

Onslow County Senior Games & SilverArts Entry Packet

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For more information, Contact:

Onslow County Senior Games

Anna Stanley, Coordinator
Onslow County Parks and Recreation
1244 Onslow Pines Rd.
Phone: 910-347-5332
Anna_Stanley@onslowcountync.gov

Shelly Ashley, SilverArts Coordinator Onslow County Senior Services 4024 Richlands Hwy Phone: 910-455-2747 Shelly_Ashley@onslowcountync.gov



FINAL ENTRY DEADLINE March 25, 2019

\$5 Registration Fee per Participant



910-347-5332













In 1983 Senior Games began with a vision for North Carolinians 50 years of age or better to be more active, to learn new skills, to renew old talents, to live better and healthier, and to have more FUN! Today, there are over 60,000 participants in 53 local games programs that serve all 100 counties across the state. Join the Onslow County Senior Games for fun and fitness and celebrate yourself!

GENERAL INFORMATION GAME DATES – April 6-May 11, 2019 \$5 Registration Fee per Participant

See the Schedule of Events on page 11 for more specific information.

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

ELIGIBILITY INFORMATION

In order to participate in the Onslow County Senior Games you must:

- ★ Be 50 years of age or older by December 31, 2019.
- ★ Be able to show proof of NC residency (3 consecutive months).
- ★ A registration fee of \$5 entitles participants to enter the activities of their choice.

VERIFICATION OF ELIGIBILITY

Participants are required to bring a photo ID for check-in at all events.

AGE CATEGORIES

Your age group is determined by your age on December 31, 2019. Men and women compete in separate categories in the following five (5) year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.

For doubles, the category will be determined by age of the younger participant.

REGISTRATION PROCESS

- 1. Participant completes and signs the entry form and submits with total payment by March 25, 2019.
- 2. Check-in will begin at your first event.

Participants must check-in 15 minutes prior to competing in his or her first event (including all Tournament and Golf events). Participant will forfeit if not present at start of event.

Return forms and payment no later than 5:00 pm on March 25, 2019 to:

Onslow County Parks and Recreation:

1244 Onslow Pines Rd., Jacksonville, NC 28540

Onslow County Senior Services

4024 Richlands Hwy., Jacksonville, NC 28540

Jacksonville Recreation and Parks

100 Recreation Lane, Jacksonville, NC 28546

Swansboro Parks and Recreation

830 Main St Ext. Swansboro, NC 28584

GENERAL INFORMATION CONTINUED

GOLF INFORMATION

To qualify for State Finals, golfers must meet a minimum performance score (MPS) and finish in the top 3 places in their age group. Only athletes meeting the following minimum performance standard in addition to finishing 1, 2, or 3 at the local level will qualify to participate in golf at the State Finals.

Golf Minimum Performance Standards:

Men	Women
50-54 (88)	50-54 (97)
55-59 (88)	55-59 (97)
60-64 (91)	60-64 (99)
65-69 (93)	65-69 (105)
70-74 (95)	70-74 (105)
75-79 (99)	75-79 (109)
80-84 (103)	80-84 (113)
85-89 (108)	85-89 (118)
90+ (114)	90+ (123)

RULES

All events will be conducted in accordance with the 2019 edition of the North Carolina Senior Games, Inc. Official Rule Book. A copy of the official rules will be available at the Games. The official book also available online rule is at www.ncseniorgames.org.

FEES

ENTRY fee \$5

SEPARATE EVENT fee for

Bowling: \$8 per event—pay to Bowlarena Golf: \$25 for 18 holes—pay to Bear Trail

Country Club

DINNER fee \$5 for Closing Ceremonies Banquet

GUEST DINNER fee \$5 for Closing

Ceremonies Banquet (please mark on entry form).

As a participant, your entry fee includes: Participation in athletic and/or arts events and an Onslow County Senior Games T-shirt.

All fees are NON-REFUNDABLE

TOURNAMENT INFORMATION

Phone calls regarding start times will not be made to each individual. Participants who do not check in by the scheduled starting time will forfeit that event. Participants are also responsible for remaining at tournament events until they have completed their competition. For more information call Onslow County Parks and Recreation: 910-347-5332.

