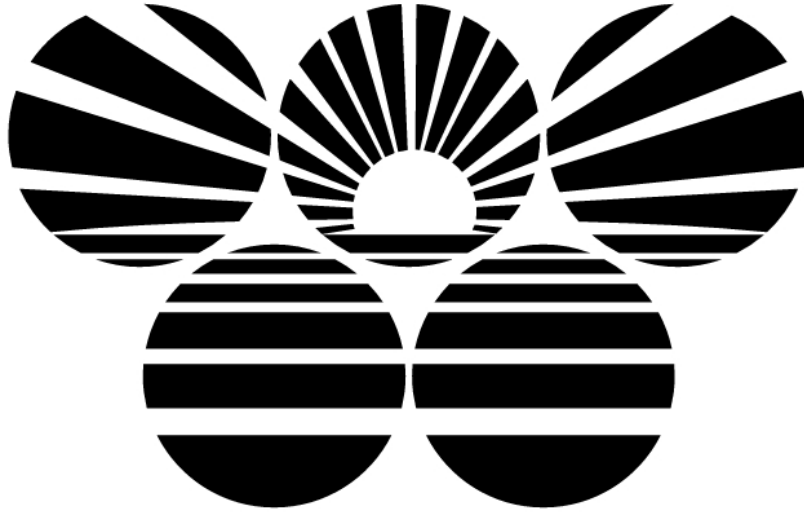


*REACH OUT TO NEW HORIZONS*



31<sup>st</sup> Annual  
Mid-Carolina Senior Games

April 19 - May 8, 2017

2017 Entry form Enclosed  
Early Bird Deadline March 8/Deadline: March 29

Thanks to our Gold Sponsors...

**Humana**



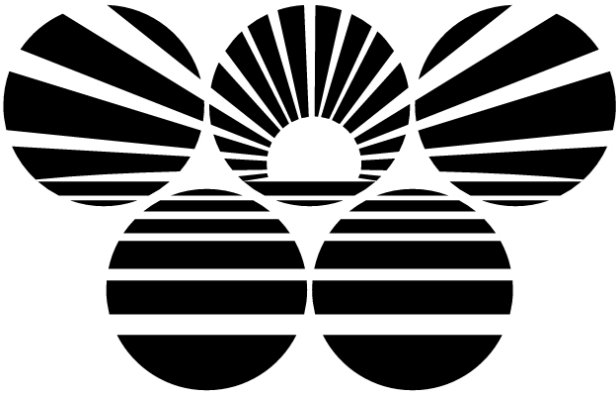
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**LIFE**

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*at ST. JOSEPH of the PINES*

*REACH OUT TO NEW HORIZONS*



# 31<sup>st</sup> ANNUAL MID-CAROLINA SENIOR GAMES

**April 19 – May 8, 2017**

**Health and Fitness Fair  
HERCULES FITNESS CENTER  
April 19, 2017**

**SilverArts and Cheerleading Showcase  
John D. Fuller Sr. Recreational/Athletic Complex  
May 4, 2017**

## REGISTRATION

1. **Read and Sign the liability waiver**
2. Complete the entry form.
3. Check all the activities in which you want to participate.
4. Include total payment and make checks payable to: Mid-Carolina Senior Games \$10.00 by March 8; \$15.00 by March 29. Local Entry Forms or online registration must be received in Mid-Carolina Office by 5:00 p.m. on March 29 in order to qualify. (**Save \$1.00** by registering online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org))
5. Return all of the above to: **Mid-Carolina Senior Games  
P.O. Box 1510  
Fayetteville, North Carolina 28302-1510**

## REGISTRATION FEE

Early Bird (by March 8): \$10.00; Late Entry (March 29): \$15.00 - for residents of Cumberland, Harnett and Sampson Counties. **Save \$1.00 OFF** registration when you register online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org)

Out-of-County residents: \$20.00 (no online discount)

## • • • • • Coordinating Agencies • • • • •

Anderson Creek Senior Center  
Campbell University  
Clinton Recreation Department  
Coats Senior Center  
Coharie Intra-tribal Council, Inc.  
Cumberland County Council on Older Adults  
Dunn Enrichment Center  
Dunn Recreation Department  
Dunn Area Tourism Authority  
Erwin Parks and Recreation  
Fayetteville/Cumberland Parks and Recreation  
Fayetteville/Cumberland Senior Center  
Fayetteville YMCA  
Fort Bragg MWR Sports and Fitness  
Garland Senior Center  
Harnett County Dept. of Public Health- Division on Aging  
Harnett County Parks and Recreation

Harnett County Retired & Senior Volunteer Program  
Hope Mills Parks & Recreation  
John D. Fuller Sr. Recreational/Athletic Complex  
Kings Grant Golf & Country Club  
Lillington Parks & Recreation  
Massey Hill Recreation Center  
Mazarick Park Tennis Center  
Mid-Carolina Area Agency on Aging  
Methodist University  
NC Commission of Indian Affairs  
Phat Daddy's Sports Bar & Grill  
Sampson County Department of Aging  
Sampson County Parks and Recreation  
Spring Lake Parks and Recreation  
Spring Lake Senior Center

**This program is sanctioned by North Carolina Senior Games, Inc.  
NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.**

## RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Mid-Carolina Senior Games and the United States Government and its instrumentalities, including all sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person, firm or corporation associated therewithin (hereinafter sometimes referred to as the "Games Sponsors"), of and from any and all claims, demand costs, expenses and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Mid-Carolina Senior Games. I further agree to hold harmless the Games Sponsors from any damage, loss or theft that might occur to art work.

I warrant, represent and certify that: (a) I have been advised by the Games Sponsors that, in my best interests, I should consult my physician prior to my preparation for and participation in the Mid-Carolina Senior Games; (b) I am covered by hospitalization or medical insurance through private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury arising from my participation in activities such as the Mid-Carolina Senior Games; (c) I recognize and understand that my preparation for and participation in the Mid-Carolina Senior Games may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular or other disorder which I may have, thereby resulting in serious or life threatening physical harm to me; (d) I am in good physical health and condition, am physically able to compete in the events I have selected and have been so certified by my physician, and I know of no physical restriction whatsoever which would prohibit my participation in the Mid-Carolina Senior Games; (e) I grant permission to the Games Sponsors to have a physician or Emergency Medical Technician attend me if it is deemed necessary during my participation in the Mid-Carolina Senior Games.

**I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 11:59 p.m. on August 1<sup>st</sup>! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.**

I grant to Mid-Carolina Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the Mid-Carolina Senior Games without any remuneration.

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

### MEDICAL FORM (Optional for your safety)

Please complete all questions below. PLEASE PRINT CAREFULLY:

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_

M \_\_\_\_\_ F \_\_\_\_\_ In Emergency Contact \_\_\_\_\_ Phone Number \_\_\_\_\_

Your Doctor's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

#### I. HEALTH HISTORY: Check any conditions which apply to you

\_\_\_ Kidney Trouble      \_\_\_ Low Blood Pressure      \_\_\_ High Blood Pressure

\_\_\_ Fainting      \_\_\_ Seizures      \_\_\_ Bronchitis

\_\_\_ Heart Trouble      \_\_\_ Diabetes      \_\_\_ Arthritis

#### II. ALLERGIC REACTIONS:

\_\_\_ Bee Stings      \_\_\_ Penicillin      \_\_\_ Other

III. List medications that you are currently taking: \_\_\_\_\_

IV. Do you wear glasses?      \_\_\_ Yes      \_\_\_ No

Do you wear contacts?      \_\_\_ Yes      \_\_\_ No

Do you smoke?      \_\_\_ Yes      \_\_\_ No

V. Have you been practicing the events you have entered?      \_\_\_ Yes      \_\_\_ No

If you, how many times per week? \_\_\_\_\_

# ENTRY FORM

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
LAST PREFERRED FIRST NAME MIDDLE INITIAL MONTH/DAY/YEAR

Address \_\_\_\_\_  
NUMBER - STREET NAME CITY STATE ZIP

County \_\_\_\_\_ Age (as of 12-31-17) \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

(Circle) Male Female Senior Center Attend (if applicable) \_\_\_\_\_  
 T-Shirt Size: (Circle Preference) Small Med Large X-Large 2X-Large 3X-Large 4X-Large

Please provide this info to help us. It will be kept confidential. Thank you!

My ethnicity: \_\_\_Black/African American; \_\_\_American Indian/Alaska Native; \_\_\_Asian; \_\_\_Hispanic; \_\_\_White;  
 \_\_\_Native Hawaiian/other Pacific Islander; \_\_\_Unknown/Refused

My annual household income is less than \$11,770 (1 person household) \_\_\_ Yes

My annual household income is less than \$15,930 (2 people in household) \_\_\_ Yes

No Response \_\_\_

**SAVE \$1.00 BY REGISTERING ONLINE AT [torch.ncseniorgames.org](http://torch.ncseniorgames.org)**

<b>Registration Fee</b>	<b>Resident (by March 8) .....online \$9.00</b>	<b>\$10.00</b>
	<b>Resident (after March 9, but by March 29) ...online \$14.00</b>	<b>\$15.00</b>
	<b>All Out of County Residents .....(no online discount)</b>	<b>\$20.00</b>

Other Fees: **Golf - \$33.00** green/cart fee and lunch payable on site. **BOWLING - \$6.00** per event on site. **SOFTBALL – additional fees TBA**

## REGISTRATION ENDS MARCH 29. NO REGISTRATION ON SITE FOR ANY EVENT

To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.

High-intensity types of activities are offered primarily for the conditioned, trained athlete.

**\*\*Age of the youngest partner/team member will determine age group.**

Local medal winners qualify to participate in the 2017 State Finals.

**2017 State Finals is NOT a qualifying year for the Nationals.**

### NON SANCTIONED EVENTS:

\_\_\_ Spin Casting

### INDIVIDUAL EVENTS:

- \_\_\_ Golf
- \_\_\_ SilverStriders Fun Walk
- \_\_\_ Basketball Shooting
- \_\_\_ Football Throw
- \_\_\_ Softball Throw
- \_\_\_ Discus
- \_\_\_ Shot Put
- \_\_\_ Standing Long Jump
- \_\_\_ Running Long Jump
- \_\_\_ 1500m Race Walk
- \_\_\_ 5K Race Walk
- \_\_\_ 50m Dash
- \_\_\_ 100m Dash
- \_\_\_ 200m Dash
- \_\_\_ 400m Dash
- \_\_\_ 800m Run
- \_\_\_ 1500m Run
- \_\_\_ 5K Run

### TOURNAMENT EVENTS:

- \_\_\_ Billiards
- \_\_\_ Bocce
- \_\_\_ Cornhole
- \_\_\_ Croquet
- \_\_\_ Horseshoes
- \_\_\_ Racquetball
- \_\_\_ Shuffleboard
- \_\_\_ Badminton (Singles)
- \_\_\_ Badminton (Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Badminton (Mixed Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Bowling (Singles)
- \_\_\_ Bowling (Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Bowling (Mixed Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Pickleball (Singles)
- \_\_\_ Pickleball (Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Pickleball (Mixed Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Table Tennis (Singles)
- \_\_\_ Table Tennis (Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Table Tennis (Mixed Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Tennis (Singles) Limit 2 Tennis Events
- \_\_\_ Tennis (Doubles)\*\* Partners: \_\_\_\_\_
- \_\_\_ Tennis (Mixed Doubles)\*\* Partners: \_\_\_\_\_

**TEAM SPORTS:**

\_\_\_ Basketball 3-on-3\*\* Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_

\_\_\_ Softball Team\*\* Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_

**SWIMMING EVENTS: (LIMIT OF 6 EVENTS)**

Freestyle:	___ 50 yd	___ 100 yd	___ 200 yd	___ 500 yd
Backstroke:	___ 50 yd	___ 100 yd	___ 200 yd	
Breaststroke:	___ 50 yd	___ 100 yd	___ 200 yd	
Butterfly:	___ 50 yd	___ 100 yd	___ 200 yd	
Individual Medley:		___ 100 yd	___ 200 yd	___ 400 yd

**All sanctioned events offered by Mid-Carolina will be offered at North Carolina Senior Games State Finals**

**SilverArts – LIMIT OF TWO ENTRIES PER SUBCATEGORY**

**VISUAL ARTS**

- \_\_\_ Acrylics
- \_\_\_ Drawing
- \_\_\_ Mixed Media
- \_\_\_ Oil
- \_\_\_ Pastels
- \_\_\_ Photography
- \_\_\_ Sculpture
- \_\_\_ Watercolor

**HERITAGE/FOLK ART**

- \_\_\_ Basket Weaving
- \_\_\_ Crocheting
- \_\_\_ Jewelry
- \_\_\_ Knitting
- \_\_\_ Needlework
- \_\_\_ Pottery
- \_\_\_ Quilting (hand stitched)
- \_\_\_ Quilting (machine stitched)
- \_\_\_ Stained Glass
- \_\_\_ Tole/Decorative Painting
- \_\_\_ Weaving
- \_\_\_ Woodcarving
- \_\_\_ Woodworking
- \_\_\_ Woodturning

**LITERARY ARTS**

- \_\_\_ Poems
- \_\_\_ Short Stories
- \_\_\_ Essays  
(not autobiographical)
- \_\_\_ Life Experiences  
(autobiographical)

<b>Brief Description of visual, literary, heritage artwork</b>
Title/description of artwork(s): _____ _____ _____ _____ _____ _____
Size: _____ Weight: _____
If set, number of pieces in set: _____
Refer to the SilverArts Guidelines for Category requirements

**NOTE:** Entries must be delivered to the Spring Lake Senior Center by March 29. Items in the SilverArts Display on April 19 at Hercules Fitness Center must remain on display from 9:30am – 12:30pm. No items will be permitted to leave before 12:30pm!

**- ONLY ONE SOLO ACT PER INDIVIDUAL ALLOWED –**

**PERFORMING ARTS**

- |                       |  |
|-----------------------|--|
| ___ Dance Solo        | ___ Dance Group                              |
| ___ Vocal Solo        | ___ Vocal Group                              |
| ___ Instrumental Solo | ___ Instrumental Group                       |
| ___ Comedy/Drama Solo | ___ Comedy/Drama Group                       |
| ___ Line Dancing      | ___ Cheerleader Showcase<br>(4 minute limit) |

<b>Leader/Soloist must provide the following:</b>
Name of Act/Group _____
Name of Group Leader _____
Title of Music (if used) _____
Number in Group _____

Equipment Necessary: \_\_\_ Piano/Keyboard \_\_\_ Compact Disc Player \_\_\_ Microphone  
\_\_\_ Other (specify) \_\_\_\_\_



## ENTRY GUIDELINES

- ♦ All persons entering SilverArts must be 50 years of age or older. No one under age 50 will be permitted to perform or display work for SilverArts.
- ♦ All work will be judged and medals and ribbons awarded.
- ♦ All art entries must be the original work of the artist, created after the artist is age 50, and must have been completed within the last two years.
- ♦ Visual, Heritage, and Literary art works must be delivered to the Spring Lake Senior Center, by March 29.
- ♦ All entries may be picked up on April 19 after 12:30 at Hercules Fitness Center.
- ♦ Mid-Carolina Senior Games has the right to refuse or remove any or all art pieces that are deemed obnoxious or repulsive in character.

March 29<sup>th</sup>:  
Deadline for Artwork

### 1. PERFORMING ARTS: SilverArts Live

CATEGORIES: Dance, vocal, instrumental, comedy/drama, line dancing. (All subcategories may be solo and/or group.) All members of a group must be registered participants of Senior Games. (Accompanist(s) will not be counted to determine group size for State Finals.)

- ♦ Performing entries are limited to a maximum of three minutes of on-stage time.
- ♦ Artist must provide a high quality CD for performance. Please mark CD with your name and the name of your music selection.
- ♦ Props are the performers' responsibility.
- ♦ Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- ♦ All individuals in groups must register separately.

A description of the act should accompany the Registration Application of the participant. It should be clearly noted on the Application Form if specific equipment will be needed (i.e., piano/keyboard, microphone, chairs, compact disc player, etc.).

### 2. VISUAL ARTS:

- ♦ Art (except sculpture) must be properly framed, wired, and ready to be hung (no serrated hooks or strings).
- ♦ Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame. Entries may be no heavier than 50 pounds. Sculpture groupings (sets) may have no more than 3 pieces per grouping.
- ♦ Free-standing entries must be able to be displayed in an area 3' (wide) x 3' (long) x 5' (high).
- ♦ Works should be clearly labeled indicating name, address, title of work and category.
- ♦ Mixed Media may be a free standing piece, but must fit in 3'Wx3'Lx5'H display area.

### 3. LITERARY ARTS:

- ♦ Entries can be mailed to Doris Snider, Spring Lake Senior Center, 301 Ruth Street, Spring Lake, North Carolina 28390.
- ♦ Entries should be typed and double spaced.
- ♦ Poems can be no longer than 40 lines.
- ♦ Short stories, essays, life experiences, can be no longer than 8 pages, double spaced, with a 1" margin on all sides.
- ♦ All entries must have a title page which includes title of work, subcategory and name of artist. Artist's name should not appear on the content pages.
- ♦ Artist should submit a copy of entry. Originals should be retained by the artist.

### 4. HERITAGE ARTS:

- ♦ Heritage art must be the original work of the individual and not a group effort. Patterns may be used but no stamped pieces will be accepted.
- ♦ Pottery must be hand built or thrown.
- ♦ Pieces from ceramic molds will not be accepted.
- ♦ Framed work must be securely wired, ready to be hung (no serrated hooks or string). Two dimensional work not properly framed and wired will not be displayed. Can be no larger than 36" x 42", including matting and frame.
- ♦ Entries can be no heavier than 50 pounds. Sets may have no more than 3 pieces per group.
- ♦ Entries may not exceed 5 feet in height.
- ♦ Entries should be clearly labeled indicating name, address and telephone number of artist.

### 5. CHEERLEADER SHOWCASE:

- ♦ Entries for this event will be incorporated into the Performing Arts portion of the competition at this Local Game. Entries will be judged in a separate category from those listed under Performing Arts.
- ♦ Cheerleaders are persons who lead cheers by speaking in rhythmic patterns without the use of recorded/live music and/or who present a choreographed routine. Background music will be allowed. Time on stage is limited to four (4) minutes.
- ♦ Each local game may enter one representative group into the cheerleader showcase at NC Senior Games.
- ♦ Choreography of cheers must follow traditional format - to lead a cheer or to present a pom-pom or flag routine. First place squad will receive gold medals. Ribbons will be awarded to 2nd and 3rd place squads.

**JUDGING:** All Visual, Literary and Heritage Arts will be judged in advance. The Visual, Literary and Heritage Arts will be on display and open to the public from 9:30 to 12:30, Wednesday, April 19, at the Hercules Fitness Center. Performing Arts will be judged at the Performing Arts Show, May 4, 2017. The public is invited to attend the Performing Arts Show on Thursday.

**AWARDS FOR SILVERARTS:** First, second and third place winners in each subcategory will be selected and awarded medals or ribbons. Each first and second place winner in Literary and first, second and third place winners in Visual and Heritage subcategories will be eligible to enter their art work at State Finals in Raleigh, Sept. 18-24, 2017. However, an artist may only submit one entry per sub-category at State Finals. In performing Arts, the Best in Show may compete at State Finals.

## GENERAL INFORMATION

**OPEN TO:** Cumberland, Harnett, and Sampson County residents 50 years of age or older. A participant's age on December 31 of the current year determines the age category in which they will compete. Participants will compete against others of their own gender and age group as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+. A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the year.

**EVENTS:** All events are listed on the Registration Form. Athlete may enter as many events as desired (except swimming when only six events are allowed and tennis when only two events are allowed). If events overlap, a choice may have to be made. Be aware that tournament events may hinder participation in other events. You may compete in the following events at your convenience during the scheduled times: softball throw, football throw, basketball shooting, spin casting, shot put, discus, standing long jump and running long jump, as long as you have registered for the event. **No on-site registration will be permitted for any event. Register online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org) and save \$1.00 off registration.**

To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS is available from your local coordinator and in the NCSG Rules Book on the NCSG web site ([www.ncseniorgames.org](http://www.ncseniorgames.org)).

**Due to the strenuous nature of these activities, it is our recommendation that you consult with your physician prior to beginning training and actual competition.**

**ENTRY FEE:** Received by March 8: \$10.00; after March 8 (but by March 29): \$15.00. Out-of-county residents will be charged \$20.00. **The Liability Waiver/Medical Form must be signed for the entry to be valid.** Entry fee will be refunded if registration is cancelled by April 5. The registration fee entitles each participant to a tee shirt and entry into events and/or SilverArts. Save **\$1.00 OFF** registration when you register online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org)

**EQUIPMENT:** Participants in the following events will supply their own equipment: **Golf**-clubs and balls; **Racquetball** - racquet, goggles and can of balls; **Softball** - gloves, bat and balls; **Tennis** - racquet and can of balls.

**NO REGISTRATION AFTER MARCH 29- Map/directions to sites will be sent with confirmation of entry.**

## AWARDS FOR ATHLETIC EVENTS:

Gold, silver, and bronze medals will be awarded to the top three finishers in each age category, male and female divisions, in each sanctioned event. Medal winners will be eligible for NCSG State Finals Sept. 18-24 and will be mailed/emailed a State Finals Entry Packet. It is your responsibility to check with your Local Senior Games Coordinator to determine if you qualified for State Finals and to get a State Finals Entry Packet. State Finals Entry Form with payment and all required items must be received in the NCSG office in Raleigh by 11:59 p.m. on August 1st! Visit the NCSG web site: [www.ncseniorgames.org](http://www.ncseniorgames.org) for rules and State Finals details.

## FOR MORE INFORMATION CALL:

Cumberland County: Mid-Carolina COG ..... (910) 323-4191 x27  
Harnett County: Department of Public Health – Division on Aging..... (910) 814-6072/74  
Sampson County: Department on Aging..... (910) 592-4653

**Reporting Times:** Participants are encouraged to report to the registration area to pick up registration packet at least 30 minutes prior to their events. **(Match times are forfeit times.)** A copy of registration form will be in registration packet. **Please have Photo ID available.**

**Inclement Weather:** In case of inclement weather, information regarding postponement or cancellation of events/activities may be obtained by calling Hercules Fitness Center (910) 394-2671 or Mid-Carolina Area Agency on Aging (910) 323-4191.

## SPECIAL ACTIVITIES

<b>Torch Lighting Ceremony:</b>	Wednesday, April 19, 2017	9:00 A.M.	Hercules Fitness Center
<b>SilverStriders Fun Walk:</b>	Wednesday, April 19, 2017	9:30 A.M.	Hercules Fitness Center
Persons who enter and complete the SilverStriders Fun Walk will be eligible to enter this event at the 2017 NCSG State Finals.			
<b>Silver Arts:</b>	Wednesday, April 19, 2017	9:30 A.M. to 12:30 P.M.	Hercules Fitness Center
Visual, Literary, Heritage Arts Display			
<b>Health and Fitness Fair:</b>	Wednesday, April 19, 2017	10:30 A.M. to 12:30 P.M.	Hercules Fitness Center
<b>Performing Arts:</b>	Thursday, May 4, 2017	2:00 P.M.	John D. Fuller Sr. Recreational/Athletic Complex

**2017 MID-CAROLINA SENIOR GAMES SCHEDULE OF EVENTS**  
 For entry to Pope Air Field use gate entrance at Manchester Road.

DAY/TIME	EVENT	LOCATION
<b><u>WEDNESDAY, APRIL 19</u></b>		
7:30 A.M.	Registration Opens	Hercules Fitness Center
9:00 A.M.	Torch Lighting Ceremony	Hercules Fitness Center
9:30 A.M.	SilverStriders Fun Walk (1 mile)	Hercules Fitness Center
9:50 A.M.	Racquetball Tournament	Hercules Fitness Center
9:30 A.M. - 12:00 P.M.	Standing & Running Long Jump, Basketball Shooting, Shot Put, Discus, Softball Throw, Football Throw, Spin Casting	Hercules Fitness Center
9:30 A.M. - 12:30 P.M.	SilverArts Visual, Literary, Heritage Art Display	Hercules Fitness Center
10:30 A.M. - 12:30 P.M.	Health and Fitness Fair	Hercules Fitness Center
1:00 P.M.	Presentation of Awards	Hercules Fitness Center
<b><u>THURSDAY, APRIL 20</u></b>		
9:00 A.M.**	800 M Run	Campbell University
9:30 A.M.**	5K Race Walk (3.1 miles)	Campbell University
1:00 P.M.**	Table Tennis (Singles, Doubles*, Mixed Doubles*)	Massey Hill Recreation Center
<b><u>FRIDAY, APRIL 21</u></b>		
9:00 A.M.**	Bowling-Singles; Ages 65-74	Dragon Lanes
12:00 NOON **	Bowling-Singles; Ages 50-64 & 75+	Dragon Lanes
<b><u>SATURDAY, APRIL 22</u></b>		
1:00 P.M.**	Swimming	Fayetteville YMCA
<b><u>MONDAY, APRIL 24</u></b>		
9:00 A.M.**	Golf	Kings Grant Golf & Country Club
9:00 A.M.**	Tennis – (Singles, Doubles* and Mixed Doubles*)	Mazarick Park Tennis Center
9:00 AM**	Shuffleboard (women's singles)	Royal Lane Park
11:00 AM**	Shuffleboard (men's singles)	Royal Lane Park
<b><u>TUESDAY, APRIL 25</u></b>		
10:00 A.M.**	Billiards	Phat Daddy's Sports Bar & Grill
2:00 P.M.**	Badminton (Singles, Doubles*, Mixed Doubles*)	Hope Mills Recreation Center Gym
<b><u>WEDNESDAY, APRIL 26</u></b>		
9:00 A.M. **	1500 Meter Run (1 mile)	Campbell University
10:00 A.M. **	100 Meter Dash	Campbell University
10:15A.M.**	400 Meter Dash	Campbell University
10: 40 A.M.**	50 Meter Dash	Campbell University
11:00 A.M.**	200 Meter Dash	Campbell University
6:00 P.M. **	Basketball Tournament	Methodist University
<b><u>THURSDAY, APRIL 27</u></b>		
9:00 A.M.**	Horseshoes (women's singles)	Royal Lane Park
11:00 A.M.**	Horseshoes (men's singles)	Royal Lane Park
<b><u>FRIDAY, APRIL 28</u></b>		
9:00 A.M.**	Bowling-Doubles; Ages 65+*	Dragon Lanes
12:00 NOON**	Bowling-Doubles; Ages 50-64*	Dragon Lanes
<b><u>MONDAY, MAY 1</u></b>		
9:00 A.M.**	Bowling-Mixed Doubles; Ages 65+*	Dragon Lanes
12:00 NOON**	Bowling-Mixed Doubles; Ages 50-64 *	Dragon Lanes
<b><u>TUESDAY, MAY 2</u></b>		
10:00 A.M.**	Croquet	Town of Lillington Park, Chamber fld.
9:00 A.M.**	5K Run (3.1miles)	Campbell University
10:30 A.M.**	1500 M Race Walk (1 mile)	Campbell University
1:00 P.M. **	Cornhole	Al Woodall Municipal Park, Erwin
<b><u>WEDNESDAY, MAY 3</u></b>		
9:00 A.M. **	Bocce	Western District Park, Roseboro
<b><u>THURSDAY, MAY 4</u></b>		
2:00 P.M.**	SilverArts Performance & Cheerleader Showcase	John D. Fuller Sr. Recreational / Athletic Complex
<b><u>MONDAY, MAY 8</u></b>		
9:00 A.M.**	Pickleball (Singles, Doubles*, Mixed Doubles*)	Hope Mills Recreation Center Gym
<b><u>SATURDAY, APRIL 22 &amp; 29</u></b>		
9:00 A.M.**	Softball Tournament	Lamon Street Park

*Awards will be presented following the completion of ALL events and verification of results. In the event of a tie, you MUST be present to compete in a tiebreaker. If you are not present you forfeit you right to a tiebreaker and the Events Director reserves the right to break the tie based on participants who are present and written score sheets submitted by Event Managers.*

*Items in the SilverArts display must remain on display from 9:30-12:30. No items will be permitted to leave before 12:30!*

*\*\*Times listed are start time; participants are encouraged to arrive 30 minutes prior in order to check in. Otherwise they may forfeit their play!*

*\*Age groups of players is determined by age of the youngest player.*