Salisbury / Rowan
2010 Official Registration Form

Name:_____ Date of Birth:_____

Address:_____

City:_____ State:_____ Zip:_____

Email:_____

Phone contact:_____ Cell phone:_____

(circle) Male Female Age as of 12-31-2010:_____

This is my first Senior Games ___Yes ___No

I found out about Senior Games from:_____

I will attend lunch at track & field April 20, 2010 11:30AM ___Yes ___No

Mark the event in which you wish to participate, events with an asterisk (*) will not be offered at State Finals. Please refer to schedule for times.

Individual Sports

___Archery
___Badminton
___Basketball Shooting
___Billiards
___Bocce
___Croquet
___Football Throw
___Horseshoes
___Racquetball
___Spin Casting
___Shuffleboard
___Softball Throw
___Putt Putt
___Discus
___Shot Put
___100 M Dash
___200 M Dash
___400 M Dash
___Running Long Jump
___Standing Long Jump

Bowling

___Singles ($4.50)
___Doubles ($4.50)
Partner name:

Walking Events

___5 K Race Walk
___1500 M Race Walk
___Silver Striders fun walk (1 mile warm up)

Cycling Events

Lowes Motor Speedway
___1 mile ___5K
___10K

Tennis

___Singles
___Doubles
Partners name:

Swimming

___25yd. Freestyle *
___25yd Backstroke*
___25yd Breaststroke*
___25yd Butterfly*
___Water Walking*
___50yd Freestyle
___50yd Backstroke
___50yd Breaststroke
___50yd Butterfly
___100yd Backstroke
___100yd Freestyle
___200yd Freestyle
___500yd Freestyle

Table Tennis

___Singles
___Mix Doubles
Partners Name:
_____

Team Sports

___Softball Team
Team Captain_____

___Basketball 3on3 Team
Team Captain_____

Golf

___Golf

Warrior Golf Club

Shot Gun 10:00AM 18 holes with cart & lunch $35.00

Will your better half be joining us for lunch? __Yes__No

Great prizes fun day

Over-you must complete back of form

Registration Fees - Medical information - Liability Waiver
all required to participate in Senior Games

Senior Games Registration Fees

Rowan County resident fee	$10.00	$_____
Non-Rowan County resident fee	$15.00	$_____

Event Fees

Bowling (if you are not in the Wed afternoon senior league)

____Singles $4.50 $_____

All Bowling Doubles

____Doubles $4.50 $_____

Golf $35.00 $_____

Total amount enclosed $_____

Please make check payable to Salisbury / Rowan Senior Game

Mail Signed entry to: Salisbury / Rowan Senior Games
3541 Old Mocksville Road
Salisbury, N.C. 28144

Medical Information (required)

___Kidney disease ___Fainting ___Bronchitis ___Diabetes ___Arthritis
___Heart trouble ___High Blood pressure ___Low Blood pressure ___Seizures

List any medications your currently taking:_____

_____

List any allergies (bee sting, penicillin, etc._____

_____

Emergency Contact (must have):_____phone_____

Name of family doctor:_____phone_____

Liability Waiver Must be signed prior to practice or competition!

The undersigned, inconsideration for being allowed to participate in any and or all of the Salisbury / Rowan Senior Games, including any events and/or activities related thereto, does hereby release and fully discharge all person, firms, corporations, municipalities, charitable organizations, recreational and educational facilities, other participants, sponsors, owners and/or leasers of premises upon which a particular event is occurring, from any and all liability arising by virtue of any claim, demand, loss or damage sustained by the participant on account of injury to person (including death) and/or property, caused or alleged to be caused or alleged to be caused in whole or in part by any activity engaged in by the participant in the Salisbury / Rowan Senior Games, or in preparation therefore, and the undersigned further waives any cause of action with respect thereto.

The undersigned further acknowledges that the Salisbury / Rowan Senior Games may involve strenuous activity resulting in the possibility of severe injury, disability, or even death, which risk the participant hereby assumes in all respects.

The undersigned has read this Waiver and Release thoroughly, and by signing this document, acknowledges a voluntary waiver of substantial rights.

This the _____day of _____2010

Signature_____

Salisbury / Rowan Senior Games
Calendar of Events for 2010

Softball Tournaments May 22 - June 19 - July 17 - August 7 - August 28
Salisbury City Sports Complex contact Phyllis Loflin-Kluttz 704-216-7780
Basketball Tournament TBA

Saturday April 17, 2010 Celebrity Kick Off 2010

Catawba College

Tuesday April 20, 2010 **Track & Filed Events**

All events will be held at **Catawba College Shuford Field**

8:30AM	Silver Striders Fun Walk
9:00AM	1500 M Race Walk
9:00AM	Softball Throw
9:00AM	Football Throw
9:00AM	Discus
9:00AM	Shot Put
9:00AM	Spin Casting
9:30AM	400 M Dash
10:00AM	100 M Dash
10:30AM	200 M Dash
11:00AM	5K Race Walk

12:00 noon Lunch sponsored by: Magnolia Gardens

1:00PM	Croquet	

Wednesday April 21, 2010 **Woodleaf Lanes**

		Event Fee
1:00PM	Bowling Single	$4.50
	Bowling Doubles	$4.50
	Bowling Mined Doubles	$4.50

Thursday April 22, 2010 **Salisbury YMCA**

6:00PM	Racquetball

Starting times are approximate, based on number of participants
For increment weather changes or cancellations
Tune into WSOC-TV Channel 9

Salisbury / Rowan Senior Games
Calendar of Events for 2010

Saturday April 24, 2010

9:00AM	Bocce Women	**Ellis Park**
9:00AM	Horseshoes Men	**Ellis Park**
1:00PM	Bocce Men	**Ellis Park**
1:00PM	Horseshoes	**Ellis Park**

Monday April 26, 2010

9:00AM	Tennis Singles	**Salisbury City Park**
10:00AM	Putt Putt	**Dan Nicholas Park**

Tuesday April 27, 2010 **Lowes Motor Speedway**

5:00PM	Cycling	1 mile	5K	10K

Wednesday April 28, 2010

9:00AM	Tennis Doubles	**Salisbury City Park**
10:00AM	Archery	**Ellis Park**
10:30AM	Standing Long Jump	**Ellis Park**
11:00AM	Running Long Jump	**Ellis Park**

Thursday April 29, 2010

9:00AM	Shuffleboard	Women	Rufty-Holmes Senior Center
2:00PM	Shuffleboard	Men	Rufty-Holmes Senior Center

Friday April 30, 2010

9:00AM	Billiards	**V.A. Medical Center Billiards room**
10:30AM	Table Tennis Singles	**Ellis Park**
11:00AM	Badminton	**Ellis Park**
11:30AM	Table Tennis Doubles	**Ellis Park**
1:00PM	Basketball shooting	**Salisbury YMCA**
1:30PM	Swimming	**Salisbury YMCA**

Tuesday May 4, 2010 **Warrior Golf Club** Event Fee

9:30AM	Check-In	Golf	Shot gun tee-lunch 18 holes-cart	$35.00