



An organized sports competition and leisure program for individuals who are age 50 and older by December 31, 2017

June 11 – 18, 2017 Cortland, NY

Registration Deadlines: Online registration is open through May 22, 2017

All paper entry forms must be postmarked by May 10th, 2017
Team entries MUST contain a roster or they will not be accepted.

We hope that the information provided in this booklet will help you to easily complete the registration process for the 2017 Empire State Senior Games. Please be sure to check the Senior Games website for up to date information

www.nyseniorgames.com & www.cortlandsports.org

If you have any questions, please don't hesitate to contact the Senior Games office at 800-859-2227.

SENIOR GAMES MISSION STATEMENT

The Empire State Senior Games is an organized sports competition and leisure program for those age 50 and older which:

- ◆ Provides recreational opportunities ◆ Encourages fitness as a life-long activity ◆ Promotes the positive image of seniors
- ◆ Combines sports and games with fitness, fun and fellowship ◆ Advocates true competition in its purest form

Table of Contents

Eligibility.....p. 1	Lodging Options.....p. 2	Doubles/Mixed Doubles info.....p. 3
Registration Deadlines.....p. 1	Dining Information.....p. 2	Evening Socials....p. 4
Age Categories.....p. 1	Wellness Fair.....p. 2	Event Schedule....p. 5
Contact us.....p. 1	Recreational Activities.....p. 2	Registration Form.....pp. 7-10
Registration Fee/Refunds.....p. 1	Shuttles.....p. 2	Sport Descriptions....pp. 11-15
Check-in Hours.....p. 2	Team Sport info.....p. 3	

REGISTRATION INFORMATION

ELIGIBILITY

Participants must be at least 50 years of age on or before December 31, 2017. **Your age as of December 31, 2017 will be the age category in which you will compete.**

REGISTRATION DEADLINES FOR 2017:

Both individual and team paper entry forms must be post-marked by May 10th. In addition, a formal roster **MUST** be submitted for each team entering the ESSG or the team will not be recognized. Online registration will remain open through May 22nd, 2017.

AGE CATEGORIES

Competition in most activities is divided by gender and by the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

The Empire State Senior Games reserves the right to combine age groups when there is an insufficient number of competitors in an age category to compete with but **NOT** against. If so desired, you may compete in a lower age group but **NOT** in a higher age group. Your age as of **December 31, 2017** will be the age that determines your age category unless you compete down.

CONTACT US:

Phone: 800-859-2227 Fax: 607-753-1296
 Address: Empire State Senior Games
 c/o CRSC 100 Grange Place, Suite 209 Cortland, NY 13045
Email: nyseniorgamesinfo@gmail.com or
 crsc@cortlandsports.org
 Visit us online at: www.nyseniorgames.com or
 www.cortlandsports.org

REGISTRATION FEE AND REFUND POLICY

- There is a \$40 registration fee for each NYS athlete. Out of state athletes will be charged \$50 to register.
- Some sports have additional fees. There are also fees for social events and meals.
- All fees are outlined on the Entry Form or Online.

Refunds will be given for medical/family emergency reasons only. A \$5 software fee is incurred by the Games, so that will be deducted from EVERY refund along with any expenses incurred (ie: shirt, pin, etc.)

NO EXCEPTIONS.

Please see pg. 15 for additional information on requesting a refund.

2017 EMPIRE STATE SENIOR GAMES

CHECK-IN

Unless indicated otherwise for your events, registered participants must Check-in at the Park Center, SUNY Cortland prior to their events. The hours are below. **A DRIVERS LICENSE or Government-issued NON-DRIVER – PHOTO ID will be** required for proof of age at Check-in. **NO EXCEPTIONS.** Sport Coordinators will check athletes for proper ESSG credentials and cannot let an athlete participate without one. Scores will not be recognized for athletes **who do not check-in. No Exceptions.** At Check-in you will receive an Empire State Senior Games participant packet consisting of your ESSG credentials, program booklet, T-shirt, and other items donated by our sponsors.

Check-in hours, Park Center, SUNY Cortland

Monday, June 12	8:00 am—2:00pm
Tuesday, June 13	8:00am—2:00pm
Wednesday, June 14	7:30am - 4:00pm
Thursday, June 15	7:30am - 4:00pm
Friday, June 16	7:00am - 4:00pm
Saturday, June 17	7:00am—12:00pm

Coordinators: Jerry & Pat O'Rourke Cortland, NY

LODGING OPTIONS

SUNY Cortland residence halls, renovated recently, will be available **starting on Tuesday, June 13th on a first-come, first-served basis.** The campus rate for single room per person/per night is **\$36.00** and **\$31.00** per person/per night for a double room. This rate does not include meals. The cost for lodging includes use of a linen package (2 sheets, 1 blanket, 1 pillow, 1 pillowcase). **You must provide your own towels and washcloths.** The residence halls are not air conditioned so you may want to bring a fan as well as an alarm clock and coat hangers. Mixed couples (male/female) will be housed in the same suites and will share a common bathroom with other couples. See entry form page 4 for lodging and meal selections.

SUNY Cortland Residence Hall Key Policy: If your key is not returned at the end of your stay you will be sent a bill for **\$75.** All returns are issued a receipt. Be sure to get and keep your receipt when you return your key—you will be billed if the key is listed as missing after checkout!!

RV's may park on Campus; please inquire at the Park Center as to the lot location. For additional lodging and camping information you may contact the Cortland County Convention and Visitor's Bureau at 607-753-8463, or visit the ESSG website at www.nyseniorgames.com for camping and lodging options.

Host Hotel

The **Country Inn & Suites**, located on Rte. 281 in Cortland is the official host hotel for the 2017 Empire State Senior Games. Rooms are available starting at a rate of \$115 for a double per night, with a complimentary hot breakfast buffet. Make your reservations by calling **1-607-753-8300** and ask for the **Senior Games Rate.** Also, feel free to visit their web site at www.countryinns.com/cortlandny

DINING HALL HOURS & INFORMATION

Location: Corey Union Function Room, SUNY Cortland

See Page 4 to purchase Meals/Socials

Wednesday to Sunday

Breakfast: 7am - 9am

Lunch: 11:30am - 1:30pm

Meal prices (includes tax):

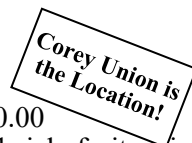
Breakfast - \$10.00 /// Lunch - \$10.00

Boxed Lunches—\$10.00—Contains Sandwich, fruit, chips and bottled water—Pick up at Registration Area

Please Note: Participants are on their own for dinner if you arrive Tuesday or Wednesday. At the Check In site there will be a list of local restaurants for your use while in Cortland and volunteers can assist you with choices.

Social Events

There are three evenings of dining and dancing for which participants may register. See page 4 for details!



TRANSPORTATION/SHUTTLE SYSTEM

The Empire State Senior Games Shuttle and SUNY Cortland buses will be available for limited runs around SUNY Cortland and certain off campus sporting venues. All games' participants are welcome to take advantage of this service. Please check your Program booklet for Shuttle Bus schedules.

