



An organized sports competition and leisure program for individuals who are age 50 and older by December 31, 2018

June 9-16, 2018 Cortland, NY

Registration Deadlines: Online registration is open through **May 21, 2018**

Paper entry forms must be postmarked by **May 11th, 2018**

Team entries—Roster must be received by **May 1st**, team players follow paper or online registration deadlines listed above

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

We hope that the information provided in this booklet will help you to easily complete the registration process for the 2018 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.

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, 2018. **Your age as of December 31, 2018 will be the age category in which you will compete.**

REGISTRATION DEADLINES FOR 2018:

Rosters **MUST** be submitted by **May 1st** for each team entering the ESSG or the team will not be recognized. Paper entry forms must be postmarked by **May 11th**. Online registration will remain open through **May 21st, 2018**.

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+ for most events. Some events limit the upper age category to 80+.

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, 2018** will be the age that determines your age category unless you compete down.

CONTACT US:

Phone: 800-859-2227 or 607-756-1864 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

Websites: www.nyseniorgames.com or
www.cortlandsports.org

REGISTRATION FEE AND REFUND POLICY

- NYS Athletes: \$40 registration fee
- Out of state athletes: \$50 registration fee
- Some sports have additional sport fees.
- All fees are outlined on the Entry Form or Online.

Refunds will be given for medical/family emergency reasons only. Requests must be submitted in writing and be accompanied by a doctor's note confirming the request. A \$5 software fee 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.

2018 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

Saturday, June 9	7:30am—9:30am
Sunday, June 10	7:30am—9:30am
Monday, June 11	8:00am—3:00pm
Tuesday, June 12	8:00am—3:00pm
Wednesday, June 13	7:30am—3:00am
Thursday, June 14	7:30am—3:00am
Friday, June 15	7:30am—3:00am
Saturday, June 16	7:00am—Noon

Coordinators: Jerry & Pat O'Rourke Cortland, NY

LODGING OPTIONS

There are several hotels in our community for lodging. Please visit cortlandareainnkeepers.com or experiencecortland.com for listing of options.

SUNY Cortland residence halls will be available **starting on Tuesday, June 12th 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 more information.

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 at check-out. 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, such as Yellow Lantern Campground, 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 2018 Empire State Senior Games. Rooms are available starting at a rate of \$120 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 <https://www.countryinns.com/cortland-hotel-ny-13045/nycort>

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 - \$11.00

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 & Dinners

There are three evenings of dining and dancing for which participants may register. See entry form pg. 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. It will not be provided for Cycling or Golf (Long Course/Short Course) events.

The Cortland Transit (local bus) will be 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 15 tables on display for your benefit with plenty of giveaways.

Be sure to stop by Park Center on:

Thursday, June 14th from 9:00am—3:00pm

Friday, June 15th from 9:00am—Noon

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

Corey Union is
the Location!

2018 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

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 a Team Roster by May 1st, 2018. Captain's registration needs to accompany 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 PLAYER REGISTRATION DEADLINES:

Paper Registrations—Postmarked by 5/11/18
Online registration will close 5/21/18

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

The **2018 ESSG DVD** will go on sale for \$10 starting 6/16/18. 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, June 16th.

NATIONAL SENIOR GAMES—2018 is a Qualifying Year

The Empire State Senior Games is the only recognized qualifier for National Senior Games competition in NY. NYS 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 this year, we hope you will consider representing New York State in the 2019 Nationals. Please see the ESSG Director with any questions...Good Luck to all!
www.nsga.com



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 registration form or online, 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

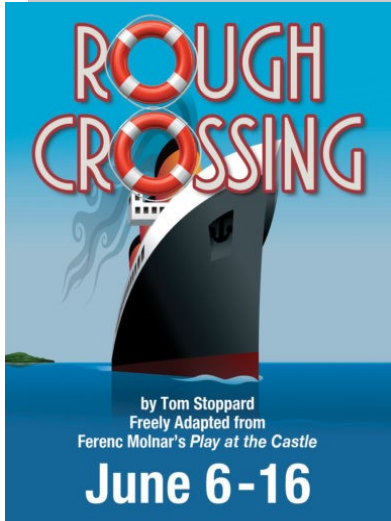


UNITED STATES TENNIS ASSOCIATION



EVENING SOCIAL/DINNER EVENTS: The Torch Lighting Ceremony will be held in the Ice Arena on Thursday, June 14th. The other two Socials/Dinners will be held in the Function Room at Corey Union. Transportation from the dorms on campus will be provided. For those of you who always like to dress up a little bit, we suggest that you do so on Saturday Night this year. Showing of this year's DVD will start at 6:30pm on Saturday, June 16th during dinner. DVD's will be on sale for \$10 at that time. We are sure that you won't want to miss these events...