INCLEMENT WEATHER

The decision to continue, delay, or reschedule an event due to inclement weather will be made by the Onslow County Senior Games Event Coordinator. Unless conditions are hazardous to the safety of volunteers and participants, events will continue. Call 910-347-5332 to check for updates. If there is no message regarding cancellation or delay, participants should report to their event site as scheduled. Event Managers will have the latest information.

In the event of inclement weather, events may be cancelled. Please call for latest information. The scheduled rain date for the opening ceremony and field events will be April 7, 2019, starting at 12:00 PM.

AWARDS

In athletic events, 1st, 2nd, and 3rd place finishers in each age group, male and female, will receive awards that will be presented at the event.

In the SilverArts, 1st, 2nd, and 3rd place finishers in each sub-category will receive awards that will be given at the banquet at the Onslow County Senior Center on Saturday, May 11, 2019 at 4:00 pm.

*Awards not picked up at the events will be available at the banquet. *

GAME DATES – April 6, 2019 – May 11, 2019

See the Schedule of Events on page 11 for more specific information

This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state wide by the

North Carolina Division of Aging and Adult Services.

STATE FINALS INFORMATION

SilverArts

- Heritage and Visual Arts 1st, 2nd, and 3rd place finishers will advance to State Finals.
- Literary entries 1st and 2nd place will advance to State Finals.
- Performing Arts overall winner advances to State Finals.

Sports

Athletic events 1st, 2nd, and 3rd qualify to advance to the state by age category.

Changes to State Finals for 2019:

Bowling Singles and Doubles 1st-6th places will qualify for State Finals. This is a trial for this event in 2019 to encourage more participation at the local and state level. It will be evaluated for 2020 as to it's effectiveness.

It is the participants' responsibility to check with the Local Senior Games Coordinator immediately following the Local Senior Games to determine if they qualified for State Finals and to get a State Finals Entry Packet. The State Finals Entry Form must be received in the NC Senior Games office in Raleigh, NC by 11:59 p.m., on August 1, 2019. The participant should understand that this deadline is strictly enforced in fairness to all and it is the participants' responsibility to make sure they are registered.

ADDRESS OF EVENTS & ACTIVITY VENUES

- Onslow Pines Park 1244 Onslow Pines Rd. Jacksonville, NC 28540
- Onslow County Senior Services-4024 Richlands Hwy, Jacksonville, NC 28540
- Jacksonville Commons Recreation Complex-100 Recreation Lane, Jacksonville, NC 28546
- Bowlarena-433 Western Blvd, Jacksonville, NC 28546
- <u>Courts Plus-</u>
 104 North Marine Blvd, Jacksonville, NC 28540
- Bear Trail County Club-237 SW Plantation Dr., Maple Hill, NC 28584
- Grover C. Fields Middle School-2000 Doctor M.L.K. Jr. Blvd, New Bern, NC 28560

"...'Over the hill' I don't even know what that means and why it's a bad thing. When I go hiking and I get over the hill, that means I'm past the hard part and there's a snack in the my future. That's a good thing as far as I'm concerned."

-Ellen DeGeneres

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.

ONSLOW COUNTY SENIOR GAMES

2019 Official Registration Form Athletics and SilverArts

April 6—May 11, 2019

Final Registration:March 25, 2019 (no later than 5:00 pm) Registration Fee:\$5.00				
Please Print All Information Clearly				
Name:				
First-Time Participant? Yes	Middle Initial			Last
Mailing Address:				
Street/Post Office Box	City	State	County	Zip
Home Telephone: () —	Email Addre	ess:		
Birth Date: / / Month Day Year	Gender: M F	Age as o	of December 3	1, 2019
T-Shirt Size: (circle one) Small	Medium Large	X-Large	XX-Large	XXX-Large
Personal Information Information will be kept confidential. Thank you! Ethnicity				
Black or African American A	sian Americ:	n Indian or Δ	laska Native	White
Native Hawaiian or other Pacific				
<u>Income</u>				
Annual household income is less than \$11,770 (1 person in household). Yes No				
Annual household income is less than \$15,930	(2 people in household). Yes	5	No	
<u>Housing</u>				
Are you currently living in a senior living community? YesNo If yes, facility name				
Make checks payable to: Onslow County Senior Games				

