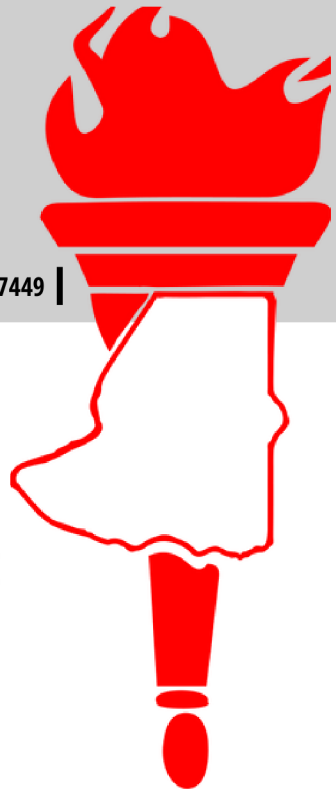


# WAYNE COUNTY SENIOR GAMES

**FOR AGES 50+**

ENTRY DEADLINE: WEDNESDAY, MARCH 1ST, 2023 | FOR MORE INFORMATION, CONTACT JORDAN WALKER AT 919-739-7449 |



SILVER STRIDERS FUN WALK | CORNHOLE | SHUFFLEBOARD  
HORSESHOES | TENNIS | CROQUET | BASKETBALL SHOOT  
SOFTBALL THROW | FOOTBALL THROW | PUTT-PUTT | BOCCE  
CYCLING | TABLE TENNIS | SILVERARTS | BOWLING  
TRACK EVENTS | PICKLEBALL | BILLIARDS | GOLF



North Carolina Senior Games



THIS PROGRAM IS SANCTIONED BY NORTH CAROLINA SENIOR GAMES, INC. NCSG IS SPONSORED STATEWIDE BY THE NORTH CAROLINA DIVISION OF AGING AND ADULT SERVICES.

# SENIOR GAMES RULES & REGULATIONS

**Eligibility:** To be eligible to participate in the 2023 Wayne County Senior Games, you must be 50 years of age or better on or before December 31, 2023, and be a resident of Wayne County 3 or more consecutive months of the year.

**Fees:** A \$10 Registration Fee is required of all participants to compete in the Wayne County Senior Games. The fee includes participation in all events including the opening day cookout, awards luncheon, SilverArts Follies, fall social, and your 2023 WCSG T-Shirt. There is a separate fee for those participating in Bowling events (\$5 per event), Golf (\$15), Putt-Putt (\$5), and also, if you want any additional WCSG T-Shirts they are (\$10 each). All Fees are due on March 1st, 2023.

**Age Categories:** A participants age as of December 31, 2023 determines the age category in which they will compete. Men & Women compete in separate categories and are grouped in 5-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and 95+. Competition in the SilverArts will be without regard to age or gender.

**Health Considerations:** If you have not had a health exam in the past 12 months, we suggest you do. Some activities are vigorous and this is a preventative measure you can take. We recommend that participants bring a hat, sunscreen, and a lawn chair to the Games.

**Rules:** All events will be conducted in accordance with the 2023 Edition of the NCSG Official Rules Book. A copy of the official rules for each event will be at the event site. Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for rules and State Finals details.

**Inclement Weather:** Games officials reserve the right to cancel or postpone events to a later time in case of inclement weather, or unusual circumstances. Call the Goldsboro Parks & Recreation Department at 919-739-7480 for the status of the games.

**Practice Information:** Want a little practice time before the games begin? Contact the Goldsboro Parks & Recreation Department at 919-739-7449 and they will be happy to assist you with equipment and rules/instruction per your request.

**Bring a Friend Program:** In an effort to increase participation at this years games, we want to reward you for recruiting new participants! Every person that recruits a new participant will be entered in a drawing for a gift card, which will be presented at the Awards Ceremony. To enter: all you have to do is have your friend list you on their registration on the blank labeled ("Referred By").

