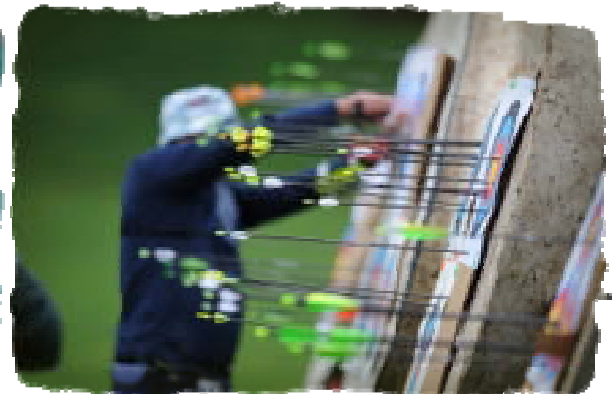




## 2015 Bay Area Senior Games

May 2 to May 24, 2015

Stanford University, Palo Alto, San Mateo & other Bay Area Venues



**General Information** - Welcome to the registration package for the Ninth Annual Bay Area Senior Games (BASG). The BASG started in 2006, to promote healthy, active lifestyles for adults over the age of 50.

**Eligibility** - All participants must be at least 50 years of age on or before December 31, 2015. There is no upper age limit. Proof of age may be required at event check-in.

**Age Divisions** - Age divisions are in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and up. A participant's competition age will be based on his/her age as of Dec. 31, 2015. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2015. We reserve the right to combine age groups in any event due to insufficient entries or other conditions. Some sports may be conducted in ten-year increments.

**How to Enter** - Registration is available online at [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org). Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a \$49 registration fee plus an event fee for each individual event in which they compete. Team entry fees may be required and team sports may pay an additional fee, based on team numbers, facility rental and other expenses. Please see payment summary for more details.

If you do not have a computer, please fill out this Entry Form, sign the Liability Release and mail it to:  
Bay Area Senior Games Headquarters • 2450 Agnes Way • Palo Alto, CA 94303

**Note: Please add an additional processing fee of \$15 for paper registration.**

Please make sure not to register for overlapping events. No schedule changes will be made to accommodate multi-sport or multi-event entrants. **Refunds will not be given.**

Each partner in a doubles competition must submit an Individual Entry Form and enter the full name of his/her partner.

Team captains are required to submit one Team Roster Form. In order to complete registration, all athletes must sign the Waiver Form presented online or they will not be eligible to participate.

## **Medals**

Gold, Silver and Bronze medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed unless award winner pays postage and handling fee in advance (\$5).

## **Benefits**

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, event T-shirt, and results administration.

## **Equipment and Uniforms**

Participants are required to provide their own equipment, except as specified under the sport description. All athletes must wear the athletic apparel and shoes usual and customary for the sport in which they are competing. Team sports require like color and style numbered uniforms. Inappropriate clothing, shoes or equipment may be cause for disqualification. Please mark your personal items and do not leave them unattended. The Bay Area Senior Games is not responsible for the loss or damage of any athlete's personal belongings.

## **Accommodations**

We have negotiated special discounts at area hotels close to the venues. Mention promotional code "Bay Area Senior Games" when booking your room.

See [www.bayareaseniorgames.org/hotels](http://www.bayareaseniorgames.org/hotels) for complete information.

## Food and Transportation

Athletes are responsible for their own food and transportation. For directions and suggested restaurants visit [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org)

## Sportsmanship

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification without any refund of fees paid. Sports Commissioners and event staff reserve the right to disqualify any competitor.

## Insurance

The Bay Area Senior Games has a General Liability Policy for the event. This insurance covers medical costs only when an accident or injury is caused by our negligence. It is expressly understood that this insurance does not cover: property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from competition. Each participant is responsible for his or her medical insurance.

## Medical Assistance

Emergency medical assistance will be in place at most events. If you must be transported by ambulance, it will be at your expense.

## Volunteering

Athletes, friends and families are invited to volunteer at the event. For details, including job description and benefits, please visit [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org). Please register on line after MARCH 1, 2015. Volunteers will receive the official 2015 Commemorative Volunteer Tee-shirt.

**Refund Policy** - NO refunds will be made if an entrant fails to compete for whatever reason including medical injury, event rescheduling, or event cancellation due to inclement weather, war, terrorism, or an act of God. Games officials or the Bay Area Senior Games Board of Directors reserve the right to cancel or postpone events to a later time. All times and venues are subject to change. Refunds of entry fees may occur for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants

## Sports Rules

Competition format and rules for each sport are posted online at [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org)

## Confirmation

Athlete confirmations will be e-mailed when online registration is complete. Athletes will also receive final event information mailing just prior to the event. (Please check your email inbox)

## Check-In

All athletes must report to the check-in table/tent at their competition venue. The exact location, address and start times will be included in the final confirmation mailing.

