

# 2019 SENIOR GAMES

## For ages 50 and better!

### July 18, 2019



**REGISTER BY June 27th** to receive a FREE commemorative t-shirt.  
Registration deadline is July 12th.  
**Registration: \$14.00**

**Presented By:**



**Hosted By:**

**Mechanicsburg Area Senior High School**

# 2019 SENIOR GAMES

Senior Games combines sports, recreation, friendly competition and fellowship into one fun-filled day. The goal of Senior Games is to stimulate active lifestyles, promote healthy living, build lasting friendships and create fond memories. So come out and show us what you're made of, backyard athlete or Iron man, it doesn't matter!

## **RAIN OR SHINE**

**ALL** events, with the exception of the track and field events, will be held indoors at Mechanicsburg Area Senior High School **including** the swimming competition.

**CAN JAM AND PING PONG HAVE BEEN ADDED AS PICK UP EVENTS.**

## **IMPORTANT INFORMATION**

### **ELIGIBILITY**

Any Cumberland County Resident or Senior Center Participant 50 years of age or better.

### **PARTICIPATION**

You may participate in as many activities as your schedule will allow. We know that some activities overlap and that you may not be able to participate in everything that interests you but we want to give you the best chance to be successful! Remember, this event is designed for you to come and spend the day. Please consider bringing cards and/or board games for potential downtime.

### **AWARDS**

**Participants will receive a FREE commemorative 2019 Senior Games t-shirt (if application is received on or before June 27, 2019).** Medallions of gold (1<sup>st</sup> place), silver (2<sup>nd</sup> place) & bronze (3<sup>rd</sup> place) will be awarded by gender, in the following age categories: 50-59, 60-69, 70-79 and 80 & over. **YOU MUST BE PRESENT TO RECEIVE YOUR MEDALS AT THE END OF THE DAY.**

### **PRE-REGISTRATION**

All participants must pre-register by filling out the attached Senior Games Registration Form, Event Registration Form, sign the Senior Games Waiver & Medical Release Form and mail the \$14 registration fee prior to the registration deadline of July 11, 2019, **HOWEVER, if registration is received AFTER June 27, 2019 you will not receive a commemorative Senior Games t-shirt.**

**Checks should be made payable to Cumberland County Aging & Community Services and mailed to:**

**Cumberland County Aging & Community Services  
Attn: Heather DeWire  
1100 Claremont Road  
Carlisle, PA 17015**

We will send you a confirmation notice with the events and rules you are registered for and other details about your day. **IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO CHECK THEIR CONFIRMATION NOTICE FOR ERRORS.** All participants agree to abide by the rules provided with your confirmation notice.

**AT THE DISCRETION OF THE PERSON IN CHARGE OF RUNNING AN EVENT, ANY PARTICIPANT THAT DOES NOT PLAY BY THE RULES PROVIDED IN THE CONFIRMATION NOTICE WILL BE IMMEDIATELY ELIMINATED FROM THAT EVENT.**

### **SPOUSES/SPECTATORS**

All spouses/spectators planning to attend lunch or other related activities must complete the registration form, sign the waiver and pay the registration fee.

### **LUNCH & AMENITIES**

A bag lunch of either Chicken Salad Sandwich or Turkey and Cheese Sandwich and a beverage are included in your registration fee and will be available from 11:30am to 12:30pm in the high school cafeteria. Please be sure to choose your lunch option on the registration form.

### **WHERE TO PARK**

There is plenty of parking available at the high school.

### **CHECK-IN**

All participants should report to the check-in area between 7:45am and 8:30am, located in the lobby of the Mechanicsburg Area High School before proceeding to your first event. At check-in you will be given a t-shirt in the size that you ordered on the registration form, a list with the time and location of each event and a ticket for your lunch. It is important that you safeguard this ticket because another one **cannot** be issued.

### **NO SMOKING**

Smoking on school district property is forbidden under provisions of the BOCA Basic Fire Prevention Code, Section F-310, and School Board policy.

**Please note that you are responsible for belongings that are left unattended.**

**Cumberland County and/or Mechanicsburg Area School District reserves the right to change the event format for any age division based on entry numbers, space restrictions, or other circumstances.**

**JOIN US FOR THE FUN!**

IF YOU HAVE ADDITIONAL QUESTIONS, please give Heather DeWire a call at Cumberland County Aging and Community Services, 717-240-6110 or e-mail [hdewire@ccpa.net](mailto:hdewire@ccpa.net).

## SCHEDULE OF EVENTS

**Must be on time to participate in all events unless otherwise marked.**

- 7:45-8:30 Check-in at Mechanicsburg High School lobby
- 8:30-8:45 Opening remarks
- 9:00-9:30 100M Run and 100M Walk
- 9:30-10:00 400M Run and 400 M Walk
- 10:00-10:30 1600M Run
- 10:00-11:30 Softball Throw - Throw anytime between 10:00-11:30
- 10:00-11:30 Football Throw - Throw anytime between 10:00-11:30
- 10:00-11:30 Basketball Shoot - Shoot anytime between 10:00-11:30
- 9:30-2:00 Shuffleboard - Play anytime between 9:30-2:00
- 11:30-12:30 Lunch – All activities will stop from 11:30am to 12:30pm for lunch
- 9:30-2:00 Wii Bowling - Play anytime between 9:30-2:00
- Billiards – **Will be played on July 16 at the Mechanicsburg Senior Center starting at 9:30**
- 10:00-2:30 Ladderball – Play anytime between 10:00-2:30 – **NEW SCORING FORMAT**
- 10:00-2:30 Cornhole – Play anytime between 10:00-2:30 – **NEW SCORING FORMAT**
- 1:00-1:15 25 Meter Freestyle Swim
- 1:15-1:30 25 Meter Breaststroke Swim
- 3:00-4:00 Ice Cream & Awards

**Times are approximate and may vary**

**MUST BE PRESENT TO RECEIVE YOUR MEDALS**

## **SPORTS DESCRIPTIONS**

Events will be held rain or shine, except in dangerous weather conditions

### **100M, 400M and 1600M Runs and Walks**

**Divisions:** Individual/male-female/age categories

**Time:** 100M run and 100 M walk – Run starts at 9:00 and Walk starts at 9:15- you **cannot** sign up for both  
400M run and 400M walk – Run starts at 9:30 and Walk starts at 9:45 - you **cannot** sign up for both  
1600M run – Starts at 10:00

**Location:** Track at Mechanicsburg High School

### **Softball Throw**

Three warm up throws. A maximum of four throws from a regulation sized softball will be allowed with the best throw being recorded. Standing or running throws will be allowed. Crossing the throwing line will forfeit the throw. Underhand or overhand throws may be used. The distance will be measured from the center point of the throwing line to the point of impact. Softballs will be supplied.

**Divisions:** Individual/male-female/age categories

**Time:** Throw anytime between 10:00 and 11:30

**Location:** Track at Mechanicsburg High School

### **Football Throw**

Three warm up throws. A maximum of four throws from a regulation sized football will be allowed with the farthest throw, within the boundaries, being recorded. Standing or running throws will be allowed. Crossing the throwing line will forfeit the throw. Underhand or overhand throws may be used. The distance of the throw will be measured from the center point of the throwing line to the point of impact. Regulation footballs will be supplied.

**Divisions:** Individual/male-female/age categories

**Time:** Throw anytime between 10:00 and 11:30

**Location:** Track at Mechanicsburg High School

### **Basketball Shoot**

Five warm up shots. Fifteen shots for the competition. Five from free throw line and five each from the right and left of the free throw line. Normal rules of basketball free throw apply for the competition.

**Divisions:** Individual/male-female/age categories

**Time:** Shoot anytime between 10:00 and 11:30

**Location:** Mechanicsburg High School Gym

### **Shuffleboard**

Six frames per contestant. Total point count is recorded.

**Divisions:** Individual/male-female/age categories

**Time:** Play anytime between 9:30-2:00

**Location:** Mechanicsburg High School

### **Wii Bowling**

One game per contestant. Point count is recorded.

**Divisions:** Individual/male-female/age categories

**Time:** Play anytime between 9:30-2:00

**Location:** Mechanicsburg High School

### **Billiards**

8 Ball. Modified Senior's Pool League Rules will apply.

**Divisions:** The best in two out of three games advance. Age and gender will be considered by skill level in matching up competitors.

**Date:** **July 16** – Medals presented at award ceremony July 18<sup>th</sup>

**Time:** Starts at 9:30

**Location:** Mechanicsburg Place Senior Center

**Ladderball**

Six frames per contestant. Total point count is recorded.

**Divisions:** Individual/male-female/age categories.

**Time:** Starts at 10:00-2:30

**Location:** Mechanicsburg High School Gym

**Cornhole**

Six frames per contestant. Total point count is recorded.

**Divisions:** Individual/male-female/age categories.

**Time:** Starts at 10:00-2:30

**Location:** Mechanicsburg High School Gym

**25 Meter Freestyle Swim and 25 Meter Breaststroke Swim**

Will take place at the Mechanicsburg High School indoor pool.

**Divisions:** Individual/male-female/age categories

**Time:** Starts at 1:00 freestyle and 1:15 breaststroke

**Location:** Mechanicsburg High School Pool

**OTHER DESCRIPTIONS****Lunch & Awards**

Enjoy a bagged lunch and beverage. Please remember to make your meal choice on your registration form. Then at the end of the day cheer for your friends during the awards ceremony when the results and medals are presented to the top finishers.

**Lunch Time:** ALL ACTIVITIES WILL STOP FOR LUNCH – 11:30-12:30

**Location:** Mechanicsburg High School Cafeteria

**Awards and Ice Cream:** 3:00-4:00

**Location:** Mechanicsburg High School Cafeteria

## Senior Games Registration Form

Please complete the Senior Games Registration Form, the Event Registration Form and the Senior Games Waiver & Medical Release Form and mail all three pages, along with the fee to:

Cumberland County Aging & Community Services  
Attn: Heather DeWire  
1100 Claremont Road  
Carlisle, PA 17015

Make checks payable to: Cumberland County Aging & Community Services

Please Print Clearly

Name: \_\_\_\_\_ Gender \_\_\_M \_\_\_F

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Did you enclose your registration fee payable to Cumberland County Aging & Community Services? **Yes No**

Did you place a check mark by each event that you plan to participate in? **YES NO**

Did you sign the Senior Games Waiver & Medical Release? **YES NO**

T-shirt size – circle one **M L XL XXL XXXL**

Lunch choice: \_\_\_\_\_ Chicken Salad Sandwich  
\_\_\_\_\_ Turkey & Cheese Sandwich

## Event Registration

*Please place a check mark by each event that you plan to participate in, including lunch. Please do not overbook yourself; it is impossible to participate in every event.*

**Must be on time to participate in all events unless otherwise marked.**

- \_\_\_\_ 7:45-8:30 Check-in at Mechanicsburg High School lobby  
\_\_\_\_ 8:30-8:45 Opening Remarks
- \_\_\_\_ 9:00-9:30 100M Run and 100M Walk  
\_\_\_\_ 9:30-10:00 400M Run and 400M Walk  
\_\_\_\_ 10:00-10:30 1600M Run
- \_\_\_\_ 10:00-11:30 Softball Throw \*\*Throw anytime between 10:00-11:30  
\_\_\_\_ 10:00-11:30 Football Throw \*\*Throw anytime between 10:00-11:30  
\_\_\_\_ 10:00-11:30 Basketball Shoot \*\*Shoot anytime between 10:00-11:30
- \_\_\_\_ 9:30-2:00 Shuffleboard \*\*Play anytime between 9:30-2:00
- \_\_\_\_ 11:30-12:30 Lunch \*\*All activities will stop during the lunch hour  
**\*Make sure you check your meal choice on Registration Form.\***
- \_\_\_\_ 9:30-2:00 Wii Bowling \*\*Play anytime between 9:30-2:00
- \_\_\_\_ **Billiards – Will be played on July 16th at the  
Mechanicsburg Senior Center starting at 9:30**
- \_\_\_\_ 10:30-2:30 Ladderball – Single elimination bracket  
\_\_\_\_ 10:30-2:30 Cornhole – Single elimination bracket
- \_\_\_\_ 1:00-1:15 25 Meter Freestyle Swim  
\_\_\_\_ 1:15-1:30 25 Meter Breaststroke Swim
- \_\_\_\_ 3:00-4:00 Ice Cream & Awards

## Senior Games Waiver & Medical Release

All applicants **MUST** read the waiver and sign below.

I hereby attest that the information I have provided in the registration process is true and accurate to the best of my knowledge. I understand that should any of this information be proven false, the administrators of the Cumberland County Senior Games have the right to remove me from participation. I, the undersigned, hereby release and forever discharge any and all rights and claims for damages, including any claims, for loss, damages or injury to my person or property arising out of the performance or failure of performance of the County of Cumberland, the owner of the site(s) of competition, the Mechanicsburg Area School District, the Borough of Mechanicsburg, Messiah Lifeways or Mechanicsburg Area Parks and Recreation, or the respective officers, agents, representatives, successors and/or assignees of the parties named above, from any and all claims, demands and liability of every kind and nature, legal or equitable occasioned by or arising out of my participation in the competition known as the Cumberland County Senior Games. I recognize the challenges of the event(s) in which I have chosen to participate, and I assume all risks of personal injury or death in connection therewith. I attest that I am sufficiently physically fit to participate safely therein, and that I have not been advised otherwise by a qualified medical person. I hereby consent to allow my picture, likeness or name to appear on the Cumberland County, the Mechanicsburg Area School District, the Borough of Mechanicsburg, the Messiah Lifeways or the Mechanicsburg Area Parks and Recreation website(s) and in any official documentary, sponsor advertisement or exclusive television coverage of the Cumberland County Senior Games in any manner incidental to my participation in the Cumberland County Senior Games and without compensation to me. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of emergency. I also authorize the attending medical person to execute on my behalf any permission forms and other appropriate medical documents on my behalf if I am not immediately available to do so. I understand that I am responsible for any charges incurred by me for medical treatment.

*By providing my signature below I agree that I have read the waivers and releases above and agree to their content.*

\_\_\_\_\_  
*Printed Name of Applicant*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of Applicant*

\_\_\_\_\_  
*Date*