

25th Annual
CARTERET COUNTY
SENIOR GAMES

OFFICIAL ENTRY FORM

April 12 - May 4, 2012

Early Bird Registration Fee = \$15
Deadline Tuesday March 20, 2012

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Final Deadline Registration Fee = \$20  
Friday March 30, 2012 by 4:30pm

\* \* Coordinating Agencies and Local Sponsors \* \*

County of Carteret  
Carteret County Parks & Recreation  
Coastal Community Action, Inc.  
Carteret County Health Department  
Morehead City Parks & Recreation  
Emerald Isle Parks & Recreation  
Brandywine Bay Golf Club  
Cape Carteret Aquatic & Wellness Center  
Stars & Strikes Bowling Center  
Leon Mann Jr. Enrichment Center  
Sports Center  
The History Place  
West Carteret High School  
Crystal Coast Civic Center  
Town of Pine Knoll Shores  
Carolina House of Morehead City  
Eastern Carolina Council Area Agency on Aging

*Carteret County Senior Games Mission Statement*

*“To promote healthy living and active lifestyles with community participation by setting and achieving goals in sports and arts competitions.”*

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# Carteret County Senior Games Official Entry Form How to Register

1. All participants complete “Participant Information” and “Signature Form”.
2. Athletic participants also complete “Athletic Events”.
3. SilverArts participant also complete “SilverArts Form”.
4. Write check/money order for “Total Amount” from “Participant Information”
  - a. Make check/money order payable to:  
**Carteret County Senior Games *or* CCSG**
  - b. Mail all forms with payment to:  
**Carteret County Senior Games  
C/O Carteret County Parks & Recreation  
1702 Live Oak St. Suite 300  
Beaufort, NC 28516**

Anyone that needs help filling out their Official Entry Form, or would like to turn in their Official Entry Form can go to the Leon Mann Jr. Enrichment Center on Thursday March 8, 2012 from 9am-12pm and meet with the Carteret County Senior Games Staff for further assistance.

# Carteret County Senior Games Official Entry Form

## General Information

**ELIGIBILITY** A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the calendar year. A person must be 55 years of age or better to participate. Age on December 31, 2012 will determine the category in which the athlete will compete. Participants will compete against others of their own age and sex as follows: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+. In doubles sports, the age of the youngest player determines the age group for competition.

**RULES** Please see Rule Changes & Reminders Page in this Official Entry Form. All events will be conducted in accordance with the 2012 Edition of the North Carolina Senior Games, Inc., Official Rules and SilverArts Booklet both of which are located on the web site at [www.ncseniorgames.org](http://www.ncseniorgames.org). Both of these publications are also located at the Carteret County Parks & Recreation Department, Morehead City Parks & Recreation, Leon Mann Jr. Enrichment Center, Emerald Isle Parks & Recreation and Fort Benjamin Park in Newport.

**WHAT DO I RECEIVE?** Registration fee includes complimentary participant t-shirt, participation in Athletic and/or Artistic Events and free admission to the following Events: SilverArts Exhibit at The History Place, Opening Ceremonies/Senior Expo & Breakfast and Awards Luncheon.

**AWARDS** Gold, Silver and Bronze Medals will be awarded to the top three (3) finishers in each age and sex category for sports competitions. Medals will be awarded at the Awards Luncheon. All medalists qualify to participate in the North Carolina Senior Games State Finals, Sep. 24 - 30, 2012. Exceptions: To qualify for State Finals, golfers need to meet a Minimum Performance Score (MPS) and finish in the top 3 in their age group. (Refer to Official Rules Book). ONLY First-Place Medal Winners in Cheerleading, and "Best in Show" Winners in Performing Arts; First, Second, and Third-Place Medal Winners in each subcategory for Heritage and Visual Arts and First and Second-Place Literary Arts will be submitted for State competition. Carteret County will judge and award sub-categories within Performing Arts for the Performing Arts Competition, but the performance with the highest score will be awarded "Best in Show".

**WHAT IF IT RAINS?** The Carteret County Senior Games Event Director will make the decision to continue, delay or reschedule an outdoor event due to inclement weather. Unless the weather has made conditions hazardous to the safety of volunteers and participants, events will continue in the rain. Participants should report to the event site and check-in, regardless of the weather. Up to date information will be available from the Event Manager in charge of each specific event. Failure to check-in will result in disqualification.

**ASSISTANCE** For questions, please contact Carteret County Senior Games at Carteret County Parks & Recreation Department at 252-808-3301 or visit our website at [www.ccparksrec.com](http://www.ccparksrec.com). Anyone that needs help filling out their Official Entry Form can go to the Leon Mann Jr. Enrichment Center on Thursday March 8th from 9am-12pm and meet with the Carteret County Senior Games Staff for further assistance.

**STATE FINALS** All events offered at the local level will also be offered at the State Finals (except for those noted with an asterisk \*). Participants receiving medal(s) (see above) will receive a State Finals Entry Packet with their qualifying letter in the mail after the completion of the Carteret County Senior Games. This Form should be filled out and returned to North Carolina Senior Games by August 1. Early Bird Registration is July 1. This program is sanctioned by North Carolina Senior Games, Inc. North Carolina Senior Games is sponsored State wide by the North Carolina Division of Aging.

**NATIONAL GAMES** The 2012 State Finals will be a qualifying year for the National Senior Games to be held in Cleveland, Ohio. Website [www.nsga.com](http://www.nsga.com).

# Carteret County Senior Games Official Entry Form

## Rule Changes & Reminders

A copy of the NCSG Official Rules Book and the NCSG SilverArts Booklet are available at Carteret County Parks & Recreation; Emerald Isle Parks & Recreation; Morehead City Parks & Recreation; Leon Mann Jr. Enrichment Center or on-line at the North Carolina Senior Games website: [www.ncseniorgames.org](http://www.ncseniorgames.org). This page does not include all the changes in the NCSG Official Rules Book and SilverArts Booklet. Each has its own Summary of Changes and Additions Page. Please refer to these books for complete information.

**Athletic Events/Sports** See the 2012 edition of the NCSG Official Rules Book for any changes.

**Cycling** All cycling events will be held in Pine Knoll Shores this year, at McNeil Park on Oakleaf Drive.

**Location Changes** Please refer to the Carteret County Senior Games 2012 Schedule of Events on pages 8 and 9 of this Entry Packet for locations and times.

**Packets** Registration packets will ONLY be distributed: Fri. Apr. 6 from 11am-1pm at Fort Benjamin Park, Tues. Apr. 10 from 10am-1pm at the Leon Mann Enrichment Center. Packets not picked up on any of these dates will be available at the Carteret County Parks & Recreation Department after May 4 through June 1. **No packets or souvenirs will be held or kept after June 1, 2012.**

**SilverArts** See the 2012 edition of the NCSG SilverArts Manual for any changes. Also see The Specific Category Requirements for SilverArts on page 7 of this Official Entry Form.

-Performing Arts participant(s) may not have performed in any other local senior games during that games year and at least one member of all performing arts groups must reside or pay taxes in Carteret County. The "Best in Show" winning act, group or performer with the most points at the local level: must go on to compete at the State Finals. **COMPETITION LOCATION/TIME WILL BE DETERMINED BY NUMBER OF ENTRIES RECEIVED.**

-SilverArts registrants may attach an additional sheet of paper for entries if sufficient room is not provided. Please include the same information as requested on the SilverArts form in this Official Entry Form.

- SilverArts entries (Literary, Visual and Heritage) are required to leave their art on display for the duration of the art display - until May 2.

**Cheerleaders** CCSG Cheerleaders that register for 2012 NCSG State Finals must participate in the 2012 NCSG State Finals Opening Ceremonies in the Parade of Participants with Carteret County.

**Refunds** No refunds will be granted after April 15, 2012. A \$5 processing fee is non-refundable.

**Sponsorships** Contact Diane Williams for more information at 252-223-1650.

**Golf** 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 is available in the NCSG Rules Book.



# Carteret County Senior Games Official Entry Form Signature Form

### Liability Waiver

I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play or the condition of the premises or of any equipment used. I assume all the foregoing risks, and accept personal responsibility for the damage following such injury, permanent disability or death. I release, waive, discharge and covenant not to sue the Carteret County Senior Games, its affiliated clubs, their respective administrators, directors, agents, sponsoring agencies, sponsors, advertisers and if applicable, owners and leasers of premises used to conduct the events, all of which are hereinafter referred to as “releases” from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise. I have prepared myself for the events which I have entered by practicing prior to the Carteret County Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events I have selected.

Carteret County Senior Games has my permission to transport me and to have a physician attend me if it is deemed necessary during my participation in local games. I agree to release and hold harmless the Carteret County Senior Games from any damage to or loss of my art entry. I certify that the art piece(s) I enter are my own work, were created after having reached age 55, and are not manufactured in any sense of the word. I grant to the Carteret County Senior Games the free and unrestricted right to use my name and picture, picture of my art work and/or written material in any broadcast, telecast or other written or photographic account to the Carteret County Senior Games without remuneration.