PLEASE NOTE: If you need a ride to and from a venue that does not have a Shuttle Bus scheduled, please check in at the Information Table located in the PARK CENTER ahead of time, and we will try to arrange transportation for you . You MUST notify us 24 hrs in advance of your needs in order for us to attempt to arrange transportation.

SUNY Shuttle service will be available to Cort-Lanes for Bowling and to Cortland High School for Track & Field on Saturday. It will not be provided for Cycling or Golf (Long Course/Short Course) events.

The Cortland Transit (local bus) will have local service. Detailed bus schedules will be published and available at the Games check-in.

FREE PARKING is available on campus.

RECREATION AND INSTRUCTIONAL ACTIVITIES

In addition to the 20 plus competitive sporting events, the Empire State Senior Games also provides non competitive events scheduled throughout the week. Registration is not required for these events and you may attend as many as your schedule permits. A schedule of these events will be posted at registration in the Park Center as well as the program book that you will receive when you check-in.

WELLNESS FAIR

The Wellness Fair is an exhibit showcasing services and products for older adults. In past years we had over 20 tables on display for your benefit with plenty of giveaways. Be sure to stop by after you check in at the Park Center for specific display times on Thursday, June 15th & Friday, June 16th.

Coordinator: Cindy Stout, Cortland, NY
email: cstout@cortland-co.org

2017 EMPIRE STATE SENIOR GAMES

Attention all Athletes

There has been concern brought forth from sport coordinators as well as participants about athletes arriving late and worse yet—not showing up for their events. All coordinators are instructed to keep track of these athletes. Anyone who is late for a registered event will automatically be disqualified and anyone who does not show up for a registered event will not be allowed to register for that event the following year. Please choose wisely, be considerate to the sport coordinators as well as your fellow athletes when selecting your events and realize that you cannot compete in every sport. No profanity, yelling or unsportsmanlike conduct will be tolerated—you will be disqualified or banned.

DOUBLES AND MIXED DOUBLES

The competitive age category of partners is determined by age of the younger partner.

Note: Partners will NOT be assigned for any doubles or mixed doubles events. If an athlete is entering a doubles or mixed doubles event, he/she MUST name their partner on the registration form and both athletes MUST register and pay the fee.

TEAM SPORTS-Basketball & Volleyball in Cortland / Men's Softball—September in Webster NY

Individual players may play in only one age group and may appear on only one team roster. The competitive age category of a team is to be determined by the youngest player on the team roster. Numbered shirts of similar color and design are required. Tournament format will be determined by the number of entries. Roster changes will be allowed up until the day of competition for the purpose of replacing a player but NOT for the addition of a player to a roster. Roster changes must include an Entry Form for the new player.

NOTE: CAPTAINS - You must submit your application with the team roster. Rosters will not be accepted unless submitted on the Official Roster form provided by the ESSG. If you are mailing entry forms, please try to submit them together in one envelope. One check can be written for all team players. Please call 800-859-2227 or visit the website to download an Official Roster form.

TEAM DEADLINE: PAPER APPLICATIONS MUST BE POSTMARKED BY MAY 10, 2017.

Online registration will close 5/22/17.

If you have local media that you want us to send results to, please email us at crsc@cortlandsports.org with that information.

The **2017 ESSG DVD** will go on sale for \$10 starting 6/17/17. DVD's will be available at Saturday evening's social, or you can prepay for one at the Information Desk in the registration area before Saturday.

NATIONAL SENIOR GAMES—2017 is not a Qualifying Year

The Empire State Senior Games is the only recognized qualifier for National Senior Games competition. New York State residents will have an opportunity to compete at the highest level this year and again next year against other state contingents...2018 will be a qualifying year for the 2019 NSGA National Games being held in Albuquerque, NM. If you are a qualifier from 2016, we hope you will consider representing New York State in the 2017 Nationals being held in Birmingham, AL. Please see the Director with any questions...Good Luck to all!



Boxed Lunches are now available for you to order...If you cannot leave your competition, consider ordering a boxed lunch on the day you need it...**Boxed lunches include a sandwich, chips, fruit, cookie and bottle of water.** Options are available on the order form, under meals.

Make a Donation!

If you would like to make a tax-deductible donation to the Empire State Senior Games you can do so by indicating the amount on your entry form. Donations will be used to further enhance the Games; not for administrative purposes. We do not receive any kind of support from New York State...The events are solely funded by registration fees, the Cortland Regional Sports Council and an occupancy tax allocation from Cortland County.

A SPECIAL THANKS TO THE SPONSORS OF THE EMPIRE STATE SENIOR GAMES

Excellus



A nonprofit independent licensee of the Blue Cross Blue Shield Association



Cortland County
Convention & Visitors Bureau



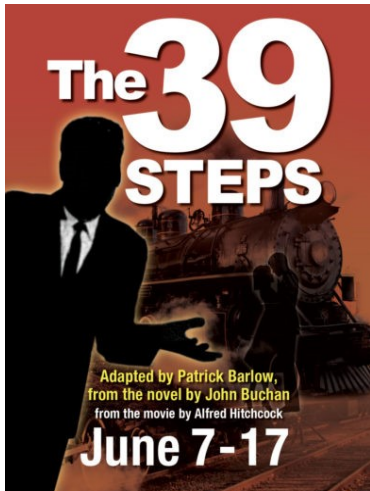
National
Senior Games
Association

COUNTRY
INN & SUITES
Be Our Guest
www.countryinns.com/cortlandny



EVENING SOCIAL EVENTS As we evolve in the planning process for the Games, we are trying new and different options for the socials. Each year we “tweak” things based on feedback, so please let us know what you like and don’t like so we can plan accordingly. This year, we are returning to campus for our Barbeque. Transportation from the dorms on campus will be provided. We are going back to the original Senior Games Social Schedule so for those of you who always like to dress up a little extra, we suggest that you do so on Saturday Night this year. Read below to see what we have in store for you. We are sure that you won’t want to miss these events...

Please note, it is **mandatory that you pre-register** for each Social Event by checking on the entry form the appropriate boxes and including the appropriate fee. For the trip to the play at the Cortland Repertory Theater, please call the number indicated to reserve your seat; you cannot register for the play on the entry form. **Remember, there are no refunds for Social Events.**



Cortland Repertory Theatre's presentation of **The 39 Steps**

Wednesday, June 14th 7:30pm performance

Hitchcock meets Hilarity! Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of brilliant physical comedy and you have this award winning, fast-paced comedy! This theatrical treat is packed with nonstop laughs, over 150 zany characters (played by a ridiculously talented cast of 4), an on-stage plane crash, a train chase, missing fingers, numerous hats and some good old-fashioned romance! The Plot: A man with a boring life meets a woman who says she's a spy. When she is murdered, a mysterious organization called “The 39 Steps” is hot on the man's trail in a nationwide manhunt. This leads to an unforgettable evening of laughs and theatrical magic!

Licensed by ITV Global Entertainment Limited. From an original concept by Simon Corble and Nobby Dimon.

CALL 607-756-1864 by June 1st to reserve tickets with a credit card — Ticket price is \$32 for center seats. Tickets are handed out when you arrive for registration. Transportation is available, but you must reserve at the time of ticket reservation.

Annual Torch Lighting Ceremony and Barbeque

Location: Alumni Arena, SUNY Cortland campus

Tickets required—purchase cut-off 5/23

Thursday, June 15th, 5:30pm to 8:00pm

TORCH LIGHTING CEREMONY AT APPROXIMATELY 6:30PM

Barbeque, cash bar, entertainment



Friday Night Dinner and a DJ

Corey Union Function Room, SUNY Cortland

Friday, June 16th - 6:00pm to 9:00pm



Enjoy an evening with your fellow athletes and friends.

Dinner and Dancing

Corey Union Function Room, SUN Y Cortland

Saturday, June 17th, 6:00pm to 9:00pm - Cash Bar



Spend the evening reminiscing about past Senior Games and the new memories created this year. Dinner, dancing and a cash bar. Preview the Senior Games DVD at this event! DVD's will be for sale.

Looking for other things to do? See page 6 for things to do around Cortland County!

2017 EMPIRE STATE SENIOR GAMES EVENT SCHEDULE

MONDAY, JUNE 12

- 8:00am** Golf - Short Course West Hill Golf Course
9:00am Tennis – Doubles SUNY Cortland
2:30pm Tennis – Mixed Doubles SUNY Cortland

TUESDAY, JUNE 13

- 9:00am** Tennis – Singles SUNY Cortland
9:00am Golf - Long Course Elm Tree GC Shot Gun Start

WEDNESDAY, JUNE 14

- 8:30am** Pickleball – Women’s Doubles, Men’s Singles Lusk Fieldhouse
9:00am Golf - Long Course Elm Tree GC Shot Gun Start
9:30am Orienteering Lime Hollow Nature Center
9:00am Badminton - Singles Park Center Gym
9:00am Badminton - Doubles Park Center Gym
9:00am Badminton - Mixed Doubles Park Center Gym
11:30am Bowling - Singles Squad B Cort-Lanes
2:00pm Bowling - Singles Squad C Cort-Lanes

THURSDAY, JUNE 15

- 8:00am** Road Race 5K SUNY Cortland
8:30am Pickleball – Mixed Doubles Lusk Fieldhouse
9:00am Bowling - Singles Squad D Cort-Lanes
9:00am Shuffleboard – Singles (50-69) age groups Moffett Gym
9:15am Shuffleboard – Singles (70-90+) age groups Moffett Gym
10:00am Race Walk 5K SUNY Cortland
11:30am Bowling - Singles Squad E Cort-Lanes
2:00pm Bowling - Singles Squad F Cort-Lanes

FRIDAY, JUNE 16

- 8:00am** Road Race 10K SUNY Cortland
8:00am Disc Golf – Singles TC3
8:30am Pickleball – Men’s Doubles, Women’s Singles Lusk Fieldhouse
9:00am Swimming (70+ age groups) (check-in 8am) SUNY Cortland

FRIDAY, JUNE 16 (continued)

- 9:00am** Bowling - Doubles Squad A Cort-Lanes
9:00am Tennis – Rain Date SUNY Cortland
9:00am Shuffleboard – Doubles (50-69) age groups Moffett Gym
9:15am Shuffleboard – Doubles (70-90+) age groups Moffett Gym
10:00am Archery (65+) SUNY Cortland
11:00am Track & Field - Throwing Events SUNY Cortland
11:30am Bowling - Doubles Squad B Cort-Lanes
1:00pm Disc Golf - Doubles TC3
2:00pm Bowling - Doubles Squad C Cort-Lanes

SATURDAY, JUNE 17

- 9:00am** Basketball - Men SUNY Cortland
9:00am Bowling - Mixed Doubles Squad A Cort-Lanes
9:00am Cycling 5K Southern Cayuga High School
9:00am Ping Pong - Men’s Singles SUNY Cortland
9:00am Swimming (ages 50-69) SUNY Cortland
9:00am Track & Field – Running & Jumping Events Cortland High School
9:30am Volleyball Lusk Fieldhouse
10:00am Archery (50-64) SUNY Cortland
10:30am Ping Pong-Women’s Doubles SUNY Cortland
11:00am Cycling - 10K Southern Cayuga High School
11:30am Bowling - Mixed Doubles Squad B Cort-Lanes
12:30pm Ping Pong-Men’s Doubles SUNY Cortland
1:00pm Ping Pong-Women’s Singles SUNY Cortland
2:00pm Bowling - Mixed Doubles Squad C Cort-Lanes
2:00pm Cycling - 20K Road Race Southern Cayuga High School
2:30pm Ping Pong - Mixed Doubles SUNY Cortland
2:30pm Women’s Basketball SUNY Cortland

SUNDAY, JUNE 18 (Rain Date and Clean Up Day)

While you are at the Senior Games

If you would like to take a break from the competition here are a few local attractions that might be of interest.

Local History

1890 House Museum
37 Tompkins St., Cortland
607 756-7551
www.the1890house.org

Suggett House Museum
Hours Tues. ~ Sat. 1pm ~ 4pm
25 Homer Ave., Cortland
607 756-6071
www.cortlandhistory.com

CNY Living History Museum
Hours Tues. ~Sat. 10am~5pm
4386 US Route 11, Cortland
607299-4185
www.clivinghistory.org

Outdoor Adventure

Lime Hollow Center for Environment & Culture
338 McLean Rd., Cortland
607 662-4632
www.limehollow.org

Greek Peak Adventure Center
2000 Rt. 392, Cortland
607 835-6111
www.greekpeak.net

Shipwreck Golf & Cones
779 Rt. 13, Cortland
607 758-8585
www.shipwreckgolf.com

Cortland Mini Golf Course
(next to A&W Drive-in)
Rte. 281 & 13, Cortland
607-753-1398

Arts & Music

Center for the Arts
72 S. Main St., Homer
607 749-9942
www.center4art.org

Cortland Repertory Theatre
Matinees Wed., Fri. and Sun. except July 22
The Little York Pavilion, Dwyer Park, Little York
607 756-2627 or www.cortlandrep.org

Golf Courses

Elm Tree Golf Course
283 Route 13, Cortland
607 753-1341
www.elmtreegolfcourse.com

Knickerbocker Country Club
5741 Telephone Rd., Cincinnatus
607 863-3800
www.knickerbockercc.com

Maple Hill Golf Club
Conrad Road, Marathon
607 849-3285
www.golfmaplehill.com

Walden Oaks Country Club
3369 Walden Oaks Blvd., Cortland
607 753-9452
www.waldenoaks.com

Willowbrook Golf Club
3267 Rt. 215, Cortland
607 756-7382
www.willowbrookcortland.com

Registration Deadline: Paper Entry forms (all 4 pages) **MUST** be postmarked **BY May 10, 2017. NO EXCEPTIONS. USE ONE FORM PER PERSON. TEAM Entries MUST include a ROSTER or will not be accepted.** Complete the **entire entry form - all 4 pages - and be sure to print your name on all pages.** You will receive a confirmation by email after your form has been entered. If you require a confirmation by regular mail, they will be sent as soon as time allows...For quickest confirmation, please provide an email address. See page 4 for mailing info.

Athlete Name

[Grid for Last Name]

Last Name

[Grid for First Name]

First Name

MI

[Grid for Street / PO Box / Apt. #]

Street / PO Box / Apt. #

[Grid for City or Town, State, Zip Code]

City or Town

State

Zip Code

Phone No. (best # at which to reach you)

[Grid for Phone Number]

Area code

COUNTY or Borough _____

Email: _____
Note: ESG does **not** sell or otherwise distribute participant email addresses.

Birth Date
[Month] [Day] [Year]

Your age **as of**
December 31, 2017* [Grid]
***Note:** Your age as of December 31, 2017 will be the age group in which you will compete.

Circle your Gender: MALE FEMALE

TShirt Size: S M L XL XXL XXXL *Please circle one*

EMERGENCY CONTACT: NAME _____
Phone # to reach them during the Games: _____

WHERE DID YOU OBTAIN THIS ENTRY FORM? In the Mail From ESG Website Other _____

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 Empire State 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 State of New York, the New York State Office of Parks, Recreation, and Historic Preservation, the owner of the site(s) of competition, the CRSC or the Cortland CVB I may be competition in, 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 Empire State 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 Games website and in any official documentary, sponsor advertisement or exclusive television coverage of the Empire State Games in any manner incidental to my participation in the Empire State 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.

Signature of Applicant

Date

PLEASE PRINT YOUR NAME: _____

INDIVIDUAL SPORTS - Pages 2 & 3 (TEAM SPORTS are on Entry Form page 3—Please call for roster form)

NOTE: If you are entering an event that requires a **partner** you **MUST** print the full name, city and age of your partner in the area provided.

Archery AR02 Compound Finger AR04 Compound Release AR06 Recurve
 AR08 Barebow Compound AR10 Barebow Recurve

Badminton BD02 Singles
 BD04 Doubles - Partner & City _____ Age _____
 BD06 Mixed Doubles - Partner & City _____ Age _____

Bowling **Wednesday Singles:** BW02-B- 11:30am BW02-C- 2pm
Thursday Singles: BW02-D- 9am BW02-E- 11:30am BW02-F- 2pm
Friday Doubles (you **MUST** print full name and city of your partner)
 BW04-A- 9am Partner & City _____ Age _____
 BW04-B- 11:30am Partner & City _____ Age _____
 BW04-C- 2pm Partner & City _____ Age _____
Saturday Mixed Doubles (you **MUST** print full name and city of your partner)
 BW06-A- 9am Partner & City _____ Age _____
 BW06-B- 11:30am Partner & City _____ Age _____
 BW06-C- 2pm Partner & City _____ Age _____

Cycling CY02 5K Time Trial CY04 10K Time Trial CY06 20K Road Race

Disc Golf DG02 Singles
 DG04 Doubles - Partner & City _____ Age _____

Golf GO04 Short Course (Par 54) Monday at West Hill Golf Course
(Choose only **ONE** Long Course Day) GO02 Long Course (Par 70) Tuesday GO03 Long Course (Par 70) Wednesday

Cards Spade Pinochle King N Corner 52 Card Whist Manipulation

Orienteering OR02 Competition Course

Pickleball PB01 Singles
 PB02 Doubles Partner & City _____ Age _____
 PB03 Mixed Doubles Partner & City _____ Age _____

Ping Pong (Table Tennis) TA02 Singles I need a partner for Doubles
 TA04 Doubles Partner & City _____ Age _____
 TA06 Mixed Doubles Partner & City _____ Age _____

PLEASE PRINT YOUR NAME: _____

Race Walk RW01 5K Technical (See Track & Field for 1500m Walk)

Road Races RR02 5K RR04 10K

Shuffleboard SH02 Singles

SH04 Doubles - Partner & City _____ Age _____

Swimming select a *maximum* of 6 events.

Please see the sport specific description for swimming's order of events - page 14

SW02 500Y Freestyle

SW12 50Y Freestyle

SW22 200Y Backstroke

SW04 100Y Indiv. Medley

SW14 100Y Backstroke

SW24 100Y Freestyle

SW06 50Y Backstroke

SW16 200Y Indiv. Medley

SW26 50Y Breaststroke

SW08 200Y Breaststroke

SW18 100Y Breaststroke

SW28 200Y Freestyle

SW10 100Y Butterfly

SW20 50Y Butterfly

SW30 200Y Butterfly

Tennis TE02 Singles

TE04 Doubles - Partner & City _____ Age _____

TE06 Mixed Doubles - Partner & City _____ Age _____

Track & Field TF02 100M Dash TF04 200M Dash TF06 400M Dash TF08 800M Run

TF10 1500M Run

TF12 1500M Walk

TF14 Long Jump

TF16 Discus

TF18 Shot Put

TF20 High Jump

TF22 Javelin

TF24 Pole Vault

TF 30 4x100 Relay

TF 28 50M Run

TF26 Hammer

Please Note: Throwing Events will take place at SUNY Cortland, Running & Jumping Events at Cortland High School

Triathlon TR02

Site: DeRuyter Lake, DeRuyter NY **September 16, 2017**

TEAM SPORTS Remember - Captains must also complete a Team Roster—available at www.nyseniorgames.com or by calling 800-859-2227. **Each** player must submit a registration form with a signed waiver!

Basketball BB01 Men's Team _____ Captain _____

BB02 Women's Team _____ Captain _____

Softball SB01 Men's Team _____ Captain _____

*Softball will be played Sep 8-10th, Webster Rec Center & Kent Park Webster, NY—Please call for payment information

Volleyball VO01 Men's Team _____ Captain _____

VO02 Women's Team _____ Captain _____

Mail your completed entry form (all 4 pages - **DO NOT STAPLE**) and payment (check or money order, **NO cash**) to:
Empire State Senior Games , c/o CRSC 100 Grange Place, Suite 209 Cortland, NY 13045
You will receive a confirmation by email after receipt of your payment and completed application.

PLEASE PRINT YOUR NAME : _____

Section I - REGISTRATION FEE --	NYS Residents \$40.00	Registration Fee: \$ _____
	Out of State Participants \$50.00	

Note: All participants are required to pay the \$40 registration fee, even if only signing up for Social Events or campus housing!

Section II - ADDITIONAL SPORT FEES: Please write in the amount for each sport and indicate the total on the line provided.

Bowling - Singles - \$7.00	\$ _____	Golf Foursome: _____
Bowling - Doubles - \$7.00	\$ _____	_____
Bowling - Mixed Doubles - \$7.00	\$ _____	_____
Golf - Long Course \$25.00	\$ _____	_____
Triathlon - \$20.00	\$ _____	
		Additional Sport Fees Total: \$ _____

Section III - EVENING SOCIAL EVENTS Please write in the amount for each social and indicate the total on the line provided.
Fees for Social events are **NON-REFUNDABLE**. It is mandatory that you **PRE-REGISTER** for these events – there will be no walk-up registration for Social Events.

Thursday social - \$15.00	\$ _____	
Friday social - \$20.00	\$ _____	
Saturday social - \$20.00	\$ _____	
		Socials total: \$ _____

Section IV - MEALS Please write the amount on the lines for each day & meal you wish to purchase (tax is included) and indicate the total on the line provided. **These fees are NON-REFUNDABLE.**

Wednesday Breakfast - \$10.00	\$ _____	Friday Breakfast - \$10.00	\$ _____
Wednesday Lunch - \$10.00	\$ _____	Friday Lunch - \$10.00	\$ _____
Wednesday Boxed Lunch-\$10.00	\$ _____	Friday Boxed Lunch-\$10.00	\$ _____
Thursday Breakfast - \$10.00	\$ _____	Saturday Breakfast - \$10.00	\$ _____
Thursday Lunch - \$10.00	\$ _____	Saturday Lunch - \$10.00	\$ _____
Thursday Boxed Lunch-\$10.00	\$ _____	Sunday Breakfast - \$10.00	\$ _____

*Boxed Lunches can be picked up at the Park Center Information Table—Circle Choice of Ham, Turkey or Hummus for sandwiches

Meals Total: \$ _____

Section V - HOUSING at SUNY Cortland Residence Halls -
Check the box for each night you want housing.
Single—\$36/night; Doubles—\$31/night

All participants residing in SUNY Cortland residence halls agree to abide by local, state and federal laws as well as college policies. Violators may be required to vacate SUNY Cortland residence halls.

<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday
<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
<input type="checkbox"/> Saturday	

nights checked _____ @ \$31.00 = \$ _____

Roommate: _____

<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday
<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
<input type="checkbox"/> Saturday	

nights checked _____ @ \$36.00 = \$ _____

Grand Total enclosed
(add amounts from each Section - I, II, III, IV, V)

Totals:

Section I - Registration Fee:	\$ _____
Section II - Sport Fees:	\$ _____
Section III - Social Events:	\$ _____
Section IV - Meals:	\$ _____
Section V - Housing:	\$ _____
Make a donation:	\$ _____
TOTAL ENCLOSED =	\$ _____

Please enclose only **ONE** check or money order payable to:
CRSC SENIOR GAMES
DO NOT send cash!

REFUND POLICY: Please see page 1 of the entry booklet or visit the website for the Senior Games Refund Policy.

EMPIRE STATE SENIOR GAMES

Archery

SUNY Cortland – Fields near 281 Parking Lot
Friday, June 16 at 10:00am - 65+ age group
Saturday, June 17 at 10:00am - 50-64 age groups



Events: Recurve // Compound Finger // Compound Release // Barebow/Recurve // Barebow Compound

Archers will shoot an American 900 round which consists of 30 arrows at each of the following distances: 60; 50; and 40 yards. Arrows will be shot in 5 ends of 6 arrows each at each distance. Each end will have a 5 minute time limit. Half hour practice will be allowed before official scoring begins. Archers must have their own equipment and sufficient quantities of matching arrows to complete the round. No Broadheads allowed - Field glasses or spotting scopes allowed. FITA & NAA rules apply. *Dress code for shooting:* Archers will be expected to wear clothing and footwear appropriate for a national event. Official T-shirt must be worn while shooting.

Archery Clinics will be held on Wednesday and Thursday, 10:00am – 2:00pm. Practice targets will be available Thursday, 6/15, 10am-5pm.

Event coordinators: Mike Leonard, East Berne, NY 518-872-2138; email: paliml@nycap.rr.com , Robert Elkovitch - Auburn, NY, Pam Sciarrino email: angelbearpms@yahoo.com and Ron Bergum email: archeryisa10@yahoo.com

Badminton

SUNY Cortland - Park Center
Wednesday, June 14 at 9:00am - Singles / Doubles/
Mixed Doubles



Each match consists of two out of three games. Games are 21 points (rally scoring). Depending on the number of contestants, some matches may be one game to 21 points (rally scoring). Tournament format will be round robin, with as many players as possible advancing to a single elimination championship bracket (USBA rules categorically apply and may change the scoring procedure if USBA rules change prior to the tournament. If so, it is up to the discretion of the Event Coordinator to determine what scoring procedure will be used). Athletes must provide own racquets. Yonex 300 or 350 nylon birds will be provided.

Although every attempt will be made to accommodate multi-sport athletes, coordinators reserve the right to refuse such entries if play schedules cannot be accommodated.

PARTNERS will NOT be assigned by the coordinator.

Event Coordinators: Carolyn Schlegel, Diane Skelton, Marty Smith, Walt Price Syracuse NY contact: wprice4@twcny.rr.com

Basketball

SUNY Cortland – Park Center
Team Three-on-Three/Half Court
Women: Saturday, June 17th at 2:30pm



Men: Saturday, June 17th starting at 9:00am
Captain's meeting: will be scheduled prior to tournament start.

“3-on-3” basketball is played on a half court by two teams of three players each. Ten players per roster maximum. **Since this is such a strenuous and fast paced event, with up to 5 games played in 1 day, it is strongly recommended that all rosters include at least 6 team members.** Roster changes **cannot** be made once the tournament begins. Games consist of two halves of 12 minutes of continuously running clock with an intermission of 5 minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. For competitive purposes, the Games Committee and/or the Activity Coordinator reserve the right to combine age groups in divisions where a sufficient number of teams are not entered.

(Basketball continued in next column)

2017 EVENT INFORMATION

Basketball (continued)

The tournament format will be determined by the number of teams entered in each age bracket. In general, NCAA rules and National Senior Games Association rules apply. However some rules have been adapted for this competition. Game balls provided. One board certified official per game.

See page 3 **TEAM SPORTS** for directions on filling out team applications, roster and payment, and other team sport details.

Event coordinators: Men: Mike Gibbons, Cortland, NY email: mike@hagerealestate.com Women: TBD

Bowling

Cort Lanes, 391 Tompkins Street Extension, Cortland; 607-753-3323
Additional sport fee of \$7.00 per event.

Singles: B Squad - Wednesday, June 14 at 11:30am
C Squad - Wednesday, June 14 at 2:00pm
D Squad - Thursday, June 15 at 9:00am
E Squad - Thursday, June 15 at 11:30am
F Squad - Thursday, June 15 at 2:00pm

(Bowlers may choose only 1 squad for singles - either B, C, D, E or F Squad)

Doubles: A Squad - Friday, June 16 at 9:00am
B Squad - Friday, June 16 at 11:30am
C Squad - Friday, June 16 at 2:00pm

(Bowlers may choose only 1 squad for doubles - either A, B or C)

Mixed Doubles: A Squad - Saturday, June 17 at 9:00am
B Squad - Saturday, June 17 at 11:30am
C Squad - Saturday, June 17 at 2:00pm

(Bowlers may choose only 1 squad for mixed doubles - either A, B or C)

Report to the bowling center at least 30 minutes prior to designated time for lane assignment. Bowlers will bowl three games in an event. Medals will be awarded for the total of three games in each age group in each event. All bowlers will bowl scratch. No handicaps. **Due to the large number of participants, you must sign up with a partner for doubles and mixed doubles. PARTNERS will NOT be assigned by the coordinator. The age division of competition for doubles & mixed doubles will be determined by the younger age (as of 12/31/17) of the two partners.**



Event Coordinators: Ellie Wood, Fayetteville, NY (315-380-4247; email: ewood41@verizon.net; Ass't Coordinator: Cathy Witkowski, email: cathywitkowski@icloud.com

***Transportation is available from Park Center to Cort-Lanes**

Cards

SUNY Cortland - Hall of Fame Room, Park Center

Spade, Pinochle & King N Corner: Thursday, June 15 at 1:00pm;

52 Card Whist & Manipulation Friday, June 16th at 1:00pm;

ships—Saturday, June 17th times to be announced.

Learn how to play on Wednesday, June 14th at 4:00pm in Alumni Arena—registration area.

Participants should be at the games site by 12:30pm. PARTNERS will NOT be assigned by the coordinator.

Event coordinator: Sheila Osborne, Brooklyn, NY 718-930-6450 or 347-529-0680



Champion-

Cycling

Location: Southern Cayuga High School, starting point
 Saturday, June 17 9:00am - 5K Time Trial
 11:00am - 10K Time Trial 2:00pm - 20K Road Race



Competitors are automatically enrolled for ALL 3 races, and have the option to "opt out" on the day of the event at check-in. In the 2 time-trial events, riders will start at 1 minute intervals. Slower riders will start first, faster riders will start later (this is approximated by age and previous age-group performance). Helmets are required for all events. Aerodynamic bars are permitted only for the Time-trial events and will need to be removed prior to the road race if the same bicycle will be used. No drafting is allowed in the Time Trial events. Riders should arrive at least 1 hour prior to the start of each race to collect numbers, and check on start-time assignments. The road race is a mass-start (all riders start together) and is controlled for the first ½ mile. Riders should note that lunches are not provided at the venue, and there may be limited resources for purchasing food near the venue. Therefore, riders are advised to bring a packed lunch if they plan on staying for the entire race. Some refreshments, such as fruit, cookies and sports drinks will be provided.

Course maps can be viewed at website around June 1st:

<http://www.flcycling.org/flcc/info/essgmaps/index.shtml>

Event coordinator: Mark Rishniw, Ithaca, NY; email: mr89@cornell.edu

Disc Golf

Sponsored in part by:

Disc Golf Course, Tompkins-Cortland
 Community College (TC3), Dryden, NY
 Friday, June 16 (check-in 7am - 7:45am)
 Singles tee off at 8am sharp; Doubles tee off at 1pm



Disc Golf is played much like traditional golf. Instead of a ball and clubs, players use flying discs. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole. Disc Golf involves throwing the disc into a "Pole Hole" chain basket in the fewest number of "strokes" - in the case of Disc Golf, the fewest number of "throws".

The format for this event will be an 18-Hole Singles competition in the morning followed by a Doubles competition in the afternoon. Ages 70 and over will use shorter tees and will play 9 holes

Discs will be provided for those that do not have one. Instruction can be provided beforehand by the Disc Golf staff.

Partners for the Doubles Competition will **NOT** be assigned by the event coordinators; **you must register and name a partner.**

Event Coordinator: Dave Thomas, Churchville, NY (585-737-5077)
 email: hammer11950@yahoo.com

Golf – Long course (par 70)

Elm Tree Golf Course
 283 NY Route 13 Cortland, NY 13045
 Phone: 607-753-1341

Tuesday, June 13 at 9:00am SHOT GUN START
 Wednesday, June 14 at 9:00am SHOT GUN START
 (Select only one date for play)



RAIN DATE: Friday, June 16th —Time TBD

Greens fee and cart rental \$25.00 payable with application. 18 hole scratch (no handicaps) tournament. Medal play. Golfers will play in groups of four. Individual scores will be matched against participants in age groups at the completion of the competition. USGA rules apply. Local course rules will be in effect. Ties (for medal places only) will be broken with winners determined by matching cards starting with the #1 handicap hole. (Golf Continued in Next Column)

Golf – Long course (continued)

Call the course in the event of bad weather (607-753-1341). If the course is "closed" for play on either of the scheduled dates, a rain date of later in the day on Friday, 6-16-17 will be scheduled. Time to be determined, at the discretion of the Club Pro, although it will be a shot gun start.

PLEASE NOTE: Golfers can now check in at Elm Tree Golf Course to receive credentials and pertinent information on the day of your event if this is the only event you are competing in.

Please arrive at the course at least 45 minutes prior to the shot gun start if you need to check in. Please arrive at least 30 minutes prior to the shot gun start time if you've already received your check-in credentials.

If you want to play in a specific foursome, you must list it on the Registration form...Please understand that we cannot be adjusting playing partners on the day of the event!

Event coordinator: TBD

Golf – Short course (par 54)

West Hill Golf Course
 Rte. 5, Camillus (315-672-8677)
 Monday, June 12 starting at 8:00am

Event in SYR

PREVIOUSLY ARRANGED TEE TIMES ARE REQUIRED.

Additional fee required for greens fee and cart rental. Greens Fees are \$15 to walk or \$25 to ride, payable at the Golf Course the day of the competition. 18 hole scratch (no handicaps) tournament. Medal play. Golfers will play in groups of four. Individual scores will be matched against participants in your age group at the completion of competition. USGA Rules apply. Local course rules will be in effect. Call West Hill Golf Course to reserve tee times and carts (315-672-8677).

Event coordinator: Jed Rotella, Camillus, NY; 315-672-8677
info@westhillgolfcourse.com

Horseshoes



Will return in qualifying years:
 2018 & 2020

Orienteering

Lime Hollow Center for Environment and Culture, Cortland, NY
 Wednesday, June 14 at 9:30am (Rain or Shine)

There will be a mass start at 10:00am for a competitive score-O course. A recreational clinic and non-competitive course will begin about 10 minutes after the mass start.

Color maps produced by CNY Orienteering will be used. Controls are assigned point values and may be visited in any order, one's place being determined by the number of points accumulated within the time allotted. Severe penalties (points deducted) will accrue for each minute over time. A tie in points will be broken by the runner with the shorter time. (continued on next page)

All participants must wear a watch. Competitive participants must provide their own compasses. A few loaner compasses will be available for the clinic. Long pants

Orienteering (continued)

and appropriate footwear for traveling in natural terrain are strongly recommended.

All participants, competitive and recreational, must return to the start/finish table to hand in their punch cards no later than 11:30am, whether having completed their course or not.

Lime Hollow Center is approximately 4 miles from campus and a shuttle bus will leave the Park Center at 9:00am with return transportation around Noon.

Event coordinator: Pete Dady, CNY Orienteering
email: dady@toast.net

Pickleball

SUNY Cortland, Park Center

Wednesday, June 14th at 8:30am - Women's Doubles & Men's Singles

Thursday, June 15th at 8:30am - Mixed Doubles

Friday, June 16th at 8:30am - Men's Doubles & Women's Singles

Pickleball is a "mini tennis" game played with paddles and a ball similar to a wiffle ball. It incorporates elements of racquetball and ping pong as well as tennis. Players of all these sports adapt quickly to playing pickleball. A smaller court makes it more "body friendly" but play falls within a wide range of intensity from easy looping back and forth to hard and fast highly competitive exchanges over the net.

Format of play, double elimination or round robin, will depend on the number of competitors in each age category. Paddles are available and Jugs balls will be used.

USA Pickleball Association rules will be followed.

You must sign up with a partner for doubles and mixed doubles. If you want to give your name and pertinent information to one of the coordinators prior to registering we will try to make connections for people seeking partners.

Event coordinators: Janice Pauly, Ridgefield, CT 203-438-7231; ridgefieldpickleball@yahoo.com/Barb LoPiccolo, Norwich, NY 607-316-0521; barb_lopiccolo@hotmail.com



Ping Pong (Table Tennis)

Park Center Gym, SUNY Cortland campus

Saturday, June 17th : Men: 9:00am - Singles ; 1:30pm - Doubles
Women: 10:30am - Doubles; 1:00pm - Singles
Mixed Doubles: 2:30pm

Players must provide their **own** paddles. All paddles must have one side red and one side black. USATT rules will apply. Players should wear a non-white colored shirt.

The tourney will use white 40mm balls.

All games will be played to 11 points. Singles matches will be best 3 of 5 games; Doubles matches best 2 of 3 games. Preliminary events will be Round Robin. Tournament Coordinators will determine how semis and finals will be played.

Due to the large number of participants, you must sign up with a partner for doubles and mixed doubles. Partners will not be assigned by the coordinator.

Event coordinators: Richard Baker Syracuse, NY email:
rj.baker55@yahoo.com



Race Walk (5K)

SUNY Cortland Campus

Thursday, June 15 at 10:00am



Event will be governed by USA Track and Field Race Walk Rules. Interpretations concerning proper form and technique will be enforced. Athletes should arrive at the start line by 9:30am to pick up race numbers (maps available at the Park Center).

Event coordinator: Mark Dodds, Cortland, NY email:
mark.dodds@cortland.edu

Racquetball



Will return in qualifying years:
2018 and 2020

Road Race - Ice Arena Parking Lot Start—SUNY Cortland Campus

Events: 5K – Thursday, June 15th at 8:30am
10K – Friday, June 16th at 8:30am



Competitors should arrive at the venue to check in at least 30 minutes before the event to pick up their race numbers (maps will be available at the Park Center). Events will be governed by USA Track & Field rules.

Event coordinator: Mark Dodds, Cortland, NY email:
mark.dodds@cortland.edu

Shuffleboard

Moffett Gym, SUNY Cortland campus

Thursday, June 15th:

9:00am—Singles - 50-69 age groups

9:15am -Singles - 70-90+ age groups

Friday, June 16th:

9:00am - Doubles/Mixed Doubles - 50-69 age groups

9:15am - Doubles/Mixed Doubles: 70-90+ age groups



Play will begin at the above listed times.

Check In will begin at 8am Thursday & Friday and end 15 minutes prior to play time.

If numbers are conducive, athletes will be divided into pools within their age division. Within each pool a single round-robin tournament will be played. If entries are not conducive, a double-elimination tournament will be played within the age division.

Doubles teams may be of mixed gender. Due to the large number of participants, you **must sign up with a partner** for doubles and mixed doubles. **Partners will NOT be assigned by the coordinator.** The age division of competition for doubles will be determined by the younger age of the two partners as of Dec. 31, 2017.

Sticks and Disc will be provided.

Event Coordinators: Reggie Sayles – Horseheads, NY (607-846-3201; email: reggiesayles@stny.rr.com) & Susan Cummings, Norwich, NY (607-334-6076 email: sniffyrae@yahoo.com)

Softball—Men's

Webster Rec Center & Kent Park Webster, NY
 Friday, September 8th—Sunday, September 10th
 5 game guarantee; USSSA registration & Sanction fee will be included in cost. Medals awarded to top 3 teams in each age group and those teams qualify for Nationals. All teams entered qualify for the 2017 USSSA world series—location TBA.
 Senior bats allowed—maximum safety for players observed.
Event Coordinator: Denny Warren, Rochester, NY
 email: bucket19@yahoo.com

**Swimming**

SUNY Cortland – Holstein Pool, Park Center

Friday, June 16th at 9:00am: 70-100 age groups
 Saturday, June 17th at 9:00am: 50-69 age groups

Warm-ups and check-in start at 8:00am Swim meet will start at approximately 9:00am. Please see the order of events below:

500 Yd Freestyle
 100 Yd Individual Medley
 50 Yd Backstroke
 200 Yd Breaststroke
 100 Yd Butterfly
Break for Awards

50 Yd Freestyle
 100 Yd Backstroke
 200 Yd Individual Medley
Break for Awards

100 Yd Breaststroke
 50 Yd Butterfly
 200 Yd Backstroke
Break for Awards

100 Yd Freestyle
 50 Yd Breaststroke
 200 Yd Freestyle
Final Awards

Swimmers may enter a maximum of six (6) events. Caps and goggles recommended. Meet will be two days - age groups 70-100 will be on Friday, and age groups 50-69 will be on Saturday. Practice will be available at the Student Life Center, Wednesday—Friday during rec swim times. Those times will be in the program book handed out at registration.

Event coordinator: Brian Tobin, Cortland, NY;
 email: brian.tobin@cortland.edu

WINNING NEVER GETS OLD



Plan to compete here in June 2018 for a spot at Nationals in 2019—Albuquerque, New Mexico will be the host!

<https://www.visitalbuquerque.org> for more information on the area

Tennis

Monday/Tuesday

SUNY Cortland Tennis Courts

Doubles - Starts Monday, June 12th at 9am
Mixed Doubles - Starts Monday, June 12th at approx. 2:30pm
Singles - Starts Tuesday, June 13th at 9:00am
Rain Dates: Doubles—Wednesday, June 14th,
 Singles—Thursday, June 15th



Participants are limited to **two events**. Early matches will be an eight game pro set. **Semi-Finals and Finals will be 2 out of 3 full sets with the 3rd set being a 10 point match tie break.** Players will call their own lines. Single elimination tournament with consolation bracket for first round losers. Athletes must provide their own racquets. Competitive age category of partners determined by age of younger partner. Partners are required in doubles and mixed doubles. **No partners will be assigned by the coordinator. Tennis balls provided.** USTA Rules will apply.

NOTE: WE ASK THAT YOU SHOW UP RAIN OR SHINE.
Please check the Senior Games website after June 1st for specific age group starting times.

Event Coordinator: Sam Corso-Syracuse NY scorsol@twcny.rr.com

Track & Field

SUNY Cortland Throwing Field—Friday, June 16th at 11:00am
 Saturday, June 17th at 9:00am - Cortland High School Track*
 (Check in & implement* weigh-in begins 1 hour prior to start time/day)

SPIKES WILL BE ALLOWED ON TRACK (1/4" pyramid)

*Athletes must provide their own implements and all implements for the entire meet may be weighed-in on Friday, starting at 10:00am, at the throwing field.

Friday, June 16th at 11:00am:

Competition Events: Shot Put/Discus/Hammer/Javelin

Men: Shot Put/Hammer/Discus

Women: Hammer/Discus/Shot Put

Javelin: Open Pit 11:00am—3:00pm

Note: *Field Events:* Implements must be weighed in before start time

Saturday, June 17th at 9:00am:

50M Run // 1500 M Technical Race Walk//

100M//800M//200M//1500M//400M//4x100 Relay

Long Jump & Triple Jump—9-11:30am

Pole Vault & High Jump: Noon—2:00pm

*Transportation to Cortland High School will be provided from Park Center

Competition order of track events: Oldest age groups then younger. Age groups may be combined to fill lanes. Field event athletes must compete with their age groups. Track events take precedence and will not be delayed.

Competitor numbers will now be distributed at check-in at the **Park Center**. Numbers must be worn by all participants.

All events will be governed by USA Track & Field rules.

Implements: Athletes must provide their own implements.

The following are the implements to be used by age groups:

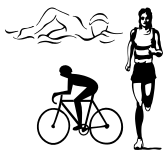
Age Division:	Discus	Hammer	Javelin	Shotput
M50-54	1.5kg	6kg	700g	6kg
M55-59	1.5kg	6kg	700g	6kg
M60-64	1.0kg	5kg	600g	5kg
M65-69	1.0kg	5kg	600g	5kg
M70-74	1.0kg	4kg	500g	4kg
M75-79	1.0kg	4kg	500g	4kg
M80+	1.0kg	3kg	400g	3kg
W50-54	1.0kg	3kg	500g	3kg
W55-59	1.0kg	3kg	500g	3kg
W60-74	1.0kg	3kg	500g	3kg
W75+	.75kg	2kg	400g	2kg



Event coordinators: John Bush Cortland, NY 607-753-3716
 email: perfectworld@twcny.rr.com; Matt Dearie email:
 mdearie@cortlandschools.org

Triathlon

DeRuyter Lake General Store, DeRuyter, NY
Saturday, September 16th
Men & Women

**Sport Specific Fee of \$20 required.**

7:00am - 8:00am - Check-in and race number distribution
8:00am - Informational meeting
8:30am - race starts

Course map is available on www.deruyterlake.com

1/2 mile Swim/ 15.9 Cycling/ 5K Run.

Distances have been carefully measured. ANSI or Snell approved hard shell helmets are mandatory. Multi-Gear (Free Wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted.

Event coordinator: Jerry Rice, DeRuyter, NY
email: jrice@deruyterlake.com

Volleyball

Lusk Fieldhouse, SUNY Cortland

Men & Women: Saturday, June 17th at 9:00am
(Captains' meeting) with 9:30am approximate start



Fifteen players per roster maximum. **Coaches must be clearly identified on the entry form (age restrictions do not apply).** Substitute players are encouraged for this strenuous fast-paced event. Teams have the option of unlimited spot subbing (player-for-player), continuous substitution (incoming player replaces the right front who is rotating to the back row to serve) and/or the libero.

Each team will be guaranteed a minimum of 3 matches in whichever tournament format is in effect, time permitting, utilizing rally scoring. Tournament format will be determined by the number of entries. For competition purposes, the Games' Committee reserves the right to combine age groups in divisions where sufficient number of teams are not entered. Teams must be of same gender. USA Volleyball Rules apply. Game balls provided; teams must supply their own practice balls. **At least one player from each team must be designated as a second referee and provide his/her own whistle.**

See page 3 **TEAM SPORTS** for directions on filling out team applications, roster and payment.

Event coordinator: Peg DeFuria, Syracuse, NY (315-443-4646)
email: mldefuri@syr.edu

Note: Except for Golf, Softball & Triathlon participants—

All players **must** check in at the Park Center Registration Area to acquire their credentials **before** participating in any event.

Help us make the Games better—if you have an expertise in a specific sport, **VOLUNTEER**. If you know someone that might be able to help facilitate an event, ask them to contact the ESSG office at 800-859-2227.

Your time and expertise are always welcomed!

If you have questions, comments or require assistance from the Senior Games staff for your stay in Cortland—please email us at

nyseniorgamesinfo@gmail.com or

crsc@cortlandsports.org

We will do our best to respond in a timely manner!

We do not guarantee a definite number of opponents within an age group, so please do not ask for refunds due to competition!

Refund requests must be received by July 1, 2017.

Mail or fax requests for refunds to: Empire State Senior Games, c/o CRSC 100 Grange Place, Suite 209
Cortland, NY 13045
Fax: 607-753-1296

**REFUNDS are Given for MEDICAL ISSUES ONLY—
Social Events and Meals cannot be refunded**

Official ESG Merchandise

HELP SUPPORT THE GAMES!

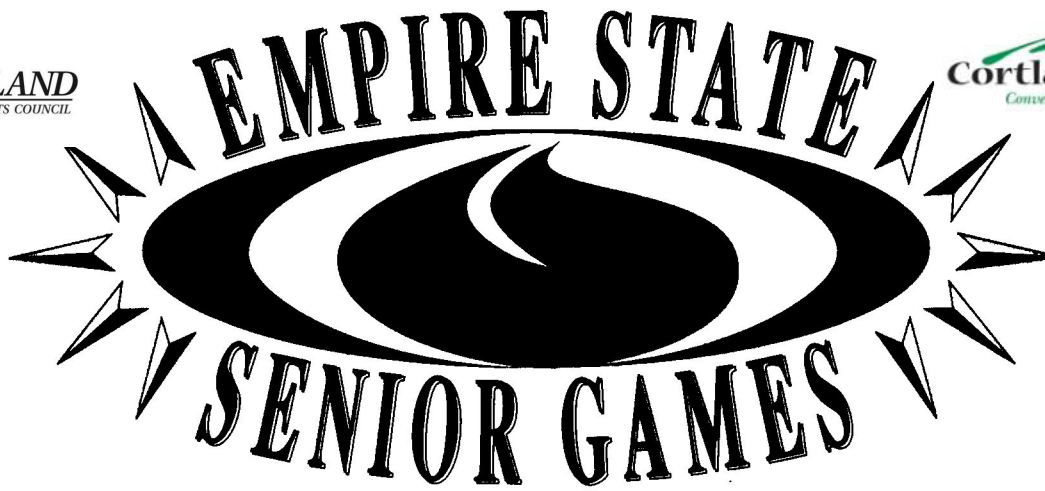
During the Games, a wide variety of official ESG merchandise will be available for your purchase.

All proceeds go directly to support the Games!

Mugs! Water bottles! Clothing!
And more!

**Remember!**

If you are turning in a paper registration form— The entry form is 4 pages and **all 4 pages** must be returned with your payment. Be sure to print your name on each page!



An organized sports competition and leisure program for individuals who are age 50 and older by December 31, 2017

June 11-18th, 2017
Cortland, NY



Registration Deadline:

ALL paper entry forms must be postmarked by May 10th.
Teams need to send a roster before team will be accepted into the tournament.

Empire State Senior Games
c/o Cortland Regional Sports Council
100 Grange Place, Suite 209
Cortland, NY 13045

TO: