

# Welcome to the 34th Annual Virginia Senior Games!



Our philosophy is to provide something for EVERYONE 50 & better! From swimming and tennis to canasta, events are chosen to include the non-athletic as well as the athletic, to accommodate all skill levels, and to promote an atmosphere of competition and FUN!

**Age Requirements:** The minimum age to compete is 50 years old. Age divisions for all individual competition will be determined by the athlete's age on December 31, 2012. Age divisions for all doubles, mixed doubles and team competition will be determined by the age of the youngest team member on December 31, 2012. Game officials reserve the right to combine age groups of any event due to insufficient entries. Events are divided into separate divisions for men and women. Age categories will be in 5-year increments, unless otherwise specified.

**How to Register:**

**Registration Deadline – Sat. March 31, 2012**

## Athletes:

- Complete the enclosed registration forms:
- Individual Entry Form (pg 7), sign and date Waiver & Release of Liability at bottom of page
- Event Entry Form (pg 8)

## Teams:

- Team Rosters must be submitted by Team Captains on Team Entry Form (pg 9)
- Team Entry: All team members must complete the Individual Entry Form, (pg 7) sign and date the Waiver & Release of Liability at bottom of page
- 60% Virginia residency is required to be considered an in-state team in 3 on 3 basketball and volleyball.

Doubles/partner teams, made up of one in-state and one out-of-state player, will be considered an out-of state team.

**FAX** your registration to (804) 730-9455.

**MAIL** completed forms with check or money order, made payable to Virginia Senior Games, to:

**Virginia Senior Games - VRPS**  
**6372 Mechanicsville Turnpike, Suite 109**  
**Mechanicsville, VA 23111**

Forms postmarked on or before **March 31** meet the entry deadline. Forms postmarked **April 1** or later will be considered a late entry. Late entries will be accepted on a space available basis and will be assessed a LATE ENTRY FEE of \$15 (in addition to the event fee). Absolutely NO registrations accepted after **April 18** and NO on-site registrations allowed.

## Check-in Dates, Times & Locations:

Tues. May 8 .....4-6pm. .... Eastern Henrico Rec. Ctr  
 Wed. May 9 .....7am-2pm. .... Eastern Henrico Rec. Ctr  
 Thurs. May 10 .....7am-2pm. .... Eastern Henrico Rec. Ctr  
 Fri. May 11 .....7am-2pm. .... Eastern Henrico Rec. Ctr  
 Sat. May 12 .....7am-12noon ..... Hermitage High School

Eastern Henrico Rec. Ctr. 1440 N. Laburnum Henrico, VA  
 Hermitage High School 8301 Hungary Spring Rd Henrico, VA

Be sure to go to Check-In (times and locations listed above) to receive your packet of information including your **Virginia Senior Games 2012 T-Shirt**, participant bag and name tag. Multiple pick-ups permitted.

**Refund Policy:** Requests for refunds must be received in writing by 5pm on March 31, 2012. Cancellations are subject to a 20% administrative fee. No refunds will be considered after March 31, 2012. There will be no refunds if an athlete or team fails to participate, or if inclement weather forces event cancellation. Every effort will be made to reschedule events cancelled due to inclement weather.



**Questions?:** Please direct any questions regarding registration, event rules and VSG requirements to the Virginia Recreation and Park Society 9am - 4pm Monday through Friday. Phone: 804-730-9447 E-mail: [vsg@vrps.com](mailto:vsg@vrps.com).

Table of Contents	
Gold Medal Sponsor .....	2
Registration Check-in Times.....	3
Individual Entry Form.....	7
Waiver and Release of Liability Form .....	7
Event Entry Form.....	8
Team Entry Form.....	9
Volunteer Form .....	10
General and Hotel Information.....	11
Venues at a Glance .....	13
Events at a Glance .....	14
Virginia Senior Games Sponsors.....	15

**[www.virginiaseiniorgames.org](http://www.virginiaseiniorgames.org)**  
**Look for us on Facebook!**

## Individual Entry Form - Please Print

Entrant: \_\_\_\_\_ Gender: Male: \_\_\_\_\_  
(First) (Middle) (Last) Female: \_\_\_\_\_  
Address: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/19\_\_\_\_ Age: \_\_\_\_  
City: \_\_\_\_\_ \*State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**\*Confirmations will be e-mailed.**

Hometown Newspaper: \_\_\_\_\_

\* Non-Virginia residents must pay a \$15 out-of-state fee in addition to the event fees.

T-shirt: (circle one) S M L XL (XXL \$2 extra & XXXL \$4 extra) (NO t-shirt for late entrants!)

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

The staff and volunteers of the Virginia Senior Games are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult their doctor regarding preparation for and participation in the Senior Games.

Special Accommodations Needed: \_\_\_\_\_  
\_\_\_\_\_

## WAIVER AND RELEASE OF LIABILITY

(All Registrants must sign this form to participate.)

In consideration of the acceptance of my application for registration in the Virginia Senior Games, I hereby waive and release for myself, my heirs, executors, and administrators any and all rights and claims for injuries, damages, and/or losses to include loss of life, (except for personal injury solely and proximately caused by the negligence of The Virginia Recreation and Park Society, any sponsor, and/or their respective officers, employees, or agents, their representatives, and their affiliates) arising out of any and all activities connected with the Virginia Senior Games. I acknowledge and understand the inherent risks involved with participating in the physical activities of the Virginia Senior Games.

By signing this waiver and release, I affirmatively declare and warrant that:

- 1 I am physically healthy and able to participate,
- 1 I have no medical condition that may limit or impair my safe participation in the games,
- 1 I have received my doctor's permission, if necessary, to participate, and
- 1 I voluntarily assume all foreseeable risks associated with physical activity incident to the Virginia Senior Games.

I understand that photographs or videos of me may be taken during the events, that my likeness may appear in news coverage, publications, and/or other publicity regarding the Virginia Senior Games, that no compensation will be made by the sponsors, and I give my consent to these conditions.

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

\* Non-Virginia residents must pay a \$15 out-of-state fee in addition to the event fees.

# Event Entry Form - Please Print

- Check only events you are entering. Note that you may enter as many events as you choose, however if there is an overlap in the schedule, you must be at the event at starting time or risk being disqualified.
- Registrations must be postmarked no later than **March 31, 2012**. Entries postmarked after this date will be accepted on a space available basis and must include a \$15 late registration fee. Absolutely NO registrations accepted after **April 18, 2012**. NO on-site registration allowed.
- There will be no refunds for missed events or events cancelled due to inclement weather.
- Non-Virginia residents must pay a \$15 out-of-state fee in addition to the event fees.

**Archery** (\$18 per event, \$38 max)

- Compound Finger
- Compound Release
- Recurve
- Barebow Recurve
- Barebow Compound Finger

**Badminton** (\$18 per event, \$38 max)

- Singles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Basketball**

- Basketball Free Throw (\$17 per event)
- Basketball 3 on 3 (\$100 per team)  
\_\_\_\_\_  
(Team Name-use team entry form)

**Billiards**

- Billiards (\$17 per athlete)

**Bowling** (\$20 per event, \$45 max)

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Canasta**

- Canasta (\$12 per athlete)  
\_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Cycling** (\$25 per event, \$40 max)

- Cycling 5K
- Cycling 20K

**Golf Tournament** (\$45 per athlete)

- Handicap \_\_\_\_\_

**Horseshoes** (\$18 per athlete)

- Horseshoes

**Mini Golf** (\$17 per athlete)

- Mini Golf

**Pickleball** (\$18 per event, \$38 max)

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Racquetball** (\$18 per event, \$38 max)

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Road Race** (\$18 per athlete per event)

- Road Race 5K
- Road Race 10K

**Shuffleboard** (\$18 per athlete per event)

- Singles \_\_\_\_\_
- Doubles and/or Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Softball**

- Softball Hit & Throw (\$17 per athlete)
- Softball Tournament  
May 11-13 Glen Allen Sport Complex  
(SPA Dogwood Classic Tournament)  
For more details contact Scott Southworth at  
(804) 330-3135. See page 6.

**Swimming** (\$11 per event, \$40 max)

- |  |            |
|--|------------|
|  | Entry Time |
| <input type="checkbox"/> 400mtr freestyle    | _____      |
| <input type="checkbox"/> 100mtr Breaststroke | _____      |
| <input type="checkbox"/> 50mtr Butterfly     | _____      |
| <input type="checkbox"/> 200mtr Backstroke   | _____      |
| <input type="checkbox"/> 100mtr Butterfly    | _____      |
| <input type="checkbox"/> 50mtr Freestyle     | _____      |
| <input type="checkbox"/> 200mtr IM           | _____      |
| <br>   |            |
| <input type="checkbox"/> 200mtr Freestyle    | _____      |
| <input type="checkbox"/> 100mtr Backstroke   | _____      |
| <input type="checkbox"/> 50mtr Breaststroke  | _____      |
| <input type="checkbox"/> 100mtr IM           | _____      |
| <input type="checkbox"/> 200mtr Breaststroke | _____      |
| <input type="checkbox"/> 100mtr Freestyle    | _____      |
| <input type="checkbox"/> 50mtr Backstroke    | _____      |

**Table Tennis** (\$18 per event, \$38 Max)

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Tennis** (\$18 per event, \$38 max)

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_  
Partner's Name \_\_\_\_\_
- Mixed \_\_\_\_\_  
Partner's Name \_\_\_\_\_

**Track & Field** (\$11 per event, \$40 max)

- Race Walk 5K (8am)
- Race Walk 1500 meter (10am)
- 50m Run (9am)
- 100m Run (10:30am)
- 200m Run (2pm)
- 400m Run (1pm)
- 800m Run (1:30pm)
- 1500m Run (9:30am)
- Long Jump (8:30am)
- High Jump (w-1pm, m-2pm)
- Shot Put (w-2:30pm, m-3:30pm)
- Discus (w-9:30am, m-11am)
- Pole Vault (4:30pm)
- Javelin (m-10am, w-11am)

**Volleyball** (\$100 per team, use team entry form)

- Volleyball Men - Team: \_\_\_\_\_
- Volleyball Women - Team: \_\_\_\_\_
- Volleyball Co-ed - Team: \_\_\_\_\_

**Total Event Fees:** \$ \_\_\_\_\_

**Administrative Fee** \$ 4.00  
(admin fee is for each athlete)

**Out of State Fee: (\$15)** \$ \_\_\_\_\_  
(if applicable)

**Late Fee: (\$15)** \$ \_\_\_\_\_  
(For entries postmarked after 3/31/12 -  
Registrations must be received by 4/18/12)

Become a Friend of the **Virginia Senior Games** with a tax deductible contribution.  
\$ \_\_\_\_\_

Thank you!

**TOTAL PAYMENT ENCLOSED:** \$ \_\_\_\_\_

(For Office Use Only)

Event Total \_\_\_\_\_  
Amount of Money Submitted \_\_\_\_\_  
Late Fees \_\_\_\_\_  
Difference \_\_\_\_\_

**Registration Deadline:  
March 31, 2012**

Events may be cancelled if minimum  
registration is not met.