Please note, it is **mandatory that you pre-register** for each Social/Dinner Events by checking the entry form in the appropriate boxes and including the associated 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 **Rough Crossing**

A comedy by Tom Stoppard Freely adapted from Ferenc Molnar's *Play at the Castle*



Wednesday, June 13th, 2018 7:30pm Performance

All is not smooth sailing in this hilarious shipboard farce! In the suites of the luxury liner *The Italian Castle*, the playwrights of a soon-to-open hit Broadway comedy are simultaneously trying to write AND rehearse the play while crossing the Atlantic. The play doesn't even have an ending...the beginning needs work...and, actually, the middle is a mess. Meanwhile, the stuttering composer is madly in love with the leading lady, who may or may not be flirting with the (much older) leading man. Toss in a not-so-helpful cabin steward who can only seem to walk straight when seas are rough (and visa versa), and the laughs overflow in this high seas mis-adventure! *"An absurd, joyous ride!" - The Boston Globe*

CALL 607-756-1864 by June 1st to reserve tickets — Ticket price is \$33 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 14th, 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 15th - 5:30pm to 8:30pm



Enjoy an evening with your fellow athletes and friends.

Dinner and Dancing

Corey Union Function Room, SUNY Cortland

Saturday, June 16th, 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!

2018 EMPIRE STATE SENIOR GAMES EVENT SCHEDULE

SATURDAY, JUNE 9

8:30am Volleyball—Women's Lusk Fieldhouse

SUNDAY, JUNE 10

8:30am Volleyball—Men's Lusk Fieldhouse

MONDAY, JUNE 11

8:00am Golf - Short Course West Hill Golf Course

9:00am Tennis – Doubles SUNY Cortland

2:30pm Tennis – Mixed Doubles SUNY Cortland

TUESDAY, JUNE 12

9:00am Tennis – Singles SUNY Cortland

9:00am Golf - Long Course Vesper Hills GC Shot Gun Start

WEDNESDAY, JUNE 13

8:00am Pickleball – Women's Doubles, Men's Singles Lusk Fieldhouse

9:00am Golf - Long Course Vesper Hills GC Shot Gun Start

9:00am Badminton - All Divisions Park Center Gym

9:30am Orienteering Lime Hollow Nature Center

10:00am Horseshoes Yellow Lantern Campground

11:30am Bowling - Singles Squad B Cort-Lanes

2:00pm Bowling - Singles Squad C Cort-Lanes

2:00pm Cards Hall of Fame Room

THURSDAY, JUNE 14

8:00am Pickleball – Mixed Doubles Lusk Fieldhouse

9:00am Road Race 5K SUNY Cortland

9:00am Bowling - Singles Squad D Cort-Lanes

9:00am Shuffleboard – Singles (50-69) age groups Moffett Gym

9:15am Shuffleboard – Singles (70+) age groups Moffett Gym

10:30am Race Walk 5K SUNY Cortland

11:30am Bowling - Singles Squad E Cort-Lanes

2:00pm Bowling - Singles Squad F Cort-Lanes

2:00pm Cards Hall of Fame Room

FRIDAY, JUNE 15

8:00am Disc Golf – Singles TC3

8:00am Pickleball – Men's Doubles, Women's Singles Lusk Fieldhouse

9:00am Road Race 10K SUNY Cortland

FRIDAY, JUNE 15 (continued)

9:00am Swimming (70+ age groups) (check-in 8am) SUNY Cortland

9:00am Shuffleboard – Doubles (50-69) age groups Moffett Gym

9:00am Bowling - Doubles Squad A Cort-Lanes

9:15am Shuffleboard – Doubles (70+) 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

