

WAYNE COUNTY SENIOR GAMES

FOR AGES 50+

ENTRY DEADLINE: FRIDAY, MARCH 1ST, 2019

FOR MORE INFORMATION, CONTACT STASIA FIELDS AT (919) 739-7486



SILVER STRIDERS FUN WALK

CORNHOLE

SHUFFLEBOARD

HORSESHOES

TENNIS

BASKETBALL SHOOT

SWIMMING EVENTS

TRACK EVENTS

SOFTBALL THROW

FOOTBALL THROW

CROQUET

BILLIARDS

BOWLING

RACQUETBALL

TABLE TENNIS



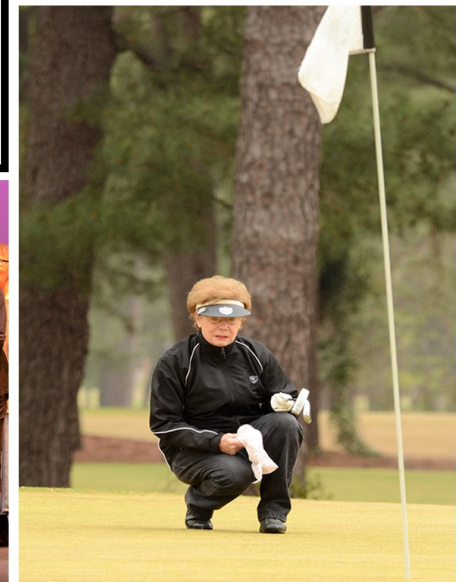
PICKLEBALL

GOLF

CYCLING

SILVER ARTS

BOCCE



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 Participation

Wayne County Senior Games offers quality recreation and competitive activities to promote health and well-being in adults 50 and better.

Fees

A \$10 registration fee is required to participate in the Wayne County Senior Games. This fee includes participation in all events, including opening day cookout, the Silver Arts Follies, T-shirt (extra cost for larger sizes), Fall Social, and Awards Luncheon. Additional fees for bowling and putt-putt are required.

Entry Deadline

Completed entry form must be received by Goldsboro Parks and Recreation by Friday, March 1, 2019. **Silver Follies: Register early! Only 23 acts accepted.**

Eligibility

Anyone that has been a NC resident for at least 3 consecutive months of the year and is 50 years or better is eligible.



Age Categories

Categories are based on participant's age as of December 31, 2019. The Events Manager reserves the right to combine age categories for competition purposes. 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and 95 and above.

Health Suggestions

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 2019 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 and Recreation Department at 919-739-7480 for the status of the games.

WAYNE COUNTY
SENIOR GAMES

APRIL 2019

SENIOR GAMES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 GOOD LUCK EVERYONE	1 SENIOR CENTER OPENING CEREMONY 9:00 AM BRYAN MULTI-SPORTS COMPLEX 10:30 FUN WALK 11:00 5K WALK/RUN 11:30 FOOTBALL THROW, SOFTBALL THROW, SHOT PUT, DISCUS THROW	2 UNIVERSITY MT. OLIVE TRACK 9:00 1500 M RUN/WALK 9:30 100 M DASH 10:00 400 M DASH 10:30 200 M DASH 11:00 800 M DASH 11:15 50 M DASH	3 FAMILY Y DAY CARE 9:00 BOCCE	4 HERMAN PARK 9:00 TENNIS LARRY BILL'S MINI GOLF 10:00 PUTT-PUTT	5 RAIN DATE	6
7 	8 GOLDSBORO MUNICIPAL GOLF COURSE GOLF WOMEN TEE TIME 1:00 PM	9 GOLDSBORO MUNICIPAL GOLF COURSE GOLF MEN TEE TIME 1:00 PM	10 SJAFB LANES 10:00 BOWLING SINGLES	11 HERMAN PARK CENTER 9:00 HORSESHOES MEN 10:30 HORSESHOES WOMEN 70 & UP 1:00 HORSESHOES WOMEN 50-69	12 SENIOR CENTER 9:00 SHUFFLEBOARD MEN 11:00 SHUFFLEBOARD WOMEN 70-UP 1:00 SHUFFLEBOARD WOMEN 50-69	13 
14	15 SILVER FOLLIES PARAMOUNT THEATER Required Rehearsal Time 9:30 am PERFORMERS CHECK-IN 5:30 PM SHOW TIME 6:00 pm RAIN DATE GOLF 1:00 pm	16 SJAFB LANES 10:00 BOWLING DOUBLES RAIN DATE GOLF 1:00 pm	17 SENIOR CENTER 9:00 BILLIARDS SJAFB LANES 10:00 BOWLING MIXED DOUBLES	18 WA FOSTER CENTER 9:00 CORN HOLE MEN 10:30 CORN HOLE WOMEN	19 GOOD FRIDAY HOLIDAY 	20
21 HAPPY EASTER 	22 FAMILY Y 9:00 RACQUETBALL 9:30 SWIMMING	23 WA FOSTER 9:00 BASKETBALL SHOOT 11:00 TABLE TENNIS	24 GOLDSBORO HIGH SCHOOL TRACK 9:00 CYCLING HERMAN PARK CENTER 2:00 CROQUET	25 CARVER CULTURAL CENTER GYM Mt. OLIVE 9:00 PICKLEBALL SINGLES DOUBLES 11:30 PICKLEBALL MIXED DOUBLES	26 RAIN DATE	27 
28	29 HERMAN PARK CENTER 11:00 AM AWARDS LUNCHEON	30 RAIN DATE IF NEEDED				

ADDRESSES TO VENUES ARE LISTED ON BACK

APRIL 2019

SENIOR GAMES CALENDAR

ADDRESS TO VENUES

PEGGY M. SEEGARS SENIOR CENTER

2001 B EAST ASH STREET
GOLDSBORO, NC 27530
919-731-1591

UNIVERSITY OF MT. OLIVE TRACK

634 HENDERSON STREET
MT. OLIVE, NC

TRANSPORTATION WILL BE AVAILABLE
FROM HEREMAN PARK CENTER
TO THE TRACK AT UMO

LEAVING AT 8:15 AM ON TUESDAY, APRIL 2ND

FAMILY Y DAY CARE

900 SOUTH HARDING DRIVE
GOLDSBORO, NC 27534
919-778-8557

HERMAN PARK CENTER

901 EAST ASH STREET
GOLDSBORO, NC 27530
919-739-7480

HERMAN PARK

901 PARK AVE
GOLDSBORO, NC 27530
919-739-7480

GOLDSBORO MUNICIPAL GOLF COURSE

407 EDEN PLACE
GOLDSBORO, NC
919-735-0411

PLANET BOWL SJAFB

1209 ANDREWS STREET
GOLDSBORO, NC
919-722-0350

GOLDSBORO HIGH TRACK

901 EAST BEECH STREET
GOLDSBORO, NC 27533
919-739-7488

FAMILY Y

1105 PARKWAY DRIVE
GOLDSBORO, NC 27534
919-778-8557

PARAMOUNT THEATRE

139 SOUTH CENTER STREET
GOLDSBORO, NC
919-583-8432

CARVER CULTURAL CENTER

612 SOUTH BREAZEALE AVE
MT. OLIVE, NC
919-658-2502

WA FOSTER CENTER

1012 SOUTH JOHN STREET
GOLDSBORO, NC 27534
919-739-7459

ARTS COUNCIL OF WAYNE COUNTY

102 NORTH JOHN STREET
GOLDSBORO, NC
919-736-3300

LARRY BILL'S MINI GOLF

HWY 70 WEST
GOLDBORO, NC
919-734-0199

BRYAN MULTI-SPORTS COMPLEX

501 SOUTH OAK FOREST ROAD
GOLDSBORO, NC 27534
919-947-1092

BEHIND THE ROSEWOOD WAL-MART



Registration Form

Entry deadline:

Friday, March 1, 2019

Mail to: Wayne County Senior Games

Goldsboro Parks and Recreation Attn: Stasia Fields, P.O. Drawer A, Goldsboro, NC 27533

(Please print clearly in black ink or type)

* Required

* Name

First _____ Last _____

* Mailing Address

Street _____

City _____ State _____ Zip _____

* Phone Number

Home _____ Cell _____

Email Address

* Date of Birth (Month, Day, Year)

* Emergency Contact and Phone Number

Contact _____

Phone Number _____

* Gender (check one)

☐ Male

☐ Female

First Time Participant? ☐

Bowlers-Seymour Johnson AFB Access? ☐ Yes ☐ No

Please provide the following information to help us. It will be kept confidential.

Ethnicity (check all that apply)

☐ Black or African American

☐ Asian

☐ Hispanic

☐ White

☐ Native Hawaiian or other Pacific Islander

☐ American Indian or Alaska Native

☐ Unknown or Refuse to Answer

T-Shirt Size (check one)

☐ NO Shirt

☐ Small

☐ Medium

☐ Large

☐ X-Large

☐ 2X-Large

☐ 3X-Large (Add \$1)

☐ 4X-Large (Add \$2)

☐ 5X-Large (Add \$3)

Medical/Informed Consent and Photography Release

The staff and volunteers of Wayne County Senior Games are committed to creating a healthy and safe environment for all participants, staff, and spectators. We request that every participant consult his/her doctor in regards to preparation for, and competition in the Wayne County Games. Please inform WCSG of any changes in your 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: _____

* Must Sign to be Eligible to Participant

State Finals

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 if I don't have internet access. My State Final Registration with payment and required items must be received in the NCSG office in Raleigh by 11:59 p.m. on August 1st. 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 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 Recreation & Parks 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 2019 Senior Games.

The 2019 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 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.

Performing Arts: No more than 2 acts, each being a different category.

It is the group leader's responsibility to turn in all names of their group members.

Entries are limited to 3 minutes of "on stage" time. Entries may be one of the following: soloist or soloist with accompanist, small group (2-4 performers), or large groups (5+ performers). Accompanist will be counted to determine the size of the act. For an accompanist to receive recognition, he/she must be registered, eligible Senior Games participant and the act must be entered as a soloist with accompanist. For all groups, the group/act leader must submit entry form listing each group/act member. All performing arts participants must be registered. If a CD is used, artist must provide a high-quality copy for the performer. Voice presentation must be live performance by the artist. Background music may be recorded. Lip-sync is not permitted. Participants are required to be at the Paramount Theatre on April 15 by 9:30 am for rehearsal and 5:30 pm for pre-show preparations.

Participant's Name _____

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

Name of Group _____

Name of Song _____

Group Contact _____

☐ CD Music ☐ No Music

☐ Accompanist Name/instrument _____

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

Name of Group _____

Name of Song _____

Group Contact _____

☐ CD Music ☐ No Music

☐ Accompanist Name/instrument _____





Silver Arts Events

Participant's Name _____

Note to Silver Artists: Separate Silver Arts Registration Form must be included to add your art entries.

Heritage Arts: First, second, and third place winners in each subcategory are eligible for state finals. Entries may not be the work of a group. Patterns may be used, but no stamped pieces will be accepted.

Visual Arts: First, second, and third place winners in each subcategory are eligible for state finals. Master studies are accepted. The art piece may not be a print.

Literary Arts: First and second place winners in each subcategory are eligible for state finals. Poems can be longer than 40 lines. Short stories, essay/articles, and life experiences can 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 contest pages. A display-quality copy of the Literary Arts entry should be submitted to the Senior Games.

No more than 3 entries	Title (required)	Description	Size/Weight
_____ Oil	_____	_____	VISUAL ARTS
_____ Acrylic	_____	_____	
_____ Watercolor	_____	_____	
_____ Drawing	_____	_____	
_____ Photography	_____	_____	
_____ Sculpture	_____	_____	
_____ Pastels	_____	_____	
_____ Mixed Media	_____	_____	
_____ Quilting hand	_____	_____	HERITAGE ARTS
_____ Quilting machine	_____	_____	
_____ Weaving	_____	_____	
_____ Crocheting	_____	_____	
_____ Knitting	_____	_____	
_____ Needlework	_____	_____	
_____ Basket Weaving	_____	_____	
_____ Pottery thrown/hand built	_____	_____	
_____ Jewelry	_____	_____	
_____ Tole Painting	_____	_____	
_____ Stained Glass	_____	_____	LITERARY ARTS
_____ Woodcarving	_____	_____	
_____ Woodturning	_____	_____	
_____ Wood Working	_____	_____	
_____ Poem	_____	_____	
_____ Short Story (fiction)	_____	_____	
_____ Essay (not autobiographical)	_____	_____	
_____ Life Experience	_____	_____	

Athletic Events

Note to Silver Artists— a separate Silver Arts Registration Form must be included to add your art entries.

Check all events you plan to participate in. See the calendar insert for times and locations.

Group Activities	<input type="checkbox"/> Opening Ceremony	<input type="checkbox"/> Silver Striders Fun Walk (not a medal event)	<input type="checkbox"/> Awards Luncheon	<input type="checkbox"/> Silver Arts Follies		
Assorted Events	<input type="checkbox"/> Football Throw	<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Cycling (1 mile)	<input type="checkbox"/> Basketball Shoot	<input type="checkbox"/> Putt Putt	
Tournament Events	Please list your partner where applicable					
	<input type="checkbox"/> Shuffleboard	<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Billiards	<input type="checkbox"/> Racquet Ball	<input type="checkbox"/> Table Tennis	
	<input type="checkbox"/> Croquet	<input type="checkbox"/> Corn Hole	<input type="checkbox"/> Pickleball	Singles _____ Doubles _____	Mixed _____	
	<input type="checkbox"/> Tennis, singles _____	<input type="checkbox"/> Tennis, doubles _____	<input type="checkbox"/> Tennis, mixed doubles _____			
	<input type="checkbox"/> Golf (18 holes) _____			<input type="checkbox"/> Bocce _____		
Track and Field Events	<input type="checkbox"/> Discus	<input type="checkbox"/> Shot Put	<input type="checkbox"/> 50 M Dash	<input type="checkbox"/> 100 M Dash	<input type="checkbox"/> 200 M Dash	<input type="checkbox"/> 400 M Dash
	<input type="checkbox"/> 800 M Run	<input type="checkbox"/> 1500 M Race Walk	<input type="checkbox"/> 1500 M Run	<input type="checkbox"/> 5K Race Walk	<input type="checkbox"/> 5K Run	
Bowling Events	Where applicable, list your partner.					
	<input type="checkbox"/> Singles	<input type="checkbox"/> Doubles _____	<input type="checkbox"/> Mixed Doubles _____			
Swimming Events	You may participate in no more than five (5) swimming events.					
	<input type="checkbox"/> Breaststroke 50 Yard	<input type="checkbox"/> Breaststroke 100 Yard	<input type="checkbox"/> Backstroke 50 Yard	<input type="checkbox"/> Backstroke 100 Yard	<input type="checkbox"/> Butterfly 50 Yard	
	<input type="checkbox"/> Freestyle 50 Yard	<input type="checkbox"/> Freestyle 100 Yard	<input type="checkbox"/> Freestyle 200 Yard	<input type="checkbox"/> Freestyle 500 Yard	<input type="checkbox"/> Butterfly 100 Yard	
	<input type="checkbox"/> Individual Medley 100 Yard					

Make checks payable to

Wayne County Senior Games

(Registration fee is only due once for those participating in both Silver Arts and Athletic events.)

Fees (Additional T-shirt fee if needed)		
Registration	\$10	
Bowling (each event)	\$5	
Held at SJAFB		
Putt-Putt (Not State Event)	\$5	
Total		

Form of payment enclosed: Cash___ Check___ Money order___

Wayne County Senior Games
Goldsboro Parks and Recreation
PO Drawer A
Goldsboro, NC 27533-9701

Entry Deadline: Friday, March 1, 2019



North Carolina Senior Games

Silver Arts

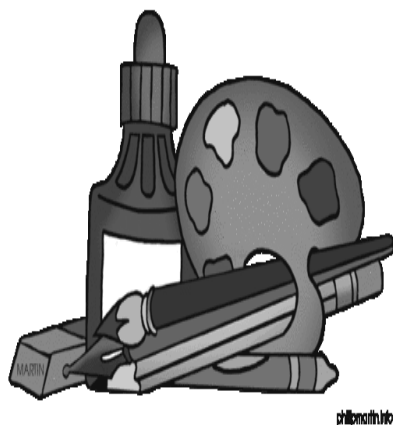
Rules

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 the Arts Council of Wayne County on **March 25-29** from **9-5**. Pick-up is **May 18-22**.

Art Council of Wayne County
102 N. John St.

(919) 736-3300

Late entries will not be accepted.



Register Early!

Categories

See entry form for subcategories.

Heritage Arts

First, second, and third place winners in each subcategory are eligible for state finals. 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

First, second, and third place winners in each subcategory are eligible for state finals. Master studies are accepted. The art piece may not be a print.

Literary Arts

First and second place winners in each subcategory are eligible for state finals. Poems can be no longer than 40 lines. Short stories, essay/articles, and life experiences can 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 soloists with accompanist, small group (2-4 performers), or large groups (5+ performers). Accompanist will be counted to determine the size of the act. For an accompanist to receive recognition, he/she must be a registered, eligible Senior Games participant and the act must be entered as a soloist with accompanist. For large groups, the group/act leader must submit an entry form listing each group/act member. **All performing arts 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 Silver Arts Follies participants are required to be at the Paramount Theater on April 15 by 9:30 am for rehearsal and at 5:30 pm for pre-show preparations.**

Due to time restrictions, the program is limited to 23 acts. Each performer can be in no more than 2 acts, each being a different category.

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 artist's name and title. Signed Art must have name covered until after judging.



2019 Coordinating Agencies

Area Agency on Aging

Arts Council of Wayne County

Goldsboro Family Y

Goldsboro Parks and Recreation

Wayne County Services on Aging

Wayne County Senior Games Coordinator:

Stasia Fields (919) 739-7486

Event Director: Donna May (919) 739-7451

Ambassadors: Jeanne Lovings (919) 344-6510

Terry Wright (919) 288-2601

Pauline Gassaway (919) 440-6623

Janice Simmons (919) 330-7061

2018 State Final Winners

Wilma Herring

Phyllis Merritt-James

John Parsley

Flora Taylor

If you are interested in being a Coordinating Agency for the 2020 Wayne County Senior Games, contact Stasia Fields (919) 739-7486

It is your responsibility to check with your local Senior Games Coordinator to determine if you qualified for State Finals and to get a State Finals entry form. The State Finals entry form must be received in the NCSG office in Raleigh by 11:59 pm August 1, 2019. First, second, and third place winners in each athletic event are eligible for State Finals. To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top three in their age group. MPS available from your Coordinator.

There must be five (5) entries in an event before it can be offered.