



2012 California Senior Games State Championships & 2012 Bay Area Senior Games

March 10 – April 7, Stanford University, Palo Alto & other Bay Area Venues

General Information

The 2012 Bay Area Senior Games have been designated as the 2012 California Senior Games State Championships. The Games promote healthy, active lifestyles for adults over the age of 50.

The 2012 California Senior Games State Championships will also be a qualifier for the 2013 Summer National Senior Games.

Eligibility

All participants must be at least 50 years of age on or before December 31, 2012. 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, 2012. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2012. We reserve the right to combine age groups in any event due to insufficient entries or other conditions.

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 \$45 registration fee plus an event fee for each individual event in which they compete.

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: There is 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 Deadline

Mail registration deadline is Monday, February 27 at 5:00 pm (postmarked).

Online registrations will be accepted until Wednesday, February 29, 2012 at 5:00 pm.

No Exceptions for late entries.

Medals

Bronze, Silver and Gold 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.

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/California State Championships are 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 or California State Championships" when booking your room. See www.bayareaseeniorgames.org/hotels for complete information.

Food and Transportation

Athletes are responsible for their own food and transportation. For directions and suggested restaurants visit www.bayareaseeniorgames.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.

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.bayareaseiniorgames.org

Confirmation

Athlete confirmations will be e-mailed when their online registration is complete. Athletes will also receive final information mailing just prior to the event.

Check-In

All athletes must report to the central check-in tent at Stanford University prior to their first competition. Exceptions are: Bocce, Bowling, Cycling, Feats of Strength, Badminton, Golf, Horseshoes, Pickleball, Rowing, Sailing, Shuffleboard, Softball, Table Tennis, Tennis, Women's Basketball, and Volleyball which will check in at their specific venue (see venue list) The exact location 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.

Online Registration Deadline: Wednesday, February 29 at 5:00pm

Mail Registration Deadline: Monday, February 27 at 5:00 pm (postmarked) if no computer available only please! (\$15.00 additional fee for any mailed registration.)

Last Name: _____

First Name: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Home Phone: _____ Cell _____

Email: _____

Birth Date: _____ Age on Dec. 31, 2012: _____

Male Female

Person to contact in case of emergency:

Name: _____ Phone: _____

Bay Area Senior Games Headquarters
81 Encina Ave, Upper Floor
Palo Alto, CA 94301
650.323.9400 info@bayareaseniorgames.org

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 2012 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 2012 Bay Area Senior Games/California Senior Games State Championships. 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 2012 Bay Area Senior Games/California Senior Games State Championships Information.

Signature: _____ PRINT Name _____ Date: _____

Sport(s) _____

Individual Sports

ARCHERY

March 24-25 Stanford Archery Corner (fee \$8.00 per each day event)

National Qualifying 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, March 24 – Double 300 Round - 11:00 am - 60 arrows at 20 yards on 40cm face.

Sunday, March 25 – - **American 900 Round in Yards** 8:00 am . 30 arrows at each distance of 60, 50, and 40 yards on 122cm face **Event Fee: \$8.00 per event day.**

BADMINTON

April 7 -8:30 AM - California Badminton Academy 46049 Warm Springs Blvd. Fremont (fee \$10.00 per event)(BADMINTON REGISTRATION IS OPEN TILL MARCH 30. Registration fee is \$30 per athlete)

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

W's Doubles _____ Mixed Doubles _____

BOWLING

March 10 -11 10:00 AM - Homestead Lanes 20990 Homestead Road Cupertino (fee \$9.00 per event)

Singles _____ Doubles _____ Partner Name _____

Scratch _____ Mixed Doubles _____ Partner Name _____

BOCCE

March 11-17- 8:00 AM - Campo di Bocce 175 E. Vineyard Livermore (fee \$25.00 per event)

Womens Dbls Punto Raffa Volo Men's Dbls Punto Raffa Volo Open Team (4 players)

CYCLING

March 17 & 18 7:30 AM - Cañada Road, San Mateo County (at Hwy. 92) (fee \$16.00 per event)

- 10K Time Trial (Mar. 17)
- 5K Time Trial (Mar. 17)
- 20K Road Race (Mar.18)
- 40K Road Race (Mar.18)

FEATS OF STRENGTH

March 12 – 9:00 AM -18584 Carlwyn Drive, Castro Valley CA 94546-2032 (fee \$ 10.00 per athlete)

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

FENCING - Sherry Posthumous Memorial Tournament

June 2 (1:30 pm) & June 3 (10:00 am)-Arrillaga Rec. Center, Stanford – Register at www.AskFred.net

GOLF

March 13 Palo Alto Municipal Golf Course - (Practice round available 3/12) (golfer fee \$30)

- 18-hole individual medal play (additional fee: \$30) 9 AM
- 650.856.0881 for Palo Alto Golf Course Pro Shop practice round tee time

HORSESHOES

April 7th - 9:00 AM - 400 Wavecrest Rd. Smith Field Half Moon Bay (Event fee \$5)

LAWN BOWLING

March 20-22 – 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 29-June 1 North County Picklers (no online registration available for Pickleball) contact Pat Carroll for entry application pickleballpat@yahoo.com 760-310-6847 mail entry to Pat Carroll 2943 Lancaster Rd. Carlsbad, CA 92010.

RACEWALK

March 11 Stanford Cobb Track (Fee \$7.00 per event)

- 1500M – Track 9:00am
- 5K – Stanford Track 1:00pm

RACQUETBALL

March 10-11 Page Mill YMCA, Palo Alto - 9:00am (Fee \$8.00 per event)

- Singles
- Doubles
- Partner's Name: _____

ROAD RACE

March 11 & March 18 (Stanford) (Fee \$7.00 per event)

- 5K 8:30 am March 11 Stanford Cobb Track
- 10K Road Race 8:30 am March 18 Stanford (flagpoles)

SAILING TBD

SHUFFLEBOARD

June 14-15 Held in Los Angeles Highland Park Shuffleboard Club. To register contact: John & Barbara Irigoyen 626-795-9874; E-Mail: jirig@juno.com

SWIMMING (Short Course)

March 10 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 _____ |
| <input type="checkbox"/> 200 Backstroke _____ | <input type="checkbox"/> 200 Breaststroke _____ |

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

TABLE TENNIS

March 18 Cubberley Community Center Gym B, Palo Alto - (Fee \$6.00 per event)

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

TENNIS

March 17 Rinconada Courts, Palo Alto - 9:00am (Fee \$10.00 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: _____

RICK MILAM MEMORIAL TRACK & FIELD MEET

March 11 Cobb Track & Angell Field, Stanford – 8:00 AM (Fees \$6.00 per event)

- | | |
|---|--|
| <input type="checkbox"/> Hammer 11:00 am | <input type="checkbox"/> 50m 8:30am |
| <input type="checkbox"/> Javelin 8:30 am | <input type="checkbox"/> 800m 9:00am |
| <input type="checkbox"/> Discus 11:30 | <input type="checkbox"/> 100m 10:00am |
| <input type="checkbox"/> High Jump 11:30am | <input type="checkbox"/> 400m 10:30am |
| <input type="checkbox"/> Pole Vault 9:00 am | <input type="checkbox"/> 200m 12:00 |
| <input type="checkbox"/> Long Jump 10:00am | <input type="checkbox"/> 1500m 11:10am |
| <input type="checkbox"/> Shot Put 9:00am | <input type="checkbox"/> 5000m 12:45 |
| <input type="checkbox"/> Triple Jump 12:00 | <input type="checkbox"/> 4x100m Relays 12:30pm |

TRIATHLON

Feb.26 Special event entry as part of Stanford Treetathlon. Entry fee \$75 till Feb.10th \$85.00 after Feb. 10th

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

Team Sports

NEW THIS YEAR!!! All Athletes must pay a registration fee of \$45.00

There are no team fees and no captain's fees. However, captains must submit a roster for their team by the entry deadline of February 29 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 March 5. Any roster changes after March 5 will be charged \$5.00 and this late fee must be paid at athlete check-in day of event.

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 12/31/12): _____

Soccer (8 vs. 8), March 10 & 11, 9 AM - IM South Fields El Camino Real, Stanford, (14 max.)

Basketball- **Men's** (3 vs. 3), **March 10**, 9 AM-Burnham/Ford Center, Stanford (7 members max.)

Basketball Free Throw Contest, March 10, Burnham/Ford Center (individual)

Basketball- **Women's** (3 vs 3) **May 19-20** Venue: Corky Smith Community Gymnasium, 274 Pico Avenue, San Marcos, CA Register: www.sdseniorgames.org Contact: Kirsten Cummings

Water Polo, **March 10 & 11**, 8:00 AM - Avery Aquatic Center, Stanford (15 members max.)

Softball, **March 10 & 11**, 9:00 AM - Twin Creeks Softball Complex, Sunnyvale (15 members max)

Volleyball, **March 17 & 18**, 9:00 AM - Cubberley Gym, Palo Alto (15 members max.)

Rugby, **March 17**, 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 _____

FIRST Name	LAST Name	BIRTHDATE	EMAIL Address (required)
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FEE SUMMARY

ITEM	FEE	# of Events Entered	Amount Due
Basic Athlete Registration	\$45		\$45
SPORTS	PER EVENT FEE		
Archery	\$8		
Badminton	\$10		
Basketball Women's	Register at: www.sdseniorgames.org		
Basketball Men's	n/a		
Bocce	\$25		
Bowling	\$9		
Cycling	\$16		
Feats of Strength	\$10		
Fencing	Register at www.AskFred.com		
Golf	\$30		
Horseshoes	\$6		
Lawn Bowling	Register at etlhogan@att.net		
Racewalk	\$7		
Racquetball	\$6		
Road Race	\$7		
Rowing	tbd		
Rugby	n/a		
Sailing	tbd		
Shuffleboard	Register at jiriq@juno.com		
Soccer	n/a		
Softball	n/a		

ITEM	FEE	# of Events Entered	Amount Due
Swimming	\$6		
Table Tennis	\$6		
Tennis	\$6		
Track & Field	\$6		
Triathlon	Register at https://triathlon.stanford.edu/treathlon/index.shtml		
Volleyball	n/a		
Water Polo	n/a		
GRAND TOTAL Of Registration & Events fees			

PAYMENT INFORMATION

Basic Registration Fee: \$45.00
 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, March 9th at Stanford \$15.00 per person \$_____
 (Friends and Fans welcome @ \$15 per person) \$_____

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

GRAND TOTAL: \$_____

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: __/__/__