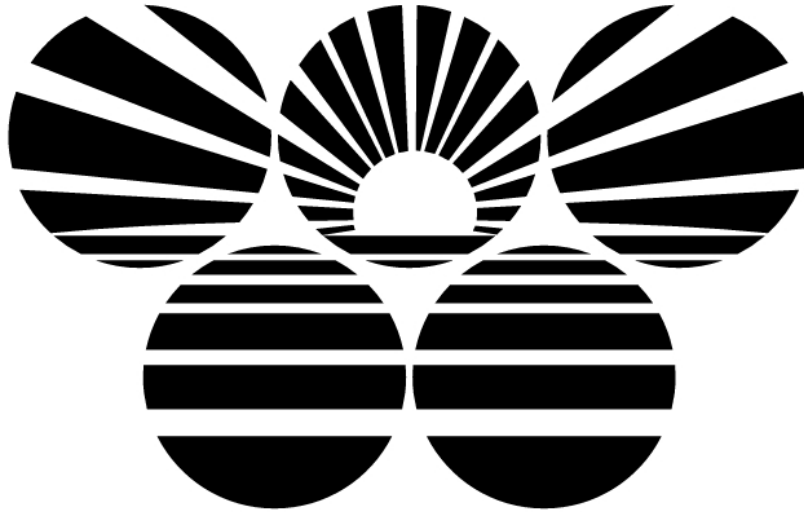


*REACH OUT TO NEW HORIZONS*



26<sup>th</sup> Annual  
Mid-Carolina Senior Games

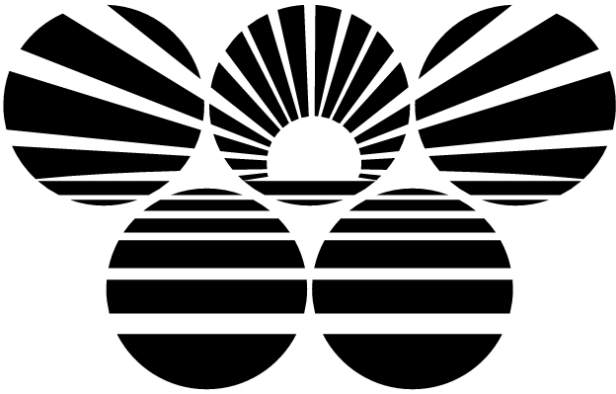
April 11 - 26, 2012

2012 Entry form Enclosed  
Early Bird Deadline February 29/Deadline: March 23

Thanks to our 2012 Gold Sponsor...

**Humana**

*REACH OUT TO NEW HORIZONS*



## 26th ANNUAL MID-CAROLINA SENIOR GAMES

**April 11-26, 2012**

**Health and Fitness Fair  
POPE FITNESS FACILITY  
April 11, 2012**

**SilverArts and Cheerleading Showcase  
JD Fuller Recreation Center  
April 26, 2012**

### REGISTRATION

1. **Read and Sign the liability waiver**
2. Complete the medical information.
3. Complete the entry form.
4. Check all the activities in which you want to participate.
5. Include total payment and make checks payable to: Mid-Carolina Senior Games  
\$10.00 by February 29; \$11.00 by March 23. Local Entry Forms must be received in Mid-Carolina Office by 5:00 p.m. on March 23 in order to qualify.
6. Return all of the above to: **Mid-Carolina Senior Games  
P.O. Box 1510  
Fayetteville, North Carolina 28302-1510**

### REGISTRATION FEE

Early Bird (by February 29): \$10.00; Late Entry (March 23): \$11.00 - for residents of Cumberland, Harnett and Sampson Counties.

Out-of-County residents: \$15.00

### • • • • • Coordinating Agencies • • • • •

Anderson Creek Senior Center  
Campbell University  
Clinton Recreation Department  
Coats Senior Center  
Cumberland Co Coord. Council on Older Adults  
Cumberland Co Retired & Senior Volunteer Program  
Dunn Enrichment Center  
Dunn Recreation Department  
Dunn Area Tourism Authority  
Erwin Parks and Recreation  
Fayetteville/Cumberland Parks and Recreation  
Fayetteville/Cumberland Senior Center  
Fayetteville YMCA  
Fort Bragg MWR  
Garland Senior Center

Harnett Co. Dept. of Public Health- Division on Aging  
Harnett County Parks and Recreation  
Harnett Co Retired & Senior Volunteer Program  
JD Fuller Recreation Center  
Kings Grant Golf & Country Club  
Lillington Parks & Recreation  
Mazarick Park Tennis Center  
Mid-Carolina Area Agency on Aging  
NC Commission of Indian Affairs  
Sampson County Department of Aging  
Sampson County Parks and Recreation  
Spring Lake Parks and Recreation  
Spring Lake Senior Center  
Tokay Senior Fitness Center  
VIA 216 Bar & Grill

**N O R T H  
C A R O L I N A  
Senior Games**



**This program is sanctioned by North Carolina Senior Games, Inc.  
NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.**

# RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Mid-Carolina Senior Games and the United States Government and its instrumentalities, including all sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person, firm or corporation associated therewithin (hereinafter sometimes referred to as the "Games Sponsors"), of and from any and all claims, demand costs, expenses and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kin or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Mid-Carolina Senior Games. I further agree to hold harmless the Games Sponsors from any damage, loss or theft that might occur to art work.

I warrant, represent and certify that: (a) I have been advised by the Games Sponsors that, in my best interests, I should consult my physician prior to my preparation for and participation in the Mid-Carolina Senior Games; (b) I am covered by hospitalization or medical insurance through private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury arising from my participation in activities such as the Mid-Carolina Senior Games; (c) I recognize and understand that my preparation for and participation in the Mid-Carolina Senior Games may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular or other disorder which I may have, thereby resulting in serious or life threatening physical harm to me; (d) I am in good physical health and condition, am physically able to compete in the events I have selected and have been so certified by my physician, and I know of no physical restriction whatsoever which would prohibit my participation in the Mid-Carolina Senior Games; (e) I grant permission to the Games Sponsors to have a physician or Emergency Medical Technician attend me if it is deemed necessary during my participation in the Mid-Carolina Senior 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 State Finals and to get a State Finals Entry Packet. My State Finals Entry Form with payment and all required items must be received in the N.C. Senior Games office in Raleigh by 5:00pm on August 1<sup>st</sup>. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.**

I grant to Mid-Carolina Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the Mid-Carolina Senior Games without my remuneration.

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

MEDICAL FORM (Optional)		
Please complete all questions below. PLEASE PRINT CAREFULLY:		
Name _____		Date of Birth _____
Address _____		City/State _____
M _____ F _____	In Emergency Contact _____	Phone Number _____
Your Doctor's Name _____		Phone Number _____
I. HEALTH HISTORY: Check any conditions which apply to you.		
_____ Kidney Trouble	_____ Low Blood Pressure	_____ High Blood Pressure
_____ Fainting	_____ Seizures	_____ Bronchitis
_____ Heart Trouble	_____ Diabetes	_____ Arthritis
II. ALLERGIC REACTIONS:		
_____ Bee Sting	_____ Penicillin	_____ Other
III. List medications that you are currently taking:		
IV: Do you wear glasses? _____ Yes _____ No		
Do you wear contacts? _____ Yes _____ No		
Do you smoke? _____ Yes _____ No		
V. Have you been practicing the events you have entered? _____ Yes _____ No		
If yes, how many times per week? _____		







March 23<sup>rd</sup>:  
Deadline for Artwork

## ENTRY GUIDELINES

- ♦ All persons entering SilverArts must be 55 years of age or older. No one under age 55 will be permitted to perform or display work for SilverArts.
- ♦ All work will be judged and medals and ribbons awarded.
- ♦ All art entries must be the original work of the artist, created after the artist is age 55, and must have been completed within the last two years.
- ♦ Visual, Heritage, and Literary art works must be delivered to the Spring Lake Senior Center, by March 23.
- ♦ All entries may be picked up on April 11 after 12:30 at Pope Fitness Facility.
- ♦ Mid-Carolina Senior Games has the right to refuse or remove any or all art pieces that are deemed obnoxious or repulsive in character.

### 1. PERFORMING ARTS: SilverArts Live

CATEGORIES: Dance, vocal, instrumental, comedy/drama, line dancing. (All subcategories may be solo and/or group.) All members of a group must be registered participants of Senior Games. (Accompanist(s) will not be counted to determine group size for State Finals.)

- ♦ Performing entries are limited to a maximum of three minutes of on-stage time.
- ♦ Artist must provide a high quality CD/cassette tape for performance. Please mark Cd/ tape with your name and the name of your music selection.
- ♦ Props are the performers' responsibility.
- ♦ Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- ♦ All individuals in groups must register separately.  
A description of the act should accompany the Registration Application of the participant. It should be clearly noted on the Application Form if specific equipment will be needed (i.e., piano/keyboard, microphone, chairs, cassette player, compact disc player, etc.).

### 2. VISUAL ARTS:

- ♦ Art (except sculpture) must be properly framed, wired, and ready to be hung (no serrated hooks or strings).
- ♦ Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame. Entries may be no heavier than 50 pounds. Sculpture groupings (sets) may have no more than 3 pieces per grouping.
- ♦ Free-standing entries must be able to be displayed in an area 3' (wide) x 3' (long) x 5' (high).
- ♦ Works should be clearly labeled indicating name, address, title of work and category.
- ♦ Mixed Media may be a free standing piece, but must fit in 3'Wx3'Lx5'H display area.

### 3. LITERARY ARTS:

- ♦ Entries can be mailed to Doris Snider, Spring Lake Senior Center, 301 Ruth Street, Spring Lake, North Carolina 28390.
- ♦ Entries should be typed and double spaced.
- ♦ Poems can be no longer than 40 lines.
- ♦ Short stories, essays, life experiences, can be no longer than 8 pages, double spaced, with a 1" margin on all sides.
- ♦ All entries must have a title page which includes title of work, subcategory and name of artist. Artist's name should not appear on the content pages.
- ♦ Artist should submit a copy of entry. Originals should be retained by the artist.

### 4. HERITAGE ARTS:

- ♦ Heritage art must be the original work of the individual and not a group effort. 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.
- ♦ 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. Can be no larger than 36" x 42", including matting and frame.
- ♦ Entries can be no heavier than 50 pounds. Sets may have no more than 3 pieces per group.
- ♦ Entries may not exceed 5 feet in height.
- ♦ Entries should be clearly labeled indicating name, address and telephone number of artist.

### 5. CHEERLEADER SHOWCASE:

- ♦ Entries for this event will be incorporated into the Performing Arts portion of the competition at this Local Game. Entries will be judged in a separate category from those listed under Performing Arts.
- ♦ Cheerleaders are persons who lead cheers by speaking in rhythmic patterns without the use of recorded/live music and/or who present a choreographed routine. Background music will be allowed. Time on stage is limited to four (4) minutes.
- ♦ Each local game may enter one representative group into the cheerleader showcase at NC Senior Games.
- ♦ Choreography of cheers must follow traditional format - to lead a cheer or to present a pom-pom or flag routine. First place squad will receive gold medals. Ribbons will be awarded to 2nd and 3rd place squads.

**JUDGING:** All Visual, Literary and Heritage Arts will be judged in advance. The Visual, Literary and Heritage Arts will be on display and open to the public from 9:30 to 12:30, Wednesday, April 11, at the Pope Fitness Facility. Performing Arts will be judged at the Performing Arts Show, April 26, 2012. The public is invited to attend the Performing Arts Show on Thursday.

**AWARDS FOR SILVERARTS:** First, second and third place winners in each subcategory will be selected and awarded medals or ribbons. Each first and second place winner in Literary and first, second and third place winners in Visual and Heritage subcategories will be eligible to enter their art work at State Finals in Raleigh, September 23-30, 2012. However, an artist may only submit one entry per sub-category at State Finals. In performing Arts, the Best In Show may compete at State Finals.

**GENERAL INFORMATION**

**OPEN TO:** Cumberland, Harnett, and Sampson County residents 55 years of age or older. Age on December 31 of the current year, will determine the category in which the athlete will compete. Participants will compete against others of their own gender and age group as follows: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+. Participants must be a North Carolina resident for a minimum of three (3) consecutive months of the year.

**EVENTS:** All events are listed on the Registration Form. Athlete may enter as many events as desired (except swimming when only six events are allowed and tennis when only two events are allowed). If events overlap, a choice may have to be made. Be aware that tournament events may hinder participation in other events. You may compete in the following events at your convenience during the scheduled times: softball throw, football throw, basketball shooting, spin casting, shot put, discus, standing long jump and running long jump, as long as you have registered for the event. **No on-site registration will be permitted for any event.**

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 from your local coordinator and in the NCSG Rules Book on the NCSG web site ([www.ncseniorgames.org](http://www.ncseniorgames.org)).

**Due to the strenuous nature of these activities, it is our recommendation that you consult with your physician prior to beginning training and actual competition.**

**ENTRY FEE:** Received by February 29: \$10.00; after February 29 (but by March 23): \$11.00. Out-of-county residents will be charged \$15.00. **The Liability Waiver/Medical Form must be signed for the entry to be valid.** Entry fee will be refunded if registration is cancelled by March 28. The registration fee entitles each participant to a tee shirt and entry into events and/or SilverArts.

**EQUIPMENT:** Participants in the following events will supply their own equipment: **Golf**-clubs and balls; **Racquetball** - racquet, goggles and can of balls; **Softball** - gloves, bat and balls; **Tennis** - racquet and can of balls.

**NO REGISTRATION AFTER MARCH 23- Map/directions to sites will be sent with confirmation of entry.**

**AWARDS FOR ATHLETIC EVENTS:**

Gold, silver, and bronze medals will be awarded to the top three finishers in each age category, male and female divisions, in each sanctioned event. Medal winners will be eligible for North Carolina Senior Games State Finals September 23-30 and will be mailed a State Finals Entry Packet. 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 Packet. State Finals Entry Form with payment and all required items must be received in the NCSG office in Raleigh by 5:00 p.m. on August 1st!

**FOR MORE INFORMATION CALL:**

Cumberland County: Mid-Carolina COG .....(910)323-4191 x27  
Harnett County: Department of Public Health – Division on Aging..... (910)814-6072/74  
Sampson County: Department on Aging..... (910)592-4653

**Reporting Times:** Participants must report to the registration area to pick up registration packet at least 30 minutes prior to their events. **(Match times are forfeit times.)** A copy of registration form will be in registration packet. **Please have Photo ID available.**

**Inclement Weather:** In case of inclement weather, information regarding postponement or cancellation of events/activities may be obtained by calling Pope Fitness Facility (910) 394-2671 or Mid-Carolina Area Agency on Aging 323-4191.

**SPECIAL ACTIVITIES**

<b>Torch Lighting Ceremony:</b>	Wednesday, April 11, 2012	9:00 A.M.	Pope Fitness Facility
<b>SilverStriders Fun Walk:</b>	Wednesday, April 11, 2012	9:30 A.M.	Pope Fitness Facility
Persons who enter and complete the SilverStriders Fun Walk will be eligible to enter this event at the 2012 NCSG State Finals.			
<b>Silver Arts:</b>	Wednesday, April 11, 2012	9:30 A.M. to 12:30 P.M.	Pope Fitness Facility
Visual, Literary, Heritage Arts Display			
<b>Health and Fitness Fair:</b>	Wednesday, April 11, 2012	10:30 A.M. to 1:00 P.M.	Pope Fitness Facility
<b>Performing Arts:</b>	Thursday, April 26, 2012	2:00 P.M.	JD Fuller Recreation Center

**EARLY BIRD DEADLINE – February 29, 2012 ENTRY DEADLINE – March 23, 2012**  
**CANCELLATION DEADLINE – March 28, 2012**

**2012 MID-CAROLINA SENIOR GAMES SCHEDULE OF EVENTS**  
**For entry to Pope Air Field use gate entrance at Manchester Road.**

