

WAYNE 20 COUNTY 26 SENIOR GAMES

ANYONE AGES 50 & BETTER CAN PARTICIPATE | ENTRY DEADLINE: MONDAY, MARCH 2ND, 2026

APRIL 1ST - 30TH, 2026



2026 WCSG COORDINATING AGENCIES



2026 WAYNE COUNTY SENIOR GAMES AMBASSADORS

Ambassadors Receive Free
Registration! Consider Becoming
An Ambassador for 2027!

Terry Wright
919-288-2601
Janice Simmons
919-330-7061

David White
919-394-1780
Johnnie White
919-394-2396

CONGRATULATIONS 2025 STATE FINALS PARTICIPANTS

Donald Alley
Ted Best
Pernell Brickey
Cathy Calhoun
Jeff Charles
David Douglas
Donna Douglas

Lin Green
Diana Hammond
Mike Haney
Eileen Henderson
Ed Howard
Darlene Hunter

Peenie McCance
Starr Merritt
Sue Nobers
Sylvia Pacer
Patty Pate
Tony Patrick

Terry Ray
Brett Schwind
Wendy Schwind
Flora Taylor
Bryan Wells
Rocky Wilson
Sharon Wilson

"We don't stop playing because we grow old; we grow old because we stop playing."

- George Bernard Shaw

Wayne County Senior Games Local Coordinator

Jordan Walker | jwalker@goldsboronc.gov | 919-739-7449

1601 Peachtree Street, Goldsboro, NC 27530

Find us on Facebook

@WayneCountyNCSeniorGames



WAYNE 20 COUNTY 26 SENIOR GAMES

ANYONE AGES 50 & BETTER CAN PARTICIPATE | ENTRY DEADLINE: MONDAY, MARCH 2ND, 2026

REGISTRATION PACKET

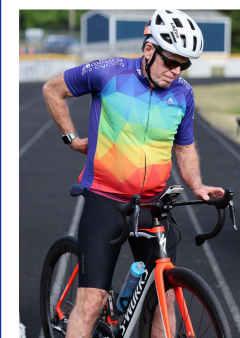
Sporting Events

CORNHOLE
SHUFFLEBOARD
HORSESHOES
TENNIS
CROQUET*
BASKETBALL SHOOT
SOFTBALL THROW
FOOTBALL THROW
DISCUS THROW
SHOTPUT
TRACK EVENTS
SILVERSTRIDERS FUN WALK
BOCCE
CYCLING
TABLE TENNIS
BOWLING
PICKLEBALL
BILLIARDS
GOLF



Heritage Arts

CROCHET
JEWELRY
BASKET WEAVING
KNITTING
NEEDLEWORK
GENERAL FIBER ARTS
POTTERY
QUILTING
STAINED GLASS
TOLE PAINTING
WEAVING
WOODCARVING
WOODWORKING
WOODTURNING
WREATH DESIGN*
FLORAL DESIGN*



Literary Arts

POETRY
SHORT STORIES
LIFE EXPERIENCES
ESSAY



Visual Arts

ACRYLICS
DRAWING
DIGITAL ART
OIL
PASTELS
PHOTOGRAPHY
SCULPTURE
WATERCOLOR
MIXED MEDIA 2D
MIXED MEDIA 3D
ASSEMBLED ART*



Performing Arts

CHEERLEADING
COMEDY/DRAMA
DANCE
INSTRUMENTAL
VOCAL
LINE DANCE

*LOCAL GAMES ONLY

GAMES TAKE PLACE THROUGHOUT THE MONTH OF APRIL

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 2026 Wayne County Senior Games, you must be 50 years of age or better on or before December 31, 2026, 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 Ceremony, Awards Luncheon, SilverArts Follies, Fall Celebration, and your 2026 WCSG T-Shirt. There is a separate fee for those participating in Bowling events (\$5 per event), Golf (\$15), and also - if you want any additional WCSG T-Shirts they are (\$10 each). All Fees are due on March 2nd, 2026.

Age Categories: A participants age as of December 31, 2026 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, 85-80, 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 2026 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 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 your art to be judged. All entries (excluding performing arts) must be delivered to Peachtree Street Recreation Center by the morning of March 18th, 2026. Art will be displayed at our SilverArts Showcase on Monday, April 20th, 2026 from 5 pm - 7 pm, in the Auditorium at Peachtree Street Recreation Center, located at 1601 Peachtree Street. All are welcome to attend. Refreshments will be served. All entries must be picked up at the Awards Luncheon, Wednesday, April 30th, 2026 by 2 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 not 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 YOUR ACT REQUIRES MUSIC, AND MP3 FILE MUST BE SUBMITTED WHEN YOU REGISTER (VIA EMAIL OR FLASH DRIVE).** 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 7th, 2026 by 5:00 pm for rehearsal, and on April 8th, 2026 at 5:00 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.

