



GENERAL INFORMATION AND REGISTRATION PROCESS

ATHLETIC COMPETITION – April 5 - May 6, 2022

SILVERARTS COMPETITION – May 10-11, 2022

OPEN TO: All Guilford County residents 50 years of age and older. A participant must be a North Carolina resident for a minimum of three consecutive months of the year. Age on December 31, 2022 will determine the age category in which the athlete will compete. In athletics, participants will compete against others of their own sex and age as follows: 50-54, 55-59, 60-64, etc. In doubles, teams will be placed in age categories by the age of the youngest player.

EVENTS: All events are listed on registration form. In SilverArts, an artist may enter **up to three pieces** in any combination of categories. However, if total entries exceed available display space, only one or two pieces per person will be displayed. GGSG reserves the right to choose pieces to be displayed if there are too many entries for the available space.

EQUIPMENT: Participants in the following events will supply their own equipment: **Archery, Golf, Tennis** and **Cycling**. Participants must wear a helmet in all cycling events.

ENTRY FEE: As a participant in the Greater Greensboro Senior Games your entry fee of \$10 includes Opening Ceremonies and an official GGSG shirt. A facility fee of \$25 will be charged for golf, \$5 for each bowling event, \$5 for mini golf and a \$5 player fee for 3v3 basketball. These are in addition to the \$10 entry fee. Entry fees will be refunded if registration is cancelled 7 days prior to the first day of GGSG Athletic competition (March 29). May 3 is the date for SilverArts refunds. Athletic and SilverArts registrations will be accepted until **5 pm on March 4**. SilverArts participants will be required to sign a SilverArts Liability Waiver releasing GGSG from damage or theft that may occur while artwork is displayed.

AWARDS: Gold, Silver, and Bronze medals will be awarded to the top three finalists in each age/sex category in each athletic event except the Fun Walk. Participant ribbons will be awarded in the Fun Walk. Ribbons will be awarded to SilverArts winners at the SilverArts Showcase. Each sub-category will be judged separately except for Performing Arts. State Finals Registration Forms will be available by request or online. Participants who win a medal in an athletic event, 1st Place in Performing Arts, 1st or 2nd Place in Literary Arts, 1st, 2nd or 3rd Place in Heritage or Visual Arts or a ribbon in the Silver Striders Fun Walk, are eligible to go to State Finals, except in golf where minimum performance scores have been set. **Deadline to register for State Finals: Early Bird Deadline is July 1. Final Deadline is August 1.**

CONFIRMATION: Each athletic entry will be confirmed by mail by March 29. Confirmations will include any date, time or location changes for events, including changes due to COVID. SilverArts entries will be confirmed by mail by May 3.

COMPLETING REGISTRATION: Be sure to answer **all** questions on the Entry Form, sign the Liability Waiver, complete the Fees page, include a check for all fees, and mail your completed application prior to the entry deadline: **March 4 at 5 pm. *Incomplete forms will be returned.***

RULES: All events will be conducted in accordance with the 2022 Edition of the North Carolina Senior Games, Inc. Official Rule Book. If you have any questions about event rules please call Jennie Matkins at 336-373-7566 or Susan Farrelly at 336-373-7571.

MISSION: *To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete.*

Visit our website at www.greensboro-nc.gov/seniorgames

ATHLETIC REGISTRATION DEADLINE: March 4, 2022 by 5 pm

PLEASE PRINT CLEARLY:

NAME: _____ ADDRESS _____ CITY _____

STATE _____ ZIP _____ COUNTY _____ PHONE: HOME _____ CELL _____

GENDER: (circle one) FEMALE MALE AGE AS OF 12/31/22: _____ BIRTH DATE: _____
(Month/Day/Year)

