Asheville-Buncombe Senior Games

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.

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 rule book is also available online at www.ncseniorgames.org. Game Officials reserve the right to cancel or postpone events to a later time in case of inclement weather or unforeseen circumstances. However, participants should come prepared to participate in inclement weather. For inclement weather cancellations, call 828-251-4082.

Fees

Early Registration: Feb 3rd - March 9th
$5.00

Registration After March 9th: $10.00

Military Veterans with ID: FREE

Age Categories/ Eligibility

Your age category is determined by your age as of December 31, 2020. Age brackets for both men and women are as follows:
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Registration Process

1. All participants MUST fill out a registration form to compete.

2. Mail or submit forms to:
   Senior Opportunity Center
   36 Grove St
   Asheville NC 28801
   828-350-2062

   OR

   Stephens-Lee Recreation Center
   30 George Washington Carver Ave
   Asheville NC 28801
   828-259-3058

3. You may also register online at www.ncseniorgames.org

Important Dates:

Feb. 3rd: Registration Opens
March 9th: Early Registration Ends
April 14th: Opening Ceremonies
April 14th: Archery Registration deadline
April 21st: Pickleball Registration deadline
April 24th: SilverArts Drop-Off
May 15th: Closing Ceremonies
May 18th: SilverArts Pick-Up
2020 Asheville-Buncombe County Senior Games
Official Registration Form

Name: ________________________________________________________________

Date of Birth: ______________________________

Age Category (as of 12/31/2020):
   _____ 50-54      _____ 55-59      _____ 60-64      _____ 65-69
   _____ 70-74      _____ 75-79      _____ 80-84      _____ 85-89
   _____ 90-94      _____ 95-99      _____ 100+

Gender: (Circle One):   Male   Female

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;
                _____White;   _____Native Hawaiian or other Pacific Islander;   _____Hispanic;   _____or Unknown/Refused.

Address: _____________________________________________________________

*Must be a North Carolina Resident for a minimum of 3 consecutive months of the year.

City: ______________________________ State: _____ Zip Code: ___________

Home Phone: ______________________________

Cell/Work: ______________________________

Email Address: ______________________________

T-Shirt Size: (Circle One)   Small   Medium   Large   Extra Large   XX-Large

First year participating in Senior Games?   Yes   No

Attending Closing Ceremonies?   Yes   No   Will you be bringing guest(s)? If so how many?____
Asheville-Buncombe Senior Games Events

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.

Check ALL events you plan to participate:

<table>
<thead>
<tr>
<th>Individual Sports:</th>
<th>Bowling:</th>
<th>Archery:</th>
<th>Tennis:</th>
<th>Silver Arts:</th>
</tr>
</thead>
<tbody>
<tr>
<td>___Basketball Shooting</td>
<td>___Singles Bowling</td>
<td>___Conventional Recurve w/ Site</td>
<td>___Tennis Singles</td>
<td>___SilverArts Heritage</td>
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<tr>
<td>___Bocce</td>
<td>___Doubles Bowling</td>
<td>___Recurve w/ Site-Release Aid</td>
<td>___Tennis Doubles</td>
<td>___SilverArts Visual Arts Show</td>
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<tr>
<td>___Croquet</td>
<td>Partner</td>
<td>___Recurve Bare Bow</td>
<td>___SilverArts Performing Arts</td>
<td>___SilverArts Performing Arts</td>
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<tr>
<td>___Discus</td>
<td>Name___________________</td>
<td>___Compound w/ Site-Release Aid</td>
<td>___SilverArts Literary Arts</td>
<td>___SilverArts Contemporary Arts</td>
</tr>
<tr>
<td>___Shot-put</td>
<td>___Mixed Doubles Bowling</td>
<td>___Compound Bare Bow</td>
<td></td>
<td><strong>SilverArt Participants</strong></td>
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<tr>
<td>___Running Long Jump</td>
<td>Partner</td>
<td>___Compound Site Site</td>
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<td>must complete</td>
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<tr>
<td>___Standing Long Jump</td>
<td>Name___________________</td>
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<td>SilverArt Entry Form**</td>
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<tr>
<td>___Football Throw</td>
<td>___50 Meter Backstroke</td>
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<td>___Softball Throw</td>
<td>___100 Meter Backstroke</td>
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<tr>
<td>___Golf</td>
<td>___200 Meter Backstroke</td>
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<tr>
<td>___Cycling 1 Mile</td>
<td>___50 Meter Breaststroke</td>
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<td>___Cycling 5k</td>
<td>___100 Meter Breastroke</td>
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<td>___Cycling 10k</td>
<td>___200 Meter Breastroke</td>
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<tr>
<td>___50 Meter Dash</td>
<td>___50 Meter Butterfly</td>
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<td>___100 Meter Dash</td>
<td>___100 Meter Butterfly</td>
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<tr>
<td>___200 Meter Dash</td>
<td>___200 Meter Butterfly</td>
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<tr>
<td>___400 Meter Dash</td>
<td>___50 Meter Freestyle</td>
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<td>___800 Meter Dash</td>
<td>___100 Meter Freestyle</td>
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<tr>
<td>___1500 Meter Run</td>
<td>___200 Meter Freestyle</td>
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<td>___1500 Meter Race Walk</td>
<td>___500 Meter Freestyle</td>
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<tr>
<td>___5K Race Walk</td>
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<td>___Mini Putt-Putt (new)</td>
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<td>___Rowing (new)</td>
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<td><strong>Check ALL events you plan to participate:</strong></td>
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</tbody>
</table>

