

REGISTRATION INFORMATION & PROCESS

REGISTRATION ENDS MARCH 21st. NO REGISTRATION ON SITE FOR ANY EVENT

REGISTER with paper form enclosed or preferred online at torch.ncseniorgames.org.

ELIGIBILITY

Cumberland, Harnett, and Sampson County residents 50 years of age or better on or before **December 31** of the current year. A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the year.

1. Mid-Carolina Senior Games (MCSG) must receive your Entry Form or online registration by **11:59 pm MARCH 21st**. Everyone, including doubles partners & all group/team members, must submit a completed registration with total payment to MCSG by **March 21st**. There are no exceptions. The deadline is strictly enforced in fairness to all participants. Entries received without full payment will not be accepted. Entries received after **March 21st** will be returned. Online registration is available at torch.ncseniorgames.org. No faxes or emails will be accepted.

Registration includes three types of fees: Entry Fees, Activity Fees and Team Fees

Entry fees for forms Received by March 3rd: \$10.00 online (\$15 paper) registration received by MCSG after March 3rd \$15.00 online (\$20 paper10). Out-of-county residents will be charged \$25.00 (no online discount).

The entry includes a tee shirt, a commemorative medal, & admission to Opening Ceremonies and the SilverArts Showcase. The Entry Fee also helps to offset general organization costs and awards. Activity Fees & Team Fees help cover charges for facility rental, officials and equipment for activities you choose to enter. They are listed per activity in the information that follows.

2. You should receive your confirmation and final schedule by **April 2** (by email, if address provided). They will contain reporting times for your activities and driving directions to all event sites. It is your responsibility to verify that your registration has been received by MCSG by the **March 21st** deadline & that you are registered for the correct activities.

AT THE GAMES

Have at all times: Photo ID, list of medications, medical conditions & allergies, proof of insurance (in case of an emergency)

REFUNDS

Refund requests must be made in writing (email or USPS) & received by the cancellation deadline of **March 26**.

GENERAL INFORMATION

AGE CATEGORIES

Your age category is determined by your age on December 31, 2025. Men & women compete in separate categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+. You must compete at the scheduled time with your age/sex category. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player. In doubles and team sports a player may compete in only one age group.

EVENTS:

All events are listed on the Registration Form. Athletes may enter as many events as desired (except swimming where maximum six events are allowed and tennis where maximum 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 time: softball throw, football throw, shot put, discus, basketball shooting, standing long jump and running long jump, if you have registered for the event. **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).**

REPORTING TIMES:

Match times are forfeit times! Participants must arrive **30 minutes prior** to check in at registration, otherwise they may forfeit their play.

EQUIPMENT: Participants in the following events will supply their own equipment:

Golf-clubs and balls; *Softball* – gloves, bat and balls; *Tennis* – racquet and can of balls.

INCLEMENT WEATHER PLANS:

Games officials reserve the right to cancel or postpone events in case of inclement weather or unusual or extenuating circumstances. There will be no refunds for a cancelled or postponed event. Come prepared for all types of weather. Schedule changes during MCSG will be posted on <https://www.facebook.com/Mid-Carolina-Senior-Games-142817339134751/> & on a recording at (910) 323-4191 x40. It is your responsibility to check the Facebook page or listen to the recording to obtain information about schedule changes.

AWARDS FOR ATHLETIC EVENTS:

The top three finishers in each age/sex category will be awarded places. Award winners will be eligible for NCSG State Finals. 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 for rules and State Finals details.

FOR MORE INFORMATION CALL:

Cumberland County: Mid-Carolina Regional Council..... (910) 323-4191 x40
Harnett County: Department of Public Health – Division on Aging..... (910)-893-7578
Sampson County: Department on Aging..... (910) 592-4653

MID-CAROLINA SENIOR GAMES 2025 OFFICIAL ENTRY FORM

MCSG looks forward to your participation in our 39th Annual Event.

Please review the entire MCSG Entry Packet **BEFORE** completing this form!

As you prepare this Entry Form, make sure you:

1. Complete the entire **PERSONAL INFORMATION** section.
Provide an email address to receive your MCSG information quickly!
2. **CHECK ALL THE ACTIVITIES** in which you would like to participate including SilverArts. You will **ABSOLUTELY** not be able to participate in any events that you are not signed up for, so please take a moment to double check that you have chosen **ALL** events you wish to participate.
3. Have you carefully chosen the **T-SHIRT** size you wish to receive? T-shirts are unisex cotton or cotton blend. You will receive the size you indicate on your entry form.
4. Complete the **MEDICAL INFORMATION FORM** including Emergency contact person & medications. (This form is optional but is to help protect you and ensure your safety in case of an emergency.)
5. **The Liability Waiver on page 4 MUST BE SIGNED** to complete your registration.
6. **Include total payment** & make checks payable to: MID-CAROLINA SENIOR GAMES
Mail above items to: MCSG, 6205 Raeford Road, Fayetteville, NC 28304
7. It is your responsibility to verify your Entry Form has been received by MCSG by **March 21st**.

Have you taken careful note of the August 1st deadline for registration for State Finals? **If you qualify for State Finals, you will receive an entry form. If you do not receive an entry form by June 1, 2025, it is your responsibility to call your Local Games Coordinator and request one or visit torch.ncseniorgames.org to register online.**

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.
To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.
High intensity types of activities are offered for the conditioned, trained athlete.

I have read and understand the above registration information and understand that I must have a photo ID to check in at all events each day.

Signature Required: _____

• • • • • Coordinating Agencies • • • • •

Anderson Creek Senior Center
Bill Crisp Senior Center
B & B Bowling Lanes
Clinton Recreation Department
Coats Senior Center
Coharie Intra-tribal Council, Inc.
Cumberland County Council on Older Adults
Dormy's Sweet Spot Mini Golf
Dunn Enrichment Center
Dunn Recreation Department
Erwin Parks and Recreation
Fayetteville/Cumberland Parks and Recreation
Fayetteville/Fort Bragg Disc Golf Club
Garland Senior Center
Harnett County Dept. of Public Health- Division on Aging
Harnett County Parks and Recreation

Harnett County Retired & Senior Volunteer Program
Harnett County Schools, Overhills High School
Hope Mills Parks & Recreation
John D. Fuller Sr. Recreational/Athletic Complex
Kings Grant Golf & Country Club
Lillington Parks & Recreation
Tokay Senior Fitness Center
G. B. Myers Recreation Center
Mid-Carolina Area Agency on Aging
Methodist University
NC Commission of Indian Affairs
Sampson County Department of Aging
Sampson County Parks and Recreation
Sampson County YMCA
Senior Center East
Spring Lake Senior Center

MID-CAROLINA SENIOR GAMES REGISTRATION FORM 2025

Name _____

Email _____ LAST PREFERRED FIRST NAME MIDDLE INITIAL **Age (as of 12-31-25)** _____

Address _____ NUMBER - STREET NAME CITY STATE ZIP

Date of Birth _____ **Male** **Female** **Cell Phone #** _____
MONTH/DAY/YEAR

Home Phone # _____

MCSG is required to ask about ethnicity by NCSG as a condition of our sanctioning. Providing the information is voluntary. Of course, you may decline to answer.

My ethnicity: Black/African American White Hispanic American Indian/Alaska Native
 Asian Native Hawaiian/other Pacific Islander Unknown/Refused

County _____ **Military veteran:** Yes No

T-Shirt Size: Small Med Large X-Large 2X-Large 3X-Large 4X-Large

ENTRY FEE REQUIRED FOR ALL PARTICIPANTS:

- \$___ \$10 (\$15.00 paper registration) Received by MCSG on or **BEFORE March 3rd**
- \$___ \$15 (\$20 paper registration) Received by MCSG **AFTER March 3rd**
- \$___ \$25 Out of region (Participants not living in Cumberland, Harnett, or Sampson Counties- No Online discount but may register online)

SAVE \$5.00 BY REGISTERING ONLINE AT torch.ncseniorgames.org

ACTIVITIES – Activity Fees for some events are required in addition to the above Entry Fee.

Check the box and fill in the correct fee for activities in which you would like to participate.

INDIVIDUAL SPORTS:

- Softball Throw
- Standing Long Jump
- Discuss
- Silver Striders Fun Walk
- Football Throw
- Running Long Jump
- Shot Put
- Basketball Shooting (opening day)

Cycling

- 1 mile
- 1-mile Recumbent Trike
- 1 mile Recumbent
- 5K
- 5K Recumbent Trike
- 5K Recumbent
- 10K
- 10K Recumbent Trike
- 10K Recumbent

Track Events

- 1500m Power Walk
- 100m Dash
- 800m Run
- 5K Power Walk
- 200m Dash
- 1500m Run
- 50m Dash
- 400m Dash
- 5K

- \$___ **(\$35) Golf**
- \$___ **(\$5) Mini Golf**

TOURNAMENT EVENTS:

- \$___ **Bowling (# events X\$10)**
 - Singles Dbls Partner's Name: _____ mxD Dbls Partner's Name: _____
- Badminton
 - Singles Dbls Partner's Name: _____ mxD Dbls Partner's Name: _____
- Pickleball
 - Singles Dbls Partner's Name: _____ mxD Dbls Partner's Name: _____
- Table Tennis
 - Singles Dbls Partner's Name: _____ mxD Dbls Partner's Name: _____
- Tennis (Limit 2 Tennis Events)
 - Singles Dbls Partner's Name: _____ mxD Dbls Partner's Name: _____

- Billiards
- Bocce
- Cornhole
- Croquet **
- Horseshoes
- Shuffleboard
- Disc Golf



TOTAL AMOUNT ENCLOSED (Payment required now.)

Entry Forms without payment will not be accepted.

Make check/money order payable to Mid-Carolina Senior Games. Do not send cash nor staple check to this form.

MID-CAROLINA SENIOR GAMES REGISTRATION FORM 2025

TEAM SPORTS:

Basketball Tournament

Team Name (Required) _____ Captain's Name (Required): _____

TEAM FEE (\$50.00) Payable on site to local coordinator.

Softball Tournament

Team Name (Required) _____ Captain's Name (Required): _____

TEAM FEE (\$75.00) Payable on site to local coordinator.

SWIMMING EVENTS: (CHECK UP TO 6 EVENTS)(\$1.00 per swimming event)

- | | | | | |
|--------------------|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Freestyle: | <input type="checkbox"/> 50 yd | <input type="checkbox"/> 100 yd | <input type="checkbox"/> 200 yd | <input type="checkbox"/> 500 yd |
| Backstroke: | <input type="checkbox"/> 50 yd | <input type="checkbox"/> 100 yd | <input type="checkbox"/> 200 yd | |
| Breaststroke: | <input type="checkbox"/> 50 yd | <input type="checkbox"/> 100 yd | <input type="checkbox"/> 200 yd | |
| Butterfly: | <input type="checkbox"/> 50 yd | <input type="checkbox"/> 100 yd | <input type="checkbox"/> 200 yd | |
| Individual Medley: | | <input type="checkbox"/> 100 yd | <input type="checkbox"/> 200 yd | <input type="checkbox"/> 400 yd |

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

SilverArts – LIMIT OF TWO ENTRIES PER SUBCATEGORY (If more than one entry in subcategory, check both boxes)

VISUAL ARTS

- Acrylics
- Digital Arts
- Drawing
- Mixed Media
- Oil
- Pastels
- Photography (film)
- Photography (digital)
- Sculpture
- Watercolor

HERITAGE/FOLK ART

- Basket Weaving
- Crocheting
- General Fiber Arts
- 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)

Brief Description of visual, literary, heritage artwork	
Title/description of each artwork: _____	

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 April 10th**. Items in the SilverArts Display on **April 24th** at John D. Fuller Sr. Recreational Complex must remain on display from **12:00-2:00 pm** No items will be permitted to leave before 2:00 pm!

- ONLY ONE SOLO ACT PER INDIVIDUAL ALLOWED -

PERFORMING ARTS

- | | |
|--|---|
| <input type="checkbox"/> Dance Solo | <input type="checkbox"/> Dance Group |
| <input type="checkbox"/> Vocal Solo | <input type="checkbox"/> Vocal Group |
| <input type="checkbox"/> Instrumental Solo | <input type="checkbox"/> Instrumental Group |
| <input type="checkbox"/> Comedy/Drama Solo | <input type="checkbox"/> Comedy/Drama Group |
| <input type="checkbox"/> Line Dancing | <input type="checkbox"/> Cheerleader Showcase |
| | (4-minute limit) |

Leader/Soloist must provide the following:	
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) _____

**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 there within (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 artwork.

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 1st! 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.

COVID-19 INFORMATION

Mid-Carolina Senior Games retains, as its absolute highest priority, the health, safety, and wellness of our older participants, who are especially vulnerable to the COVID-19 pandemic. In-person events may be moved to virtual events, if necessary for safety. All in-person activities offered will follow the NCDHHS guidelines in place at the time of the event, including but not limited to crowd size, social distancing, masks and spectator restrictions. Do not attend if you have COVID-19 symptoms.

I have read this release (This waiver MUST be signed and dated to process this entry form.)

Signature: _____

Date: _____

MEDICAL FORM (Optional for your safety)

Please complete all questions below. **PLEASE PRINT CAREFULLY:**

Name _____ Date of Birth _____

Address _____ City/State/Zip code _____

EMERGENCY CONTACTS:

Name: _____ Relationship: _____ Phone Number _____

Name: _____ Relationship: _____ Phone Number _____

I. List medications that you are currently taking: _____

II. Have you been practicing the events you have entered? Yes No If yes, how many times per week? _____



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 places 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 and Heritage works must be delivered to the Spring Lake Senior Center, 301 Ruth Street, Spring Lake NC, 28390, by **April 10th, Mon-Fri 9AM-4APM**.
- ◆ All entries may be picked up on **April 24th after 2 :00 pm** at John D. Fuller Sr. Recreational Complex.
- ◆ Mid-Carolina Senior Games has the right to refuse or remove any or all art pieces that are deemed obnoxious or repulsive in character.

Deadline for Artwork:

April 10th

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.
- ◆ Artists must provide a high-quality CD/ thumb drive for performance. Please mark CD with your name/group name and the name of your music selection. **NO OTHER MUSIC will be on CD/thumb drive please.**
- ◆ 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 and list the name of the group performing with.**

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 is needed (i.e., piano/keyboard, microphone, chairs, compact disc player, etc.).

VISUAL ARTS:

- ◆ Artwork (except sculpture) must be properly framed, wired, and ready to be hung (no serrated hooks or strings). All frames and mattes must be SECURE. No loose frames or mattes.
- ◆ Artwork (except sculpture) can be no larger than 36" x 42", including matting and frame. Entries may be no heavier than 50 pounds.
- ◆ **NO ARTIST INFORMATION shall be visible on the front or sides of ANY piece(s) submitted for judging.** Name, address, and phone shall be written on paper the size of a standard postcard when brought in for judging. Please include the title of the piece (if any) as well as the category.
- ◆ 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.

LITERARY ARTS:

- ◆ Entries can be mailed to the mailing address for Spring Lake Senior Center, 121 Lamon Street, Fayetteville, NC 28301. If mailed entry must be received by **April 10, 2025**, attention to: Kristine Schara.
- ◆ Entries should be typed and double spaced on 8 ½ x 11 paper with minimum font size of 10-pt type.
- ◆ Poems can be no longer than 40 lines. Can be single or double spaced.
- ◆ 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 the 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.

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. may not exceed 5 feet in height.
- ◆ Entries should be clearly labeled indicating name, address, and telephone number of artist, not visible anywhere on the front or sides of ANY piece(s) submitted for judging.

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 **12:00 to 2:00 pm, Thursday, April 24**, at (John D. Fuller Sr. Recreational Complex). Performing Arts will be judged at the Performing Arts Show, April 24th, 2025. 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 places. 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 artwork at State Finals in Raleigh. 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.