



May 6-June 24, 2017

Palo Alto, San Mateo & other San Francisco Bay Area Venues



General Information - Welcome to the registration package for the 11th 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, 2017. 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, 2017. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2017. 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. Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a \$55 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 • 2275 East Bayshore Road # 115 Palo Alto, CA 94303

Note: Please add an additional processing fee of \$15 for paper registration. We are unable to process your registration without the \$15 paper registration fee.

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 a few area hotels close to the venues. Mention promotional code “2017 Bay Area Senior Games” when calling to book your room.

See www.bayareaseiniorgames.org/hotels for complete information.

Food and Transportation

Athletes are responsible for their own food and transportation. For directions visit www.bayareaseiniorgames.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 own 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.bayareaseiniorgames.org. Please register on line after March 1, 2017. Volunteers will receive the official 2017 Volunteer Tee-shirt.

Refund Policy - NO refunds will be made if an entrant fails to compete for whatever reason including: 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 only for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants
- 4) Injury, if occurs prior to event

Refunds if given, are subject to a processing fee.

Sports Rules

Competition format and rules for each sport are posted online at www.bayareaseiniorgames.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, 2017: _____

Employer/Company Name _____

Shirt Size_ S M L XL XXL (circle one) (Unisex type shirts)

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 2017 Bay Area Senior Games Local Organizing Committee, City of Palo Alto, College of San Mateo, all other venue locations, 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 2017 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 2017 Bay Area Senior Games Information.

Signature: _____ PRINT Name: _____

Date: _____

Sport(s): _____

Individual Sports

ARCHERY

May 13-14– Black Mountain Bowman Range- Ave. Espana San Jose (\$8.00 per event)

Bow Divisions: Compound Release with sights (Freestyle, Bowhunter Freestyle)

Compound Fingers with sights (Freestyle Limited, Bowhunter Freestyle Limited)

Compound Barebow no sights (Bowhunter)

Recurve (sights; Recurve Barebow no sights (Trad)

Times: Saturday, May13 – American 900 Round – 30 arrows at each distance of 60, 50 and 40 yards on 122 cm target face. 8:00am check –in – Shoot 9:00 am.

Sunday, May14 – Double 300 Round – 60 arrows at 20 yards on 40cm target face

8:00am check –in – Shoot 9:00 am.

Water, soda and snacks are available for purchase. Lunch will be provided to registered archers on Saturday only.

Event Fee: \$40.00 all -inclusive per person. **REGISTRATION DEADLINE: May 6th**

BADMINTON

June 17- 12 noon start time - California Badminton Academy 46049 Warm Springs Blvd. Fremont (fee \$10.00 per event) General Registration fee is \$30 per athlete) **Click on this**

link <http://scba.tournamentsoftware.com/sport/tournament.aspx?id=38BAD2B3-6122-4FBD-865D-B28B6D9FF04F>

Men's Singles Women's Singles Men's Doubles _____

W's Doubles _____ Mixed Doubles _____

REGISTRATION DEADLINE: June 11th

CYCLING

May6-7– FT. ORD - MONTEREY (fee \$16.00 per event) Course Details to follow on website

Saturday 10K Time Trial 20 K Road Race Start Time 10:00 am

Sunday 5K Time Trial 40 K Road Race Start time 9:00 am.

REGISTRATION DEADLINE: IS April 24th.

FEATS OF STRENGTH

June 24 (Saturday)– 10:00 AM -18584 Carlwyn Drive, Castro Valley CA 94546-2032 (fee \$17.00 per athlete for competing in up to 3 events, \$20 for competing in up to 7 events)

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 June 12

GOLF

May 12-8:00-Shoreline Golf Links 2940 North Shoreline Blvd. Mt. View, (fee \$20.00 per golfer includes cart, golf & box lunch, gross & net awards +standard \$55 athlete registration fee) Practice round available with a reservation by calling the golf Pro Shop 650-903-6134 to set a tee time. (Standard golf green fee applies for practice rounds)

18-hole individual stroke play 8 AM check in 8:30 tee off. Please include your GHIN # handicap/index _____.