# Athlete Registration

Please complete all information and sign the Liability Release. NOTE: athletes will not be able to complete online registration until liability release is accepted and the box checked.

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

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

Birth Date: \_\_\_\_\_ Age on Dec. 31, 2015: \_\_\_\_\_

Male  Female

Person to contact in case of emergency:

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

## Liability Release - Must be signed in order to complete registration.

I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the 2015 Bay Area Senior Games Local Organizing Committee, Stanford University, City of Palo Alto, all sponsors, and any and all persons and organizations affiliated therewith, for any and all injuries suffered by me while traveling to and from, or participating in the 2015 Bay Area Senior Games. I also give my permission for the free use of my name, likeness, voice and/or photograph in any broadcast, telecast, newsprint, website, marketing material or any other account of these events. I further state that I am physically fit and sufficiently trained for the events in which I will participate. I have read and understood the 2015 Bay Area Senior Games Information.

Signature: \_\_\_\_\_ PRINT Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sport(s): \_\_\_\_\_

## Individual Sports

### ARCHERY

**May 9 & 10 Black Mountain Bowman Range, Ave Espana, San Jose, CA 95139 (fee \$8.00 per each day event)**

**NAA Bow Divisions:** Recurve (sights), Compound Fingers (sights), Compound Release, Barebow Recurve (no sights), Barebow Compound (no sights).

**Non-qualifying NFAA Bow Divisions:** Freestyle, Freestyle Limited, Bowhunter, Bowhunter Freestyle, Bowhunter Freestyle Limited, Traditional

**Times: Saturday, May 9** –  Double 300 Round – 8:00 a.m. check in- **Shoot 9AM** 60 arrows at 20 yards on 40cm face.

**Sunday, May 10** –  - **American 900 Round in Yards** 8:00 a.m. check in – Shoot 9 AM 30 arrows at each distance of 60, 50, and 40 yards on 122cm face **Event Fee: \$8.00 per event day.**

**REGISTRATION DEADLINE: IS APRIL 30.**

### BADMINTON

May 2- 8:30 AM - California Badminton Academy 46049 Warm Springs Blvd. Fremont (fee \$10.00 per event) General Registration fee is \$30 per athlete) **Registration link will be posted soon**

- Men's Singles     Women's Singles     Men's Doubles \_\_\_\_\_
- W's Doubles \_\_\_\_\_     Mixed Doubles \_\_\_\_\_

**REGISTRATION DEADLINE: IS April 25.**

### CYCLING

May 2 & 3 7:30 AM – FT. ORD - MONTEREY ( fee \$16.00 per event)

SUBJECT TO VENUE CONFIRMATION)

- 10K Time Trial     5K Time Trial     20 K Road Race     40 K Road Race

**REGISTRATION DEADLINE: IS APRIL 20.**

### FEATS OF STRENGTH

May 23 – 10:00 AM -18584 Carlwyn Drive, Castro Valley CA 94546-2032 (fee \$15.00 per athlete)

- Pullups or Chinups for Reps     Weighted Pullup or Chinup     Dynamometer Hand Grip Strength
- Standing Long Jump     Farmer's Walk     Vertical Jump     Dead Lift Lockout

**REGISTRATION DEADLINE: IS MAY 18.**

### GOLF

May 15-8:00-Shoreline Golf Links 2940 North Shoreline Blvd. Mt. View, (fee \$20.00 per golfer includes cart, golf & lunch ) Practice round available once golfer is registered

- 18-hole individual medal play (additional fee: \$20) 8 AM check in 8:30 tee off. Practice Rounds available by calling Pro Shop 650-903-6134

**REGISTRATION DEADLINE: IS MAY 8.**

### LAWN BOWLING

May 4 - 7– 9:00 AM - Palo Alto Lawn Bowls 474 Embarcadero Road, Palo Alto (Fee \$25.00 first event, \$10 second event)

To register, contact Terry Hogan, [etelhogan@att.net](mailto:etelhogan@att.net)

May 4-5 Open Pairs    May 6-7 Open Triples (open means men or women at any position)

### RACEWALK

May 24 College of San Mateo (Fee \$7.00 per event)

- 1500M – Track 9:40 a.m.     5K – Track 12:30 pm

**REGISTRATION DEADLINE: IS MAY 11.**

### RACQUETBALL

May 2, Venue TBD-Palo Alto - 9:00am ( Fee \$8.00 per event)

- Singles     Doubles    Partner's Name: \_\_\_\_\_

(SUBJECT TO VENUE CONFIRMATION) **REGISTRATION DEADLINE: IS APRIL 24.**

### ROAD RACE

May 24 ( Fee \$7.00 per event)     5K 8:00 am start on the College of San Mateo Track (also listed under track events)

