

Registration Form and Games Information



SilverArts
Athletic Competition

April 19-23
April 23-May 1

Presented By
Dare County Older Adult Services

Coordinating County Agencies:
Dare County Parks and Recreation
Dare County Building and Grounds
Dare County EMS

Registration Deadline: Friday, March 19, 2010 5:00 PM
Early Bird Registration Deadline: Friday, February 19, 2010



22nd Annual Outer Banks Senior Games

April 19-May 1, 2010

Registration deadline – March 19, 2010

Registration:

1. **Read and sign the liability waiver.**
2. Complete the entry form (light pink pages). Incomplete forms will not be accepted.
3. Check the events you wish to participate in. However, if two events overlap or are scheduled at the same time, you will be required to forfeit one of the events. You are encouraged to be at each event 30 minutes prior to the starting time. Check your event schedule for exact times and locations. **Please check your form for accuracy!**
4. Write a check or pay cash for your fee(s). Checks are to be made payable to Dare County OBSG. One check per person, please. Fees for bowling are payable to NH Bowling the day of the event. Fees for golf are to be mailed or taken to Duck Woods Country Club, attn. Rob Robinson, 50 S Dogwood Trail, Kitty Hawk, NC 27949 before 4-10-10. There are **no refunds** available if you cancel or change your registration.
5. Return the completed form with appropriate fees to :

Dare County Older Adult Services
P. O. Box 1000
Manteo, NC 27954
6. The deadline for Registration is **Friday March 19, 2010 - 5:00pm.** Entry forms received after this time will not be accepted.
7. Participants must pick up their registration packets at The Baum Center, 300 Mustian Street, Kill Devil Hills, NC on or after **Friday April 9,** between 9 and 4 pm. This packet will include your confirmation, schedule, t-shirt and race number. Registration packets will not be mailed. **You must pick up your registration packet to participate in the games.**

Registration: \$8.00 early bird registration fee on or before Feb. 19
\$14.00 registration fee Feb. 19-March 19.

Registration deadline March 19, 2010 5:00pm. All applications must be **received** in our office by this time.

2010 OBSG General Information

- Open to:** Any Dare or Currituck County resident age 55 or older as of December 31, 2010. OBSG participants must reside in Dare or Currituck County at least **three consecutive months** of the year. Proof of age and residency **may** be required at local registration and **will** be required at the state level. Qualifying winners are responsible for obtaining a State finals application from the local coordinator to participate in the NCSG state finals held **Sept 27 – Oct 3, 2010** in Raleigh. The registration deadline for State finals is August 1, 2010. For more information call 475-5635 or 919-851-5456.
- Events:** All events are listed on the registration form. Participants are required to provide their own equipment for cycling, golf, badminton, tennis and SilverArts. Participants may use their own equipment in all events if it meets the official standards. Check with your Event Manager upon arrival on the use of personal equipment. Your age group is determined by your age as of December 31, 2010. Men and women compete in separate categories for athletic competition in the following five year age groups: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, etc. SilverArts categories are not separated by age or sex. To qualify for state finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS are available from your local coordinator. SilverArts **Literary Works** need to be turned in to Lynne or Ron Bloomfield on or before April 2, 2010.
- Rules:** All events will be conducted in accordance with the Official North Carolina Senior Games Rules Book which is available on the NCSG website (ncseniorgames.org). If you have a question about your event please, check the rules prior to participation. These rules may be amended locally by the event manager/local coordinator as required.
- Rain Plans:** Game officials reserve the right to cancel or postpone events in case of inclement weather. Information regarding cancellations or postponements will be available at the Baum Senior Center. **It is the participant's responsibility to check with the Center.**
- Awards:** Gold, Silver and Bronze medals will be presented to the 1st, 2nd and 3rd place finalist in each category for athletic competition and SilverArts entries. Awards for SilverArts are presented at the reception on **April 22** and the Athletic event awards will be presented at the Closing Ceremonies on **May 1st**.
- Other Fees:**
- \$8.00 - Early Bird registration
 - \$14.00 - Registration after February 19
 - \$ 7.00 - Opening Ceremonies Lunch at the Baum Center
 - \$12.00 - Closing Ceremonies Awards at the Western Sizzlin
 - \$35.00 - Golf (payable to Duck Woods Country Club prior to April 09)
 - \$ 6.00 - Bowling, (each event) payable to NH Bowling the day of the event
 - \$12.00 - Bowling, (three events) payable to NH Bowling the day of the event