## SilverArts

Entries must be original works of the artist, created after the artist became 50 years of age and within the last two years. The pieces entered at the local games must be the same piece entered at the state finals. Each artist may enter up to 3 pieces in any combination of heritage, visual, and literary arts categories. You do not need to be present in order for you art to be judged. All entries (excluding performing arts) must be delivered to the T.C. Coley Community Center the week of March 6-10, 2023 between 10 am - 2 pm. Entries will be on display the entire month of April. All entries must be picked up the day of the Awards Luncheon, April 28th, 2023 between 12 pm - 5 pm. \*Late entries will not be accepted.\*

### Categories

- For Heritage and Visual Arts, you must place first, second, or third to qualify for the State Finals.
- For Literary Arts, you must place first or second to qualify for the State Finals.
- For Performing Arts (SilverArts Follies), only the best in show will qualify for the State Finals.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional artwork not properly prepared will not be displayed. Framed works can not be larger than 36" x 42", including matting and frame. Pieces can be no heavier than 50 pounds, and must be able to be displayed in an area of 3' x 3' x 5'. Groupings may not have more than 3 pieces per group. Entries must have on them or attached to them, the artists name and title. Signed art must have name covered until after judging.

**Heritage Arts:** Entries may not be the work of a group. Patterns may be used, but no stamped pieces will be accepted. Pottery must be original (not painted greenware).

**Visual Arts:** Master studies are accepted. The art piece may not be a print.

**Literary Arts:** Poems can be no longer than 40 lines. Short stories, essay/articles, and life experiences may be no longer than 8 pages and should be double-spaced with a 1" margin on all sides. All entries must have a title page including title, subcategory, and name of the artist. Artist's name should not appear on the content pages. A display-quality copy of the Literary Arts entry should be submitted to the Senior Games.

**Performing Arts:** Entries are limited to 3 minutes of "on stage" time. Entries may be one of the following: soloists or soloist with accompanist, small group (2-4 performers), or large group (5+ performers). Accompanist will be counted to determine the size of the act. An accompanist must be a registered Senior Games participant. For all acts, the group or act leader must submit the SilverArts Follies registration form listing each group/act member. All performing acts participants must be registered. If a CD is used, artist must provide a high-quality copy for the performance with music at the beginning. Any props are the responsibility of the performer. Voice presentation must be live performance by the artist. Background music may be recorded. Lip-sync is not permitted. Please note: The SilverArts Follies participants are required to be at the Paramount Theatre on April 20, 2023 by 9:30 am for rehearsal, and at 5:30 pm for pre-show preparations. Each performer can be in no more than 2 acts, each being a different category. Due to time restrictions, the program is limited to 20 acts.

# LIABILITY WAIVER

**Deadline:**  
**March 1st, 2023**

## LIABILITY WAIVER

REQUIRED FOR ALL PARTICIPANTS

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 the State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Final registration with payment and required items must be received by the NCSG office in Raleigh by 11:59 pm on August 1st, 2023. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered. To qualify for state finals, golfers must meet a minimum performance score and finish in the top 3 in their age group. MPS is available from your coordinator and in NCSG rules book at [www.ncseniorgames.org](http://www.ncseniorgames.org). I understand that there must be five (5) entries in an event before it can be offered.

**I will demonstrate a positive attitude and treat others with respect while participating in the Senior Games events. I understand failure to comply could result in my suspension from the Wayne County Senior Games.**

I, the undersigned, intended to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Senior Games Committee, Goldsboro Parks & Recreation Department, and their representatives and assigned for any and all injuries suffered in said events. I also attest and verify that I am physically fit and have trained sufficiently for events I have chosen to enter in the 2023 Senior Games.

Coronavirus / COVID-19 Warning & Disclaimer: Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing and wearing a face covering as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in Wayne County Senior Games or Goldsboro Parks and Recreation programs or accessing Goldsboro Parks and Recreation facilities could increase the risk of contracting COVID-19. Wayne County Senior Games in no way warrants that COVID-19 infection will not occur through participation in Wayne County Senior Games programs or accessing our facilities. Organizations and users of Goldsboro Parks and Recreation facilities and/ or programs do so at their own risk.

The 2023 Wayne County Senior Games has my permission to have a physician attend me if it is deemed necessary during my participation in the games. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my training in regard to my participation in the Senior Games. I have been advised to inform WCSG of any changes in my medication or health status.

### Medical History:

1. List any specific medical conditions or health concerns: \_\_\_\_\_
2. List any medicines you are currently taking: \_\_\_\_\_
3. List any medications to which you are allergic: \_\_\_\_\_
4. Restrictions: \_\_\_\_\_
5. Physical Limitations: \_\_\_\_\_

Name of Personal Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

I grant the Wayne County Senior Games the free and unrestricted right to use my name and photographs in any publicity for or photographic account of the Wayne County Senior Games.