DAY/TIME	EVENT	LOCATION
<b>WEDNESDAY, APRIL 11</b>		
7:30 A.M.	Registration Opens	Pope Fitness Facility
9:00 A.M.	Torch Lighting Ceremony	Pope Fitness Facility
9:30 A.M.	SilverStriders Fun Walk (1 mile)	Pope Fitness Facility
9:50 A.M.	Racquetball Tournament	Pope Fitness Facility
9:30 A.M. - 12:30 P.M.	Standing & Running Long Jump, Basketball Shooting, Shot Put, Discus, Softball Throw, Football Throw, Spin Casting	Pope Fitness Facility
9:30 A.M. - 12:30 P.M.	SilverArts Visual, Literary, Heritage Art Display	Pope Fitness Facility
10:30 A.M. - 1:00 P.M.	Health and Fitness Fair	Pope Fitness Facility
1:30 P.M.	Presentation of Awards	Pope Fitness Facility
<b>THURSDAY, APRIL 12</b>		
9:00 A.M.**	800 M Run	Campbell University
10:00 A.M.**	5K Race Walk (3.1 miles)	Campbell University
<b>FRIDAY, APRIL 13</b>		
9:00 A.M.**	Bowling-Singles; Ages 65-74	Pope Bowling Center
12:00 NOON **	Bowling-Singles; Ages 55-64 & 75+	Pope Bowling Center
9:00 A.M.**	Badminton (Singles, Doubles*, Mixed Doubles*)	Pope Fitness Facility
<b>SATURDAY, APRIL 14</b>		
9:00 A.M.**	Basketball Tournament*	Bellamy Recreation Center
<b>MONDAY, APRIL 16</b>		
9:00 A.M.**	Golf	Kings Grant Golf & Country Club
9:00 A.M.**	Tennis – Doubles* and Mixed Doubles*	Mazarick Park Tennis Center
9:00 AM**	Shuffleboard (women's singles)	Royal Lane Park
11:00 AM**	Shuffleboard (men's singles)	Royal Lane Park
<b>TUESDAY, APRIL 17</b>		
9:00 A.M.**	Tennis – Singles	Mazarick Park Tennis Center
9:30 A.M.**	Billiards	VIA 216 Bar & Grill
1:00 P.M.**	Table Tennis (Singles, Doubles*, Mixed Doubles*)	Tokay Senior Fitness Center
<b>WEDNESDAY, APRIL 18</b>		
9:00 A.M. **	1500 Meter Run (1 mile)	Campbell University
10:00 A.M. **	100 Meter Dash	Campbell University
10:30 A.M.**	400 Meter Dash	Campbell University
11:00 A.M.**	200 Meter Dash	Campbell University
<b>THURSDAY, APRIL 19</b>		
9:00 A.M.**	Horseshoes (women's singles)	Royal Lane Park
11:00 A.M.**	Horseshoes (men's singles)	Royal Lane Park
<b>FRIDAY, APRIL 20</b>		
9:00 A.M.**	Bowling-Doubles; Ages 65+*	Pope Bowling Center
12:00 NOON**	Bowling-Doubles; Ages 55-64*	Pope Bowling Center
<b>SATURDAY, APRIL 21</b>		
1:00 P.M.**	Swimming	Fayetteville YMCA
<b>MONDAY, APRIL 23</b>		
9:00 A.M.**	Bowling-Mixed Doubles; Ages 65+*	Pope Bowling Center
12:00 NOON**	Bowling-Mixed Doubles; Ages 55-64 *	Pope Bowling Center
<b>TUESDAY, APRIL 24</b>		
10:00 A.M.**	Croquet	Town of Lillington Park, Chamber Field
9:00 A.M.**	5K Run (3.1 miles)	Campbell University
10:30 A.M.**	1500 M Race Walk (1 mile)	Campbell University
1:00 P.M. **	Cornhole	Al Woodall Municipal Park, Erwin
<b>WEDNESDAY, APRIL 25</b>		
9:00 A.M. **	Bocce	Western District Park, Roseboro
<b>THURSDAY, APRIL 26</b>		
2:00 P.M.**	SilverArts Performance & Cheerleader Showcase	JD Fuller Recreation Center
<b>SATURDAY, APRIL 28 &amp; MAY 19</b>		
	Softball Tournament	Lamon Street Park

**Awards will be presented on Pope Fitness Field following the completion of ALL events and verification of results. In the event of a tie, you MUST be present to compete in a tiebreaker. If you are not present you forfeit your right to a tiebreaker and the Events Director reserves the right to break the tie based on participants who are present and written score sheets submitted by Event Managers.**

**Items in the SilverArts display must remain on display from 9:30-12:30. No items will be permitted to leave before 12:30!**

**\*\* Times listed are start times; participants must arrive 30 minutes prior in order to check in. Otherwise they forfeit their play!**

**\*Age group of players is determined by age of the youngest player.**