*Our **Opening Ceremonies** will be held at the Baum Center on **Friday, April 23** at 10:00am. The lighting of the torch and recognition of sponsors are part of this wonderful event! Join us for **lunch** at 12:00pm by purchasing a ticket in advance.*

2010 OBSG Event Schedule

SilverArts

Monday, April 19

- 8:30 - 12 Noon SilverArts Exhibitors Check-In - BSC, MP
(SilverArts Committee & Exhibitors)
12 Noon - 5 PM SilverArts Hanging
(SilverArts Committee Only)
7 PM - 8:30 PM Competition Judging - BSC, MP
(SilverArts Committee and Judges Only)

Tuesday, April 20

- 9 AM - 4:00 PM SilverArts Exhibition - BSC, MP
10 AM until *Golf-Duck Woods

Wednesday, April 21

- 9 AM - 4 PM SilverArts Exhibition - BSC, MP

Thursday, April 22

- 9 AM - 4 PM SilverArts Exhibition - BSC, MP
3 PM - 4 PM Reception - BSC, MP
5 PM - 6:30 PM Rehearsal for SilverArts Revue - BSC

OBSG Competition

Friday, April 23

- 9 AM - 12 PM SilverArts Exhibition
10 AM- 11 AM Opening Ceremonies - BSC
11:00 - 1 PM Health Fair - BSC
11:00 - 12 PM *SilverStriders Fun Walk - BSC
12 Noon Lunch - BSC
1 PM - 3 PM *Basketball Shooting - Youth Center
1 PM - 3 PM *Football Throw - BSC
1 PM - 3 PM *Spin Casting - BSC
1 PM - 2 PM SilverArts Breakdown-BSC
7 PM - 8:30 PM SilverArts Review Competition - BSC

Saturday, April 24

- 9 AM - 12 Noon *Bowling, Singles - Nags Head Bowling

OBSG Competition

Monday, April 26

- 9 AM - 2 PM *Billiards - BSC
12:30 PM - 5 PM *Table Tennis - BSC
1 PM - 5 PM *Bowling, Doubles
(Nags Head Bowling)
3:30 PM - 5 PM *5K Run - Barrier Island

Tuesday, April 27

- 6 AM - 8 AM Cycling - *5K & *10K - *1 Mile
(Wright Memorial)
9 AM - 12 Noon *Horseshoes - BSC
2 PM - 4 PM *Bowling, Mixed Doubles - NH Bowling

Wednesday, April 28

- 9 AM - 12 Noon *Tennis, Dare County Parks & Rec.
1:30 - 4:30 PM Putt-Putt - Paradise Golf & Arcade

Thursday, April 29

- 9 AM - 12 Noon *Croquet - BSC - Lawn
9:30 - 1:30 PM *Badminton - Youth Center - KDH
1 PM - 5 PM *Shuffleboard - BSC

Friday, April 30

- 9 AM - 1 PM *Shuffleboard - BSC
2 PM - 5 PM *Swimming - YMCA
**(25 yd events are not offered at state finals)

Saturday, May 1 - First Flight High School

- 9:00 AM *1500 Meter Run - Track
9:20 AM *100 Meter Dash - Track
9:30 AM *1500 Meter Race Walk - Track
9:50 AM *400 Meter Dash - Track
10:00 AM *200 Meter Dash - Track
10:50 AM *800 Meter Run - Track
11:00 AM *5K Race Walk - Track

- 9 AM - 11 AM *Softball Throw - Field
9 AM - 11 AM *Discus Throw - Field
9 AM - 11 AM *Shot-put - Field
9 AM - 11 AM High Jump - Field
9 AM - 11 AM *Running Long Jump - Pit
9 AM - 11 AM *Standing Long Jump - Pit
6 PM - 8 PM Closing Ceremonies

All times are approximate and subject to change.

* Indicates that this event is sanctioned by North Carolina Senior Games and will be offered at the 2010 State Finals in Raleigh.



RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Outer Banks Senior Games and Dare County Government and its instrumentalities, including all sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person firm or corporation associated therewith (hereinafter sometimes referred to as the "Games Sponsors"), of and from any and all claims, demand costs, expenses, and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Outer Banks Senior Games. I further agree to hold harmless the Games Sponsors from any damage, loss, or theft that may occur to art work. I certify that the art piece(s) I enter are my own work, was/were created within the last two years, and after the age of 55.

