

WAYNE COUNTY SENIOR GAMES FOR AGES 50+

ENTRY DEADLINE: SUNDAY, MARCH 1ST, 2020

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



SILVER STRIDERS FUN WALK | CORNHOLE | SHUFFLEBOARD | HORSESHOES | TENNIS | MINI GOLF
 BASKETBALL SHOOT | SWIMMING EVENTS | TRACK EVENTS | SOFTBALL THROW | FOOTBALL THROW



CROQUET



PICKLEBALL

BILLIARDS

GOLF

BOWLING

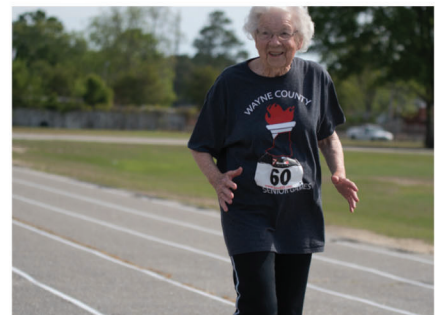
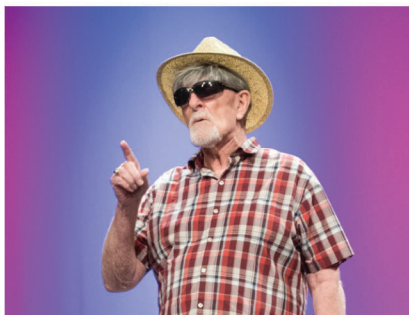
CYCLING

RACQUETBALL

SILVER ARTS

TABLE TENNIS

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 Sunday, March 1, 2020. **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, 2020. 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 2020 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.

Bring a Friend

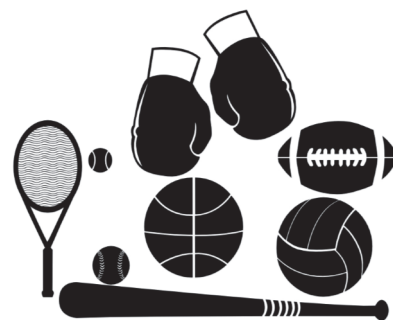
Wayne County Senior Games is trying to increase participation for 2020 and we need your help. This year we will start our "Bring a Friend" program. We want you to bring a friend and for him/her to register in the Wayne County Senior Games. We want to reward

you for your efforts.. Here is how it works:

1. Tell your friends (FIRST YEAR ONLY) to list YOU on their registration form as their referral to Wayne County Senior Games.
2. Every person that recruits a new participant will be in a drawing for a gift card.
3. Senior Games staff will keep track of how many people you recruit.
4. The winner will be announced at the Awards Ceremony.

Practice Information

Want a little practice time before the games begin? Just give Goldsboro Parks and Recreation a call at (919) 739-7486 and they will be happy to assist you with equipment and rules/instruction per your request.





Registration Form

Entry deadline:

Sunday, March 1, 2020

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?

Referred By: _____ (First Year Only)

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 2020 Senior Games.

The 2020 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.

Wayne County Senior Games
Silver Arts Follies
Group Leader Registration Form

The Group Leader (ONLY) should complete and return this Silver Arts Follies registration form. Please place a check by the Performing Arts sub-category and type of act on your registration form. The Follies will be held on Monday, April 6, 2020 at the Paramount Theater.

Group Leader _____ Name of Group _____

Number of Individuals in Act _____

Names of individuals

Performing Arts Category:

Name of Group/Act as it should be listed in the program _____

Title of the piece to be performed _____

Will music be used as part of the Act/Routine _____ If yes, the group leader must bring a good quality MP3 or compact disc with the music. Music must be picked up following the performance.

Sub-Category:

_____ Comedy/Drama _____ Vocal _____ Dance _____ Instrumental _____ Line Dance

Type of Act:

_____ Solo _____ Solo with Accompanist _____ Small Group (2-4 people) _____ Large Group (5 or >)

Will you have an accompanist? _____ If yes, accompanist must be a registered Wayne County Senior Games participant. Name of accompanist _____

Length of Act: _____ (3 minutes maximum) Exceeding the time limit will result in automatic disqualification.

Equipment Request: Anything other than these listed are considered props and are the responsibility of the act.

_____ Number of Microphones _____ MP3 player _____ Compact Disc Player

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

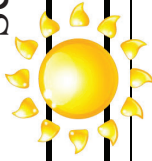
All soloists and group leaders **must** turn in Silver Arts Follies Registration Form on the back of this page. Entries are limited to 3 minutes of “on stage” time. Entries may be one of the following: soloist or soloist with accompanist, small group (2-4 performers), or large groups (5+ performers). Accompanist will be counted to determine the size of the act. Accompanist must be a registered Senior Games participant and the act must be entered as a soloist with accompanist. All performing arts participants must be registered. If a CD is used, participant must provide a high-quality copy for the performance. 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 6 by 9:30 am for rehearsal and 5:30 pm for pre-show preparations.

Participant’s Name _____

Vocal <input type="checkbox"/>	Line Dance <input type="checkbox"/>	Instrumental <input type="checkbox"/>	Comedy/Drama <input type="checkbox"/>	Dance <input type="checkbox"/>
Name of Group _____				
Group Leader _____				

Vocal <input type="checkbox"/>	Line Dance <input type="checkbox"/>	Instrumental <input type="checkbox"/>	Comedy/Drama <input type="checkbox"/>	Dance <input type="checkbox"/>
Name of Group _____				
Group Leader _____				





	Mon	Tue	Wed	Thu	Fri	Sat
	<p>March 30 Senior Center 9:00 Opening Ceremony Bryan Multi-Sports Complex 10:30 Fun Walk 11:00 Football Throw, Softball Throw, Discus, Shot Put</p>	<p>March 31 UMO Track 9:00 1500M Run or Walk 9:30 100M Dash 400M Dash 200M Dash 800M Run 50M Dash</p>	<p>1 SJAFB Bowling Lanes 10:00 Bowling Singles</p>	<p>2 Herman Park 9:00 Tennis Larry Bill's Mini Golf 10:00 Putt-putt</p>	<p>3 Rain date Arts Council of Wayne County 6:00 Silver Arts Showcase Opening Reception/ First Friday</p>	<p>4</p>
	<p>6 Paramount Theater Silver Arts Follies 9:30 Required Rehearsal 5:30 Performers check in 6:00 Follies Show Time!</p>	<p>7 SJAFB Bowling Lanes 10:00 Bowling Doubles</p>	<p>8 SJAFB Bowling Lanes 10:00 Bowling Mixed Doubles</p>	<p>9 Herman Park Center Horseshoes 9:00 Men 10:00 Women 70 + 12:00 Women 50-69</p>	<p>10 Good Friday</p>	<p>10</p>
	<p>13 Family Y 9:00 Raquetball 10:00 Swimming</p>	<p>14 Goldsboro High School Track 9:00 Cycling 9:30 5K Run or Walk Herman Park Center 1:00 Croquet</p>	<p>15 Family Y Day Care 9:00 Bocce—Women</p>	<p>16 Family Y Day Care 9:00 Bocce—Men</p>	<p>17 Senior Center Shuffleboard 9:00 Men 10:00 Women 70 + 11:00 Women 50-69</p>	<p>18</p>
19	<p>20 WA Foster Center 9:00 Cornhole—Men</p>	<p>21 WA Foster Center 9:00 Cornhole—Women</p>	<p>22 WA Foster Center 9:00 Basketball Shoot 11:00 Table Tennis</p>	<p>23 Carver Cultural Center Gym—Mt. Olive Pickleball 9:00 Singles 10:00 Doubles 11:00 Mixed Doubles</p>	<p>24 Rain date</p>	<p>25</p>
26	<p>27 Goldsboro Municipal Golf Course 1:00 Golf—Women</p>	<p>28 Goldsboro Municipal Golf Course 1:00 Golf—Men</p>	<p>29 Senior Center 9:00 Billiards</p>	<p>30</p>	<p>May 1 Herman Park Center 11:00 Awards Luncheon</p>	

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 Opening Ceremony Silver Striders Fun Walk (not a medal event) Awards Luncheon Silver Arts Follies

Assorted Events Football Throw Softball Throw Cycling (1 mile) Basketball Shoot Putt Putt

Tournament Events Please list your partner where applicable

Shuffleboard Horseshoes Billiards Racquet Ball Table Tennis

Croquet Corn Hole Pickleball Singles _____ Mixed _____
Double _____

Tennis, singles _____ Tennis, doubles _____ Tennis, mixed doubles _____

Golf (18 holes) _____ Bocce _____

Track and Field Events Discus Shot Put 50 M Dash 100 M Dash 200 M Dash 400 M Dash
 800 M Run 1500 M Race Walk 1500 M Run 5K Race Walk 5K Run

Bowling Events Where applicable, list your partner.

Singles _____ Doubles _____ Mixed Doubles _____

Swimming Events You may participate in no more than five (5) swimming events.

Breaststroke 50 Yard Breaststroke 100 Yard Backstroke 50 Yard Backstroke 100 Yard Butterfly 50 Yard

Freestyle 50 Yard Freestyle 100 Yard Freestyle 200 Yard Freestyle 500 Yard Butterfly 100 Yard

Individual Medley 100 Yard

Fees

Registration	\$10	
Bowling (each event)	\$5	
Putt-Putt (Not State Event)	\$5	
Total		

Make checks payable to

Wayne County Senior Games

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

Form of payment enclosed: Cash___ Check___ Money order___



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.

Sub-category

No more than 3 entries

Title (required)

Description

_____ Oil	_____	_____
_____ Acrylic	_____	_____
_____ Watercolor	_____	_____
_____ Drawing	_____	_____
_____ Photography	_____	_____
_____ Sculpture	_____	_____
_____ Pastels	_____	_____
_____ Mixed Media	_____	_____
_____ Quilting hand	_____	_____
_____ Quilting machine	_____	_____
_____ Weaving	_____	_____
_____ Crocheting	_____	_____
_____ Knitting	_____	_____
_____ Needlework	_____	_____
_____ Basket Weaving	_____	_____
_____ Pottery thrown/hand built	_____	_____
_____ Jewelry	_____	_____
_____ Tole Painting	_____	_____
_____ Stained Glass	_____	_____
_____ Woodcarving	_____	_____
_____ Woodturning	_____	_____
_____ Wood Working	_____	_____
_____ Poem	_____	_____
_____ Short Story (fiction)	_____	_____
_____ Essay (not autobiographical)	_____	_____
_____ Life Experience	_____	_____

VISUAL ARTS

HERITAGE ARTS

LITERARY ARTS

Silver Arts

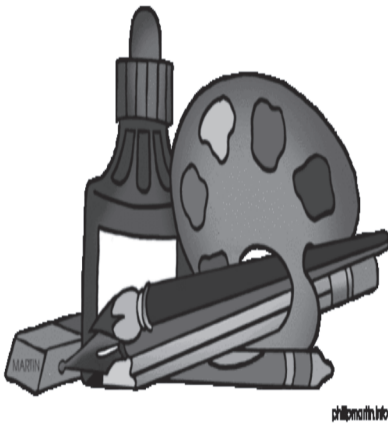
Rules

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 23-27** from **9-5**. Pick-up is **May 1-7**. **Opening reception April 3 from 6:00-8:30!**

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. An accompanist must be a registered Senior Games participant. For all acts, the group or act leader must submit the Silver Arts Follies registration 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 6 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.



2020 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

Ambassadors: Jeanne Lovings (919) 344-6510

Terry Wright (919) 288-2601

Pauline Gassaway (919) 440-6623

Janice Simmons (919) 330-7061



2019 State Final Winners

Walt Bryant

Edward Faison

Giles Fisher

Michael Haney

Eileen Henderson

Deborah Libby

Rafael Morales

Flora Taylor

If you are interested in being a Coordinating Agency for the 2021 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, 2020. 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.