**REGISTRATION DEADLINE: IS MAY 11.**

### SWIMMING (Short Course yards)

May 17 8:00 AM - Avery Aquatic Center, Stanford - (Fee \$6 per event) -5 event maximum

- |   |   |
|---|---|
| <input type="checkbox"/> 50 Back _____    | <input type="checkbox"/> 100 Free _____ |
| <input type="checkbox"/> 50 Breast _____  | <input type="checkbox"/> 100 Back _____ |
| <input type="checkbox"/> 200 Free _____   | <input type="checkbox"/> 50 Fly _____   |
| <input type="checkbox"/> 100 Breast _____ | <input type="checkbox"/> 50 Free _____  |
| <input type="checkbox"/> 100 Fly _____    | <input type="checkbox"/> 500 Free _____ |
| <input type="checkbox"/> 200 IM _____     | <input type="checkbox"/> 100 IM _____   |

200 Backstroke \_\_\_\_\_  200 Breaststroke \_\_\_\_\_

(Place entry time in the space provided next to event.)

**REGISTRATION DEADLINE: IS MAY 8.**

### TABLE TENNIS

**May 9-Pong Planet 848 Brittan Ave. San Carlos**

Singles, 9:00am  
 Doubles, 12:00pm Partner's Name: \_\_\_\_\_  
 Mixed, 1:00pm Partner's Name: \_\_\_\_\_

**REGISTRATION DEADLINE: IS MAY 1.**

### TENNIS

**May 9 Rinconada Courts, Palo Alto - 9:00 AM (Fee \$8.00 per event)**

Men's Singles  
 Women's Singles  
 Men's Doubles Partner's Name: \_\_\_\_\_  
 W's Doubles Partner's Name: \_\_\_\_\_  
 Mixed Doubles Partner's Name: \_\_\_\_\_

**REGISTRATION DEADLINE: IS MAY 1.**

### RICK MILAM MEMORIAL TRACK & FIELD MEET

**May 24 at College of San Mateo Track – 1700 West Hillsdale Ave. San Mateo 8:00 AM (Fees \$6.00 per event Note 5K run is \$7.00)**

<input type="checkbox"/> Javelin 8:30 am	<input type="checkbox"/> 5K 8:00am ROAD RACE ON TRACK
<input type="checkbox"/> Shot Put 9:00am	<input type="checkbox"/> 50m 8:30am
<input type="checkbox"/> Pole Vault 9:00 am	<input type="checkbox"/> 800m 9:00am
<input type="checkbox"/> Long Jump 10:00am	<input type="checkbox"/> 100m 10:00am
<input type="checkbox"/> Hammer 11:00 am	<input type="checkbox"/> 400m 10:30am
<input type="checkbox"/> Discus 11:30	<input type="checkbox"/> 1500m 9:40am RACEWALK
<input type="checkbox"/> High Jump 11:30am	<input type="checkbox"/> 200m 12:00 noon
<input type="checkbox"/> Triple Jump 12:00	<input type="checkbox"/> 5000m 12:45 RACEWALK
	<input type="checkbox"/> 4x100m Relays 12:30pm

TIME SCHEDULE MAY BE CHANGED, SUBJECT TO NUMBER OF ENTRIES. COMPETITORS WILL RECEIVE FINAL TIME SCHEDULE AFTER ENTRIES CLOSE.

**REGISTRATION DEADLINE: IS MAY 11.**

### TRIATHLON

**March 8, 2015** Special event entry as part of Stanford Treeathlon. As a benefit to senior triathletes, the Stanford Treeathlon has once again created a special Bay Area Senior Games division.

Register directly at <https://triathlon.stanford.edu/treeathlon/index.shtml>

**ALL TIMES APPROXIMATE - CHECK WEBSITE FOR UPDATES! [www.bayareaseeniorgames.org](http://www.bayareaseeniorgames.org)**

# Team Sports

**All tournaments will feature both men and women's competition with the exception of Rugby.**

There may be team fees. (Note: Teams not fielding the minimum number of athletes will incur a surcharge.) However, captains must submit a roster for their team by the entry deadline and confirm that each athlete has registered and signed the waiver.

During athlete registration, the competitor can designate his/her team.

**Captains, please submit your team name/your name as captain as early as possible, so individual competitors can select their team. The Team name and captain will be listed on the on-line registration drop down menu.**

**NOTE REGISTRATION DEADLINES FOR EACH SPORT.** Any roster changes after the date below will be charged \$5.00 and this late fee must be paid at athlete check-in day of event.

