_\_\_

**PLEASE PROVIDE THE ABOVE INFORMATION TO HELP US BETTER SERVE YOU. EMAIL IS OUR MAIN SOURCE OF CONTACT, PLEASE PROVIDE. 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

Registration fee – deadline March 6, 2026..... \$20.00 \_\_\_\_\_

Golf – includes cart, green fees and lunch.....\$40.00 \_\_\_\_\_

Bowling – 3 games WITHOUT SHOES..... # of Events \_\_\_\_\_ x \$10.00 \_\_\_\_\_

Opening Ceremonies March 30, 2026.....YES \_\_\_ NO \_\_\_

Silverarts Reception/April 17, 2026 .....YES \_\_\_ NO \_\_\_

Lunch/Awards Finale/April 28, 2026 .....YES \_\_\_ NO \_\_\_

Luncheon Guest/Maximum 2 per athlete.....\$10.00 \_\_\_\_\_

Mini Golf.....\$7.00 \_\_\_\_\_

**Make checks payable to: Carteret County Senior Games** Total Amount Enclosed= \_\_\_\_\_

Mail Entry forms with check/money order to:

*Carteret County Senior Games 100 McQueen Avenue Newport, NC 28570*

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

Registration assistance available at Fort Benjamin Park, 252-222-5858 or 252-515-3290

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

# Carteret County Senior Games Official Entry Form

## Athletic Events

First Name \_\_\_\_\_ Last 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

|                          |                                     |
|--------------------------|-------------------------------------|
|                          | <b>Bowling*</b>                     |
| <input type="checkbox"/> | Singles                             |
| <input type="checkbox"/> | Doubles<br>Name Partner:            |
| <input type="checkbox"/> | Mixed Doubles<br>Name Partner:      |
|                          | <b>Cycling*</b>                     |
| <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"/> | Mini Golf *                         |
| <input type="checkbox"/> |                                     |
|                          | <b>Track &amp; Field (Limit 5)*</b> |
| <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"/> |                                     |
| <input type="checkbox"/> | Running Long Jump                   |
| <input type="checkbox"/> | Standing Long Jump                  |
| <input type="checkbox"/> | Shot Put                            |
| <input type="checkbox"/> | Discus                              |
| <input type="checkbox"/> |                                     |
| <input type="checkbox"/> | Silverstriders Fun Walk             |

#### Tournament Sports\*

|                          |  |
|--------------------------|--|
|                          | <b>Pickleball*</b>                       |
| <input type="checkbox"/> | Doubles<br>Name Partner:                 |
| <input type="checkbox"/> | Mixed Doubles<br>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*                            |
|                          | <b>Table Tennis*</b>                     |
| <input type="checkbox"/> | Singles                                  |
| <input type="checkbox"/> | Doubles<br>Name Partner:                 |
| <input type="checkbox"/> | Mixed Doubles<br>Name Partner:           |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> | Basketball Shooting                      |
| <input type="checkbox"/> |  |
|                          | <b>Cornhole*</b>                         |
| <input type="checkbox"/> | Singles                                  |
| <input type="checkbox"/> | Cornhole Doubles<br>Name Partner:        |
| <input type="checkbox"/> | Cornhole Mixed Doubles*<br>Name Partner: |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |

#### Swimming\*(Limit 6)

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

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 6, 2026. No partners will be assigned at events**
- Bowling, Mini Golf and Golf Events require an extra fee**

# Silver Arts

(LITERARY ENTRIES MUST BE RETURNED WITH REGISTRATION INFO)

**LIMIT OF 3 ENTRIES PER SUBCATEGORY(Local only, 1 entry only allowed to go to State Finals)**

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  
\_\_\_\_\_ Crocheting  
\_\_\_\_\_ General Fiber Arts  
\_\_\_\_\_ Jewelry  
\_\_\_\_\_ Knitting  
\_\_\_\_\_ Metal Working (**local only**)  
\_\_\_\_\_ Needle Work  
\_\_\_\_\_ Pottery(Thrown and Hand built)  
\_\_\_\_\_ Quilting (Machine Stitched)  
\_\_\_\_\_ Quilting (Hand stitched)  
\_\_\_\_\_ Stained Glass  
\_\_\_\_\_ Tole/Decorative  
\_\_\_\_\_ Weaving  
\_\_\_\_\_ Wood Working  
\_\_\_\_\_ Wood Carving  
\_\_\_\_\_ Wood Turning

## VISUAL ARTS:

\_\_\_\_\_ Acrylics  
\_\_\_\_\_ Adult Coloring (**local only**)  
\_\_\_\_\_ Digital Art  
\_\_\_\_\_ **GENERAL CRAFTS (local only)**  
\_\_\_\_\_ Mixed Media \_\_\_2D or \_\_\_3D  
\_\_\_\_\_ Oil  
\_\_\_\_\_ Pastels  
\_\_\_\_\_ Photography (Film)  
\_\_\_\_\_ Photography (Digital)  
\_\_\_\_\_ Sculpture  
\_\_\_\_\_ Watercolor

## **LITERARY: Entries must be submitted with your entry form**

\_\_\_\_\_ 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 ABOVE ENTRY ON LINES BELOW!**

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

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

## **PERFORMING ARTS: (Performing Arts Show is March 30 at the Crystal Coast Civic Center)**

Act Name \_\_\_\_\_ Group/Solo \_\_\_\_\_ Number in Act \_\_\_\_\_

Music Information(Song Title) \_\_\_\_\_ Equipment Needed \_\_\_\_\_

Length of Act \_\_\_\_\_ Act Type: Comedy/Drama \_\_\_\_\_ Line Dance \_\_\_\_\_ Vocal \_\_\_\_\_ Instrumental \_\_\_\_\_ Dance \_\_\_\_\_

## **CHEERLEADERS: (Cheer Show is March 30 at the Crystal Coast Civic Center)**

Group Name \_\_\_\_\_ Head Cheerleader \_\_\_\_\_

Group Size \_\_\_\_\_ Music Title (If used) \_\_\_\_\_

Act Length (Min/Sec) \_\_\_\_\_ Introductory Statement \_\_\_\_\_

# **SIGNATURE FORM**

## **Liability Waiver/REQUIRED**

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



# SILVERARTS GUIDELINES FOR 2026

## SILVERARTS SPECIFIC CATEGORY REQUIREMENTS

All persons entering SilverArts must be 50 years or older as of December 31<sup>st</sup>, a NC resident for a minimum of 3 consecutive months of the calendar year and must qualify through a local Sr. Games SilverArts for State Finals.

### A. Heritage Arts

- **Originality:** Entries must be the work of the individual, not a group. Must be original work; patterns are allowed, but no stamped pieces, kits (Diamond Art, Latch Hook, etc.), or commercially produced items.
- **Pottery:** Must be hand built or thrown; no ceramic molds.
- **Display:** Framed entries must be securely wired (no serrated hooks/string). Max size: 36" x 42" including mat/frame. Non-framed work must fit in a 3' x 3' x 4' area.
- **Limits:** Max weight 50 lbs. Groupings (sets) limited to 3 related pieces.
- **Logistics:** Artist name and title must be attached. Submit a photo with registration (non-returnable).
- **Finals:** Entry must be the same piece that won at Local Games. Limit one entry per sub-category. Artists handle delivery and pick-up.

### B. Visual Arts

- **Originality:** Must be original work, not a print. No kits or pre-cut/commercially produced items.
- **Photography:** Category (Film/Digital) is determined by the medium used to record the image.
- **Display:** All work (except free-standing) must be framed or gallery wrapped and securely wired (no serrated hooks/string). Max size: 36" x 42".
- **Free-Standing:** Includes Sculpture, Mixed Media, and Digital Art; must fit in a 3' x 3' x 4' area.
- **Limits:** Max weight 50 lbs. Sets limited to 3 related pieces.
- **Logistics:** Artist name and title must be attached. Submit a photo with registration. On-site assembly requires NCSG prior approval.
- **Finals:** Entry must be the same piece that won at Local Games. Limit one entry per sub-category. Artists handle delivery and pick-up.

### C. Literary Arts

- **Prose:** Essays, Life Experience, and Short Stories must be typed, double-spaced on 8-1/2 x 11 paper, 1" margins, 10-pt min font (Times New Roman or Arial). Max 8 pages.
- **Poetry:** Typed on 8-1/2 x 11 paper, 1" margins, 10-pt min font. Double spacing is not required. Max 40 lines.
- **Title Page:** Must include title, sub-category, and artist name. Artist's name must **not** appear on content pages.
- **Submission:** One display-quality copy (PDF if online) required with registration. No framed/matted entries. NCSG retains all copies.
- **Finals:** Entry must be the same piece that won at Local Games. Limit one entry per sub-category.

### D. Performing Arts

- **Timing:** 3-minute max on-stage time. Timing starts at first note/movement and ends at final note/movement. Exceeding limit results in disqualification.
- **Acts:** Soloists, small groups (2-4), or large groups (5+). All performers must be age 50+ and registered participants. Limit one entry per size of act per sub-category.
- **Music:** MP3 files only (electronic or flash drive). CDs not accepted. No recorded instructions. Voice must be live; lip-syncing is prohibited.
- **Stage:** Performers must enter/exit stage left or begin/end on stage.
- **Equipment:** NCSG provides chairs, mics, piano, and sound. Props must be few, lightweight, and pre-approved (in advance).
- **Registration:** Group Leaders must submit an Information Form; all members must submit personal Entry Forms.
- **Finals:** Performance must be the same (song, dance, etc.) as the Local Games winner. No live animals (except service animals).

**ADDITIONAL INFO:** See [ncseniorgames.org/Silverarts](https://ncseniorgames.org/Silverarts) or See SILVERARTS BOOKLET

# Carteret County Senior Games 2026 Schedule of Events

ABTP=Atlantic Beach Town Park

CCAW=Cape Carteret Aquatic & Wellness

MAC=MacDaddy's Bowling Center

CCS=Carteret County Speedway

MHCRC=Morehead City Recreation Center

CIVIC=Crystal Coast Civic Center

SHGC=Star Hill Golf Club

FBP=Fort Benjamin Park

WCHS=West Carteret High School

| Date               | Time      | Event                               | Location |
|--------------------|-----------|-------------------------------------|----------|
| Monday March 30    | 9am-11am  | Opening Ceremonies                  | CIVIC    |
|                    | 9am-11am  | Performing Arts and Cheer Show      | CIVIC    |
| Tuesday March 31   | 10am      | Pickleball Doubles/Women            | CIVIC    |
| Wednesday April 1  |           | Pickleball Doubles/Men              |          |
| Thursday April 2   |           | Pickleball Mixed Doubles            |          |
| Monday April 6     | 8am       | Silverstriders Fun Walk             | FBP      |
|                    | 9am-11am  | Silverarts Drop off                 | FBP      |
| Tuesday April 7    | 9am       | Bocce                               | FBP      |
| Wednesday April 8  | 9am       | Billiards                           | FBP      |
| Thursday April 9   | 9am       | Football Throw                      | FBP      |
|                    | 10am      | Softball Throw                      | FBP      |
| Friday April 10    | 9am       | Track & Field                       | WCHS     |
| Monday April 13    | 10am      | Croquet                             | FBP      |
| Tuesday April 14   | 9am       | Shuffleboard                        | FBP      |
| Wednesday April 15 | 9am       | Cornhole                            | CIVIC    |
| Thursday April 16  | 10am      | Table Tennis                        | FBP      |
| Friday April 17    | 5-6:30 pm | Silverarts Reception and Art Pickup | FBP      |
| Monday April 20    | 9am       | Mini Golf                           | ABTP     |
| Tuesday April 21   | 10am      | Cycling                             | CCS      |
|                    | 2pm       | Swimming                            | CCAW     |
| Wednesday April 22 | 9am       | Basketball Shoot                    | MHCRC    |
|                    | 10am      | Bowling                             | MAC      |
| Thursday April 23  | 9am       | Golf                                | SHGC     |
| Friday April 24    | 9am       | Horseshoes                          | FBP      |
| Tuesday April 28   | 11am-1pm  | Finale/lunch/medal presentations    | CIVIC    |

***"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."***

**"ALL EVENT TIMES AND DATES SUBJECT TO CHANGE IF NESSESARY DUE TO  
INCLEMENT WEATHER CONDITIONS"**