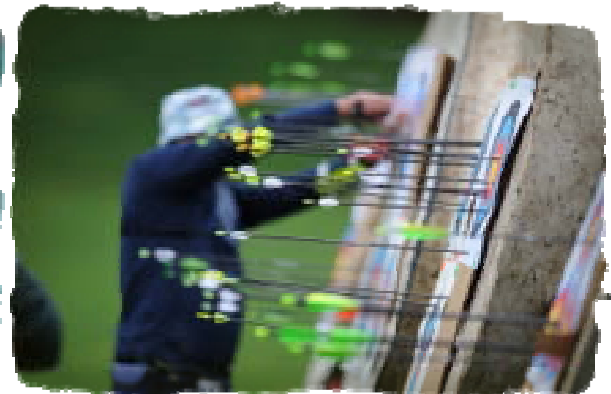




2014 Bay Area Senior Games

May 3 to June 1, 2014

Stanford University, Palo Alto & other Bay Area Venues



General Information - Welcome to the registration package for the Eighth 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, 2014. 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, 2014. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2014. 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 \$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 • 81 Encina, Upper Floor • Palo Alto, CA 94301

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.

Registration Deadlines vary due to the dates of the Games. Please note the deadline for the sport you are entering. No Exceptions for late entries.

Registration Deadlines:

Rick Milam Memorial Track & Field - May 10, 2014 - Competition Day

5K Race and Race Walks - May 10, 2014 - Competition Day

Registration deadline is SATURDAY April 26, 2014 at 5:00 pm (extended)

Badminton – May 3- Competition Day

On line registration <http://www.tournamentsoftware.com/sport/tournament.aspx?id=FCF9ED60-1CE9-40BD-B8DC-162418162D64>

Online registrations will be accepted until Saturday April 26, 2014 at 5:00 pm.(extended)

May 10 & 11 – Volleyball & Cycling, Feats of Strength

Registration deadline is Thursday, May 1, 2014 at 5:00 pm (extended)

May 16, 17, 18,20,21,22 - Competition Days

Bocce, Basketball, Golf, Fencing, Soccer, Swimming, Table Tennis, Tennis, Racquetball, Rugby, Water Polo & Pickleball

Registration deadline is Wed. May 7th, 2014 at 5:00 pm (extended)

May 31, June 1- Archery – Competition Day

Registration deadline is Friday, May 23, 2014 (extended)

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.bayareaseiniorgames.org/hotels for complete information.

Food and Transportation

Athletes are responsible for their own food and transportation. For directions and suggested restaurants 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 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 February 1, 2014. Volunteers will receive the official 2014 Commemorative Volunteer Tee-shirt.

Refund Policy - No refund 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

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, 2014: _____

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 2014 Bay Area Senior Games Local Organizing Committee, Stanford University, City of Palo Alto, College of San Mateo, 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 2014 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 2014 Bay Area Senior Games Information.

Signature: _____ PRINT Name: _____

Date: _____

Sport(s): _____

Individual Sports

ARCHERY

May 31 – June 1 - 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 31— Double 300 Round - 9:00 am - 60 arrows at 20 yards on 40cm face.

Sunday, June 1 – - **American 900 Round in Yards** 9:00 am - 30 arrows at each distance of 60, 50, and 40 yards on 122cm face **Event Fee: \$8.00 per event day.**

BADMINTON

May 3 - 8:30 AM - California Badminton Academy 46049 Warm Springs Blvd. Fremont (\$30 reg fee \$10.00 per event) Registration:<http://tinyurl.com/mkwzdzh>

- Men's Singles Women's Singles Men's Doubles _____
 W's Doubles _____ Mixed Doubles _____

BOCCE

May 17 – 9:00 AM - Campo di Bocce 565 University Ave, Los Gatos, CA (fee \$69.00 per player, including general BASG registration fee)

Team (4 players) Limited to 16 teams.