| TEAM SPORTS (new):                  |                                               |                                               |                                              |                                            |
| ___Softball                         |                                               |                                               |                                              |                                            |
| Team                                | Name___________________                       |                                               |                                              |                                            |
| ___Tennis Mixed Doubles             |                                               |                                               |                                              |                                            |
| Team                                | Name___________________                       |                                               |                                              |                                            |

| Silver Arts:                        |                                               |                                               |                                              |                                            |
| ___SilverArts Heritage              |                                               |                                               |                                              | **SilverArt Participants**                |
| ___SilverArts Visual Arts Show      |                                               |                                               |                                              | must complete                             |
| ___SilverArts Performing Arts       |                                               |                                               |                                              | SilverArt Entry Form**                    |
| ___SilverArts Literary Arts         |                                               |                                               |                                              |                                            |
| ___SilverArts Contemporary Arts     |                                               |                                               |                                              |                                            |
SILVER-ARTS RULES AND REGULATIONS
(PLEASE READ CAREFULLY)

1. All artwork must be the artist’s own creation and not part of a kit.

2. All SilverArts categories will be judged: first, second, and third places.

3. Medals will be awarded in each subcategory in Visual, Literary, Heritage, Performing and Contemporary Arts. Only first and second place winners in each Literary Arts subcategory are eligible to complete in State Finals (only one entry per person per subcategory is eligible for State Competition). First, second, and third place winners in each Visual and Heritage Arts subcategory are eligible to compete in state Finals (only one entry per person per “Best in Show” in the Performing Arts category is eligible to compete in State Finals.

4. SilverArts entries will not be accepted if entered in a previous SilverArts show.

5. Please bring art to 72 Gashes Creek, Asheville NC 28805 between 9:00am and 5:00pm on April 24th.

6. Artists may pick up their work between 10am - 4pm on May 18th at 72 Gashes Creek, Asheville NC 28805. ARTISTs MUST HAVE A RECEIPT GIVEN TO THEM AT THE TIME OF DROP-OFF TO PICK UP ARTWORK.

7. All artists must sign the Liability Waiver Form. (provided at drop-off)

8. Asheville-Buncombre Senior Games has the right to refuse or remove any or all pieces that are deemed obnoxious or offensive.

9. Art pieces will be displayed at various Buncombe County Libraries between April 27th - May 11th.
Literary Arts Entry Form

Categories - Poem, short story (fiction), essay/article, and life experience

Name:___________________________________ Phone Number:___________________________________

Address:_____________________________________________________________________________

LITERARY ARTS

1. TITLE:_____________________________________________ Category:___________________

2. TITLE:_____________________________________________ Category:___________________

- All entries must be typed, double-spaced, on 8-½ x 11 paper and have a minimum of 1” margins. A minimum font size is 10-point type.
- 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 work, sub-category, and name of artist.
- Entries must be the original work of a writer, must be created after the writer is age 50.
Performing & Contemporary Arts Arts Entry Form

Categories: Solo, Small Group, Large Group

NAME OF GROUP:__________________________________________________________________________

CATEGORY OF ACT:____________________________________ TITLE OF ACT:________________________

LENGTH OF ACT (maximum 3 minutes):____________________ TOTAL NUMBER OF PERFORMERS:______

PERFORMERS (first and last names in alphabetical order):

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________

Performing Arts Requirements:
● Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification.
● Performing entries may be one of the following:
  ○ Soloists or soloists with an accompanist
  ○ Small group (2 to 4 performers) or
  ○ Large Group (5 performers or more)
● If a compact disc is used, artist/group leader must provide Asheville-Buncombe County Senior Games a compact disc with the track number clearly labeled. Artist should pick up their CD after the performance.
● Artists need to provide all props for their performance.
● Voice presentations must be a live performance by the artist. Lip-sync is not permitted as a performing art.
● The group leader must complete the SilverArts entry form for the group and submit it with his/her entry form. Other members of the group submit their own entry form.
● The performance at State Finals must be the same performance that wins at the local games
● Only the “Best in Show” in the Performing Arts Showcase is eligible for State Finals competition.
Heritage & Visual Arts Entry Form

*Categories to Choose From: Quilting (hand-stitched), quilting (machine-stitched), woodwork, crochet, basket weaving, jewelry, needlework, tole painting, weaving, knitting, pottery, stained glass, woodcarving, woodturning.*

1. **TITLE:**________________________________________ **CATEGORY:**__________________
   
   **SIZE:**_______________ **WEIGHT:**_______________ **# OF PIECES IN SET:**________________

2. **TITLE:**________________________________________ **CATEGORY:**__________________
   
   **SIZE:**_______________ **WEIGHT:**_______________ **# OF PIECES IN SET:**________________

**Heritage Arts Guidelines:**

- Entries must be the work of the individual and not a group effort.
  - Must be an original work.
  - Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string), and not larger than 36” X 42”, including matting and frame, and weigh no more than 50 pounds. Two-dimensional work not properly framed and wired will not be displayed.
- All three-dimensional entries must be able to be displayed in an area 3 x 3 feet.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Artist name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with Entry Form and Registration Form. Photos cannot be returned.
- The Heritage Arts pieces entered at State Finals must be the same pieces that won at the Local Games.
- An artist may only submit one (1) entry per category at State Finals.
CITY OF ASHEVILLE
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT
ASHEVILLE - BUNCOMBE SENIOR GAMES
SANCTIONED BY THE NORTH CAROLINA SENIOR GAMES, INC.

1. I agree that prior to participating in the Asheville-Buncombe Senior Games (Games) that I will inspect the Games’ facilities and equipment to be used, and if I believe anything is unsafe, I will advise a Games coach, volunteer or supervisor of such condition(s) and refuse to participate.

2. I acknowledge and fully understand that each Games participant will be engaging in activities that involve risk of injury, including permanent disability and death, and severe social and economic losses which might result not only from his/her own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the rules of play or the condition of the premises for or any equipment used. Further, that there may be other risks not known or reasonably foreseeable.

3. I assume all the foregoing risks and accept personal responsibility for damages following such injury, permanent disability, or death. I understand that to promote health and physical fitness, events of longer duration and lower intensity are strongly recommended and that higher-intensity activities are offered primarily for a conditioned, trained athlete.

4. I release, waive, discharge, and covenant not to sue the City of Asheville, North Carolina Senior Games, Inc., the Asheville-Buncombe Senior Games, its affiliated clubs, administrators, directors, agents, coaches, and other employees and/or volunteers of the entities, other participants, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the Games, all of which are hereinafter referred to as “Releasees,” from any and all liability to each of the undersigned, their 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 Releasees or otherwise.

5. I agree all press coverage of the Senior Games may be used for the promotion of the City of Asheville, Asheville-Buncombe Senior Games, and/or the North Carolina Senior Games, Inc.. Anyone officially connected with the Games or with radio, television, or newspaper may interview or take my picture for official use.

6. I agree I am responsible for: (a) checking with the Local Games Coordinator to determine if I qualified for State Finals or Nationals and to get a North Carolina Senior Games Entry Packet if internet access is unavailable; (b) understanding the North Carolina Senior Games (NCSG) office must receive my completed registration with payment and all required items in the NCSG office in Raleigh by 11:59pm on August 1, 2020; (c) acknowledge the State Finals deadline is strictly enforced in fairness to all; and (d) acknowledge it is my responsibility that all registration forms are submitted and received.

7. In signing this release, I acknowledge and represent that I have read this Agreement, understand it and sign voluntarily as my own free act; no oral representations, statements or inducements, apart from the foregoing written agreements, have been made; I am at least 18 years of age and fully competent; and I execute this release for full, adequate and complete consideration fully intending to be bound by same.

Date: _______________ Printed Name: ______________________  Signature: _________________________________