- I understand it is my responsibility to read and be accountable for the information in this Official Entry Form Packet and that all information and resources for finding information pertaining to Carteret County Senior Games has been offered to me.
- I understand that I am to participate by the rules of Carteret County Senior Games and know that all information can be found on the Rule Changes and Reminders Page of the Official Entry Form Packet.
- I also 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 NCSG office in Raleigh by 5:00pm on August 1st! I understand that this deadline is strictly enforced in fairness to all and that it is my responsibility to make sure I am registered.

I have read the above information

I have read the above information

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





## SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

See *SilverArts* Guidelines for general requirements.

### 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 entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

### B. 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 entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

### C. 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-pt type (preferably "times new roman or arial").
- 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 entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, 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.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

### D. 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 is the performer's responsibility and 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. 31<sup>st</sup> 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 1<sup>st</sup> (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: chairs, microphone(s), piano, sound system, and CD player. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- 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.

# Carteret County Senior Games 2012 Schedule of Events

CCAWC = Cape Carteret Aquatic & Wellness Center

CIVIC = Crystal Coast Civic Center

HP = The History Place

TOPKS = Town of Pine Knoll Shores

FBP = Fort Benjamin Park, Newport

MHCCC = Morehead City Community Center

BYB= Brandywine Bay Golf Club

SC = Sports Center

SSBC = Stars & Strikes Bowling Center, Cherry Point

WCHS = West Carteret High School

| Date               | Time              | Event                                                                                                                       | Location        |
|--------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------|
| Thursday April 12  | 9:30am - 10:15pm  | Senior Games Breakfast                                                                                                      | CIVIC           |
|                    | 9:30am - 4:00pm   | Expo and 25th Anniversary Events                                                                                            | CIVIC           |
|                    | 10:15am - 10:30am | Athlete & Artist Participant Line-up                                                                                        | CIVIC           |
|                    | 10:30am -11:00am  | Celebration of the Games Silver Anniversary<br>(Opening Ceremonies)<br>Carteret County Senior Games Cheerleader Performance | CIVIC           |
| Monday April 16    | 9:00am            | Cycling 1 M                                                                                                                 | TOPKS           |
|                    | 9:30am            | Cycling 5K                                                                                                                  | TOPKS           |
|                    | 10:00am           | Cycling 10K                                                                                                                 | MHCCC           |
| Tuesday April 17   | 10:00am - 1:00pm  | Visual & Heritage Art Drop-off                                                                                              | HP              |
| Wednesday April 18 | 9:00am            | Golf (Tee times begin at 9am)                                                                                               | BYB             |
| Thursday April 19  | 9:00am            | Badminton (Singles, Doubles & Mixed Doubles)                                                                                | MHCCC           |
|                    | 9:00am            | Table Tennis (Singles, Doubles & Mixed Doubles)                                                                             | MHCCC           |
|                    | 10:00am           | Archery                                                                                                                     | MHCCC           |
|                    | 10:00am           | Basketball Shoot                                                                                                            | MHCCC           |
|                    | 1:00pm            | Football Throw                                                                                                              | FBP             |
|                    | 2:00pm            | Softball Throw                                                                                                              | FBP             |
|                    | Monday April 23   | 10:00am                                                                                                                     | Bowling Singles |
| 11:30am            |                   | Bowling Doubles                                                                                                             | SSBC            |
| 1:00pm             |                   | Bowling Mixed Doubles                                                                                                       | SSBC            |
| Tuesday April 24   | 9:00am            | Racquetball                                                                                                                 | SC              |
|                    | 1:00pm - 3:30pm   | Warm-up/Swimming Competition                                                                                                | CCAWC           |
| Thursday April 26  | 8:30am            | SilverStriders Fun Walk                                                                                                     | WCHS            |
|                    | 9:00am            | 5K Run                                                                                                                      | WCHS            |
|                    | 9:00am            | 100 Meter Dash                                                                                                              | WCHS            |
|                    | 9:00am            | 200 Meter Dash                                                                                                              | WCHS            |
|                    | 9:00am            | 400 Meter Dash                                                                                                              | WCHS            |
|                    | 9:00am            | 800 Meter Dash                                                                                                              | WCHS            |
|                    | 9:00am            | 1500 Meter Dash                                                                                                             | WCHS            |
|                    | 9:00am            | Running Long Jump                                                                                                           | WCHS            |
|                    | 9:00am            | Discus                                                                                                                      | WCHS            |
|                    | 10:00am           | Shot Put                                                                                                                    | WCHS            |
|                    | 10:00am           | Standing Long Jump                                                                                                          | WCHS            |
|                    | 10:00am           | 1500 Meter Race Walk                                                                                                        | WCHS            |
|                    | 10:00 am          | 5K Race Walk                                                                                                                | WCHS            |

## Carteret County Senior Games 2012 Schedule of Events

| Date            | Time            | Event                                      | Location |
|-----------------|-----------------|--------------------------------------------|----------|
| Monday April 30 |                 |                                            |          |
|                 | 9:00am          | Men's Shuffleboard                         | FBP      |
|                 | 9:00am          | Tennis (Singles, Doubles & Mixed)          | FBP      |
|                 | 9:00am          | Women's Bocce                              | FBP      |
|                 | 10:30am         | Men's Bocce                                | FBP      |
|                 | 10:30am         | Women's Shuffleboard                       | FBP      |
|                 | 11:30am         | Lunch                                      | FBP      |
|                 | 12:30pm         | Croquet                                    | FBP      |
|                 | 1:30pm          | Men's Horseshoes                           | FBP      |
|                 | 1:30pm          | Women's Horseshoes                         | FBP      |
|                 | 2:00pm          | Spincasting                                | FBP      |
| Wednesday May 2 | 10:00am-12:00pm | Visual,Literary & Heritage Artwork pick-up | HP       |
| Friday May 4    | 11:00am         | Awards Luncheon                            | FBP      |

### Practice Opportunities

The following sites will host practice times during the listed dates and times. If you need additional practice times, please contact the site to make special arrangements. Special arrangements may be made at the discretion of the practice site.

- **Cape Carteret Aquatic & Wellness Center 393-1000**

Swimming: Registered Senior Games participants may practice at this facility with proof of registration. Please contact Deanna McElmon for availability of practice times at this facility prior to arrival.

- **Emerald Isle Parks & Recreation 354-6350**

Basketball Shoot, Table Tennis, Walking (gym)

Wednesdays March 7 - April 11 1:00pm-3:00pm

- **Leon Mann Jr. Enrichment Center 247-2626**

Billiards - Men Tuesdays & Wednesdays Feb. 21 through Apr. 11 9:00am-11:00am

Billiards - Women Wednesdays Feb. 22 through Apr. 11 3:00pm-5:00pm

Bocce, Croquet, Horseshoes Open Practice - Equipment is available at the Senior Center

Shuffleboard Mondays & Fridays Feb. 24 through Apr. 13 10:00am - 12:00pm

Spin Casting Open Practice Target is available at the Senior Center

Table Tennis Mondays Feb. 27 through Apr. 16 1:00pm - 3:00pm

- **Morehead City Community Center 726-5083**

Basketball Shoot, Billiards, Football Throw, Softball Throw, Table Tennis, Discus & Shot Put

Thursdays Mar. 8 through April 12 9:00am-10:30am

- **Fort Benjamin Park 222-5858**

Billiards, Bocce, Croquet, Horseshoes, Shuffleboard, Tennis and Spin Casting

Monday-Friday 9:00am-5:00pm

Carteret County Senior Games  
c/o Carteret County Parks & Recreation  
1702 Live Oak St., Suite 300  
Beaufort, NC 28516  
www.ccparksrec.com

## **CARTERET COUNTY SENIOR GAMES**

Carteret County Senior Games are sanctioned by North Carolina Senior Games (NCSG), Inc. and are part of a state-wide network of 54 local games. The local games are held annually to qualify participants for State Finals. Carteret County's local games are held in April and May each year.

Registration begins in February.

NCSG is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and better, and is sponsored statewide by the North Carolina Division of Aging & Adult Services.

The administrator of the Carteret County Senior Games is the Carteret County Parks & Recreation Department. For more information on how to be a participant, sponsor or volunteer, contact the department at 252-808-3301.

### ***Carteret County Senior Games Mission Statement***

***“To promote healthy living and active lifestyles with community participation by setting and achieving goals in sports and arts competitions.”***

#### **Websites**

Carteret County Parks & Recreation: [www.ccparksrec.com](http://www.ccparksrec.com)

North Carolina Senior Games: [www.ncseniorgames.org](http://www.ncseniorgames.org)