Register at: cassie@CampodiBocce.com

CYCLING

May 10 9:00 AM – Fort ORD, Monterey Course (fee \$16.00 per event)

Saturday, May 10 5K Time Trial 10 AM 40K Road Race 2:00 PM (ages 50-64) 20K Road Race 12noon (ages 65+)

FEATS OF STRENGTH

May 11 – 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 Standing Long Jump
 Farmer's Walk Dynamometer Hand Grip Strength Deadlift lockout (lift a barbell from thigh high to a lockout)
 Standing vertical jump

FENCING - Sherry Posthumous Memorial Tournament

May 17 (1:30 pm) & May 18 (10:00 am)-Arrillaga Recreation Center, Stanford – Register at www.AskFred.net

GOLF

May 16-8:00-Shoreline Golf Links at Mt. View, (fee \$16.00 per golfer includes cart, golf & lunch) practice round available once golfer is registered

- 18-hole individual medal play (additional fee: \$16) 8:00 AM check in 8:30 tee off. Practice Round available May 15 by reservation, call 650. 903.6134

LAWN BOWLING

May 13 - 15– 9:00 AM - Palo Alto Lawn Bowls 474 Embarcadero Road, Palo Alto (Fee \$5.00 per event)

To register, contact Terry Hogan, etelhogan@att.net

Men's Doubles and Triples, Women's Doubles

PICKLEBALL

May 20,21,22 10:00 a.m. Tice Gym 2055 Tice Valley Blvd. Walnut Creek (fee \$6.00)

- Men's Women's Mixed

RACEWALK

May 10 – College of San Mateo Track 1700 West Hillsdale Blvd. San Mateo (Fee \$7.00 per event)

- 1500M – Track 9:40am
- 5K – Track 12:30pm

RACQUETBALL

May 17 Page Mill YMCA, 755 Page Mill Road, Palo Alto - 9:00am (Fee \$8.00 per event)

- Singles
- Doubles
- Partner’s Name: _____

5K RACE

May 10 - College of San Mateo Track, 1700 West Hillsdale Blvd. San Mateo (Fee \$7.00 per event)

- 5K 8:00 am start on the Track

SWIMMING (Short Course)

May 18 8:00 AM - Avery Aquatic Center, Stanford - (Fee \$6 per event) 5 event maximum

Swimmers must add their time in the space next to the event.

- | | |
|---|---|
| <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 _____ |
| <input type="checkbox"/> 200 Backstroke _____ | <input type="checkbox"/> 200 Breaststroke _____ |

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

TABLE TENNIS

May 17 Pong Planet, 848 Brittan, San Carlos - (Fee \$6.00 per event)

- Singles, 9:00 am
- Doubles, 12:00 pm
- Mixed, 1:00 pm
- Partner’s Name: _____
- Partner’s Name: _____

TENNIS

May 17 Rinconada Courts, Rinconada Park, 777 Embarcadero Road, Palo Alto - 9:00 AM (Fee \$8.00 per event)

- Men’s Singles
- Women’s Singles
- Men’s Doubles
- W’s Doubles
- Mixed Doubles
- Partner’s Name: _____
- Partner’s Name: _____
- Partner’s Name: _____

RICK MILAM MEMORIAL TRACK & FIELD MEET

May 10 at College of San Mateo Track, 1700 West Hillsdale Blvd. San Mateo – 8:00 AM (Fees \$6.00 per event)

- | | |
|---|---|
| <input type="checkbox"/> Javelin 8:30 am | <input type="checkbox"/> 50m 8:50am |
| <input type="checkbox"/> Shot Put 9:00am | <input type="checkbox"/> 800m 9:10am |
| <input type="checkbox"/> Pole Vault 9:00 am | <input type="checkbox"/> 100m 10:00am |
| <input type="checkbox"/> Long Jump 10:00am | <input type="checkbox"/> 1500M Race Walk 9:40am |
| <input type="checkbox"/> Hammer 11:00 am | <input type="checkbox"/> 400m 10:30am |
| <input type="checkbox"/> Discus 11:30 | <input type="checkbox"/> 1500m 11:10am |
| <input type="checkbox"/> High Jump 11:30am | <input type="checkbox"/> 200m 11:40 |
| <input type="checkbox"/> Triple Jump 12:00 | <input type="checkbox"/> 5000m Race Walk 12:30 |
| | <input type="checkbox"/> 4x100m Relays 12:10pm |

TRIATHLON

March 9, 2014 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.bayareseniorgames.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.) 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.