EMAIL ADDRESS: _____

* _____ Archery	Friday, April 29	1:30 pm	Hester Park
* _____ Basketball Shooting	Tuesday, April 5	10 am-12 pm	Greensboro Sportsplex
* _____ Bowling Singles	Wednesday, May 4	10 am	Spare Time Bowling
* _____ Bowling Doubles**	Thursday, May 5	10 am	Spare Time Bowling
* _____ Bowling Mixed Doubles**	Friday, May 6	10 am	Spare Time Bowling
* _____ Cycling – 1 mile	Sunday, April 10	9:30 am	Country Park
* _____ Cycling – 5K	Sunday, April 10	9:30 am	Country Park
* _____ Cycling – 10K	Sunday, April 10	9:30 am	Country Park
* _____ Discus Throw	Tuesday, April 26	9-10 am	A&T State University
* _____ Football Throw	Tuesday, April 5	10 am-12 pm	Greensboro Sportsplex
* _____ Fun Walk (1 mile)	Thursday, April 14	9:30 am	Jaycee Park Soccer Fields
* _____ Golf	Monday, April 18	9:30 am	Bryan Park Golf Course
* _____ Mini Golf	Friday, April 29	10 am	Celebration Station
* _____ Running Long Jump	Tuesday, April 26	10-11 am	A&T State University
* _____ Shot Put	Tuesday, April 26	10-11 am	A&T State University
* _____ Softball Throw	Thursday, April 14	10 am-12 pm	Jaycee Park Soccer Fields
* _____ Standing Long Jump	Tuesday, April 26	10-11 am	A&T State University
* _____ 50 meter Dash	Wednesday, April 27	9 am	A&T State University
* _____ 100 meter Dash	Wednesday, April 27	9:30 am	A&T State University
* _____ 200 meter Dash	Wednesday, April 27	10 am	A&T State University
* _____ 400 meter Dash	Wednesday, April 27	10:30 am	A&T State University
* _____ 800 meter Run	Wednesday, April 27	8:30 am	A&T State University
* _____ 1500 meter Run	Tuesday, April 26	10 am	A&T State University
* _____ 5K Run	Monday, April 25	9 am	A&T State University
* _____ 10K Run	Sunday, May 1	8 am	Country Park
* _____ 1500 meter Power Walk	Tuesday, April 26	10:30 am	A&T State University
* _____ 5K Power Walk	Monday, April 25	10 am	A&T State University
* _____ 1500 meter Race Walk^^	Monday, April 25	8:30 am	A&T State University
* _____ 5K Race Walk^^	Tuesday, April 26	8:30 am	A&T State University
SWIMMING: (LIMIT 6 EVENTS)	Monday, April 11	10 am	Greensboro Aquatics Center
* _____ 50 yd Backstroke	* _____ 100 yd Backstroke	* _____ 200 yd Backstroke	
* _____ 50 yd Breaststroke	* _____ 100 yd Breaststroke	* _____ 200 yd Breaststroke	
* _____ 50 yd Butterfly	* _____ 100 yd Butterfly	* _____ 200 yd Butterfly	
* _____ 50 yd Freestyle	* _____ 100 yd Freestyle	* _____ 200 yd Freestyle	
* _____ 400 yd Individ. Medley	* _____ 100 yd Individ. Medley	* _____ 200 yd Individ. Medley	
* _____ 500 yd Freestyle			

^^PARTICIPANTS IN THE 1500 M AND 5K RACE WALKS MUST WEAR EITHER TIGHTS OR SHORTS COMING ABOVE THE KNEE

TEAM SPORTS:

* _____ 3-on-3 Basketball Team Saturday, May 7 9:30 am - 1:30 pm Smith Active Adult Center

Name of Team: _____ Age of Youngest Player: _____

Name of Team Captain: _____

TOURNAMENT SPORTS:

GGSG reserves the right to change the times and locations listed below according to number of registrants. You will be notified of changes on your final confirmation. These are tournament events and matches may go beyond scheduled times.

* _____	Badminton-Singles	Monday, April 11	6-8 pm	Leonard Recreation Center
* _____	Badminton-Doubles**	Monday, April 11	6-8 pm	Leonard Recreation Center
* _____	Badminton-Mixed Dbls**	Monday, April 11	6-8 pm	Leonard Recreation Center
* _____	Billiards	Friday, April 8	1:30-5 pm	Tailgators Bar & Billiards
* _____	Bocce	Tues, April 19 & Wed, April 20	9 am-5 pm	Smith Active Adult Center
* _____	Cornhole	Thursday, April 7	9 am-5 pm	Smith Active Adult Center
* _____	Croquet	Thursday, April 14	10 am-12 pm	Jaycee Park Soccer Fields
* _____	Horseshoes	Tuesday, May 3	9 am-5 pm	Smith Active Adult Center
* _____	Pickleball-Singles	Wednesday, April 6	9 am-12 pm	Greensboro Sportsplex
* _____	Pickleball-Doubles**	Wednesday, April 6	9 am-12 pm	Greensboro Sportsplex
* _____	Pickleball-Mixed Dbls**	Wednesday, April 6	9 am-12 pm	Greensboro Sportsplex
* _____	Shuffleboard	Tues, April 12 & Wed, April 13	9 am-5 pm	Smith Active Adult Center
* _____	Table Tennis-Singles	Friday, April 8	9:30 am-12 pm	Smith Active Adult Center
* _____	Table Tennis-Doubles**	Friday, April 8	9:30 am-12 pm	Smith Active Adult Center
* _____	Table Tennis-Mixed Dbls**	Friday, April 8	9:30 am-12 pm	Smith Active Adult Center
* _____	Tennis-Singles	Thursday, April 21	9:30 am-1 pm	Latham Park
* _____	Tennis-Doubles**	Thursday, April 21	9:30 am-1 pm	Latham Park
* _____	Tennis-Mixed Doubles**	Thursday, April 21	9:30 am-1 pm	Latham Park

PARTNERS: **You are required to find your own partner for all doubles events.

Badminton Doubles Partner's Name: _____

Badminton Mixed Doubles Partner's Name: _____

Bowling Doubles Partner's Name: _____

Bowling Mixed Doubles Partner's Name: _____

Pickleball Doubles Partner's Name: _____

Pickleball Mixed Doubles Partner's Name: _____

Table Tennis Doubles Partner's Name: _____

Table Tennis Mixed Doubles Partner's Name: _____

Tennis Doubles Partner's Name: _____

Tennis Mixed Doubles Partner's Name: _____

***A NC SENIOR GAMES, INC. SANCTIONED EVENT OFFERED AT STATE FINALS**



Greater Greensboro Senior Games
 2401 Fairview Street
 Greensboro, NC 27405
www.greensboro-nc.gov/seniorgames

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RETURN SERVICE REQUESTED

Deadline to register – March 4!

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