

2010 BAY AREA SENIOR GAMES

April 10-14, Stanford University

General Information

The Bay Area Senior Games are a legacy of the 2009 Summer National Senior Games in the San Francisco Bay Area. The Games promote healthy, active lifestyles for adults over the age of 50. Participants are encouraged to also register for the California State Senior Games, June 5-27 in Pasadena.

Eligibility

All participants must be at least 50 years of age on or before December 31, 2010. 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 except where noted: 50-54, 55-59, 60-64, etc. A participant's competition age will be based on his/her age as of Dec. 31, 2010. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2010. We reserve the right to combine age groups in any event due to insufficient entries or other conditions.

How To Enter

You may enter any sport or event subject to the entry limitations of that sport. Please fill out the Individual Entry Form and sign the Liability Release.

Registration is also available online at www.bayareaseeniorgames.org. Athletes pay a \$30 registration fee plus a \$4 event fee for each individual event they would like to compete in. Teams pay a fee depending on their sport. Captains must submit payment for the entire team at the time of 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 write in the full name of his/her partner. Teams submit one Team Waiver & Roster Form. Prior to competition, all team members must have signed the Team Waiver Form, or the team will not be eligible to participate. Team members may sign the waiver at athlete check-in.

Registration Deadline

Mail registration deadline is Thursday, April 1, 2010 (postmarked). Online registrations will be accepted until Monday, April 5, 2010. *There will be no event day registration!*

Medals

Bronze, Silver and Gold medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed.



Benefits

Registration and event fees include: Event administration and organization, venue rental and restrooms, officials and scorekeepers, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, event T-shirt, 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 are not responsible for the loss or damage of any athlete's personal belongings.

Accommodations

We have negotiated a special discount at the Sheraton Palo Alto hotel, April 9-11. Mention promotional code "Bay Area Senior Games" when booking your room. Sheraton Palo Alto: 1-800-325-3535

Food and Transportation

Athletes are responsible for their own food and transportation. For directions visit 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 please visit www.bayareaseniorgames.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 after the maximum
- 2) Insufficient entries
- 3) Entries of non-qualified participants

Sports Rules

Competition format and rules for each sport are posted online at www.bayareaseniorgames.org.

Confirmation

Athlete and team confirmations will be mailed starting in March 2010.

Check-In

All athletes and team members (except Cycling) must report to the central check-in area at Stanford University prior to their first competition. The exact location will be included in the confirmation mailing.

Bay Area Senior Games Headquarters

Please send all correspondence to:
Bay Area Senior Games
81 Encina Ave., Upper Floor
Palo Alto, CA 94301
www.bayareaseniorgames.org

Individual and Team Captain Registration

Please complete all information and sign the Liability Release.

Mail Registration Deadline: April 1, 2010 (postmarked)

Online Registration Deadline: April 5, 2010

Last Name: _____

First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Birth Date: _____ Age on Dec. 31, 2010: _____

Male ☐ Female ☐

Person to contact in case of emergency

Name: _____ Phone: _____

Liability Release

I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the 2010 Bay Area Senior Games Local Organizing Committee, Stanford University, 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 2010 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 2010 Bay Area Senior Games Event Information.

Signature: _____ Date: _____

Individual Sports

TRACK & FIELD

Cobb Track & Angell Field, Stanford

April 10

- ☐ Hammer, 10:00am
- ☐ Discus, 10:00am
- ☐ High Jump, 10:00am
- ☐ Long Jump, 10:00am

April 11

- ☐ 1500m Race Walk, 9:30am
- ☐ Javelin, 10:00am
- ☐ Shot Put, 10:00am
- ☐ Pole Vault, 10:00am
- ☐ 100m, 10:30am
- ☐ 800m, 11:15pm
- ☐ 200m, 12:00pm
- ☐ 1500m, 1:30pm
- ☐ 400m, 2:15pm
- ☐ 5000m, 2:40pm
- ☐ 4x100m Relays, 3:15pm

TENNIS April 10 & 100

- ☐ Men's Singles
- ☐ Women's Singles
- ☐ Men's Doubles (Partner _____)
- ☐ Women's Doubles (Partner _____)

SWIMMING (Short Course)

Avery Aquatic Center, Stanford - April 10

- | | |
|--|--|
| <input type="checkbox"/> 50 Back, 9:00am _____ | <input type="checkbox"/> 100 Free, 9:15am _____ |
| <input type="checkbox"/> 50 Breast, 9:30am _____ | <input type="checkbox"/> 100 Back, 9:40am _____ |
| <input type="checkbox"/> 200 Free, 10:00am _____ | <input type="checkbox"/> 50 Fly, 10:30am _____ |
| <input type="checkbox"/> 100 Breast, 10:45am _____ | <input type="checkbox"/> 50 Free, 11:10am _____ |
| <input type="checkbox"/> 100 Fly, 11:30am _____ | <input type="checkbox"/> 500 Free, 11:50am _____ |
| <input type="checkbox"/> 200 IM, 12:30pm _____ | |

Place entry time in the space provided.

TABLE TENNIS

Ford Center, Stanford - April 10

- | | |
|--|-----------------------|
| <input type="checkbox"/> Singles, 9:00am | Partner's Name: _____ |
| <input type="checkbox"/> Doubles, 1:00pm | Partner's Name: _____ |
| <input type="checkbox"/> Mixed, 1:00pm | Partner's Name: _____ |

RACQUETBALL

Ford Center, Stanford - April 10 & 11, 9:00am both days

- | | |
|----------------------------------|-----------------------|
| <input type="checkbox"/> Singles | Partner's Name: _____ |
| <input type="checkbox"/> Doubles | Partner's Name: _____ |

FENCING

Arrillaga Rec. Center, Stanford - April 10 & 11

Registration via AskFred.com

CYCLING

Cañada Road, San Mateo County (at Hwy. 92) - April 11

- ☐ 10K Time Trial, 7:30am (additional fee: \$16; maximum number: 80 riders)

GOLF

Stanford Golf Course - April 13 @ 1:00 pm shot gun start

- ☐ 18-hole individual medal play (additional fee: \$150)

Each checked box = \$4 event fee (additional fees for Golf and Cycling!)

ALL TIMES APPROXIMATE - CHECK WEBSITE FOR UPDATES!

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PAYMENT

Basic Registration Fee:	\$ 30
Individual Sports	
Event Fees:	\$ _____
(Multiply number of checked boxes times \$4)	
Additional Fees:	\$ _____
Golf: \$150, Cycling: \$16	
Cycling Contribution: \$10 suggested to San Mateo County Parks	\$ _____
Team Sports	
Team Fees:	\$ _____
Soccer: \$170 (4/10 & 11) Basketball: \$120 (4/10)	
Softball \$275 (4/13 & 14) Water Polo \$350 (4/10 & 11)	
Donation to Bay Area Senior Games:	\$ _____
THANK YOU!	
TOTAL:	\$ _____
Make checks payable to: Bay Area Senior Games 81 Encina, Upper Floor Palo Alto, CA 94301 Our Tax ID #: 94-3052945	
Credit Card: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard	
Number: _____	
Expiration Date: __ / __	
Signature: _____	Date: _____