The last day for roster changes is listed by 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) Last Day for roster change is May 10 by 5pm.

Basketball: (Men): Last Day for roster change is May 10 by 5pm.

Water Polo: (Men and Women) Last Day for roster change is May 10 by 5pm.

Rugby: Last Day for roster change is May 10 by 5pm.

Volleyball: (Men and Women) Last Day for roster change is May 3 by 5pm.

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

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 12/31/14): _____

- Soccer (8 vs. 8), **May 17 & May 18**, 9 AM - IM South Fields El Camino Real, Stanford, (14 max.) ROSTER
- Basketball- **Men's** (3 vs. 3), **May 17** 9am Cubberley Gym, 4000 Middlefield, Palo Alto (7 members max.)
 - Basketball Free Throw Contest, **May 18**, Cubberley Gym (individual) 2pm – Note the free throw contest will not start before 2pm.
- Basketball- **Women's** (3 vs. 3), **May 18** 9 AM- Cubberley Gym (7 members max.)
 - Basketball Free Throw Contest, **May 18**, Cubberley Gym (individual) 2pm – Note the free throw contest will not start before 2pm.
- Water Polo, **May 17 & 18th**, 8:00 AM - Avery Aquatic Center, Stanford (15 members max.)

Volleyball, **May 10 (if 2nd day is needed then May 11)**, 9:00 AM - Cubberley Gym, 4000 Middlefield, Palo Alto (15 members max.)

Rugby, **May 18**, 9:00 AM - Steuber Rugby Field, Stanford (30 members max.)

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

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

Age Group _____

FEE SUMMARY

ITEM	FEE	# of Events Entered	Amount Due
Basic Athlete Registration	\$49 unless otherwise noted		\$49
SPORTS	Plus PER EVENT FEE		
Archery	\$8		
Badminton	Register at: http://www.tournamentsoftware.com/sport/tournament.aspx?id=FCF9ED60-1CE9-40BD-B8DC-162418162D64		
Basketball Women's	n/a		
Basketball Men's	n/a		
Bocce	Register cassie@campodibocce.com		
Cycling	\$16		
Feats of Strength	\$15		
Fencing	Register at www.AskFred.net		
Golf	\$16		
Lawn Bowling	Register etlhogan@comcast.net		
Racewalk	\$7		
Racquetball	\$6		
5K Race	\$7		
Rugby	\$22 per athlete only	No reg fee	
Soccer	n/a		
Pickleball	\$6		

ITEM	FEE	# of Events Entered	Amount Due
Swimming	\$6		
Table Tennis	\$6		
Tennis	\$8		
Track & Field	\$6		
Triathlon	Register at https://triathlon.stanford.edu/treathlon/index.shtml		
Volleyball	n/a		
Water Polo	\$400 team fee by captain		
GRAND TOTAL 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 16th at Stanford \$15.00 per person \$ _____
 (Friends and Fans welcome @ \$15 per person) \$ _____

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

GRAND TOTAL: \$ _____ (rev.4-21-14)

THANK YOU!

Please make checks payable to:
 BASOC/Bay Area Senior Games
 81 Encina Avenue, Upper Floor, Palo Alto, CA 94301
 Our Tax ID # 94-3052945
 Credit Card: VISA MasterCard (ONLY)

Card Number: _____

Expiration Date: __ / __

2014 Torch Relay - Friday, May 16th @ 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 2014. Athletes will be notified by May 1, 2014.



Contact Information: [Bay Area Senior Games HQ](http://BayAreaSeniorGamesHQ) 81 Encina Ave, Upper Floor, Palo Alto, CA 94301
 650.323.9400 info@bayareaseniorgames.org