2:00pm Cards Hall of Fame Room

SATURDAY, JUNE 16

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 SUNY Cortland Track

10:00am Archery (50-64) SUNY Cortland

10:00am Racquetball 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

1:00pm Cycling - 20K Road Race Southern Cayuga High School

2:00pm Bowling - Mixed Doubles Squad C Cort-Lanes

2:30pm Ping Pong - Mixed Doubles SUNY Cortland

2:30pm Women's Basketball SUNY Cortland

SUNDAY, JUNE 17

(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



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 ☐ 5 Hand Spade ☐ Pinochle ☐ King N Corner ☐ Bid- Whist ☐ Oh Hell Card Game

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)**Racquetball** ☐ RQ02 Women ☐ RQ03 Men**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 Run ☐ TF04 200M Run ☐ TF06 400M Run ☐ 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 32 Triple Jump☐ TF 30 4x100 Relay☐ TF 28 50M Dash☐ TF26 Hammer**Triathlon** ☐ TR02Site: **TBD—Please check back for more information after May 1st****Horseshoes** ☐ H002 Women ☐ H003 Men Site: Yellow Lantern Campground, Cortland**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 _____**Volleyball** ☐ VO01 Men's Team _____ Captain _____☐ VO02 Women's Team _____ Captain _____

PLEASE PRINT YOUR NAME : _____

EMPIRE STATE SENIOR GAMES

Archery

SUNY Cortland – Fields near 281 Parking Lot
Friday, June 15 at 10:00am - 65+ age group
Saturday, June 16 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.

Practice targets will be available Thursday, 6/14, Noon—4pm.

Event coordinators: Pam Sciarrino email: angelbearpms@yahoo.com and Ron Bergum email: archeryisa10@yahoo.com



Badminton

SUNY Cortland - Park Center Gyms

Wednesday, June 13 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: TBD email: nyseniorgames.com with any questions



Basketball

SUNY Cortland – Park Center Gyms
Team Three-on-Three/Half Court
Women: Saturday, June 16th at 2:30pm

Men: Saturday, June 16th 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 Director and/or the Sport Coordinator reserve the right to combine age groups in divisions where a sufficient number of teams are not entered.

(Basketball continued in next column)



2018 EVENT INFORMATION

Basketball (continued)

The tournament format will be determined by the number of teams entered in each age bracket. In general, 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 13 at 11:30am
C Squad - Wednesday, June 13 at 2:00pm
D Squad - Thursday, June 14 at 9:00am
E Squad - Thursday, June 14 at 11:30am
F Squad - Thursday, June 14 at 2:00pm

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

Doubles: A Squad - Friday, June 15 at 9:00am
B Squad - Friday, June 15 at 11:30am
C Squad - Friday, June 15 at 2:00pm

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

Mixed Doubles: A Squad - Saturday, June 16 at 9:00am
B Squad - Saturday, June 16 at 11:30am
C Squad - Saturday, June 16 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 12/31/18) of the two partners.**

Event Coordinators: Cathy Witkowski, Plattsburgh, NY email: cathywitkowski@icloud.com; John & Donna Partigianoni—Cort-Lanes Bowling Alley—607-753-3323

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



Cards

SUNY Cortland - Hall of Fame Room, Park Center

Pinochle & King N Corner: Wednesday, June 13 at 2:00pm

Oh Hell Card Game: Thursday, June 14th at 2:00pm

Bid Whist & 5 Hand Space—Friday, June 15th at 2:00pm

Learn how to play each day from 1:00—1:45 before that days' games.

Participants should be at the games site by 1:30pm. PARTNERS will NOT be assigned by the coordinator.

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



EMPIRE STATE SENIOR GAMES

Cycling

Location: Southern Cayuga High School—starting point
2384 NY-34B, Aurora, NY 13026

Saturday, June 16 9:00am - 5K Time Trial
11:00am - 10K Time Trial 1:00pm - 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 event. Some refreshments, such as fruit, cookies and sports drinks will be provided. Course maps can be viewed at ESSG website and www.fingerlakescycling.org/ after May 1st.

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

Disc Golf

Disc Golf Course, Tompkins-Cortland Community College (TC3), Dryden, NY
Friday, June 15 (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

Disc Golf Sponsored in part by: 

Golf – Long course

Vesper Hills Golf Course
4291 Octagon Road Tully, NY 13159
Phone: 315-696-8328
Tuesday, June 12 at 9:00am SHOT GUN START
Wednesday, June 13 at 9:00am SHOT GUN START
(Select only one date for play)



Par: 72 Men; 74 Women

RAIN DATE: Thursday, June 14th —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)

2018 EVENT INFORMATION

Golf – Long course (continued)

Call the course in the event of bad weather, call the course at 315-696-8328 to confirm play. If the course is "closed" for play on either of the scheduled dates, a rain date of Thursday, 6-14-18 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 Vesper Hills GC to receive credentials and pertinent information on the day of your event if this is the only sport 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: Robbie Phelps, PGA Vesper Hills GC
315-696-8328 email: robphelps@pga.com

Golf – Short course

West Hill Golf Course
Rte. 5, Camillus, NY 13031 (315-672-8677)
Monday, June 11 tee times starting at 8:00am
Par: 54

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

Yellow Lantern Campground
1770 NY-13, Cortland, NY 13045
Wednesday, June 13th 10:00am start



30 shoe preliminary round if necessary. Top 6 advance to round robin medal round. All matches will be conducted in accordance with the National Horseshoe Pitchers Association rules. Please bring your own horseshoes. Pitching schedule will be determined by number of entries.

Event Coordinator: TBD email: nyseniorgames@gmail.com

Orienteering

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

A recreational and non-competitive course will be a mass start. Maps provided at the venue 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. Points deducted and will accrue for each minute over time. A tie in points will be broken by the runner with the shorter time.

All participants must wear a watch.

Participants should try to provide their own compasses. A few loaner compasses will be available but on a first come, first served basis.

(Orienteering continued on next page)

Orienteering (continued)

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

All participants 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—Lusk Fieldhouse

Wednesday, June 13th at 8:30am - Women's Doubles & Men's Singles

Thursday, June 14th at 8:30am - Mixed Doubles

Friday, June 15th 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

****As of 2/20/18—Pickleball is wait-listing registrants for the event**

Ping Pong (Table Tennis)

SUNY Cortland campus—Park Center Gym

Saturday, June 16th: 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: Juston Antonio Oswego, NY
email: jdantoni@oswego.edu



Race Walk (5K)

SUNY Cortland Campus—Ice Arena Parking Lot

Thursday, June 14 at 10:30am

Meet at the parking lot at the back of the ice arena—Starting point will be at this parking lot. Race is out and back on a road course.

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 pickup race numbers (maps available at the Registration area in Park Center).

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



Racquetball

SUNY Cortland—Park Center courts

Saturday, June 16th at 10:00am

Event will only be run if there are enough participants to conduct a tournament. A sport coordinator is needed to oversee the event...Format of play will depend on the number of competitors in each age category. Approved lensed eyewear designed for racquet sports is mandatory. Matches will be self-officiated. USRA Rules will apply. Balls provided. **PARTNERS will NOT be assigned by the coordinator.**

Event coordinator: TBD email: nyseniorgamesinfo@gmail.com



Road Race

SUNY Cortland Campus—Ice Arena Parking Lot @ Park Center

Events: 5K – Thursday, June 14th at 9:00am

10K – Friday, June 15th at 9:00 am

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

SUNY Cortland—Moffett Gym

Thursday, June 14th:

9:00am—Singles - 50-69 age groups

9:15am -Singles - 70+ age groups

Friday, June 15th:

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

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

Play will begin at the above listed times.

Check In will begin at 8am Thursday & Friday and end 15 minutes prior to event start 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. 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, 2018.