CALENDAR OF EVENTS

Date	Event	Location/Address
Wednesday, April 1st, 2026	Opening Ceremony 9:00 am Basketball Shoot & Billiards 10:00 am Table Tennis 11:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530 919-734-4164
Thursday, April 2nd, 2026	Cornhole - Men 9:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530 919-734-4164
Friday, April 3rd, 2026	GOOD FRIDAY NO EVENTS	GOOD FRIDAY NO EVENTS
Monday, April 6th, 2026	Cornhole - Women 9:00 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530 919-734-4164
Tuesday, April 7th, 2026	SilverArts Follies Rehearsal 5:00 pm	Paramount Theatre 139 S. Center Street, Goldsboro, NC 27530 919-583-8432
Wednesday, April 8th, 2026	Golf Men & Women 8:00 am SilverArts Follies Show 6:00 pm	Goldsboro Golf Course & Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530 919-735-0411 Paramount Theatre 139 S. Center Street, Goldsboro, NC 27530 919-583-8432
Thursday, April 9th, 2026	Cornhole Doubles & Mixed Doubles Doubles - 9:00 am Mixed - 10:30 am	W.A. Foster Center 1012 S. John Street, Goldsboro, NC 27530 919-734-4164
Friday, April 10th, 2026	Cycling 9:00 am 5k 9:30 am	Eastern Wayne High School Track 1135 E. New Hope Road, Goldsboro, NC 27534 919-751-7120
Monday, April 13th, 2026	Track Events 9:00 am - 1500 Run/Power Walk 9:30 am - Dashes 50 M, 100 M, 200 M, 400 M, 800 M	Ray McDonald Sr. Sports Complex, University of Mount Olive 619 N. Martin Street, Mount Olive, NC 28365 919-739-7480
Tuesday, April 14th, 2026	Bowling - Singles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531 919-722-0350
Wednesday, April 15th, 2026	Bowling - Doubles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531 919-722-0350
Thursday, April 16th, 2026	Bowling - Mixed Doubles 9:00 am	SJAFB - Phantom Lanes Bowling Alley 1290 Andrews St., Bldg. 3730, Goldsboro, 27531 919-722-0350
Friday, April 17th, 2026	Fun Walk 9:00 am Football Throw, Softball Throw, Discus, Shotput 9:30 am	Bryan Multi-Sports Complex 501 S. Oak Forest Road, Goldsboro, NC 27534 919-988-6600
Monday, April 20th, 2026	SilverArts Showcase (Artwork) 5:00 pm	Peachtree Street Recreation Center 1601 Peachtree Street, Goldsboro, NC 27530 919-739-7480
Tuesday, April 21st, 2026	Women's Shuffleboard 9:00 am	Peggy M. Seegars Senior Center 2001 E. Ash Street, Goldsboro, NC 27530 919-731-1591
Wednesday, April 22nd, 2026	Men's Shuffleboard 1:00 pm	Peggy M. Seegars Senior Center 2001 E. Ash Street, Goldsboro, NC 27530 919-731-1591
Thursday, April 23rd, 2026	Horseshoes 9:00 am - Women 10:30 am - Men	Herman Park Center 901 E. Ash Street, Goldsboro, NC 27530 919-739-7480
Friday, April 24th, 2026	Pickleball & Tennis Pickleball - 9:00 am Tennis - 10:00 am	Goldsboro Golf Course & Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530 919-735-0411
Monday, April 27th, 2026	Women's Bocce 9:00 am	Family Y Preschool & Child Care Center 900 S. Harding Drive, Goldsboro, NC 27534 919-778-8557
Tuesday, April 28th, 2026	Men's Bocce 9:00 am	Family Y Preschool & Child Care Center 900 S. Harding Drive, Goldsboro, NC 27534 919-778-8557
Wednesday, April 29th, 2026	RAIN DATE	RAIN DATE
Thursday, April 30th, 2026	Awards Luncheon 12:00 pm - 2:00 pm	Goldsboro Event Center 1501 S. Slocumb Street, Goldsboro, NC 27530 919-735-4075

REGISTRATION FORM

Deadline:
March 2nd, 2026

Participant Name:

- 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 wish to participate; no registration changes after Final Entry Deadline.
 3. Submit ALL forms, attachments, and music (if applicable) with payment by March 2nd, 2026 to Jordan at 1601 Peachtree Street, Goldsboro, NC 27530.
 4. Forms may be dropped off on Tuesdays, Wednesdays, or Thursdays between February 1st - March 2nd, 2026 between the hours of 9 am - 1 pm, and at other times by appointment only. They MUST be dropped off to your local coordinator (Jordan) at Peachtree Recreation Center (1601 Peachtree Street, Goldsboro, NC 27530).

For Office Use Only	
Date Received:	
Date Entered:	
Staff Initials:	

Ceremonies & Events

No Additional Cost to Attend

Opening Ceremony	April 1st, 2026 9:00 AM W.A. Foster Center	<input type="checkbox"/> I plan to attend	*RSVP Required*
SilverArts Follies	April 8th, 2026 6:00 PM Paramount Theatre	<input type="checkbox"/> I plan to attend	
SilverArts Showcase	April 20th, 2026 5:00 PM Peachtree Street Rec Center	<input type="checkbox"/> I plan to attend	
Awards Ceremony	April 30th, 2026 12:00 PM Goldsboro Event Center	<input type="checkbox"/> I plan to attend	*RSVP Required*

Assorted Events

☐ Football Throw

☐ Softball Throw

☐ Discus

☐ Shotput

☐ Silver Striders Fun Walk (non-medal event)

Tournament Events

Golf is Additional \$15 Per Participant

☐ Shuffleboard☐ Horseshoes☐ Bocce☐ Golf

☐ Billiards☐ Basketball Shoot☐ Table Tennis

Golf Partner Request:

Track Events

☐ 50 M Dash☐ 400 M Dash☐ 1500 M Run☐ Cycling (1 mile)☐ 10k Run

☐ 100 M Dash☐ 800 M Run☐ 5k Run☐ Cycling (5 mile)

*10k Run Date Will Depend on Registration #'s

☐ 200 M Dash☐ 1500 M Powerwalk☐ 5k Powerwalk☐ Cycling (10 mile)

Singles, Doubles, & Mixed Doubles Events

Bowling Is Additional \$5 Per Event

Tennis

☐ Singles

☐ Doubles Partner:_____

☐ Mixed Doubles Partner:_____

Pickleball

☐ Singles

☐ Doubles Partner:_____

☐ Mixed Doubles Partner:_____

Bowling

☐ Singles

☐ Doubles Partner:_____

☐ Mixed Doubles Partner:_____

Cornhole

☐ Singles

☐ Doubles Partner:_____

☐ Mixed Doubles Partner:_____

If you do not have a partner, but would like to participate in Doubles or Mixed Doubles, please check here: ☐ Need Partner(s)

SilverArts Events

Separate SilverArts Registration Must Be Included (Next Page)

☐ Literary Arts

☐ Visual Arts

☐ Heritage Arts

☐ Performing Arts (SilverArts Follies)

Registration Fee: \$10	
Additional Fees For Events Excluded From Registration Fee	
Bowling	*\$5 Per Event*
Golf	\$15
Extra T-Shirt	\$10
Grand Total:	

Make Checks Payable to Wayne County Senior Games

Total Amount Paid:

Payment Type: ☐ Cash ☐ Check #____ ☐ Money Order

- All Fees Must Be Paid When Forms Are Submitted. No Exceptions.
- Any Changes To Registration MUST Be Done In Writing (Via Email or In Person).
- NO VERBAL CHANGES WILL BE ACCEPTED UNLESS AUTHORIZED BY COORDINATOR.
- Registration Form Must Be 100% Completed Or Will Not Be Accepted.

2026 Wayne County Senior Games | April 1st - 30th, 2026

SILVERArts REGISTRATION FORM

Deadline:
March 2nd, 2026

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 Peachtree Recreation Center on March 18th, 2026 between 9 am - 1 pm. Let us know if this drop-off window is not suitable for you. Late entries, and/or entries that differ from what is registered, will not be judged. Art will be displayed at our SilverArts Showcase on Monday, April 20th, 2026 from 5 pm - 7 pm, at Peachtree Street Recreation Center.

Literary Arts

☐ Poem

☐ Life Experience

☐ Short Story (Fiction)

☐ Essay (Non-Autobiographical)

Visual Arts

☐ Oil☐ Acrylic☐ Watercolor☐ Drawing☐ Assembled Art*

☐ Photography (Film)☐ Sculpture☐ 2D Mixed Media☐ Pastels

☐ Photography (Digital)☐ Digital Art☐ 3D Mixed Media

Heritage Arts

☐ Quilting (Hand)☐ Knitting☐ Tole Painting☐ Woodcarving☐ General Fiber Arts

☐ Quilting (Machine)☐ Needlework☐ Stained Glass☐ Woodturning☐ Floral Design*

☐ Weaving☐ Basket Weaving☐ Pottery (Thrown or Hand Built)☐ Woodworking☐ Wreath Design*

☐ Crocheting☐ Jewelry

*DENOTES LOCAL GAMES ONLY

Entry #1

☐ Literary

☐ Visual

☐ Heritage

Sub-Category: _____

Title Of Entry: _____

Description: _____

Size/Length: _____ Weight: _____ Is This A Set? If So, # Of Pieces In Set? _____

Entry #2

☐ Literary

☐ Visual

☐ Heritage

Sub-Category: _____

Title Of Entry: _____

Description: _____

Size/Length: _____ Weight: _____ Is This A Set? If So, # Of Pieces In Set? _____

Entry #3

☐ Literary

☐ Visual

☐ Heritage

Sub-Category: _____

Title Of Entry: _____

Description: _____

Size/Length: _____ Weight: _____ Is This A Set? If So, # Of Pieces In Set? _____

Literary Arts Entries

- Entries Must Be On 8 1/2" x 11" Paper, Minimum 1" Margins,
- Entries Should Have Minimum Font Size Of 10-pt (Preferably Times New Roman or Arial).
- All Entries Should Be A Display-Quality Copy. No Framed Or Matted Literary Pieces Will Be Accepted.
- Essays, Life Experiences, & Short Stories Can Be No Longer Than 8 Pages & Should Be Double-Spaced.
- Poems Can Be No Longer Than 40 Lines; Double-Spacing Is Not Required For Poems.

Heritage & Visual Arts Entries

- All Artwork Must Be No Larger Than 36" by 42" (Including Matting & Frame), or 3' W x 3' L x 5' H, & Weigh No More Than 50 lbs.
- All Framed Entries Must Be Securely Wired & Ready To Be Hung.
- Artists Name Should Be On Artwork, But Out of Sight (For Judging Purposes).
- Groupings or Sets Can Have No More Than 3 Pieces Per Group/Set.
- Mixed Media, Digital Art, Sculptures, Pottery, etc., May Be Freestanding.
- Patterns May Be Used, But No Stamped Pieces Will Be Accepted.

Submitting Entries

ALL SilverArts entries (Literary, Visual, Heritage) must be delivered to Jordan at Peachtree Recreation Center the morning of March 18th, 2026.

All Heritage & Visual Art Entries should be delivered in a box and/or protective enclosure for transport to Art Showcase.

2026 Wayne County Senior Games | April 1st - 30th, 2026

SILVERArts FOLLIES REGISTRATION

Deadline:
March 2nd, 2026

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.

A Rehearsal for the SilverArts Follies will be held on Tuesday, April 7th, 2026 at 5 pm.

The SilverArts Follies Show will be held the following evening on Wednesday, April 8th, 2026 at 6 pm, at the Paramount Theatre.

All Follies Participants Must Complete This Portion

Follies Participant Name:

Type of Act

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

Size of Act

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

Group Leader/Soloist:

Group Name:

Group or Solo Information

Only Group Leaders & Soloists Fill Out This Portion

Leader/Soloist Contact #:

Leader/Soloist Email:

in Group:

Song Title:

Music File:

☐ No File/Acapella☐ Email☐ Flash Drive

MUSIC MUST BE SUBMITTED WITH REGISTRATION FORM IN MP3 FORMAT.

Please List All Group Members:

Equipment Requests

☐ Microphones☐ Music Stand☐ Seating☐ Other

of Microphones:

of Music Stands:

of Seats:

Other Request(s):

Additional Information/Instructions For Paramount Staff:

REGISTRATION & LIABILITY WAIVER

Deadline:
March 2nd, 2026

- BEFORE you submit the Registration Form, make sure you:
- Complete required forms, including signature and date as indicated, partner names for doubles events, etc.
 - Check ALL the EVENTS in which you want to participate; no registration changes after Final Entry Deadline.
 - Submit ALL forms, attachments, and music (if applicable) with payment by March 2nd, 2026 to 1601 Peachtree Street, Goldsboro, NC 27530.

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 Participants Only

LIABILITY WAIVER

REQUIRED FOR ALL PARTICIPANTS

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 Wayne County 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 2026 Senior Games.

WCSG has my permission to have a physician attend me if it is deemed necessary during my participation in the games. I have been advised 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.

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

SilverArts: I understand that every effort will be taken to ensure the proper care of my artwork and accessories and should any damage occur, Wayne County Senior Games is not liable for loss, theft, or damage to work or items.

State 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 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, 2026. 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. I understand that there must be five (5) entries in an event before it can be offered.

Signature:

Date:

Medical History

- List any specific medical conditions or health concerns:
- List any medicines you are currently taking:
- List any medications to which you are allergic:
- Restrictions:
- Physical Limitations:

Name of Personal Physician:

Phone:

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.