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

*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.*



SENIOR GAMES REGISTRATION FORM

Deadline:  
March 1st, 2023

BEFORE you submit the Registration Form, make sure you:

1. Complete required forms, including signature and date as indicated, partner names for doubles events, etc.
2. Check ALL the EVENTS in which you want to participate; no registration changes after Final Entry Deadline.
3. Submit ALL forms, attachments, and music (if applicable) with payment by March 1st, 2023 to the Senior House, 903 E. Ash Street, Goldsboro

Full Name :

Date of Birth :

/

/

Gender :

Male

Female

Mailing Address:

City :

Zip Code :

Email:

Cell Phone:

Home Phone:

Emergency Contact Name:

Emergency Contact Number:

Ethnicity:

☐ American Indian/Alaskan Native

☐ Asian

☐ Black or African American

☐ Native Hawaiian/Other Pacific Islander

☐ Hispanic

☐ White

☐ Unknown/Refuse to Answer

T-Shirt Size:

☐ NO Shirt

☐ Medium

☐ XL

☐ 3XL

☐ Small

☐ Large

☐ 2XL

☐ 4XL

Referred By:

\*First Year Only\*

Bowlers Only

Info Necessary To Access Seymour Johnson Air Force Base

License Tag:

Drivers License:

Group Activities

☐ Opening Ceremony

☐ Awards Luncheon

☐ SilverArts Follies

☐ Silver Striders Fun Walk (non-medal event)

Assorted Events

☐ Football Throw

☐ Cycling (1 mile)

☐ Putt-Putt

☐ Softball Throw

☐ Basketball Shoot

\*Putt-Putt is Additional \$5 Per Participant\*

Tournament Events

☐ Shuffleboard

☐ Horseshoes

☐ Golf

☐ Tennis, Doubles Partner:

☐ Croquet

☐ Cornhole

☐ Bocce

☐ Tennis, Mixed Doubles Partner:

☐ Billiards

☐ Tennis, Singles

☐ Pickleball, Doubles Partner:

☐ Table Tennis

☐ Pickleball, Singles

☐ Pickleball, Mixed Doubles Partner:

\*Golf is Additional \$15 Per Participant\*

Track & Field Events

☐ 50 M Dash☐ 100 M Dash☐ 200 M Dash

☐ 400 M Dash☐ 800 M Run☐ 1500 M Race/Walk

☐ 1500 M Run☐ 5k Run☐ 5k Race/Walk

☐ Discus☐ Shotput

Bowling Events

☐ Singles

☐ Doubles Partner:

☐ Mixed Doubles Partner:

\*Additional \$5 Per Event\*

SilverArts Events

☐ Literary Arts

☐ Visual Arts

☐ Heritage Arts

☐ Performing Arts (SilverArts Follies)

\*Separate SilverArts Registration Must Be Included (Next Page)\*

Registration Fee: \$10

Bowling

\$5 Per Event

Putt-Putt

\$5

Golf

\$15

Extra T-Shirt

\$10

Make Checks Payable to Wayne County Senior Games

Total:

Payment Type: 

☐ Cash

☐ Check

☐ Money Order



# SILVERArts REGISTRATION FORM

**Deadline:**  
**March 1st, 2023**

SilverArts Participants are limited to a maximum of 3 entries total in the Literary, Visual, & Heritage Categories, with only 1 entry per Subcategory)  
SilverArts entries (Literary, Visual, Heritage) must be delivered to T.C. Coley Community Center the week of March 6-10, 2023 (10 am - 2 pm).  
Late entries, and/or entries that differ from what is submitted on this form, will not be judged.

## Literary Arts

- ☐ Poem ☐ Life Experience ☐ Short Story (Fiction) ☐ Essay (Non-Autobiographical)

## Visual Arts

- ☐ Oil ☐ Acrylic ☐ Watercolor ☐ Drawing  
☐ Photography ☐ Sculpture ☐ Pastels ☐ Mixed Media

## Heritage Arts

- ☐ Quilting (Hand) ☐ Knitting ☐ Toile Painting ☐ Woodcarving  
☐ Quilting (Machine) ☐ Needlework ☐ Stained Glass ☐ Woodturning  
☐ Weaving ☐ Basket Weaving ☐ Pottery ☐ Woodworking  
☐ Crocheting ☐ Jewelry (Thrown or Hand Built)

1.

