

## 2019 ASHEVILLE-BUNCOMBE SENIOR GAMES MEDICAL INFORMATION & RELEASE

Each participant in the Asheville-Buncombe Senior Games must present that his/her physical condition assures a healthy and safe experience, plus a medical examination that is valid for one year. Be sure to complete all questions.

**THIS FORM MUST BE COMPLETED TO BE FULLY REGISTERED FOR ABSG  
INCOMPLETE FORMS WILL BE RETURNED**

Print clearly and use black ink or type

Full Name \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Medical History

Any significant illnesses / operations? If yes, give brief explanation:

\_\_\_\_\_

Allergies? If yes, list type: \_\_\_\_\_

Medication—list all current prescription medication taken on a regular basis:

Type	Dosage	Reason for Medication
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check if you have ever been treated for:

High Blood Pressure \_\_\_\_\_ Diabetes \_\_\_\_\_ Heart Condition \_\_\_\_\_

Respiratory Illness \_\_\_\_\_ Seizures \_\_\_\_\_ Arthritis \_\_\_\_\_

Any physical restrictions or limitations? If yes, give brief explanation:

\_\_\_\_\_

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims, City of Asheville, and County of Buncombe, and their representatives, and assigned for any and all injuries suffered by in said event. I also attest and verify that I am physically fit and have trained sufficiently for the events in which I have chosen to participate during the 2019 Senior Games. The 2019 Asheville-Buncombe Senior Games staff has my permission to have a physician attend to me if it is deemed necessary during my participation in the Games. The sponsors have advised me that it would be in my best interest to consult my physician prior to my training and participation in the Senior Games.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

**Emergency Contact(s):**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_



# ASHEVILLE-BUNCOMBE SENIOR GAMES

April 2nd- May 3rd, 2019

Join area Seniors for Friendly Competition in a variety of Events

Archery, Bocce, Billiards, Horseshoes, Shuffleboard, Croquet,  
Cycling Races, Swimming, Basketball, Bowling, Golf, Ping Pong

Track Events - Short and Long Distance Runs,

Field Event - Discus, Softball throw, Shot Put,

Football Throw, Standing & Running Long Jumps.

For more information contact:

Max Cherry @ 259-5555 or [mcherry@ashevillenc.gov](mailto:mcherry@ashevillenc.gov)

Zach Stewart @ 350-2058 or [zstewart@ashevillenc.gov](mailto:zstewart@ashevillenc.gov)

Visit: [www.ashevillenc.gov/parks](http://www.ashevillenc.gov/parks)



# 2019 ASHEVILLE-BUNCOMBE SENIOR GAMES

## GENERAL INFORMATION

All entry forms should be mailed to:

Zack Stewart, Parks & Recreation, 30 George Washington Carver, Asheville, NC 28802

**Eligibility:** Open to individuals who are 50 years of age or older.

**Entry Fee:** Senior Games entry fee is just **\$5.00** (through March 11th) and after March 11th 10.00. This fee covers all event registrations, opening ceremonies, a t-shirt, and awards dinner. Note – golf and bowling require a separate activity fee, payable at the event. **All entry fees paid after April 2nd will be at the late fee rate of \$10. All Tournament Sports must be registered by April 2nd. Drop off Silver Arts pieces on May 22nd at Grant Recreation Center.**

**Age Categories:** Categories are based on the participant's age as of December 31, 2019. The Events Director reserves the right to combine age categories for competition purposes.

**Categories: 50-54 • 55-59 • 60-64 • 65-69 • 70-74 • 75-79 • 80-84 • 85-89 • 90-94 • 95+**

**Participants who place first, second or third in the Asheville-Buncombe Senior Games are eligible to participate in the North Carolina Senior Games in Raleigh. It is your responsibility to determine if you qualified for State Finals and to obtain a State Finals entry packet. Entries for State must be received in the NC Senior Games office by 5:00 pm, August 1, 2019.**

**Rules:** All events will be conducted in accordance with the 2019 edition of the North Carolina Senior Games, Inc. Official Rules Book. A copy of these rules for each event will be on location at the event site. Visit the NCSG web site [www.ncseniorgames.org](http://www.ncseniorgames.org) for rules and state finals details.

**Awards:** Awards will be presented at the Closing Ceremonies on May 3rd. Location: Stephens-Lee Recreation Center

**Inclement Weather:** Games officials reserve the right to cancel or postpone events to a later time in the case of inclement weather or unusual, extenuating circumstances. Participants should call 259-5800 or [ashevillenc.gov/parks](http://ashevillenc.gov/parks)

**Healthful Suggestions:** If you have not had a health examination in the past 12 months, we suggest you do so before registering for the Asheville-Buncombe Senior Games. We recommend participants bring lawn chairs, snacks & other necessities to the games. Be prepared for varying weather conditions.