REGISTRATION DEADLINE: IS MAY 5th.

PICKLEBALL

May 6 & 7 – Palo Alto Courts Mitchell Park- 600 E Meadow Dr, Palo Alto, CA 94303 (fee \$5 each event) registration closes May 1st. Registration is at this separate link:

<http://www.pickleballtournaments.com/welcome.pl?tid=1097#3>

Mens Singles Doubles – **Women's** Singles Doubles **Mixed** Doubles

RACEWALK

May 28 College of San Mateo 1700 West Hillsdale Ave. San Mateo (Fee \$7.00 per event)

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

REGISTRATION DEADLINE: IS MAY 15th.

RACQUETBALL

May 20, Elks Club - 4249 El Camino Real Palo Alto 94306 - 9:00am (Fee \$8.00 per event)

- Singles
- Doubles
- Partner's Name: _____

REGISTRATION DEADLINE: IS May 12th.

5K ROAD RACE (on the track)

May 28th (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 15th.**

SWIMMING (Short Course yards) NEW VENUE!

May 21 8:00 AM – Rinconada Pool- 777 Embarcadero Rd. Palo Alto- (Fee \$6 per event) -5 event maximum

- | | |
|---|--|
| Event #1 <input type="checkbox"/> 100 Butterfly _____ | Event #2 <input type="checkbox"/> 200 Free _____ |
| Event #3 <input type="checkbox"/> 50 Breastroke _____ | Event #4 <input type="checkbox"/> 100 Back _____ |
| Event #5 <input type="checkbox"/> 400 IM _____ | Event #6 <input type="checkbox"/> 100 Breastroke _____ |
| Event #7 <input type="checkbox"/> 200 Back _____ | Event #8 <input type="checkbox"/> 100 IM _____ |
| Event #9 <input type="checkbox"/> 50 Free _____ | Event#10 <input type="checkbox"/> 200 Butterfly _____ |
| Event #11 <input type="checkbox"/> 50 Back _____ | Event #12 <input type="checkbox"/> 200 IM _____ |
| Event #13 <input type="checkbox"/> 50 Butterfly _____ | Event #14 <input type="checkbox"/> 100 Free _____ |
| Event #15 <input type="checkbox"/> 200 Breastroke _____ | Event #16 <input type="checkbox"/> 500 Free _____ |

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

REGISTRATION DEADLINE: is MAY 12th.

TABLE TENNIS

May 14- ICC Table Tennis Center 1507 N. Milpitas Blvd. Milpitas 95035 (fee \$6 per event)

- Singles, 1:00 pm
- Doubles, 3:00pm Partner's Name: _____
- Mixed, 3:30pm Partner's Name: _____

REGISTRATION DEADLINE: IS May 5.

RICK MILAM MEMORIAL TRACK & FIELD MEET

May 28th 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 10:00 am | <input type="checkbox"/> 400m 10:30am |
| <input type="checkbox"/> Discus 11:00 | <input type="checkbox"/> 1500m 9:40am RACEWALK |
| <input type="checkbox"/> High Jump 11:30am | <input type="checkbox"/> 1500 m 11:40 am |
| <input type="checkbox"/> Triple Jump 12:00 | <input type="checkbox"/> 200m 12:00 noon |
| | <input type="checkbox"/> 5000m 12:45pm 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 15th.**

TRIATHLON

March 5, 2017 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 <http://treeathlon.co/register>

ALL TIMES APPROXIMATE - CHECK WEBSITE FOR UPDATES! www.bayareaseniorgames.org

Team Sports

All tournaments will feature both men and women's competition.

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 insurance waiver. During athlete registration, the competitor can designate his/her team from the drop down menu.

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.

Captain is responsible for paying the TEAM FEE by mailing a check payable to BASOC to Bay Area Senior Games office 2275 East Bayshore Road #115 Palo Alto, CA 94303 BEFORE THE EVENT!!!

Soccer: (Men and Women) REGISTRATION DEADLINE: **May 12, 2017** (Team fee \$100)

Basketball: (Men & Women): REGISTRATION DEADLINE: **May 1st, 2017** (Team fee \$50)

Water Polo: (Men and Women) REGISTRATION DEADLINE: **May 1st, 2017** (team fee \$450)

Volleyball: (Men and Women) REGISTRATION DEADLINE: **April 24, 2017** (individual registers no team fee)

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

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 12/31/17): _____

Basketball- **Men's** (3 vs. 3), **May 13th** 9 AM- Cubberley Community Center, 4000 Middlefield Rd. Palo Alto (7 members max.)

Basketball Free Throw Contest, after last game is played (no fee)

Basketball-**Women's** (3 vs. 3), **May 13th** 9 AM- Cubberley Community Center 4000 Middlefield Rd. (7 members max.)

Basketball Free Throw Contest, after last game is played (no fee)

Soccer (8 vs. 8), Saturday, **May 27th, 28th -9 AM-** (**New Venue**) Greer Park -1098 Amarillo Ave, Palo Alto (14 max.)

Volleyball, **May 6** (Men & Women) 9:00 AM - Cubberley Community Center, 4000 Middlefield Rd Palo Alto (15 members max.) Reduced athlete registration fee \$40 per person

Water Polo, **May 13 & 14** **NEW VENUE** Soda Aquatic Center- Campolindo High School 300 Moraga Rd. Moraga, CA 8:00 AM warm ups 9:00 start – (15 members max.)

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

SPORT _____ **Team Name** _____ **Captain's Name** _____

FEE SUMMARY

ITEM	FEE	# of Events Entered	Amount Due
Basic Athlete Registration Per athlete	\$55 (unless otherwise noted)		\$55
SPORTS	Plus PER EVENT FEE		
Archery	\$40 total fee+ event fee		
Badminton	http://scba.tournamentsoftware.com/sport/tournament.aspx?id=38BAD2B3-6122-4FBD-865D-B28B6D9FF04F		
Basketball Women's	\$50 team fee + athlete registration		
Basketball Men's	\$50 team fee + athlete registration		
Cycling	\$16 per event + athlete fee		
Feats of Strength	\$17 (3 events) \$20 (7 events)		
Golf	\$20 + athlete fee		
Pickleball	http://www.pickleballtournaments.com/welcome.pl?tid=603		
Racewalk	\$7 + athlete fee		
Racquetball	\$8 + athlete fee		
Road Race (track)	\$7 + athlete fee		
Soccer	\$100 team fee + athlete registration fee		
Swimming	\$6 per event + athlete fee		
Table Tennis	\$6 + athlete fee		
Track & Field	\$6 per event + athlete fee		
Triathlon	Register at http://treathlon.co/register		
Volleyball	n/a -\$40 athlete fee only		
Water Polo	\$450 team fee by captain + athlete fee		

ITEM	FEE	# of Events Entered	Amount Due
GRAND TOTAL Of Registration & Events fees			

PAYMENT INFORMATION

Basic Athlete Registration Fee: \$ 55.00

PLUS Individual Sport Event Fees: \$ _____

(Multiply number of checked boxes x \$ event fees)
Additional if mailed paper registration fee \$15.00 \$ _____

Donation to Bay Area Senior Games (non-profit) \$ _____

GRAND TOTAL: \$ _____ (rev.3-1-17)

THANK YOU!

**Please make team fee checks payable to: BASOC/Bay Area Senior Games
2275 East Bayshore Road Suite #115, Palo Alto, CA 94303 (Tax ID # 94-3052945)**

Credit Card: VISA MasterCard (ONLY)

Card Number: _____

Expiration Date: __ / __ Security code ____

Contact Information: Bay Area Senior Games Headquarters info@bayareaseniorgames.org
650.323.9400