Category: \_\_\_\_\_ Sub-Category: \_\_\_\_\_  
Title of Entry: \_\_\_\_\_  
Brief Description: \_\_\_\_\_  
Size: \_\_\_\_\_ Weight: \_\_\_\_\_ Is This A Set? If So, # Of Pieces In Set?: \_\_\_\_\_

2.

Category: \_\_\_\_\_ Sub-Category: \_\_\_\_\_  
Title of Entry: \_\_\_\_\_  
Brief Description: \_\_\_\_\_  
Size: \_\_\_\_\_ Weight: \_\_\_\_\_ Is This A Set? If So, # Of Pieces In Set?: \_\_\_\_\_

3.

Category: \_\_\_\_\_ Sub-Category: \_\_\_\_\_  
Title of Entry: \_\_\_\_\_  
Brief Description: \_\_\_\_\_  
Size: \_\_\_\_\_ Weight: \_\_\_\_\_ Is This A Set? If So, # Of Pieces In Set?: \_\_\_\_\_

## Performing Arts

### Vocal

- ☐ Solo ☐ Small Group ☐ Large Group

Group Name: \_\_\_\_\_ Song Title: \_\_\_\_\_

### Line Dance

- ☐ Small Group ☐ Large Group

Group Name: \_\_\_\_\_ Song Title: \_\_\_\_\_

### Instrumental

- ☐ Solo ☐ Small Group ☐ Large Group

Group Name: \_\_\_\_\_ Song Title: \_\_\_\_\_

### Comedy/Drama

- ☐ Solo ☐ Small Group ☐ Large Group

Group Name: \_\_\_\_\_

### Dance

- ☐ Solo ☐ Small Group ☐ Large Group

Group Name: \_\_\_\_\_ Song Title: \_\_\_\_\_

*\*Group Leaders & Soloists Must Fill Out Separate SilverArts Follies Registration Form\**

# SILVERArts GROUP REGISTRATION

**Deadline:**  
**March 1st, 2023**

*Solo Performers and/or Group Leaders should complete and return this SilverArts Follies Registration Form.*

*Only the group members listed below will be eligible and permitted to perform with the group act.*

*Music must be submitted with registration form in mp3 format.*

*All acts are required to be no more than 3 minutes in length. Exceeding the time limit will result in automatic disqualification.*

*The SilverArts Follies will be held on Thursday, April 20th, 2023 at the Paramount Theatre.*

## Performing Arts Sub-Category

☐ Vocal ☐ Line Dance ☐ Instrumental ☐ Comedy/Drama ☐ Dance

## Type of Act

☐ Solo ☐ Solo With Accompanist ☐ Small Group (2-4) ☐ Large Group (5+)

Group Leader/Soloist:

Cell Phone:  Email:

Group Name:

# in Group:  Song Title:

Music File: ☐ No File/Acapella ☐ Email ☐ CD ☐ Flash Drive

Please List All Group Members:

---

---

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## Equipment Request

☐ Microphones ☐ Music Stand ☐ Seating ☐ Other

# of Microphones:  # of Music Stands:  # of Seats:

Other Request:

Additional Information/Instructions For Paramount Staff:

