

# PASADENA SENIOR GAMES



HOSTED BY

Pasadena Senior Center

## 2019 Individual Registration Form

**Online Registration:** [www.PasadenaSeniorCenter.org/events/SeniorGames2019](http://www.PasadenaSeniorCenter.org/events/SeniorGames2019)

or mail completed form with payment to **attn. Senior Games 85 E Holly St, Pasadena CA 91103**

**Complete All Information (Please print clearly) and please sign waiver.**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone (    ) \_\_\_\_\_

E-Mail \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

(Pasadena Senior Games does not sell participant email addresses)

Birthdate (mm/dd/yyyy) \_\_\_\_\_

### Circle T-Shirt Size:

Small    Medium    Large    X-Large    XX-Large

Closing Celebration - Sunday, June 30 at 3:00 p.m.

85 E Holly St, Pasadena CA 91103

First ticket free, \$15 per additional ticket

☐ I will attend

☐ Additional Tickets: \_\_\_\_\_

### Emergency Contact Information

Print Name \_\_\_\_\_

Relationship \_\_\_\_\_

Telephone (    ) \_\_\_\_\_

### FOR OFFICE USE ONLY

Date Rec'd \_\_\_\_\_

Processed \_\_\_\_\_

Entered \_\_\_\_\_

### Questions:

Contact [Sports@PasadenaSeniorCenter.org](mailto:Sports@PasadenaSeniorCenter.org) or call (626) 685 6755



**WAIVER must be signed and mailed with registration.**

### RELEASE OF LIABILITY

**PHOTO AND FILM WAIVER:** I hereby grant full permission to the organization, their agents, employees and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the Pasadena Senior Games.

**LIABILITY WAIVER:** I, the undersigned participant, hereby agree to indemnify and hold harmless the Pasadena Senior Center and the organizers of the Pasadena Senior Games ("PSG"), hereinafter sometimes referred to as sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind of nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the PSG. I understand and agree that any dispute over injury or property damage caused by myself or another participant must be settled between the individuals. I warrant and represent to the organizers that I have prepared myself for the event(s) which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the PSG. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation for and participation in this event. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing condition which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the PSG.

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

## Entry Information

### Eligibility

The 2019 Pasadena Senior Games is open to all athletes 50 years or older as of December 31, 2019. The Pasadena Senior Games is an "open" games and welcomes both California and out-of-state athletes and teams.

### Age Divisions

Competition for all individual and doubles events is in five-year age groups for both men and women beginning at age 50, up to and including 100+. The top age division for team sports Basketball, Softball, and Volleyball is 80+.

Individual divisions are determined by your age as of December 31, 2019. Doubles and team sports divisions are determined by the age of the youngest player as of December 31, 2019. The right is reserved to combine age groups in any event due to insufficient entries or other conditions.

### How to Enter

- Online: Register at [www.PasadenaSeniorCenter.org/events/seniorgames2019](http://www.PasadenaSeniorCenter.org/events/seniorgames2019)
- Mail: Mail completed registration form with payment to Pasadena Senior Center, Attn: Senior Games, 85 E Holly Street, Pasadena, CA 91103.
- In Person: Bring completed registration form with payment to the Welcome Desk at the Pasadena Senior Center at the above address, during open hours (Monday – Friday 8:00 a.m. and 4:30 p.m., Saturdays 9:00 a.m.-noon).

### Athlete Amenities

All registered participants will receive a Pasadena Senior Games t-shirt, Official Program, link to online Results Book published following the completion of the Games, and admission to the Celebration of Athletes Closing Party on June 30, 2019.

### Fees

- Registration Fees - Individuals and Doubles: Athletes participating in individual or doubles events pay a \$35.00 athlete registration fee and any applicable event fees. Four events are open to participants without athlete registration, but do have an event fee (fees vary per sport): Basketball Shooting, Fun Walk, Shuffleboard, and Strength Challenge.
- Event Fees – Individual and Doubles: Unless otherwise indicated, individual and doubles competition requires an additional event fee (fees vary per sport). The exception is

Disc Golf, for which the Athlete registration fee is required, but no additional event fees.

- Teams Registration/fee: Team sports have a per team entry fee (fees vary per sport), but no individual athlete registration requirement. However, team members who also choose to register for individual or doubles events will be required to pay the individual athlete registration fee unless it is one of the five exempt events listed above.