I warrant, represent and certify that: (a) I have been advised by the Games Sponsors that, in my best interests, I should consult my physician prior to my preparation for and participation in the Outer Banks Senior Games; (b) I am covered by hospitalization or medical insurance through private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury arising from my participation in the Outer Banks Senior Games; (c) I recognize and understand that my preparation for and participation in the Outer Banks Senior Games may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular or other disorder which I may have, hereby resulting in serious or life threatening physical harm to me; (d) I am in good physical health and condition, am physically able to compete in the events I have selected and have been so certified by my physician; and I know of no physical restriction whatsoever which would prohibit my participation in the Outer Banks Senior Games; (e) I grant permission to the Games Sponsors to have a physical or Emergency Medical Technician attend me if it is deemed necessary during my participation in the Outer Banks Senior Games.

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 qualified for State finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the N.C. Senior Games Office in Raleigh by 5:00 p.m. on August 1st. I understand that this deadline is strictly enforced in fairness to all.

I grant to Outer Banks Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written photographic account of the Outer Banks Senior Games without my remuneration.

Signature: _____

Date: _____

OBSG Athletic Events

Please mark events with an "X". If two or more events overlap or are scheduled at the same time, you will be required to forfeit one of the events. Please note the fee schedule listed by the events requiring a fee. Refer to the back page of this registration for the Games Event Schedule. **Please double-check your entry for accuracy.**

Events with an * are not offered at NCSG State Finals.

Tennis : (Limit 2 tennis events)

- Singles
- Doubles
Partner _____
- Mixed Doubles
Partner _____

Cycling :

- 5K Race
- 10K Race
- 1 Mile Race

Badminton :

- Singles
- Doubles
Partner _____
- Mixed Doubles
Partner _____

Basketball :

- Shooting

Billiards :

- Men's
- Women's

Bowling :

- Singles (\$6.00 Nags Head Bowling)
- Doubles (\$6.00 Nags Head Bowling)
Partner _____
- Mixed Doubles (\$6.00 N.H. Bowling)
Partner _____

Table Tennis :

- Men's Table Tennis
- Women's Table Tennis
- Doubles Table Tennis
Partner _____
- Mixed Doubles Table Tennis
Partner _____

General Events :

- Spin Casting
- Croquet
- Football Throw
- Softball Throw
- Silver Striders Fun Walk
- Putt-Putt Golf *

Field :

- Discus Throw
- Shot Put
- Running Long Jump
- Standing Long Jump
- High Jump *

Shuffleboard :

- Men's Preliminary
- Women's Preliminary

Track :

- 100M Dash
- 200M Dash
- 400M Dash
- 800M Run
- 1500M Run
- 1500M Race Walk
- 5K Race Walk
- 5K Run

Horseshoes :

- Men's Horseshoes
- Women's Horseshoes

Swimming: (Limit 6 swimming events)

25yd events no longer offered at State Finals

Swimming (25 Yard) : * Applicable time

- Freestyle _____
- Backstroke _____
- Breaststroke _____
- Butterfly _____

Swimming (50 Yard) :

- Freestyle _____
- Backstroke _____
- Breaststroke _____
- Butterfly _____

Swimming (100 Yard) :

- Freestyle _____
- Backstroke _____
- Breaststroke _____
- Butterfly _____
- Individual Medley _____

Swimming (200 Yard) :

- Individual Medley _____
- Freestyle _____
- Backstroke _____

Swimming (500 Yard) :

- Freestyle _____

Golf :

- Golf (\$35 - Duck Woods Country Club)
(see local coordinator for minimum scores for state finals)

Official Registration Form for SilverArts & Athletic Competition

Registration Deadline: March 19, 2010 5:00 pm

PRINT CLEARLY

Name _____

Last Name

First Name

Middle Initial

Mailing Address _____

Street or Post Office Box

City _____

State _____

Zip Code _____

E-mail _____

Did you participate last year?
Y/N _____

Is this e-mail new?
Y/N _____

Home Telephone () _____

Age on 12/31/10 _____

Birth Date _____

month / day / year

(circle one)

Sex M F

T-shirt Size _____

Small

Medium

Large

X-large

2 X

(circle one)

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.

Medical Form (Optional)

PLEASE PRINT CAREFULLY:

Name: _____ Date of Birth _____

M ___ F ___ In Emergency Notify: _____ Phone Number _____

Your Doctor's Name _____ Phone Number _____

I. Health History: Check any that apply to you.

Kidney Trouble _____

Low Blood Pressure _____

Fainting _____

Heart Trouble _____

Bronchitis _____

High Blood Pressure _____

Diabetes _____

Arthritis _____

Seizures _____

II. Allergic Reactions:

Bee sting _____ Medication _____

III. List all medications you are currently taking: _____

IV. Do you wear glasses? Yes _____ No _____ Do you wear contacts? Yes _____ No _____ Do you smoke? Yes _____ No _____

V. Have you been practicing the events you have entered? Yes _____ No _____ How many times per week? _____

Please provide this info to help us. It will be kept confidential. Thank you!