FEE SCHEDULE
• Registration Fee: \$5 (includes t-shirt & lunch)
• Bowling Fee: \$8 (per event) Pay to <i>Bowlarena</i>
• Golf Fees (with cart): \$25 Pay to Bear Trail
Country Club
• Extra T-Shirt: \$5—what size/how many:
• Extra Lunch: \$5—how many:
• Closing Senior Games Banquet: \$5 (per person)
Guest Senior Games Banquet: \$5 (per person)

PAYMENTS			
Registration Fee	\$		
Extra T-Shirt Fee	\$		
Extra Lunch Fee	\$		
Banquet Fee	\$		
Guest banquet Fee	\$		
Total Enclosed	\$		

Onslow 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. Highintensity types of activities are offered primarily for the conditioned, trained athlete.

Individual Sports

ına	ividuai Sports
	Bowling
	Singles
	Doubles
	List Partner
	Cycling
	1 mile
	5K
	10K
	Golf-USGA Scoring (No Handicaps)
	Play in age groups:
	50-54, 55-59, 60-64, etc.
	Track Events
	50 Meter Dash
	100 Meter Dash
	Silver Striders Fun Walk
	Standing Long Jump
	Other
	Basketball Shooting
	Football Throw
	Softball Throw

Tourna	ment Sports
Pick	kleball
Sing	gles/Men & Women
Dou	ıbles/Men & Women
List	Partner
Mix	ed Doubles
List	Partner
Tab	le Tennis
Sing	gles
Dou	ıbles
List	Partner
Ten	nis
Sing	gles/Men & Women
Dou	ıbles/Men & Women
List	Partner
Mix	ed Doubles
List	Partner
Oth	er
Billi	ards
	quet
Cor	nhole
Hor	seshoes
Rac	quetball-Singles
Shu	ffleboard

Swimming (Limit 6)		
	Backstroke	
	25 Yards	
	50 Yards	
	100 Yards	
	200 Yards	
	Breaststroke	
	25 Yards	
	50 Yards	
	100 Yards	
	200 Yards	
	Butterfly	
	25 Yards	
	50 Yards	
	100 Yards	
	200 Yards	
	Freestyle	
	25 Yards	
	50 Yards	
	100 Yards	
	200 Yards	
	500 Yards	
	Individual Medley	
	100 Yards	
	200 Yards	

Items are non-sanctioned and not offered at the State Finals

- Please refer to the Schedule of Events for the dates, times, and event locations.
- Age of younger partner will determine age group.
- Doubles Partners-If an individual's partner cannot come to the State Finals, that person may select another partner who qualified in that event at the local games.
- Partners must be identified at the time of registration. No partners will be assigned at events.
- Bowling and Golf events require an extra fee. Fees are to be paid directly to facilities.

SilverArts Events

Saturday, May 11, 2019 (entries due by March 25, 2019)

Please mark an X beside the appropriate event category

Only <u>ONE</u> entry is allowed in each sub-category. Grouped sets (Visual & Heritage categories) may have <u>NO MORE THAN</u> three items in that set.

\$\$\ \$ \\$\\$\\$\\$\\$\\$\\$\\$\\$	Visual Arts (Category)	#45454545454
Sub-category	Title (required)	
Acrylics		
Drawing		
Mixed Media		
Oil		_
Pastels		
Photography (Film or Di	gital)	
Sculpture	6.00.7	
Watercolor		
the residence of the second	Heritage Arts (Category)	- Carana Car
<u>Sub-category</u>	Title/Design/Pattern/Medium (required)	
Basket Weaving		
Crocheting		
*China Painting		
Jewelry		
Knitting		
Needlework		
·		
Pottery		
Quilting (hand stitched)	٠	
Quilting (machine stitche	<u> </u>	_
*Rugs (Hooked)		
Stained Glass		
*Tatting & Needle Lace		
Tole Painting		
Weaving		
Woodcarving		
Woodworking		
" Land of the standard of the	Literary Arts (Category)	
Sub-category	Title (required) (attach original with this	form)
Essays (8 pgs. max)		
Poems (40 lines max)	·	<u> </u>
Short Stories (8 pgs. max	()	
Life Experiences (8 pgs. ı		
\$\ \\$\\$\\$\\$\\$\\$\\$\\$\\$	Performing Arts (Category)	\$\angle \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\
Sub-category	Title/# in Group/ Group Leader and Phon	e #
Dance		
Vocal		
Instrumental	-	
Comedy/Drama		
Line Dancing		

All persons entering SilverArts must be at least 50 years of age and registered as an Onslow County Senior Games participant. Instructors and/or group members under age 50 will not be permitted to perform on stage with the group at the local or state Senior Games. (*) Indicates the event is not a state or national games event.

Onslow County Senior Games Liability Waiver

In consideration of being allowed to participate in any way in the 2019 Onslow County Senior Games Athletic/Sports/SilverArts program, and related events and activities, I the undersigned participant agree to:

- Indemnify, save and hold harmless, Onslow County Senior Games or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the games.
- Have prepared myself for the events which I have entered by practicing prior to the Senior Games. To the
 best of my knowledge, I have no physical restrictions which would prohibit my participation in the games.
 Onslow County Senior Games has my permission to have a physician attend to me if it is deemed necessary
 during my participation.
- Agree to release and hold harmless Onslow County Senior Games from any damage to/loss of my art entry. I
 certify that the art piece(s) I enter are my own work, were created after having reached the age of 50 and
 within the last two years, and are not manufactured in any sense of the word.
- I grant Onslow County Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of Onslow County Senior Games without compensation.

" 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 am qualified for State Finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the NC Senior Games office in Raleigh, NC by 11:59 p.m. on August 1, 2019. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered."

Participant Signature	Date
A participant must be a North Carolina re	esident for a minimum of 3 consecutive months of the year.

Participant Medical Information

The staff and volunteers of Onslow County Senior Games are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor in regards to preparation for, and competition in, the Senior Games or any similar activity. Please inform Onslow County Senior Games at the time of any change(s) in your medication or health status.

If none of the following applies to you, write "none" in each space.

1. List any specific me	dical conditions or health concern	s:	
2. List any medication	s you are currently taking:		.
3. List any medication	s to which you are allergic and/or	any other allergies:	<u>.</u>
Emergency Contact (m	ust list at least one person)	()	
Name	Relationship	Phone Number	
Name	Relationship	Phone Number	



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"A celebration of the creative expression of seniors in North Carolina", has been included as a major component of the traditional athletic competition of North Carolina Senior Games. SilverArts encourages the continuing effort of older adults to create, explore, and display the Visual, Heritage, Literary, and Performing Arts and to increase public awareness of their talents and activities. SilverArts unites the athlete and the artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments.

At present, SilverArts recognizes four broad categories, each with several sub-categories. First and second place winners in the Literary subcategory will

be eligible for the NC Senior Games Finals. First, second and third place winners in the Visual and

Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second and third place in each sub-category of these arts.

One overall winner in the Performing Arts category will also be eligible for the North Carolina Senior Games Finals and be able to compete for first, second and third place awards. **Onslow County Senior Games awards first, second, and third place in all the sub-categories.**



SILVERARTS GENERAL INFORMATION

LITERARY ENTRIES MUST BE MAILED WITH THE ENTRY FORM.

- Artists may not enter a piece of art work if the art piece, performance or literary art work has previously been entered in State Finals.
- Registration deadline for SilverArts is the same as for all other components of the Onslow County Senior Games.
- Artists may enter a maximum of one item in each sub-category, for example: an artist may enter in each sub-category for Heritage Arts.
- "Grouped sets" in Visual and Heritage Arts may have <u>no more than 3 members.</u> An example of a "grouped set" would be China Painting: plate, cup, saucer OR Jewelry: necklace, earrings.

The Onslow County Senior Games and the North Carolina Senior Games State Finals have the right to refuse or remove any or all entries that are deemed obnoxious or repulsive in character.

Guidelines

All persons entering SilverArts must be 50 years of age or better by December 31, 2019, and registered as an Onslow County Senior Games participant.

- Entries must be original works of the artist; must be a work created after the artist is age 50 or better and have been completed within two years of the Onslow County Senior Games registration deadline.
- Complete SilverArts information is available at <u>www.ncseniorgames.org</u>

Visual Arts

- All art work, except sculptures, must be clearly framed and wired (no serrated hooks or strings), ready to be hung. Art work, except sculptures, not properly framed & wired will not be displayed.
- Art work, except sculptures, can be no larger than 36" x 42", including matting and frame. Sculptures can be no heavier than 15 pounds, and must be able to be displayed in a 3' x 3' area.
- Master studies are accepted.
- The art piece must be an original work, not print, and the artist's name and title of entry must appear on or be attached to the entry for identification.

Onslow County Senior Games Schedule of Events

	vv country berner da		
Date	Event	Location	Address
Saturday, April 06, 2019	Opening Ceremonies 9:00 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Cornhole-Ages 60-69 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Horseshoes-Ages 60-69 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	100 meter dash 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	50 meter dash 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Croquet 11:00 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Football Throw 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Silver Striders Fun Walk 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Softball Throw 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Standing Long Jump 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Basketball Shooting 9:30 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Cornhole -Ages 50-59, 70 + 11:00 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Saturday, April 06, 2019	Horseshoes -Ages 50-59, 70 + 11:00 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Monday, April 08, 2019	Tennis -Singles/Men & Women 5:00 PM	Jacksonville Commons	100 Recreation Lane, Jacksonville, NC
Tuesday, April 09, 2019	Pickleball- Ages 50 + 9:00 AM	Jacksonville Commons	100 Recreation Lane, Jacksonville, NC
Tuesday, April 09, 2019	Billiards 2:00 pm	Onslow County Senior Center	4024 Richlands Hwy, Jacksonville NC
Wednesday, April 10, 2019	Bowling-Singles 12:00 PM	Bowlarena	433 Western Blvd, Jacksonville, NC
Wednesday, April 10, 2019	Tennis-Doubles/Men & Women 5:00 PM	Jacksonville Commons	100 Recreation Lane, Jacksonville, NC
Thursday, April 11, 2019	Golf 9:30 AM	Bear Trail Country Club	237 SW Plantation Dr, Maple Hill, NC 28454
Thursday, April 11, 2019	Shuffleboard-Ages 60 + 10:00 AM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Thursday, April 11, 2019	Shuffleboard-Ages 50-59 6:00 PM	Onslow Pines Park	1244 Onslow Pines Rd. Jacksonville, NC
Monday, April 15, 2019	Swimming Events 12:00 PM	Courts Plus	104 North Marine Blvd. Jacksonville, NC
Monday, April 15, 2019	Racquetball 2:30 PM	Courts Plus	104 North Marine Blvd. Jacksonville, NC
Monday, April 15, 2019	Tennis-Mixed Doubles 5:00 PM	Jacksonville Commons	100 Recreation Lane, Jacksonville, NC
Wednesday, April 17, 2019	Table Tennis 11:30 AM	Jacksonville Commons	100 Recreation Lane, Jacksonville, NC
Wednesday, April 17, 2019	Bowling -Doubles 12:00 PM	Bowlarena	433 Western Blvd, Jacksonville, NC
Wednesday, April 17, 2019	Cycling-1 Mile, 5K, 10K 9:00 AM	Grover C Fields Middle School	2000 Doctor M.L.K. Jr Blvd, New Bern, NC 28560
Saturday, May 11, 2019	Senior Games Banquet featuring Silverarts Showcase 4:00 PM	Onslow County Senior Center	4024 Richlands Hwy, Jacksonville NC

Onslow County Senior Games Special Events

Opening Ceremonies Saturday, April 6, 2019 at 9:00 a.m. Onslow Pines Park

Celebrate the opening of the Onslow County Senior Games with family and friends, and watch the games!

Onslow County Senior Games Banquet Featuring the SilverArts Showcase Saturday, May 11, 2019 at 4:00 p.m.

@ Onslow County Senior Services

Come and see the talents of our area Silver Artists on display Categories include Performing Arts, Visual Arts, Literary Arts & Heritage Arts

All entry forms and items are due by 5:00 pm March 25, 2019 For more information call Shelly Ashley, 910-455-2747

All participants are invited to dinner and entertainment Participant and guest tickets are \$5 per person

Tickets can be purchased on the entry form or at Onslow County Parks and Recreation, Onslow County Senior Services, Jacksonville Recreation and Parks, or Swansboro Parks and Recreation

2019 State Finals

Raleigh/Cary North Carolina

You can find more information at ww.ncseniorgames.org or call 910-851-5456

Special Thanks