### Entry Guidelines

- Individual Events: An individual may enter as many sports, and events within each sport, as permitted by the entry limitations of that sport and scheduling constraints. Registration and appropriate event fees must be received before each sport's specific deadline. Doubles Events: Both partners in a doubles competition must submit an individual entry application with payment by the sport's stated deadline, specify his/her partner and year of birth.
- Team Sports: Each team captain or manager must submit the team registration and payment prior to their sport's deadline. Late registration will NOT be accepted for team sports. Registration must include team name and age category (based on the birthdate of the youngest player on the team). The player roster with names and birthdates is due on or before the registration deadline. All players must submit contact information and sign a waiver before play begins (this can be done ahead of time, or at check-in the day of the first game).

### Entry Deadlines

Each sport has its own entry deadline. Deadlines are typically 7-14 days prior to each competition to give the Commissioners time to prepare. Four sports allow day-of-event registration: Basketball Shooting, Bowling, Shuffleboard, and Strength Challenge. For all other sports, late registrations will not be accepted. Please refer to each sport's listing for specific deadlines.

### Registration Confirmation

Online registrations will receive immediate confirmation of registration. Registrations mailed or hand-delivered to the Pasadena Senior Center will receive confirmation within five working days after receipt of registration.

## Refunds

Refunds will be given only with advance notice.

- 30 days or more before registered sport: full refund
- 14-29 days before registered sport: full refund minus \$10 processing fee
- 0-14 days before registered sport: full refund minus \$20 processing fee
- Refunds will not be given if requested after the registered sport has commenced

## SPORTS INFORMATION

### Rules

All competitions will be conducted in accordance with the rules and formats established by each sport's federation, as modified by the National Senior Games Association (NSGA). The current NSGA Rule Book and Minimum Performance Standards are posted at [www.nsga.com](http://www.nsga.com). Each athlete is responsible for familiarizing himself/herself with the rules prior to competition.

### Schedules

- Individual: approximate starting times of individual competitions are listed on each individual sport's flyer (available at [www.PasadenaSeniorCenter.org/events/seniorgames2019](http://www.PasadenaSeniorCenter.org/events/seniorgames2019), or hard copy by request to 626-685-6755 or to [sports@PasadenaSeniorCenter.org](mailto:sports@PasadenaSeniorCenter.org)).
- Team sports: For Basketball, Softball, and Volleyball, the brackets with approximate start times will be emailed to the team captains/managers one week before each tournament.
- Multiple Sport entries: Athletes planning to enter multiple sports or events should check the competition schedule for possible conflicts and plan accordingly. No event will be delayed due to an athlete's conflict in schedule.

### Officials

Certified officials will be in attendance at the following events: Archery, Basketball, Cycling, Power Walk, Race Walk, Road Race, Softball, Swimming, Track and Field, and Volleyball. The Sports Commissioners and/or Tournament/Meet Directors, together with the officials, have been given the authority to make all decisions relative to conduct of the tournament/meet rules and sportsmanship.

### Equipment

Athletes are responsible for supplying their own equipment unless otherwise noted. Mark your personal items and do not leave valuables unattended. Pasadena Senior Games is not responsible for any lost or stolen items.

## Uniforms/Clothing

Athletes must wear athletic-type clothing and shoes usual and customary for the sports in which they are competing. Clothing and shoes which are inappropriate may be cause for disqualification. Sports Commissioners have been given authorization to make this determination. Please refer to the flyer for each individual sport for details.

## Sportsmanship/Conduct

Unsportsmanlike conduct on the part of any competitor, captain, coach, non-playing bench personnel or spectator will not be condoned by the Pasadena Senior Games. Conduct that is not in the spirit of the Games may result in immediate disqualification and/or removal from competition.

Any issues of unsportsmanlike or inappropriate conduct should be reported immediately to the event's Commissioner or the presiding sports official.

## Protest Policy

An athlete desiring to protest any aspect of the competition shall do so to the Sports Commissioner at the time of occurrence. Protests may be oral or written. The Commissioner will evaluate the protest and render a decision. All decisions are final and not subject to further appeal.

## Awards

Medals will be awarded to all first, second, and third place finishers in each age division for each event.

