



COMPETING NEVER GETS OLD

RACE WALK

WATERPOLO

TRACK & FIELD

POWERWALK

TENNIS

BADMINTON

SOCCER

ARCHERY

GOLF

VOLLEYBALL

SWIMMING

CYCLING

TRIATHLON

5K ROAD RACE

BASKETBALL

PICKLEBALL

TABLE TENNIS

2023 Bay Area Senior Games Registration

Registration Information

General Information - Welcome to the registration package for the 17th 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, 2023. (Except Soccer which is age 40+!) 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, 2023. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2023.

One Age exception is Soccer with age 40+ entries accepted.

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.bayareaseiniorgames.org. Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a \$70 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 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 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 soccer, volleyball & waterpolo 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 (\$7.00).

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, commemorative event T-shirt, potential records, 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.bayareaseeniorgames.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.

Volunteering

Athletes, friends and families are invited to volunteer at the event. For details, including job description and benefits, please visit www.bayareaseeniorgames.org. Please register on line when volunteer registration opens. Volunteers will receive the official 2023 Volunteer Tee-shirt., and community service documentation if requested.

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 30 days prior to event

Sports Rules

Competition format and rules for each sport are posted online at www.bayareaseeniorgames.org/sports consistent with NSGA Rules. (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 just prior to the event. (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.

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, 2023: _____

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 2023 Bay Area Senior Games Local Organizing Committee, City of Palo Alto, College of San Mateo, Chabot College, Fremont High School, California Badminton Academy, Fremont 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 2023 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 2023 Bay Area Senior Games Information.

Signature: _____ PRINT Name: _____

Date: _____

Sport(s): _____

Individual Sports

ARCHERY

April 22 & 23- Location: Black Mountain Bowman Range- Ave. Espana San Jose, CA 95139 Registration Fee: \$40.00 per person plus \$8 per event/day. **REGISTRATION DEADLINE: April 12, 2023**

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.

Saturday, April 22 - Double 300 round – 30 arrows at 20 yards (3 arrows, 10 ends).

Ends are timed--2 minutes allowed. The first 300 round will be followed by a short break and then the second 300 round.

8:00 am check-in – Shoot 9:00 am

Sunday April 23 - 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.

8:00am check-in – Shoot 9:00 am.

Water, soda and snacks are available for purchase. Lunch will be provided to those archers registered for the Sunday event.

BADMINTON

May 13,2023 at California Badminton Academy 46049 Warm Springs Drive Fremont.

Athlete Registration \$50.00 + \$7.00 per event

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

REGISTRATION DEADLINE: May 1,2023

Women's BASKETBALL- Sunday, April 30 - Registration Deadline: April 15,2023

Cubberley Community Center 4000 Middlefield Road, Palo Alto Fee \$50.00 per athlete Check in is 8 AM First game 9:00 AM

BASKETBALL Men's- Saturday, April 29 Registration deadline April 15, 2023. Cubberley Community Center 4000 Middlefield Road Palo Alto Fee \$50.00 per player. Check in is 1:00 PM first game 1:30 pm

CYCLING- DATE TBD

Pescadero 205 North Street Harley Goat Farm (fee \$20.00 per event & athlete registration)

Course Details to follow on website once venue is confirmed.

- 5K Time Trial 40 K Road Race – Check in 9:00 am Start Time 10:00 am
 10K Time Trial 20 K Road Race - Check in 9:00 am Start time 10:00 am.

GOLF

Event date- Monday, May 8th- Baylands Golf Links, 1875 Embarcadero Road, Palo Alto (fee \$30.00 per golfer event fee includes cart, range balls, golf, gross & net awards plus standard \$60 Senior Games athlete registration fee).

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 April 28th.

PICKLEBALL

May 26,27,28,29 - Palo Alto Pickleball Courts- East Meadows Drive and Middlefield Rd. Mitchell Park- Palo Alto. DEADLINE to register May 15th

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

\$ 60.00 athlete registration fee \$15.00 per event - SPECIAL Link to register

<https://pickleballbrackets.com/lnkHdlr.aspx?eid=b42394a2-2e31-455e-9ed7-50ff928f997c>

POWERWALK April 23,2023 (part of Track & Field event) Register at Track & Field

College of San Mateo- 1700 W. Hillsdale Ave. San Mateo REGISTRATION deadline is April 14th

1500 M- on the track 11:30 a.m. est.

RACEWALK April 23,2023 (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 April 14th.**

5K ROAD RACE (on the track) Register at Track & Field (Fee \$7.00 per event + 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 April 14th.

SWIMMING (Short Course yards)

Date Sunday, March 5 - 8:00 AM check in – Rinconada Pool- 777 Embarcadero Rd. Palo Alto- (Fee \$7 per event plus \$60.00 athlete registration fee) – 6 event maximum Register here at Club

Assistant link:- https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=15604

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 February 24th 5PM.

RICK MILAM MEMORIAL TRACK & FIELD MEET- APRIL 23,2023

College of San Mateo 1700 W. Hillsdale Ave. San Mateo- 9:00 AM (Fees \$7.00 per event + \$70.00 athlete registration fee) Maximum 6 events. Deadline to register is: April 14th. 5pm (EventTimes are estimates only)

Javelin -9:00 am
Shot Put- 9:30am
Pole Vault -9:30 am
Hammer- 10:00 am
Long Jump -10:00 am
Discus -11:00 am
High Jump- 11:30 am
Triple Jump - 12:00

5k Race- 9:00am
50m- 9:30am
800m- 9:45 am
100m- 10:00am
1500 m- 10:20 a.m. RACEWALK
400m- 10:35 am
1500m- 10:45 am
200m-11:05 am
4x100m Relays- 11:20 am
1500m- POWERWALK 11:30 am

Tennis-April 27,28,29, Rinconada Tennis Courts – age divisions 50,55,60,65,70,75,80,85. Singles & Doubles, mixed doubles. \$70.00 singles, \$40.00 doubles per player

Registration is located here-

<https://playtennis.usta.com/competitions/USTANorthernCalifornia/Tournaments/overview/FED90A38-C04A-4803-94AA-72C91CD2782E>

5K Race Against PH- Stanford Campus Pac-12 Plaza- Date November 5th. Special event entry as part of *Stanford Race Against PH*. Register directly at <https://med.stanford.edu/raceagainstph.html> . MUST also register at Bay Area Senior Games athlete registration so we have your athlete information. Small administration fee of \$10.00.

Triathlon- Stanford Treeathlon- March 5, 2023 MUST Register at www.stanfordtreeathlon.com to race. Pay Separate registration fee to Stanford race.

****MUST also Register at Bay Area Senior Games athlete registration so we have your athlete information. Small administration fee of \$10.00.**

Team Sports (SOCCER,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

NOTE REGISTRATION DEADLINES FOR EACH SPORT.

Water Polo: (Men and Women) AGE 40+- May 6-7 - REGISTRATION DEADLINE: April 25th. team fee \$250 (4 games) \$70 individual athlete registration fee. Team fee \$250 paid by check only and mail to Bay Area Senior Games (2450 Agnes Way Palo Alto, CA 94303)

Volleyball: (Men and Women) DATE, May 20 MEN'S and May 21 (WOMEN) REGISTRATION DEADLINE: **May 10th** . (athlete registration \$50.00- no team fee). Fremont High School 575 W. Fremont Ave. Sunnyvale

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 12/31/23): **Check the sport box below!**

Women’s BASKETBALL- Sunday, April 30th Registration Deadline- April 21st.
Cubberley Community Center 4000 Middlefield Road, Palo Alto Fee \$50.00 per athlete

MEN’s Basketball-date Saturday April 29th. Cubberley Community Center 4000 Middlefield Road, Palo Alto. Deadline to register is April 15th. Fee \$50.00 per athlete. CHECK IN -1:00 PM -first game 1:30 pm

Alexis Bryce Memorial Volleyball Classic Saturday, May 20th MEN - Sunday, May 21st- WOMEN
8:00 AM – Fremont High School 575 W Fremont Ave. Sunnyvale (15 members max.) athlete registration fee \$50 per person (no team fee)

Water Polo- Andy Burke Memorial Classic MAY 6th & 7th Soda Aquatic Center- Campolindo High School 300 Moraga Rd. Moraga, CA Registration deadline April 25,2023 -8:00 AM warm ups- 9:00 am start – (15 members max per team) All players must register individually. Age 40+. Team fee \$250 payable by check only to BASOC- 2450 Agnes Way Palo Alto, CA 94303

FEE SUMMARY

ITEM	FEES	# of Events Entered	Amount Due
Basic Athlete Registration Per athlete	\$70 (unless otherwise noted)		\$70
SPORTS	Plus PER EVENT FEE		+++
Archery	\$40 athlete fee+ \$8.00 per event fee		
Badminton	\$40 athlete fee + \$7.00 per event		
Basketball	\$50 per athlete		
Cycling	\$70 athlete fee + \$20 per event fee		
Golf	\$60 athlete fee + \$30 event fee		
Pickleball	https://pickleballbrackets.com/InkHdlr.aspx?eid=b42394a2-2e31-455e-9ed7-50ff928f997c \$60 athlete fee +\$15 per event		\$60 registration plus \$15.00 event fee
Powerwalk	\$70 athlete registration \$7 event fee		Register at Track & Field
Racewalk	\$70 athlete registration \$7 event fee		Register at Track & Field
Road Race (5K on track)	\$70 athlete registration + \$7 event fee		Register at Track & Field

ITEM	FEES	# of Events Entered	Amount Due
Swimming	\$60 registration fee +\$7 per event MAX 6 events		https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=15604
Tennis	\$70 singles \$40 Doubles per player Separate registration		https://playtennis.usta.com/competitions/USTANorthernCalifornia/Tournaments/overview/FED90A38-C04A-4803-94AA-72C91CD2782E
Track & Field	\$70 registration fee + \$7 per event		
Triathlon			https://www.trisignup.com/Race/CA/RedwoodCity/StanfordTreathlon
Volleyball	\$50 athlete registration fee		No team fee
Water Polo	\$250 team fee. Team fee paid by check to BASOC only (not online) All athletes must register and pay \$70 fee online		Team fee check mail to BASOC 2450 Agnes Way Palo Alto, CA 94303
GRAND TOTAL Of Registration & Events fees			

PAYMENT INFORMATION

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

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: \$ _____ (2-23-23)

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 650.323.9400 or 510-506-1874

ALL COMPETITION TIMES ARE APPROXIMATE - CHECK WEBSITE FOR UPDATES!