

2026 Gold Sponsors:



Registration Deadline is April 1st, 2026

Mail enclosed entry form to
Rowan County Senior Games
3541 Old Mocksville Road
Salisbury, N.C. 28144

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

General Information for Athletic Events

ELIGIBILITY:

To participate in Rowan County Senior Games, you must:

- be 50 years of age or older on or before December 31, 2026
- be able to show proof of NC residency (minimum of 3 consecutive month's annual residency)
- open games to surrounding county participants

AGE CATEGORIES:

A participant's age on December 31, 2026 determines the age category in which they will compete. In most sports, women & men compete separately in these 5-year increments:

50-54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90 - 94, 95 - 99, 100+.

In team/doubles competition, age categories are determined by the age of the youngest team member.

EVENT FEES:

All fees must be paid by cash, check or money order. No cards accepted.

General Games Fee: \$15 Rowan County & \$20 Out-of-County

ADDITIONAL FEES:

Cycling: Online payment to Mecklenburg County P&R web page
Golf: \$50.

ENTRY PROCEDURES:

All registrations are available to print at www.rowanseniorgames.org or for pickup at Ellis Park or Rufty-Holmes Senior Center. Finished registrations can be dropped off at Ellis Park or mailed to 3541 Old Mocksville Road, 28144 NC.

AWARDS:

Athletic events: 1st, 2nd and 3rd place finishers in each age group, male and female, will receive Gold, Silver or Bronze medals at the Victory Dinner.

STATE FINALS QUALIFYING INFORMATION:

Information for NCSG State Finals Information can be found at www.ncsgseniorgames.org

INCLEMENT WEATHER PLANS:

The decision to continue, delay or reschedule an event due to inclement weather will be made by the Rowan County Senior Games Staff. Unless conditions are hazardous to the safety of participants and volunteers, events will continue. All participants will be notified with a phone call for any cancellations or delays.

SCHEDULE:

Please see attached schedule for start times. All times are approximate, schedule of events may change based on number of registered participants per event. Please report **directly to your event site at least 10 minutes prior to the event start time.** (Exception: pickleball players & golfers should report 30 minutes prior to start time.) Failure to report at the match time may result in a forfeit. TOURNAMENT EVENTS will have specific start times for age groups/genders.

Team sports: Please attend practices. Information of weekly practices and tournaments will be relayed to you at the practice.

EQUIPMENT:

Participants in the following events must supply their own equipment: Archery, Cycling, Golf, Pickleball, Softball, and Tennis. Limited disc for disc golf are available.

DOUBLES/MIXED DOUBLES: All participants that sign up for a double or mixed double sport must have a partner. No partners will be found/assigned for you.

RULES:

All events either follow rules as outlined in the 2026 North Carolina Senior Games Official Rules Book or are modified by local coordinator.

CONTACT INFORMATION:

Bayli Cook -704-216-7784
Jeremy Bates - 704-216-7785
Ellis Park – 704-216-7780



Scan for Social Media Page

2026 Rowan County Senior Games Events

Thursday April 2, 2026

10:00a @ Dan Nicholas Park
Fun Walk (meet in the concession stand parking lot)

Monday April 6, 2026

9:00a @ Livingstone College
Track & Field Events

Tuesday April 7, 2026

10:00a-11:30a @ Ellis Park
Basketball Shoot, Football Throw & Softball Throw

Wednesday April 8, 2026

9:00a-3p drop in @ Ellis Park
Disc Golf
Limited disc available

Thursday April 9, 2026

10:00a @ Salisbury City Park
Tennis

Monday April 13, 2026

1:00p @ Ellis Park
Table Tennis

Tuesday April 14, 2026

1:00p @ Woodleaf Lanes
Bowling Singles

Wednesday April 15, 2026

10:00a @Ellis Park
Archery

Thursday April 16, 2026

5:30p @ TBD
Swimming

Friday April 17, 2026

9:30a Women Bocce @ Ellis Park
1:30p Men Bocce @ Ellis Park

Monday April 20, 2026

9:30a @ Dan Nicholas Park
Miniature Golf

Tuesday April 21, 2026

1:00p @ Woodleaf Lanes
Bowling Doubles

Thursday April 23, 2026

10:00a Women Cornhole @ Rowan Event Center Patio
1965 Jake Alexander Blvd (old Belk)
2:00p Men Cornhole @ Rowan Event Center Patio
1965 Jake Alexander Blvd (old Belk)

Monday April 27, 2026

9:30a @ Warrior Golf Club
Golf

Tuesday April 28, 2026

1:00p @ Woodleaf Lanes
Bowling Mix Doubles

Thursday April 30, 2026

9:00a Women Horseshoes @ Ellis Park
1:30p Men Horseshoes @ Ellis Park

Friday May 1, 2026

9:00a Women Shuffleboard
@ Rufty-Holmes Senior Center
1:00p Men Shuffleboard
@ Rufty-Holmes Senior Center

Monday May 4

Cycling @ Charlotte Motor Speedway
Rain Date: 5/11/26

Monday May 4 - May 6 , 2026

Pickleball @ JF Hurley YMCA
* Times to be announced*

Thursday May 14, 2026

6:00p @ Rowan County Events Center
1965 Jake Alexander Blvd (old Belk)
Silver Arts Showcase & Victory Dinner
Call to RSVP 704-216-7784 - 704-216-7785