My ethnicity: African American; American Indian; Hispanic; White; Other.

My annual household income is less than \$10,400 (1 person in household) Yes

My annual household income is less than \$14,000 (2 people in household) Yes No response ___.

OBSG SILVERARTS EVENTS

Please mark an "X" beside appropriate category entry, an "S" or "J" under Class (showcase or judged).

All blanks must be completed for each entry.

Visual Arts

<u>Category</u>	<u>Class</u>	<u>Title</u>
Oil	_____	_____
Acrylic	_____	_____
Watercolor	_____	_____
Drawing	_____	_____
Photography	_____	_____
Sculpture	_____	_____
Pastels	_____	_____
Mixed Media	_____	_____

Heritage Arts

Groupings (sets) may have no more than 3 pieces per group (set) and must be unified.

<u>Category</u>	<u>Class</u>	<u>Title, Design/Pattern/Medium</u>
Quilting	_____	_____
Weaving	_____	_____
Tatting and Needlework	_____	_____
Crocheting	_____	_____
Knitting	_____	_____
Needlework	_____	_____
Rugs(Hooked,braided,woven)	_____	_____
Wood Working	_____	_____
Basket Weaving	_____	_____
Pottery - Thrown & Hand Built	_____	_____
Jewelry	_____	_____
Tole/Decorative	_____	_____
Stained Glass	_____	_____
China Painting	_____	_____
Woodcarving	_____	_____

Literary Arts

****Literary works must be turned in on or before April 2nd.**

<u>Category</u>	<u>Class</u>	<u>Title</u>
Poem	_____	_____
Short Story	_____	_____
Essay	_____	_____
Life Experience	_____	_____

Performing Arts

May be solo or group performance. Each performer must be a registered participant.

<u>Category</u>	<u>Class</u>	<u>Title, Equipment Needed</u>
Drama	_____	_____
Dance	_____	_____
Vocal	_____	_____
Instrumental	_____	_____
Comedy	_____	_____
Cheerleaders	_____	_____

Registration, Lunch, Closing Ceremonies Dinner& Additional Events Fees

Registration & Up To 4 Events (before 2-19-10)	\$ 8.00	Early Bird	\$ _____
Registration & Up To 4 Events (after 2-19-10)	\$ 14.00		\$ _____
Additional Events (5 or more events)	\$ 1.00 per event		\$ _____
Opening Ceremonies Lunch	_____ # \$ 7.00 per person		\$ _____
Closing Ceremonies Dinners	_____ # \$ 12.00 per person		\$ _____
Total Fees Enclosed			\$ _____

** Make checks payable to Dare County OBSG. Bowling fees are payable to Nags Head Bowling and Billiards on date of the competition. \$35 Golf fee to be mailed to Duck Woods Country Club
attn. Rob Robinson, 50 S. Dogwood Trail, Kitty Hawk, NC 27949 before 4-10-10.

APPENDIX T SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

- All persons entering SilverArts must be 55 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
- Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed works can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts piece entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals

B. Literary Arts

- All entries must be typed, double-spaced, on 8-1/2 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.
- Artist's name should not appear on the content pages.
- A **display-quality copy** of the winning Literary Arts entries, and three (3) additional photocopies, should be submitted to NCSG by the artist with their official *State Finals Entry Form* and *SilverArts Information Form*. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG, Inc.
- The literary arts piece entered at State Finals must be the same piece that won at the Local Games.

C. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.

- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 55 as of Dec. 31st will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, the artist/group leader must provide to NCSG by August 1st (with *State Finals Entry Form* and *SilverArts Information Form*) a high-quality CD for their performance. No recorded instruction is permitted. Artists should pick up their music after the performance...it will not be mailed/returned. Their music/song should be the only music on the CD.
- At State Finals, NCSG can provide the following items: Microphone(s), Piano, Sound system, and CD player. The act is responsible for all other props and equipment (including music stands, chairs, etc.) and must get NCSG advance approval for use at Show.
- Voice presentations must be a *live* performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form*, and each member of the group must submit their own personal *State Finals Entry Form* by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

D. Visual Arts

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3'(W) x 3' (L) x 5' (Height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- The visual arts piece entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals