



General Event Information

The 2013 Sonoma Wine Country Senior Games are sanctioned qualifying games for the California State Senior Games. Senior Games promote healthy, active lifestyles for adults 50+.

Eligibility

All participants must be 50 on or before December 31 of the event year. There is no upper age limit. Proof of age will be required at event check in. Age divisions are in five-year age groups except where noted: 50-54, 55-59, 60-64, 65-69, 70-74, etc. Age divisions for doubles and team competitions will be determined by age of the youngest player as of December 31 of the event year.

Medals

Medals will be awarded to the top three finishers in each age category. *Social athletic events will not be awarded medals.*

Registration & Fees

Individuals may enter any sport or event subject to the entry limitations of that sport. There is a \$40 individual registration fee plus a small event fee for each sport. Each partner in a doubles competition must submit an entry form and write the full name of his or her partner. Team fees are to be submitted at the time of entry by the Team Captain. Upon completion of registration, Team Captains will be given a team number that they will share with each team member. Each team member is required to submit an online or written registration. There will be no additional fees for team members unless they choose to participate in additional individual sports. Registration and event fees include: event administration and organization, venue rental and restrooms, officials, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, event t-shirt and results administration. Please do not register for overlapping events. No schedule changes will be made to accommodate multi-sport or multi-event entrants. Refunds will not be given.

Liability Waivers

Each participant will be required to sign a release waiver at check in prior to participation in their event(s). Sonoma Wine Country Senior Games is not responsible for the loss or damage of any athlete's personal belongings. The General Liability Insurance Policy only covers medical costs when an accident or injury is caused by our negligence. Each participant is responsible for his or her own medical insurance. Emergency medical assistance will be in place at most events. If the athlete must be transported by ambulance, it will be at the athlete's expense.

Registration Confirmation and Check In

All athletes and team members must report to the Athletes' Village to check in prior to their first competition. Participants will be required to show proof of age and will be given their credentials. Additional information will be included in the confirmation letter and in correspondence closer to the event.

Equipment and Uniforms

Participants are required to provide their own equipment, athletic apparel and shoes as is customary for the sport in which they are participating. Team sports require like-color and style, numbered uniforms.

Sportsmanship

Unsportsmanlike or disorderly conduct on the part of competitors, coaches or fans will be grounds for immediate removal and disqualification without refund of fees. Please help make this a fun, family-friendly event!

Register online at: www.WineCountryGames.com

Registration Deadline:

May 17, 2013 (postmarked)

There will be no event day registration.

Mail Registration forms to:

Sonoma Wine Country Senior Games
30 Kawana Springs Rd.
Santa Rosa, CA 95404



Individual Registration

Registration Deadline: May 17, 2013 (postmarked)
Or register online at: www.winecountrygames.com
Use a TEAM REGISTRATION FORM for team sports.

Name: _____ Male: ☐ Female: ☐
Mailing Address: _____ City: _____ State: _____ ZIP: _____
Email: _____ Phone: _____ Cell: _____
Birth Date: _____ Age as of 12/31/13: _____
T-Shirt Style: ☐ Men ☐ Women (fitted) T-Shirt Size: S M L XL XXL OptOut
Emergency Contact Name: _____ Phone: _____

Fees & Payment

Individual Registration Fee (*Partners must register separately*) \$40

Archery ~ June 9, 9 am, Lake Sonoma Archery Range

- ☐ Stick (\$5) ☐ Recurve (\$5) ☐ Compound Bow (\$5)
☐ Beginning ☐ Intermediate ☐ Advanced ☐ Pro

Basketball ~ June 1 & 2, 9 am (for 3 on 3 team basketball please complete a Team form)

- ☐ Hot Shots(\$5) ☐ Free Throw (\$5)

Cycling ~ June 2, 8 am, Lake Sonoma

- ☐ 17 Mile Road Race (\$10)
☐ 34 Mile Road Race (\$10)

Golf ~ May 30, 8 am, Windsor Golf Club

- ☐ Non-member Golf (\$40) ☐ Windsor CC Member (\$5)

Your handicap: _____

Horseshoes ~ June 7, 9 am, Doyle Park, Santa Rosa (\$5)

Pickleball ~ May 31 - June 2, 9 am, Hiram Lewis Park, Windsor

- ☐ Women's Doubles (\$5) ☐ Men's Doubles (\$5) ☐ Mixed Doubles (\$5)

Doubles Partner: _____ Mixed Partner: _____

Square Dancing ~ June 7 & 8, Spring Lake Village, Santa Rosa

- ☐ Mainstream, Plus & Random Plus (\$5) Partner: _____

Swimming ~ June 8, Quinn Swim Center, Santa Rosa Junior College

- ☐ Non-Master swimmer Number of events _____ X \$2= _____

- ☐ US Masters Swimmer # _____

All events are timed finals. Time seeded for Masters & non-Masters swimmers

<u>Event</u>	<u>Seed Time</u>	<u>Event</u>	<u>Seed Time</u>	<u>Event</u>	<u>Seed Time</u>
<input type="checkbox"/> 500 Free (\$2)	_____	<input type="checkbox"/> 100 IM (\$2)	_____	<input type="checkbox"/> 50 Fly (\$2)	_____
<input type="checkbox"/> 100 Breast (\$2)	_____	<input type="checkbox"/> 50 Back (\$2)	_____	<input type="checkbox"/> 200 Free (\$2)	_____
<input type="checkbox"/> 50 Breast(\$2)	_____	<input type="checkbox"/> 100 Back (\$2)	_____	<input type="checkbox"/> 50 Free (\$2)	_____
<input type="checkbox"/> 200 IM (\$2)	_____	<input type="checkbox"/> 100 Free (\$2)	_____	<input type="checkbox"/> 1650 Free (\$2)	_____

More sporting events on the back



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Table Tennis ~ June 6, 9 am, Mountain Shadow Recreation Center, Rohnert Park

☐ Women's Singles (\$5) ☐ Men's Singles (\$5)

☐ Women's Doubles (\$5) Partner: _____

Tennis ~ June 8 & 9, 9 am, Santa Rosa High School

☐ Women's Singles (\$5) ☐ Men's Singles (\$5)

☐ Women's Doubles (\$5) Partner: _____

☐ Men's Doubles (\$5) Partner: _____

☐ Mixed Doubles (\$5) Partner: _____

Track & Field ~ June 8, 9 am, Healdsburg HS

Number of events _____ X \$2= _____

☐ Non-USATF

☐ USATF # _____

Event Distance/Time

☐ 5000M(\$2) _____

☐ 100M Hurdles (\$2) _____

☐ 400M (\$2) _____

☐ 300M Hurdles (\$2) _____

☐ Pole Vault (\$2) _____

☐ Discus (\$2) _____

Event Distance/Time

☐ Mile (\$2) _____

☐ 110M Hurdles (\$2) _____

☐ 800M (\$2) _____

☐ 400M Hurdles (\$2) _____

☐ Javelin (\$2) _____

☐ High Jump (\$2) _____

Event Distance/Time

☐ 80M Hurdles(\$2) _____

☐ 100M (\$2) _____

☐ 200M (\$2) _____

☐ Long Jump (\$2) _____

☐ Shot Put (\$2) _____

☐ Triple Jump (\$2) _____

5K Social Walk - 5K Run - 10K Run ~ June 2, 8 am, Windsor

☐ 5K Social Walk (\$5) ☐ 5 K Run (\$5) ☐ 10 K Run (\$5)

Total Sport Fees

Celebration Events (Please choose one)

☐ Friday, May 31 ~ 6- 8 pm ☐ Friday, June 7 ~ 6 - 8 pm

☐ I would like to bring a guest (\$10) Guest Name: _____

Legacy Fund

Your donation to the Sonoma Wine Country Senior Games will benefit generations to come!

Total

**Team Sports are available including: Basketball, Bocce Ball, Softball, Soccer & Volleyball.
Complete a TEAM Registration form or call Amy at 707-525-0143 X146 for more information.**

Make Checks Payable & Mail to:

Sonoma Wine Country Senior Games
30 Kawana Springs Rd., Santa Rosa, CA 95404

Credit Card: ☐ VISA

☐ MasterCard

Signature: _____

Date: _____

Credit Card Number: _____

Expiration: _____