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# CALENDAR OF EVENTS

Date	Event	Location/Address
Tuesday, March 28th, 2023	Opening Ceremony 9:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Tuesday, March 28th, 2023	Basketball Shoot 10:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Tuesday, March 28th, 2023	Billiards 11:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Wednesday, March 29th, 2023	Cornhole - Women 9:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Thursday, March 30th, 2023	Cornhole - Men 9:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Friday, March 31st, 2023	Table Tennis 10:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164
Monday, April 3rd, 2023	Bowling - Singles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531   919-722-0350
Tuesday, April 4th, 2023	Bowling - Doubles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531   919-722-0350
Wednesday, April 5th, 2023	Bowling - Mixed Doubles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531   919-722-0350
Thursday, April 6th, 2023	Shuffleboard 9:00 am - Men   10:00 am - Women	Peggy M. Seegars Senior Center 2001 E. Ash Street, Goldsboro, NC 27530   919-731-1591
Monday, April 10th, 2023	Golf - Mens 8:00 am	Goldsboro Golf Course & Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530   919-735-0411
Tuesday, April 11th, 2023	Golf - Womens 8:00 am	Goldsboro Golf Course & Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530   919-735-0411
Wednesday, April 12th, 2023	RAIN DATE	RAIN DATE
Thursday, April 13th, 2023	Putt-Putt 10:00 am	Larry Bill's Fun Time Mini Golf 2940 US-70 West, Goldsboro, NC 27530   919-734-0199
Friday, April 14th, 2023	Tennis & Pickleball Tennis - 9:00 am   Pickleball - 10:00 am	Goldsboro Golf Course & Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530   919-735-0411
Monday, April 17th, 2023	Fun Walk 10:00 am	Bryan Multi-Sports Complex 501 S. Oak Forest Road, Goldsboro, NC 27534   919-988-6600
Monday, April 17th, 2023	Football Throw, Softball Throw, Discus, Shotput 10:30 am	Bryan Multi-Sports Complex 501 S. Oak Forest Road, Goldsboro, NC 27534   919-988-6600
Tuesday, April 18th, 2023	RAIN DATE	RAIN DATE
Wednesday, April 19th, 2023	Croquet 9:00 am	Herman Park Center 901 E. Ash Street, Goldsboro, NC 27530   919-739-7480
Thursday, April 20th, 2023	SilverArt Follies 9:30 am - Rehearsal   6:00 pm - Show	Paramount Theatre 139 S. Center Street, Goldsboro, NC 27530   919-583-8432
Friday, April 21st, 2023	Cycling 9:00 am	Ray McDonald Sr. Sports Complex, University of Mount Olive 619 N. Martin Street, Mount Olive, NC 28365   919-739-7480
Friday, April 21st, 2023	Track Events 9:30am - 5k   10am - 1500 Run/Walk   10:30 - 50 M Dash   11 am - 100 M Dash   11:30 am - 200 M Dash   12 pm - 400 M Dash   12:30 pm - 800 M Dash	Ray McDonald Sr. Sports Complex, University of Mount Olive 619 N. Martin Street, Mount Olive, NC 28365   919-739-7480
Monday, April 24th, 2023	Horseshoes 9:00 am - Women   10:30 am - Men	Herman Park Center 901 E. Ash Street, Goldsboro, NC 27530   919-739-7480
Tuesday, April 25th, 2023	Bocce - Women 9:00 am	Family Y Preschool & Child Care Center 900 S. Harding Drive, Goldsboro, NC 27534   919-778-8557
Wednesday, April 26th, 2023	Bocce - Men 9:00 am	Family Y Preschool & Child Care Center 900 S. Harding Drive, Goldsboro, NC 27534   919-778-8557
Thursday, April 27th, 2023	RAIN DATE	RAIN DATE
Friday, April 28th, 2023	Awards Luncheon 12:00 pm - 2:00 pm	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530   919-734-4164



**FOR AGES 50+**

# WAYNE COUNTY SENIOR GAMES

ENTRY DEADLINE: WEDNESDAY, MARCH 1ST, 2023 | FOR MORE INFORMATION, CONTACT JORDAN WALKER AT 919-739-7449

## 2023 COORDINATING AGENCIES



If you are interested in being a coordinating agency for the 2023 Wayne County Senior Games, please contact Jordan Walker at 919-739-7449.



## 2023 WAYNE COUNTY SENIOR GAMES AMBASSADORS

**Terry Wright**

919-288-2601

**Janice Simmons**

919-330-7061

**David White**

919-394-1780

**Johnnie White**

919-394-2396

## CONGRATULATIONS 2022 STATE FINALS WINNERS

Cathy Calhoun  
Jeffrey Charles  
Eileen Henderson

Darlene Hunter  
Phyllis Merritt-James  
Crystal Shaw-Wesby  
Anthony Stevens

Eric Wesby  
Rocky Wilson  
Sharon Wilson

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*"If my mind can conceive it and my heart can believe it - then I can achieve it."*  
- Muhammad Ali

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**Wayne County Senior Games Local Coordinator**

Jordan Walker | [jwalker@goldsboronc.gov](mailto:jwalker@goldsboronc.gov) | 919-739-7449

903 E. Ash Street, Goldsboro, NC 27530

**Find us on Facebook**

@WayneCountyNCSeniorGames