## Novice Divisions

You do not need to be an elite athlete to participate at the Pasadena Senior Games. All sports are open to novices, but it is expected that athletes are familiar with the accepted rules of their chosen sports. If you have a question about your ability or competition level, please contact the Games office of the Pasadena Senior Center at 626-685-6755 or [sports@PasadenaSeniorCenter.org](mailto:sports@PasadenaSeniorCenter.org).

# 2019 CALIFORNIA SENIOR GAMES REGISTRATION

\_\_\_\_\_  
**Athlete's Name - Please Print**

## INDIVIDUAL SPORTS

### Archery

(\$10 per event)

☐ 300 Round

☐ 900 Round

☐ Barebow Recurve

☐ Compound Fingers

☐ Compound Release

☐ Recurve

☐ Barebow Compound

### Basketball Shooting

(\$15 for all )

☐ Free Throw ☐ 3-Point ☐ Hot Shots

### Badminton

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

☐ Mixed Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Bowling

(\$10 per event)

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

☐ Mixed Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Cycling

(\$15 per event)

☐ 5K Time Trials ☐ 20K Road Race

☐ 10K Time Trials ☐ 40K Road Race

### Disc Golf

(No additional event fee)

☐ Beginner

☐ Advanced

### Fun Walk

(\$5)\*

☐ 5K

### Golf

(\$60 per event)

GHIN # or current handicap: \_\_\_\_\_

Club Affiliation (if any): \_\_\_\_\_

Invite Foursomes: \_\_\_\_\_

### Pickleball

Online registration only at <http://pickleballtournaments.com>

No paper entries.

### Powerlifting

(\$5)

☐ Bench Press ☐ Weight \_\_\_\_\_

### Power Walk

(\$8 per event)

☐ 5K Road ☐ 10K Road ☐ 1500M Track

Athlete Registration fee required to participate in all individual and doubles events with the exception of: Basketball Shooting, Fun Walk, Shuffleboard, and Strength Challenge.

### Race Walk

(\$8 per event)

☐ 5K (Road) ☐ 1500M (Track)

☐ 10K (Road) ☐ 5000M (Track)

### Racquetball

(\$10 per event)

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

☐ Mixed Doubles Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Road Race

(\$8 per event)

☐ 5K Run ☐ 10K Run

### Shuffleboard

(\$10 per event)\*

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Strength Challenge

(\$5 per event)\*

☐ Rope Climb

☐ Regulation Push Ups

☐ Pull Ups

☐ Standing Long Jump

### Swimming

(\$8 per event)

Submit separate entry application

### Table Tennis

(\$8 per event)

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

☐ Mixed Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Tennis

(\$10 per event)

☐ Singles

☐ Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

☐ Mixed Doubles \*\* Partner \_\_\_\_\_ DOB \_\_\_\_\_

### Track & Field

(\$8 per event)

☐ 50M

☐ Discus

☐ 100M

☐ Javelin

☐ 200M

☐ Shot Put

☐ 400M

☐ Long Jump

☐ 800M

☐ Pole Vault

☐ 1500M Run

☐ High Jump

☐ 5000M Run

☐ Triple Jump

☐ Softball Throw

No Charge

☐ Grandparent/Grandchild Relay

\* No registration fee required

\*\* Partner must register

# 2019 PASADENA SENIOR GAMES

Attached USMS card here

Athlete's Name - Please Print

USMS Number

## SWIM MEET ENTRY FORM

All swimmers must complete this form in addition to the General entry application and submit both with proper event fees.

If you are a member of the United States Masters Swimming, **attach a copy of your membership card** and complete all other information. Non-USMS swimmers need only complete the personal information.

## RULES

USMS rules will govern the Advanced Division of the meet. Recognized by Southern Pacific Masters Swimming for U.S. Masters Swimming. All swimsuits must conform to USMS rule 102.12. Times in the advanced division will be submitted to the Top Ten Recorder. There is a limit of five events in the advanced division and six in the Novice.

## ORDER OF EVENTS

- |                               |  |
|-------------------------------|--|
| 1. Advanced 500Y Freestyle    | 15. Advanced 50Y Freestyle             |
| 2. Advanced 50Y Breaststroke  | 16. Novice 25Y Breaststroke            |
| 3. Novice 25Y Breaststroke    | 17. Advanced 100Y Breaststroke         |
| 4. Advanced 200Y Butterfly    | 18. Novice 50Y Breaststroke            |
| 5. Advanced 100Y Backstroke   | 19. Advanced 200Y Backstroke           |
| 6. Novice 50Y Backstroke      | 20. Advanced 100Y IND. MEDLEY          |
| 7. Advanced 200Y Breaststroke | 21. Novice 100Y IND. MEDLEY            |
| 8. Advanced 100Y Freestyle    | 22. Advanced 200Y Freestyle            |
| 9. Novice 50Y Freestyle       | 23. Advanced 50Y Butterfly             |
| 10. Advanced 200Y IND. MEDLEY | 24. Novice 25Y Butterfly               |
| 11. Advanced 50Y Backstroke   | 25. Advanced 400Y IND. MEDLEY          |
| 12. Novice 25Y Backstroke     | 26. 2x25, Grandparent/Grandchild Relay |
| 13. Advanced 100Y Butterfly   |  |
| 14. Novice 50Y Butterfly      |  |

**Warm Up** 8:00 a.m.

**Competition Begins** 9:00 a.m.

Please register me for the following events.

*Note: Novice division is for swimmers with limited competition experience.*

### Novice

- ☐ 25Y Freestyle  
☐ 50Y Freestyle  
☐ 25Y Backstroke  
☐ 50Y Backstroke  
☐ 25Y Breaststroke  
☐ 50Y Breaststroke  
☐ 25Y Butterfly  
☐ 50Y Butterfly  
☐ 100Y IM

### Advanced

- ☐ 50Y Freestyle  
☐ 100Y Freestyle  
☐ 200Y Freestyle  
☐ 500Y Freestyle  
☐ 50Y Backstroke  
☐ 100Y Backstroke  
☐ 200Y Backstroke  
☐ 50Y Breaststroke  
☐ 100Y Breaststroke  
☐ 200Y Breaststroke  
☐ 50Y Butterfly  
☐ 100Y Butterfly  
☐ 200Y Butterfly  
☐ 100M IM  
☐ 200M IM  
☐ 400M IM

Total Swimming Fees Due: \$ \_\_\_\_\_  
# of events x \$8

Event & Number	Est. Time

Online registration is available at [www.PasadenaSeniorCenter.org/events/SeniorGames2019](http://www.PasadenaSeniorCenter.org/events/SeniorGames2019)  
Registration Questions: (626) 685 6755 or [Sports@PasadenaSeniorCenter.org](mailto:Sports@PasadenaSeniorCenter.org)



**WAIVER on Individual Entry Application must be signed and mailed with this Swim Meet Form.**

## 2019 PASADENA SENIOR GAMES REGISTRATION

Sport	2019 per event, in add to Reg fee (\$35)	# of events	total for sport
<b>ATHLETE FEE</b>	* Athlete fee not required if registering only for Basketball Shooting, Fun Walk, Shuffleboard, or Strength Challenge		\$35
Archery	\$10/event		
Basketball Shooting*	\$15 for all three shooting events		
Badminton	\$5 inclusive for all events		
Bowling	\$10/event		
Cycling	\$15/event		
Disc Golf	Free with registration		
Fun Walk*	\$5		
Golf	\$60		
Pickleball	Register at <a href="http://PickleBallTournaments.com">PickleBallTournaments.com</a>		
Powerlifting	\$5		
Power Walk	\$8/event		
Race Walk	\$8/event		
Racquetball	\$10/event		
Road Race	\$8/event		
Shuffleboard*	\$10/event		
Strength Challenge*	\$5/event		
Swimming	\$8/event		
Table Tennis	\$8/event		
Tennis	\$10/event		
Track & Field	\$8/event		
Closing Celebration Sunday, June 30	Free for Games Competitors, \$15 per guest		
Donation	Your additional donation helps the Pasadena Senior Games.		
	<b>TOTAL</b>		\$

### Payment Information

- ☐ Check (Make Payable to Pasadena Senior Center)  
☐ Cash  
☐ Credit Card (Fill in info to the right)

Name: \_\_\_\_\_

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

Email: \_\_\_\_\_

### Credit Card Information

☐ Visa ☐ MC ☐ AmEx

Address/City/Zip \_\_\_\_\_

\_\_\_\_\_

Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ V Code \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_