**Special Invitation:** Senior Games are for EVERYONE.....spectators as well as participants. Spectators, family and friends are always welcome at any of the competitions, to cheer on participants!

**Silver Arts & Closing Ceremonies  
Showcase & Awards Ceremony  
May 3rd, 2019 at 6:30pm  
Location: Stephens-Lee Recreation Center  
30 George Washington Carver Ave. Asheville, NC 28801**

# 2019 ASHEVILLE-BUNCOMBE SENIOR GAMES

## OFFICIAL ENTRY FORM

- MAIL TO: Stephens-Lee, 30 George Washington Carver Ave, Asheville, NC 28802  
Attn: Zach Stewart
- Please make checks payable to: City of Asheville
- Enclose entry fees: (please check one)  
Through March (11th):Entry (\$5) \_\_\_\_\_ March 12th thru April 2nd (\$10) \_\_\_\_\_  
City of Asheville Employee \_\_\_\_\_ Paid Online \_\_\_\_\_

**PLEASE PRINT/COMPLETE ALL PAGES**

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Are you a Buncombe County resident for three consecutive months of the year? \_\_\_\_\_

Phone # \_\_\_\_\_ Is this your first Senior Games? \_\_\_\_\_

I plan to attend Closing Award Ceremony on May 3rd \_\_\_\_\_ Guest count \_\_\_\_\_

Participant Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

- In order for us to have accurate record-keeping of who we are serving, we request you voluntarily provide information. I identify my ethnicity as: (Please Circle)
- \* Hispanic or Latino
  - \* White (not Hispanic)
  - \* Black or African American
  - \* Asian or Pacific Islander
  - \* American Indian or Alaska Native
  - \* Two or more races
  - \* Prefer not to answer

### Check All Activities for Enrollment

#### INDIVIDUAL EVENTS:

- \_\_ Basketball Shoot
- \_\_ Billiards—8 ball
- \_\_ Croquet—Backyard
- \_\_ Golf
- \_\_ Horseshoes
- \_\_ Shuffleboard
- \_\_ CORNHOLE

#### FIELD EVENTS:

- \_\_ Discus
- \_\_ Football Throw
- \_\_ Running Long Jump
- \_\_ Shot Put
- \_\_ Softball Throw
- \_\_ Standing Long Jump

#### TRACK EVENTS:

- \_\_ 50 meter Dash
- \_\_ 100 meter Dash
- \_\_ 200 meter Dash
- \_\_ 400 meter Dash
- \_\_ 800 meter Dash
- \_\_ 1,500 meter Run
- \_\_ 1,500 meter Race Walk
- \_\_ 5 K—Run
- \_\_ 5 K Race Walk

#### CYCLING:

- \_\_ 1 mile
- \_\_ 5 K
- \_\_ 10 K
- \_\_ 20 K

#### SWIMMING:

- \_\_ 50 yd Backstroke
- \_\_ 50 yd Breaststroke
- \_\_ 50 yd Butterfly
- \_\_ 50 yd Freestyle
- \_\_ 100 yd Backstroke
- \_\_ 100 yd Breaststroke
- \_\_ 100 yd Butterfly
- \_\_ 100 yd Freestyle
- \_\_ 200 yd Backstroke
- \_\_ 200 yd Breaststroke
- \_\_ 200 yd Butterfly
- \_\_ 200 yd Freestyle
- \_\_ 500 yd Freestyle
- \_\_ 100 yd Medley
- \_\_ 200 yd Medley

#### TOURNAMENT SPORTS:

- Bowling:**
- \_\_ Singles
  - \_\_ Doubles: Partner's Name: \_\_\_\_\_
  - \_\_ Mixed Doubles: Partner's Name \_\_\_\_\_
- \_\_ Racquetball
- \_\_ Table Tennis
- Tennis
- \_\_ Singles
  - \_\_ Doubles
- \_\_ Bid Whist
- Pickleball**
- \_\_ Singles
  - \_\_ Doubles: Partner's Name \_\_\_\_\_
  - \_\_ Mixed Doubles: Partner's Name \_\_\_\_\_
- (New This Year)**
- Archery**
- \_\_ Archery - Recurve Bare Bow
  - \_\_ Archery - Recurve w/site
  - \_\_ Archery - Recurve w/site and Release Aid
  - \_\_ Archery - Compound Bare Bow
  - \_\_ Archery - Compound w/site
  - \_\_ Archery - Compound w/site and Release Aid