**Soccer:** (Men and Women) REGISTRATION DEADLINE: May 4, 2015

**Basketball:** (Men & Women): REGISTRATION DEADLINE: May 4, 2015

**Water Polo:** (Men and Women) REGISTRATION DEADLINE: May 4, 2015

**Rugby:** REGISTRATION DEADLINE: May 10, 2015

**Volleyball:** (Men and Women) REGISTRATION DEADLINE: May 1, 2015

Any changes after these dates will incur the \$5.00 change fee.

Enter your TEAM NAME and CAPTAIN'S NAME below. Team must be named and cannot be changed once submitted.

**Team Name:** \_\_\_\_\_ **Captain Name:** \_\_\_\_\_

**I am acting as the captain of a team in the sport listed below (check box).**

Age of youngest player (as of 12/31/15): \_\_\_\_\_

- Basketball- **Men's** (3 vs. 3), **May 16** 9 AM- Cubberley Community Center (7 members max.)
  - Basketball Free Throw Contest, **May 16**
- Basketball- **Women's** (3 vs. 3), **May 16** 9 AM- Cubberley Community Center (7 members max.)
  - Basketball Free Throw Contest, **May 16**
- Rugby, **May 16**, 9:00 AM - Steuber Rugby Field, Stanford (30 members max.)
- Soccer (8 vs. 8), **May 16 & May 17**, 9 AM - IM South Fields El Camino Real, Stanford, (14 max.)
- Volleyball, **May TBD**, 9:00 AM - Cubberley Gym, Palo Alto (15 members max.)
- Water Polo, **May 16 & 17th**, 8:00 AM - Avery Aquatic Center, Stanford (15 members max.)

**Captains: Please submit a roster in Word format with the following required information:**

**SPORT** \_\_\_\_\_ **Team Name** \_\_\_\_\_ **Captain's Name** \_\_\_\_\_

**Age Group** \_\_\_\_\_ **Birthdate of each team member** \_\_\_\_\_

## FEE SUMMARY

ITEM	FEE	# of Events Entered	Amount Due
<b>Basic Athlete Registration</b>	<b>\$49 unless otherwise noted</b>		<b>\$49</b>
<b>SPORTS</b>	<b>Plus PER EVENT FEE</b>		
Archery	\$8		
Badminton	Register at: <a href="http://www.tournamentsoftware.com/sport/tournament.aspx?id=81EEB422-DA9A-4B28-BFA5-B9D323779B49">http://www.tournamentsoftware.com/sport/tournament.aspx?id=81EEB422-DA9A-4B28-BFA5-B9D323779B49</a>		
Basketball Women's	n/a		
Basketball Men's	n/a		
Cycling	\$16		
Feats of Strength	\$10		
Golf	\$20		
Lawn Bowling	Register at <a href="mailto:ethogan@att.net">ethogan@att.net</a>		
Racewalk	\$7		
Racquetball	\$6		
Road Race (track)	\$7		
Rugby	\$22 per athlete		
Soccer	n/a		
Swimming	\$6		
Table Tennis	\$6		
Tennis	\$8		
Track & Field	\$6		
Triathlon	Register at <a href="https://sites.stanford.edu/triathlon/treeathlon">https://sites.stanford.edu/triathlon/treeathlon</a>		
Volleyball	n/a		
Water Polo	\$400 team fee by captain		
<b>GRAND TOTAL</b> Of Registration & Events fees			



**PAYMENT INFORMATION**

Basic Registration Fee: \$ 49.00  
Individual Sport Event Fees: \$ \_\_\_\_\_  
(Multiply number of checked boxes x \$ event fees)  
Additional if mailed paper registration fee \$15.00 \$ \_\_\_\_\_

YOU ARE INVITED!

**Athlete’s Pasta Celebration Dinner**  
**Friday, May 15<sup>th</sup>** at Stanford \$15.00 per person \$ \_\_\_\_\_  
(Friends and Fans welcome @ \$15 per person) \$ \_\_\_\_\_  
Donation to Bay Area Senior Games (non-profit) \$ \_\_\_\_\_

**GRAND TOTAL:** \$ \_\_\_\_\_ (rev.1-29-15)

**THANK YOU!**

**Please make checks payable to: BASOC/Bay Area Senior Games**  
**2450 Agnes Way, Palo Alto, CA 94303**  
Our Tax ID # 94-3052945  
Credit Card:  VISA  MasterCard (ONLY)

Card Number: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

Expiration Date: \_ \_ / \_ \_

**2015 Torch Relay - Friday, May 15th @ 5:00 PM**  
**Just prior to the Athlete Pasta Celebration Dinner**

Sports Commissioners will select two athletes (male and female) to represent their sport in the Solar Torch Relay for 2015. Athletes will be notified by April 15, 2015.

Contact Information: Bay Area Senior Games Headquarters [info@bayareaseniorgames.org](mailto:info@bayareaseniorgames.org)  
650.323.9400