



## 2026 Bay Area Senior Games Registration

**General Information** - Welcome to the registration package for the 20th Annual Bay Area Senior Games (BASG). The BASG started in 2006, to promote healthy, active lifestyles for adults over the age of 50. We look forward to another great year!

**Eligibility** - All participants must be at least 50 years of age on or before December 31, 2026. (except: water polo, women's basketball & soccer where age 40+ is ok) There is no upper age limit. Proof of age is 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, 85-89 and up. A participant's competition age will be based on his/her age as of Dec. 31, 2026. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2026.

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 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 page for more fee details.

If you do not have a computer, please ask a friend or neighbor to print this and 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. We are unable to process your registration without the \$15 paper registration fee.**

Please make sure not to register for overlapping events especially in Track & Field. No schedule changes will be made to accommodate participation in 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 for volleyball & water polo 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 (\$8.00).

## Benefits

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, event staff, medals, security, liability insurance, entry confirmation, event gift, potential records documentation, posting on website 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.

## Food and Transportation

Athletes are responsible for their own food and transportation. For venue information, see each sport landing page. [www.bayareaseiniorgames.org/sports](http://www.bayareaseiniorgames.org/sports)

## 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 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

If you must be transported by ambulance, it will be at your expense.

**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 are subject to a processing fee and 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 at least 10 days prior to event

## Sports Rules

Competition format and rules for each sport are posted online at [www.bayareaseiniorgames.org/sports](http://www.bayareaseiniorgames.org/sports) consistent with NSGA Rules. ([www.nsga.com](http://www.nsga.com))

## Confirmation

Athlete confirmations will be e-mailed when the sport online registration is closed. Athletes will also receive a final event information e-mailing. (Please check your email inbox and spam folder)

**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 e-mailing. You need to provide your photo ID.

## 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. PRINT PLEASE!

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

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

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

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

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

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

Birth Date: \_\_\_\_\_ Age on Dec. 31,2026: \_\_\_\_\_

Shirt Size- S M L XL XXL (circle one)

Male  Female

Person to contact in case of emergency: (PRINT PLEASE)

Name: \_\_\_\_\_ Cell 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 2026 Bay Area Senior Games Local Organizing Committee, City of Palo Alto, Arrillaga Family Center, Menlo Park, College of San Mateo, Chabot College, California Badminton Academy, Fremont, Soda Aquatic Center, Moraga, Mountain Archery Range, Castro Valley and 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 2026 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 understand the 2026 Bay Area Senior Games Information.

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

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

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

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

### **RELEASE OF LIABILITY -- READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the [Bay Area Senior Games and National Senior Games Association, Inc.](#) program, its related events and activities, I, (name of participant), the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the poten-

tial for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE (Bay Area Senior Games and National Senior Games Association, Inc, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

x \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed:  
PARTICIPANT'S SIGNATURE

## Individual Sports

### ARCHERY

**Sunday, April 26 - American 900 Round – 30 arrows at each distance of 60, 50 and 40 yards on 122 cm target face. Ends are timed--4 minutes allowed. 8:15am check-in – Shoot 9:00 am**

**Location: Mountain Archery Range-13592 Lake Chabot Rd. San Leandro CA 94577**

**Registration Fee: \$55.00 per person plus \$15 per event.**

**REGISTRATION DEADLINE: April 13, 2026**

#### **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 (Traditional)**

**Dress code: Comfortable but appropriate. Clean, neat attire--acceptable to public view. No sandals (open toes or heels)/flipflops. Water, soda and snacks are available for purchase.**

### **Women's BASKETBALL- Saturday, April 11, 2026**

**Arrillaga Family Gymnasium 600 Alma Street Menlo Park**

**Fee \$55.00 per athlete. No team fee. Check in is 8:00 AM First game 9:00 AM. Deadline to register is March 30th 5pm. Age brackets- 40+, 50+, 55+, 60+, 65+, 70+ Three on three format.**

**Captains please enter your team name and age bracket in the registration system.**

### GOLF

**Event date-Thursday, June 11<sup>th</sup> Baylands Golf Links, 1875 Embarcadero Road, Palo Alto (fee \$70.00 per golfer event fee includes cart, range balls, golf, awards plus standard \$75 Sr. Games registration fee) TOTAL \$145.00**

*Multiple flights by age groups: 50-54, 55-59, 60-64, etc. Cost Includes: golf green fees, cart, range balls & Awards: Gold, Silver and Bronze Olympic-style Medals for each age flight (gross and net scores). Men and Women flights. (Players must have an established handicap to participate in the low net competition.)*

18-hole individual stroke play. Please include your GHIN # handicap/index when registering GHIN # \_\_\_\_\_.

**REGISTRATION DEADLINE: is June 3<sup>rd</sup> at 5pm.**

### PICKLEBALL

<https://pickleballtournaments.com/tournaments/a4917111-7c9b-45e6-bc88-ffb8011c0986> ( to register)

Saturday, May 23 – Men's Doubles & Women's FULL Singles

Sunday, May 24 – Mixed Doubles

Monday, May 25- Women's Doubles & Men's FULL Singles

Early Registration only for the month of January only (\$60 + event fees)

Regular Registration is the month of February 1- March 31<sup>st</sup> (\$75 + event fees)

Late Registration is April 1<sup>st</sup>-April 30<sup>th</sup>. (\$90 + event fees)

The software fee is \$5 per event a player Maximum \$10 per player. No DUPR is required and no results will go to DUPR.

NOTE: There are daily player limits that may cause new registration to go to the waiting list with no warning.

**POWERWALK Sunday, June 28** (part of Track & Field event) Register at Track & Field  
 College of San Mateo- 1700 W. Hillsdale Ave. San Mateo REGISTRATION deadline is June 15th at 5:00pm

- 1500 M- on the track 11:20 a.m. est. time
- 200M Power Walk 10:45 est. time

**RACEWALK Sunday, June 28** (Part of Track & Field event) Register at Track & Field  
 College of San Mateo- 1700 W. Hillsdale Ave. San Mateo

- 1500M – Track 10:20 a.m. **REGISTRATION DEADLINE:** is June 15<sup>th</sup> at 5pm

**5K ROAD RACE Sunday, June 28th** (on the track) Register at Track & Field ( Fee \$7.00 per event + \$80 athlete registration fee)  5K 9:00 am start

College of San Mateo 1700 W. Hillsdale Ave. San Mateo (listed under track events)  
**REGISTRATION DEADLINE:** Is June 15<sup>th</sup> at 5pm .

**SWIMMING (Short Course yards)**

Date Sunday, March 22, - 8:00 AM check in – Rinconada Pool- 777 Embarcadero Rd. Palo Alto- (Fee \$7 per event plus \$65.00 athlete registration fee) – **6 event maximum**

**Register here at Club Assistant link:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2501&smid=21565](https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=21565)

- Event #1  100 Butterfly \_\_\_\_\_
- Event #2  200 Free \_\_\_\_\_
- Event #3  50 Breastroke \_\_\_\_\_
- Event #4  100 Back \_\_\_\_\_
- Event #5  400 IM \_\_\_\_\_
- Event #6  100 Breastroke \_\_\_\_\_
- Event #7  200 Back \_\_\_\_\_
- Event #8  100 IM \_\_\_\_\_
- Event #9  50 Free \_\_\_\_\_
- Event #10  200 Butterfly \_\_\_\_\_
- Event #11  50 Back \_\_\_\_\_
- Event #12  200 IM \_\_\_\_\_
- Event #13  50 Butterfly \_\_\_\_\_
- Event #14  100 Free \_\_\_\_\_
- Event #15  200 Breastroke \_\_\_\_\_
- Event #16  500 Free \_\_\_\_\_

**REGISTRATION DEADLINE:** is March 12th 5PM.

**RICK MILAM MEMORIAL TRACK & FIELD MEET- Sunday, June 28th**

College of San Mateo –1700 W. Hillsdale Ave. San Mateo- 9:00 AM (Fees \$7.00 per event + \$80.00 athlete registration fee) Maximum 6 events. Deadline to register is: Monday, June 15<sup>th</sup> at 5pm

2026 Track & Field Schedule of Events (estimated times)					
<b>Field Events</b>					
Hammer	8:30 AM				
Shot Put	9:00 AM				
Pole Vault	9:30 AM				
Long Jump	9:00 AM				
Discus	10:00 AM				

High Jump	9:30 AM			
Triple Jump	11:30 AM			
Javelin	11:00 AM			
<b>Track Events</b>				
5K Race on Track		9:00 AM		
50M		9:30 AM		
800 m		9:45 AM		
100m		10:00 AM		
1500m		10:00 AM	RACEWALK	
400m		10:35 AM		
200m		10:45 AM	POWERWALK	
1500m		10:50 AM		
200m		11:10 AM		
4x100 Relays		11:45 AM		
1500m		11:20 AM	POWERWALK	
<b>5K All Comers Event – All Ages</b>	All Ages	12:30 PM	Separate registration \$25.00	

**Tennis-April,23,24,25 Cubberley Community Center Tennis Courts – age divisions 50,55,60,65,70,75,80,85.**

**Singles & Doubles, mixed doubles. \$70.00 singles, \$40.00 doubles per player. April 13th. deadline Tennis Registration is located here- (Copy & Paste)**

**<https://playtennis.usta.com/competitions/USTANorthernCalifornia/Tournaments/overview/76973459-6401-4CC5-BAD8-AED044F9B06B>**

**Stanford Treeathlon- Triathlon- Saturday, February 14, 2026**

**Registration first at Bay Area Senior Games [www.bayareaseiniorgames.org](http://www.bayareaseiniorgames.org) click on the red registration box. An Administration Fee is \$10.00. Then go to the Treeathlon separate registration website to sign up and pay their Treeathlon event fee.**

**Race website: <https://www.stanfordtreeathlon.com/>**

**Registration website: <https://www.trisignup.com/Race/CA/RedwoodCity/StanfordTreeathlon>**

### **Team Sports (VOLLEYBALL, BASKETBALL, WATER POLO)**

**All events 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 on-line registration, the competitor can designate his/her team from the drop-down online 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. Send team roster to [hmendel@basoc.org](mailto:hmendel@basoc.org)**

**NOTE REGISTRATION DEADLINES FOR EACH SPORT.**

**Water Polo:** POSTPONED FOR 2026

**Volleyball:** (Men and Women) **DATE, TBD** \_\_\_ MEN’S and \_\_\_ (WOMEN) REGISTRATION DEADLINE: \_\_\_. (athlete registration \$55.00- no team fee). Cubberley Community Center, 4000 Middlefield Rd. Palo Alto

Enter your **TEAM NAME & age bracket** and the **CAPTAIN’S NAME** below. Team must be named and cannot be changed.

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

Age of youngest player (as of 12/31/26): **Check the sport box below!**

**Women’s BASKETBALL- Saturday April 11**, Registration Deadline March 30- 5pm  
Location Arrillaga Family Gym- 600 Alma St. Menlo Park- Fee \$55.00 per athlete no team fee. **COMPLETED**

**Alexis Bryce Memorial Volleyball Classic Date TBD MEN – \_ WOMEN** 8:00 AM – Cubberley Community Center Palo Alto. (15 members max.) athlete registration fee \$55 per person (no team fee)

**FEE SUMMARY**

SPORT	FEES	# of Events Entered	Amount Due
<b>Basic Athlete Registration Per athlete</b>	<b>\$70.00 (unless otherwise noted)</b>		\$
<b>SPORTS</b>	<b>Plus PER EVENT FEE</b>		+++
Archery	\$55 athlete fee+ \$15.00 per event fee		
Badminton	\$40 athlete fee + \$7.00 per event		
Women’s Basketball	\$55.00 per athlete no team fee		
Golf	\$70.00 athlete fee + \$75.00 golfer event fee		\$145.00 total
Pickleball	<a href="https://pickleballtournaments.com/tournaments/a4917111-7c9b-45e6-bc88-ffb8011c0986">https://pickleballtournaments.com/tournaments/a4917111-7c9b-45e6-bc88-ffb8011c0986</a> Separate Registration		Separate Registration
Powerwalk	\$80 athlete registration \$7 event fee		Register at Track & Field
Racewalk	\$80 athlete registration \$7 event fee		Register at Track & Field
Road Race (5K-on track)	\$80 athlete registration + \$7 event fee		Register at Track & Field

SPORT	FEES	# of Events Entered	Amount Due
Swimming	\$65 registration fee +\$7 per event MAX 6 events		<a href="https://www.clubassistant.com/club/meet_information.cfm?c=2501&amp;smid=21565">https://www.clubassistant.com/club/meet_information.cfm?c=2501&amp;smid=21565</a>
Tennis	\$70 singles \$40 Doubles per player Separate registration		<a href="https://playtennis.usta.com/competitions/USTANorthernCalifornia/Tournaments/overview/76973459-6401-4CC5-BAD8-AED044F9B06B">https://playtennis.usta.com/competitions/USTANorthernCalifornia/Tournaments/overview/76973459-6401-4CC5-BAD8-AED044F9B06B</a> link to register <sup>h</sup> Deadline
Table Tennis	\$55.00 per athlete + \$7.00 per event		TBD
Track & Field	\$80.00 registration fee + \$7 per event		All Comers 5kRace only \$25.00
Treeathlon Triathlon	\$10.00 Reg fee then register at Stanford Treeathlon		<b>Registration website:</b> <a href="https://www.trisignup.com/Race/CA/RedwoodCity/StanfordTreeathlon">https://www.trisignup.com/Race/CA/RedwoodCity/StanfordTreeathlon</a>
Volleyball	\$55.00 athlete registration fee		TBD No team fee
<b>GRAND TOTAL Of Registration &amp; Events fees</b>			

**PAYMENT INFORMATION**

Basic Athlete Registration Fee: \$ 70.00 (unless otherwise noted for each sport)

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:** \$ \_\_\_\_\_ (4-16-26)

**THANK YOU!**

Credit Card:  VISA  MasterCard (ONLY Please)

Card Number: \_\_\_\_\_ Expiration Date: \_\_/\_\_/\_\_ Security code \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

Contact Information: Bay Area Senior Games Headquarters [hmendel@basoc.org](mailto:hmendel@basoc.org) 510-506-1874 or 650.323.9400