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)



EMPIRE STATE SENIOR GAMES



2019 National Senior Games presented by
Humana – June 14-25, 2019 –
Albuquerque, New Mexico

Athletes that qualify for Nationals will be notified by the National Senior Games Assoc. after ESSG results are submitted and verified. Please allow time for that to take place... New York will be in need of Flag Bearers for the opening ceremonies in Albuquerque so if you are going to be there during that time and want to be considered as a flag bearer, please email us at www.nyseniorgamesinfo@gmail.com

Swimming

SUNY Cortland – Holstein Pool, Park Center



Friday, June 15th at 9:00am: 70+ age groups

Saturday, June 16th 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+ 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

2018 EVENT INFORMATION

Tennis

Monday/Tuesday

SUNY Cortland Tennis Courts

Doubles - Monday, June 11th 9am start

Mixed Doubles - Monday, June 11th, afternoon starting times

Singles - Tuesday, June 12th 9:00am start

In the event of Rain: We will push the schedule ahead one day—ie: Doubles, Tuesday, June 12th at 9am, etc.



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.

Starting times will be emailed to the participants by the coordinator.

Event Coordinator: Sam Corso-Syracuse NY scorso1@twcnny.rr.com

Track & Field

SUNY Cortland

Friday, June 15th at 11:00am—Throwing/Field Events @ SUNY Cortland Throwing Field

***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.**

Saturday, June 16th at 9:00am Running/Jumping Events @ SUNY Cortland Track

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

Friday, June 15th at 11:00am:

Competition Order of 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 16th at 9:00am:

Competition order of events:

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

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@twcnny.rr.com

Triathlon

We are still developing plans to partner with an existing Tri in our area, most likely in September 2018, to allow athletes to qualify for the 2019 Nationals.

Please check back with the ESSG office after May 1st for specific plans.

Email: nyseniorgamesinfo@gmail.com or 607-756-1864

**Volleyball**

Lusk Fieldhouse, SUNY Cortland

Women: Saturday, June 9th at 8:30am

Men: Sunday, June 10th 8:30am approximate start



Fifteen players per roster maximum. **Coaches must be clearly identified on the team roster 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. Team Captains must submit a roster prior to May 1st, 2018 for to allow for entry into the tournament.

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

All athletes **must** check in at the Park Center Registration Area to acquire their credentials **before** participating in any event unless you are **only** competing in the following sports: Long Course Golf, Disc Golf, Triathlon, Cycling and Short Course Golf. Those 5 sports will have their registration on site at the competition venue.

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, 2018.

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

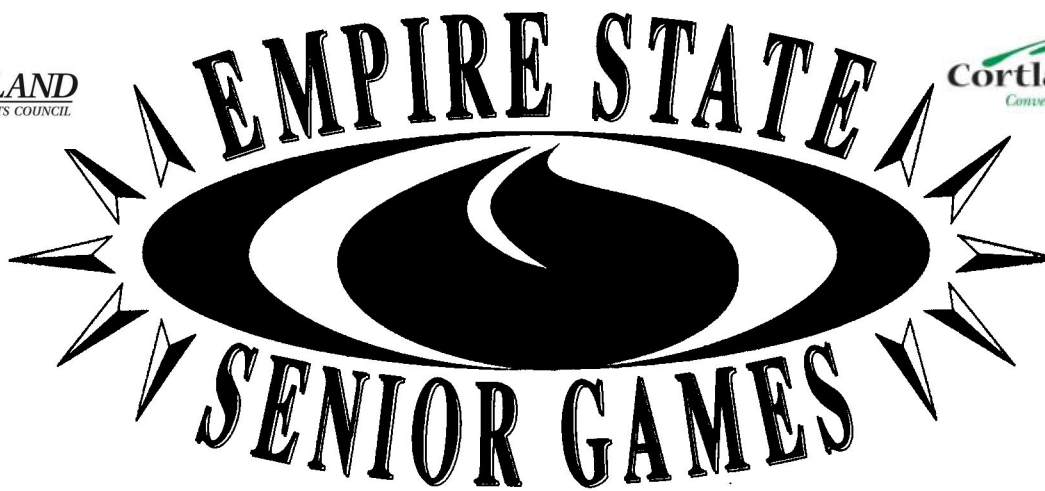
HELP SUPPORT THE GAMES!
During the Games, a wide variety of official ESG merchandise will be available for your purchase.

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, 2018

June 9th-16th, 2018
Cortland, NY



Registration Deadline:

ALL paper entry forms must be postmarked by May 11th.
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: