



Mid-Carolina Senior Games

6205 Raeford Road

Fayetteville, N.C. 28304

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2026

Dear Mid-Carolina Senior Games Participant,

Thank you for registering for the 40th Annual Mid-Carolina Senior Games! You are one of 432 older adults in our community who will be participating in our annual local games.

CELEBRATION OF THE GAMES CEREMONY AND EVENTS.

Monarch Stadium at Methodist University (5400 Ramsey Street, Fayetteville NC) will be our host site for Celebration of the Games Torchlight ceremony and events for 2026.

All participants are invited to attend the Celebration of the Games Torchlight Ceremony on April 8th which begins at 9:00 a.m. Spectators are also welcome, so bring family, grandchildren and/or friends. It is going to be a fabulous 40th year party!!! We hope to see you there!

Food trucks: Hollywood Java & Got Chew Grill will be onsite at the Celebration of the Games Day. Menu will be posted on our website (<https://mccog.org/senior-games.asp>) and on our Mid-Carolina Senior Games Facebook page.

A list of the events in which you are registered have been emailed to you. Times listed on confirmation page are start times; participants must arrive 30 minutes prior to check in, otherwise, you may forfeit your play/participation! Be on time for your events, all events will begin as scheduled. You will not be allowed to participate in any events that you are not pre-registered for because we have carefully planned for those who have registered for events. **Be sure to read the Important Information for Participants page.** If you have questions about the events you are registered for, feel free to contact me at 323-4191 x40.

Driving directions to event sites, updated schedule of events, and 2026 Rain Plan have been emailed and are posted on the website (<https://mccog.org/senior-games.asp>). A reminder that **if you qualify for the North Carolina Senior Games State Finals, you must register online by August 1st, 2026. Paper forms will only be sent out via request. Mid-Carolina Senior Games cannot be held responsible if you do not receive a NCSG State Finals entry form. It is your responsibility to call and ask for a form if you do not wish to register online by June 1st, 2026. Remember to register online at torch.ncseniorgames.org.** All participants that register for and complete the official NCSG Local Games sport(s)/event(s) will be eligible to participate in 2026 State Finals. Remember 2026 is a qualifying year for National Senior Games in 2027.

We look forward to having you as a participant and wish you good luck in your competitions this year.

Sincerely,

Lashonda Gough
Mid-Carolina Senior Games Coordinator

Please Read - Important Information for Participants

OPENING CEREMONY AND OPENING DAY EVENTS

Monarch Stadium: Methodist University

5400 Ramsey Street, Fayetteville NC 28311

PAY ATTENTION TO THE CHANGE NOTICES ON YOUR SENIOR GAMES PARTICIPATE CONFIRMATION!

MAP ATTACHED for parking directions for Opening Day Ceremony.

State Finals qualification criteria returns to pre-covid with the exception of open events. The full qualification policy is as follows:

- The top three male and female qualifiers in each official North Carolina Senior Games sport/event in each age category will be eligible to participate in State Finals
- All participants who complete a Local Games Fun Walk, Football Throw, Softball Throw and Basketball Shooting will qualify.

Golf

For 2026, must meet a minimum performance score (MPS) and finish 1, 2 or 3 to qualify.

Softball Team Tournament

Game dates are Sat., April 12 & May 3.

Bowlers:

Bowlers: places 1-3 qualify.

TEAMS

The first, second and third place teams per the team sport age category will qualify.

Equipment

Participants in the following events will supply their own equipment.

1. **Golf**- clubs, balls
2. **Softball**- bats, gloves, and balls
3. **Disc Golf**: discs
4. **Pickleball**: paddle, balls
5. **Badminton**: racket and bird

Other Important Information

1. You must always have photo identification with you.
2. **TIMES LISTED ARE START TIMES**; participants must arrive at least 30 minutes prior to check in. Otherwise, they may **forfeit** their play/participation!
3. Recommend always having your doctor's name and a list of any medications with you. (This is recommended for your safety).
4. In the event of a tie, you **MUST** be present to compete in a tiebreaker. If you are not present, you forfeit your rights and the events director reserves the right to break the tie based on participants who are present and written score sheets submitted.
5. If you qualify for the North Carolina Senior Games State Finals, you must register by registering online at <https://torch.ncseniorgames.org/> by August 1st, 2026. It is your responsibility to check email or ask if you think you have qualified but have not received notification by June 1st, 2026. State Finals Forms will only be sent paper forms by request. Mid-Carolina Senior Games cannot be held responsible if you do not register for state finals. torch.ncseniorgames.org

Please Read - Important Information for SilverArts Participants

**SILVERARTS-HERITAGE, LITERARY & VISUAL
HOSTED BY J D FULLER RECREATIONAL ATHLETIC COMPLEX
THURSDAY, April 23, 2026
1:00-2:00 PM**

SILVERARTS PERFORMING SHOWCASE TO FOLLOW ART VIEWING

SilverArts Visual, Heritage and Literary

1. Please note if you did not turn in your art entries to the Spring Lake Senior Center by Thursday, April 9th by 5:00 PM you are automatically disqualified to participate in the SilverArts show.
2. NCSG will only accept one entry per sub-category for each participant at State Finals.
3. Mid-Carolina Senior Games still allows local participants two entries per sub-category.
4. Only medal winners qualify for the NC Senior Games State Finals.
5. First and second place in each Literary Arts sub-category, provided the places are not won by the same artist will qualify for State Finals.
6. First, second and third place entry in each Visual Arts and Heritage Arts sub-category, provided the places are not won by the same artist (i.e. only one entry by the same artist per sub-category).

SilverArts Performance & Cheerleader Showcase

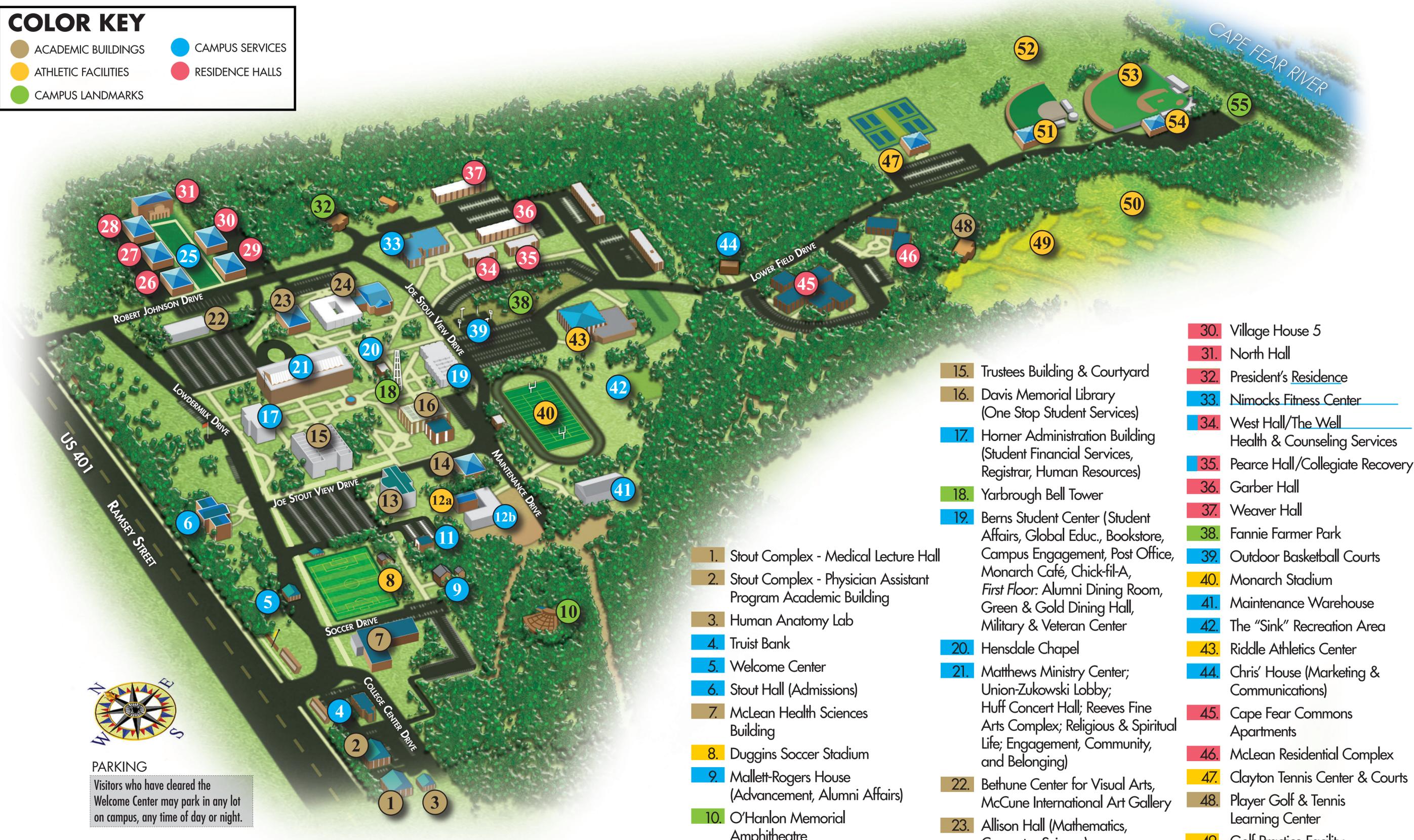
1. You must always have photo identification with you.
2. The show is scheduled to begin at 2:00 p.m. **All performers and cheerleaders must check in at least 30 minutes prior and submit music to soundman.** Anyone not checked in and ready to perform by show time may **forfeit** their participation.
3. First, second and third place will be awarded to top performers/groups in each of the subcategories.
4. Best in show will receive the gold and the chance to represent Mid-Carolina Senior Games at the NC Senior Games State Finals in Raleigh.
5. An artist may only have one entry per size of Act in each sub-category.

Contact LaShonda Gough, 323-4191 x 40, if you have any questions.

 **Good Luck** 

COLOR KEY

- ACADEMIC BUILDINGS
- CAMPUS SERVICES
- ATHLETIC FACILITIES
- RESIDENCE HALLS
- CAMPUS LANDMARKS



PARKING

Visitors who have cleared the Welcome Center may park in any lot on campus, any time of day or night.

- 15. Trustees Building & Courtyard
- 16. Davis Memorial Library (One Stop Student Services)
- 17. Horner Administration Building (Student Financial Services, Registrar, Human Resources)
- 18. Yarbrough Bell Tower
- 19. Berns Student Center (Student Affairs, Global Educ., Bookstore, Campus Engagement, Post Office, Monarch Café, Chick-fil-A, First Floor: Alumni Dining Room, Green & Gold Dining Hall, Military & Veteran Center)
- 20. Hensdale Chapel
- 21. Matthews Ministry Center; Union-Zukowski Lobby; Huff Concert Hall; Reeves Fine Arts Complex; Religious & Spiritual Life; Engagement, Community, and Belonging)
- 22. Bethune Center for Visual Arts, McCune International Art Gallery
- 23. Allison Hall (Mathematics, Computer Science)
- 24. Hendricks Science Complex
- 25. Sink Field (Recreation)
- 26. Village House 1
- 27. Village House 2
- 28. Village House 3
- 29. Village House 4
- 1. Stout Complex - Medical Lecture Hall
- 2. Stout Complex - Physician Assistant Program Academic Building
- 3. Human Anatomy Lab
- 4. Truist Bank
- 5. Welcome Center
- 6. Stout Hall (Admissions)
- 7. McLean Health Sciences Building
- 8. Duggins Soccer Stadium
- 9. Mallett-Rogers House (Advancement, Alumni Affairs)
- 10. O'Hanlon Memorial Amphitheatre
- 11. Campus Services (Public Safety IT Services, Monarch Press)
- 12. (a.) Football Fieldhouse (b.) Maintenance Offices
- 13. Clark Hall (Reeves School of Business)
- 14. Chaffin Building (Nursing)
- 30. Village House 5
- 31. North Hall
- 32. President's Residence
- 33. Nimocks Fitness Center
- 34. West Hall/The Well Health & Counseling Services
- 35. Pearce Hall/Collegiate Recovery
- 36. Garber Hall
- 37. Weaver Hall
- 38. Fannie Farmer Park
- 39. Outdoor Basketball Courts
- 40. Monarch Stadium
- 41. Maintenance Warehouse
- 42. The "Sink" Recreation Area
- 43. Riddle Athletics Center
- 44. Chris' House (Marketing & Communications)
- 45. Cape Fear Commons Apartments
- 46. McLean Residential Complex
- 47. Clayton Tennis Center & Courts
- 48. Player Golf & Tennis Learning Center
- 49. Golf Practice Facility
- 50. "Downback" Golf Course
- 51. Price Softball Fieldhouse & Field
- 52. Athletic Practice Field
- 53. Armstrong-Shelley Baseball Field
- 54. Armstrong Baseball Fieldhouse
- 55. Longest Nature Trail



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Berns
Student
Center

PARKING LOT

Lower Field Drive

Riddle Athletics
Center
(Gym/Restrooms)

**OVERFLOW
PARKING**

Golf cart pickup/dropoff

Joe
Stout
View

STEPS

7) Shot Put

Golf cart
pickup/drop
off

1) Registration Table
2) Health/ Fitness Fair
3) Volunteer Table

5) Football

4)
Present
ation
Area-10
Chairs/
Podium
/2
tables

6) Softball
Throw

8) Long
& Stand
Jump

9) Discus-Left
field of

Sand
Volleyball
Court

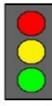
Joe Stout View Drive

Soccer
Complex
Field

Food Truck


Guard
House

Lowdermilk



Truist
Bank

- 1) Registration Table
- 2) Health/Fitness Fair
- 3) Volunteer Table
- 4) Presentation Area
- 5) Football throw
- 6) Softball throw
- 7) Shot Put
- 8) Long & Standing Jumps
- 9) Discus-left of field



Mid-Carolina Senior Games Rain Plan for Outdoor Events

**For detailed message on Rain Plan call (910) 323-4191 x 40 the day of your event
or www.facebook.com/MCSeniorGames/**

**Celebration of the Games Day Events at Monarch Stadium, Methodist University
In the event of inclement weather for Wednesday, April 8th all events and activities will be
postponed until Friday April 10th. Decision to be made by noon on Tuesday, April 7th.**

Delay any outdoor event if thunder or lightning

Outdoor events include:

Opening Ceremony and Opening Day Events

Cornhole • Golf • Softball Tournament • Track Events • Horseshoes • Cycling • Mini Golf • Disc Golf

Driving Directions to Regional Event Sites

*****Note: For those of you with GPS devices*****

Street addresses have been added to all locations for your convenience.

If anyone needs additional assistance with directions, please contact our office (910)323-4191.

Driving Directions From Lillington to Methodist University

1. Follow US-401 S into Fayetteville
2. 401 will change into Ramsey Street
3. Turn left at the light onto Lowdermilk dr. (you will see a Truist Bank)
4. See map enclosed.

Driving Directions From Lillington/Dunn to Overhills High School

Located at 2495 Ray Road, Spring Lake NC

1. Take E Front St to S Main St
2. Turn right onto S 1st St
3. Turn right onto E Front St
4. Turn left onto S Main St
5. Turn right onto NC-210 S Pass by Burger King (on the left) Western District Park will be on right 702 W. Clinton Street
6. Turn right onto Overhills Rd, then turn left to stay on Overhills Rd.
7. At the traffic circle, continue straight to stay on Overhills Rd and then take the 2nd exit on the traffic circle on to Ray Rd.

Driving Directions From Lillington/Dunn to Senior Center East

Located at , 917 Washington Dr, Fayetteville, NC 28301

1. Take E Front St to S Main St
2. Follow NC-210 S to Filter Plant Dr in Fayetteville
3. Turn left onto S Main St
4. Turn right onto NC-210 S Pass by Burger King (on the left)
5. Use any lane to turn slightly left onto NC-210 S/N Bragg Blvd Continue to follow NC-210 S
6. Turn right onto Filter Plant Dr
7. Turn left and then turn right.

Driving from Lillington/Dun to Mendoza Park

Located at 1970 N Bragg Blvd, Spring Lake, NC 28390

Head toward E Cumberland St on S Clinton Ave.

Go for 0.2 m i.

Turn left onto E Pope St.

Go for 0.3 m i.

Continue on Spring Branch Rd.

Go for 0.6 m i.

Take the 1st exit from roundabout.

Go for 0.2 m i.

Take ramp onto I-95 S.

Go for 13.8 m i.

Take exit 58 toward I-295/Fort Liberty onto I-295 S.

Go for 12.6 m i.

Take exit 23 toward NC-24 W/NC-87 N/NC-210/Murchison Rd/Spring Lake.

Go for 0.2 m i.
Turn left onto Murchison Rd (NC-210 N).

Go for 3.8 m i.
Continue on N Bragg Blvd (NC-24 W/NC-87 N).

Go for 1.9 m i.
Turn right onto E Manchester Rd.

Go for 479 ft.
Turn left onto Little River Rd.

Go for 0.3 m i.
Turn right.

Go for 223 ft.

Driving Directions From Lillington/Dunn to Arnette Park

Located at 2165 Wilmington Hwy, Fayetteville, NC 28306

Head toward E Cumberland St on S Clinton Ave.

Go for 1.2 m i.
Continue on Martin Luther King Junior Memorial Hwy (US-301).

Go for 1.1 m i.
Continue on Martin Luther King Junior Memorial Hwy (US-301).

Go for 2.1 m i.
Continue on Dunn Rd (US-301).

Go for 7.7 m i.
Continue on Main St (US-301).

Go for 0.7 m i.
Turn left onto Wade-Stedman Rd.

Go for 0.7 m i.
Take the 1st exit from roundabout onto I-95 S toward Fayetteville.

Go for 14.6 m i.
Take exit 46B-A toward Fayetteville onto NC-87 N.

Go for 2.4 m i.
Take exit 100 toward Owen Dr.

Go for 0.3 m i.
Turn right onto Owen Dr.

Go for 0.2 m i.
Turn right onto Wilmington Hwy.

Go for 0.5 m i.
Turn left.

Go for 0.2 m i.
Turn slightly right.

Go for 0.1 m i.

Driving Directions From Lillington/Dunn to TJ Robinson Life Center

Located at 4221 Black Bridge Rd, Parkton, NC 28371

Head toward E Cumberland St on S Clinton Ave.

Go for 0.2 m i.

Turn left onto E Pope St.

Go for 0.3 m i.

Continue on Spring Branch Rd.

Go for 0.6 m i.

Take the 1st exit from roundabout.

Go for 0.2 m i.

Take ramp onto I-95 S.

Go for 30.7 m i.

Take exit 41 toward NC-59/Hope Mills/Parkton/Cypress Lakes onto NC-59 W (Chickenfoot Rd).

Go for 3.8 m i.

Turn left onto Golfview Rd.

Go for 1.6 m i.

Continue on Black Bridge Rd.

Go for 0.6 m i.

Turn left.

Go for 79 ft.

Turn left.

Go for 92 ft.

Driving Directions From Lillington/Dunn to CCCC Emergency Services Training Center

Located at 3000 Airport Rd, Sanford, NC 27330

Head toward E Cumberland St on S Clinton Ave.

Go for 184 ft.

Turn right onto E Cumberland St (US-421).

Go for 14.1 m i.

Turn left onto N Main St (US-401 S/US-421 S).

Go for 1.6 m i.

Turn right onto W Front St (US-421).

Go for 17.7 m i.

Keep right onto US-421 N.

Go for 427 ft.

Continue on US-421-BR.

Go for 0.6 m i.

Turn right onto NC-87 S (NC-87 N).

Go for 1.1 m i.

Turn left onto E Main St (NC-78).

Go for 1.2 m i.
Continue on Tram way Rd (NC-78).

Go for 1.3 m i.
Turn left onto Airport Rd.

Go for 328 ft.
Turn right.

Go for 0.2 m i.

Driving Directions From Lillington/Dunn to G B Myers Recreation Center *Located at 1018 Rochester Dr, Fayetteville, NC 28305*

Head toward E Cumberland St on S Clinton Ave.

Go for 0.2 m i.
Turn left onto E Pope St.

Go for 0.3 m i.
Continue on Spring Branch Rd.

Go for 0.6 m i.
Take the 1st exit from roundabout.

Go for 0.2 m i.
Take ramp onto I-95 S.

Go for 17.0 m i.
Take exit 56 toward US-301/Fayetteville/Fort Bragg/Pope AAF/Eastover onto I-95-BR S.

Go for 7.2 m i.
Turn right and take ramp onto NC-87 N (Martin Luther King Jr Fwy) toward Martin Luther King Jr Fwy.

Go for 1.1 m i.
Take exit 104 toward Robeson St/US-401-BR.

Go for 0.3 m i.
Turn left onto Robeson St (US-401-BR).

Go for 0.3 m i.
Turn right onto Commerce St.

Go for 0.1 m i.
Take the 2nd exit from roundabout onto Commerce St.

Go for 0.2 m i.
Turn left onto Rochester Dr.

Go for 0.3 m i.
Turn right.

Go for 131 ft.

Driving Directions to Erwin/Lillington from Fayetteville

Driving Directions to Boone Trail Community Center & Library, 8500 Old US 421, Lillington, NC 27546

Head north on Green St.

Go for 0.1 m i.

Turn left onto Rowan St (NC-24 W/NC-210 W).

Go for 0.6 m i.

Turn right onto Murchison Rd (NC-210 W).

Go for 9.1 m i.

Turn right onto Lillington Hwy (NC-210).

Go for 15.4 m i.

Continue on NC 210 S (NC-210).

Go for 2.6 m i.

Turn left onto S Main St (US-401).

Go for 0.5 m i.

Turn left onto W Front St (US-421).

Go for 8.3 m i.

Turn left onto Dean Rd.

Go for 0.6 m i.

Turn left onto Old US 421.

Go for 0.1 m i.

Driving Directions from Fayetteville to Dormy's Sweet Spot Mini Golf

*Located at 112 W. Jackson Blvd. Erwin, NC 28339 *

Head north on Green St.

Go for 0.1 m i.

Turn right onto Grove St (NC-24/NC-210).

Go for 0.8 m i.

Turn left onto N Eastern Blvd (I-95-BR N).

Go for 20.9 m i.

Take exit 71 toward Long Branch Rd onto Dixieland Rd.

Go for 0.2 m i.

Turn left onto Long Branch Rd.

Go for 0.9 m i.

Continue on Arrowhead Rd.

Go for 0.9 m i.

Continue on Dorman Rd.

Go for 1.5 m i.

Turn right onto NC Highway 82 (NC-82).

Go for 1.2 m i.

Continue on NC Highway 82 (NC-82).

Go for 223 ft.
Continue on Iris Bryant Rd (NC-82).

Go for 0.8 m i.
Turn right onto S 13th St (NC-82).

Go for 1.4 m i.
Continue on NC-55.

Go for 0.1 m i.
Turn left.

Go for 341 ft.

Driving Directions from downtown Fayetteville: to Senior Center East, 917 Washington Dr, Fayetteville, NC 28301

1. Head west on Hay St toward Maxwell St
2. Turn right onto Bragg Blvd
3. Continue onto NC-210 N
4. Turn left onto Washington St
5. Will be on left

to Methodist University, 5400 Ramsey St. Fayetteville, NC

1. Once in Fayetteville follow NC-24
2. Turn onto Ramsey Street by the CVS Pharmacy
3. Follow Ramsey Street to make a right on Lowdermilk Drive (you will see a Truist Bank)

to John D Fuller Sr. Recreational/Athletic Complex, 6627 Old Bunce Road, Fayetteville, NC (SilverArts Performing and Cheerleader Showcase)

1. Once in Fayetteville follow NC-24 W
2. Turn Left on Robeson Street
3. Turn Left on Raeford Road (US-401)
4. Continue on Raeford Road about 4 miles
5. Turn Right on Bunce Road
6. Turn Left on Old Bunce Road
7. JD Fuller Recreation Center will be on Left

to TJ Robinson Life Center, 4221 Black Bridge Rd, Parkton, NC 28371

Head south on Green St.

Go for 0.2 m i.
Take the 2nd exit from Market Sq roundabout onto Gillespie St.

Go for 0.8 m i.
Turn right onto Southern Ave.

Go for 2.1 m i.
Turn right onto Owen Dr.

Go for 0.1 m i.
Turn left onto Camden Rd.

Go for 4.1 m i.
Continue on Camden Rd.

Go for 466 ft.

Turn left onto N Main St (NC-59).

Go for 0.7 mi.

Turn right onto Golfview Rd.

Go for 1.6 mi.

Continue on Black Bridge Rd.

Go for 0.6 mi.

Turn left.

Go for 79 ft.

Turn left.

Go for 92 ft.

to Lamon Street Park, 121 Lamon Street, Fayetteville, NC

1. Once in Fayetteville follow NC-24/Grove Street
2. Turn Right on Ramsey Street
3. Turn Right on Lamon Street
4. Lamon Street Park will be on Left

to King's Grant Golf Course, 347 Shawcroft Road, Fayetteville, NC

1. Once in Fayetteville follow Ramsey Street
2. Turn right onto Shawcroft
3. Turn left into King's Grant Golf Course entrance, park at club house

to Arnette Park, 2165 Wilmington Hwy, Fayetteville, NC 28306

Head north on Green St.

Go for 0.1 mi.

Turn left onto Rowan St (NC-24 W/NC-210 W).

Go for 0.9 mi.

Turn left and take ramp onto US-401-BR S (Martin Luther King Jr Fwy) toward NC-87 S.

Go for 1.0 mi.

Continue on NC-87 S (Martin Luther King Jr Fwy).

Go for 3.0 mi.

Take exit 100 toward Owen Dr.

Go for 0.3 mi.

Turn left onto Owen Dr.

Go for 0.4 mi.

Turn right onto Wilmington Hwy.

Go for 0.5 mi.

Turn left.

Go for 0.2 mi.

Turn slightly right.

Go for 0.1 mi.

to Overhills High School, 2495 Ray Road, Spring Lake NC

1. Take Hay St to NC-210 N
2. Continue onto NC-210 N
1. Pass by Ruby Tuesday (on the right in 8.9 mi)
2. Follow NC-210 N and Ray Rd to your destination in Anderson Creek
3. Use the right 2 lanes to turn right to stay on NC-210 N
4. Use the left 2 lanes to turn left onto Ray Rd
5. Slight left then turn right

to Mendoza Park, 1970 N Bragg Blvd, Spring Lake, NC 28390

Head north on Green St.

Go for 0.1 mi.

Turn left onto Rowan St (NC-24 W/NC-210 W).

Go for 6.6 mi.

Turn right and take ramp onto I-295 N toward NC-210 E.

Go for 0.6 mi.

Keep right onto NC-24 W/NC-87 N toward NC-210/Murchison Rd/Spring Lake.

Go for 0.6 mi.

Take the left exit toward I-295 N/Murchison Rd/Spring Lake onto NC-24 W/NC-87 N/NC-210 N (Murchison Rd).

Go for 4.2 mi.

Continue on N Bragg Blvd (NC-24 W/NC-87 N).

Go for 1.9 mi.

Turn right onto E Manchester Rd.

Go for 479 ft.

Turn left onto Little River Rd.

Go for 0.3 mi.

Turn right.

Go for 223 ft.

Driving Directions to B & B Lanes, will be separately sent to all bowlers.

N O R T H
C A R O L I N A
Senior Games



July 1, 2026 – NCSG Early Bird
Registration Deadline

August 1, 2026 - NCSG Registration
Deadline

**NATIONAL QUALIFYING YEAR

Register online torch.ncseniorgames.org

THE STATE FINALS DEADLINES
ARE STRICTLY ENFORCED -
NO EXCEPTIONS!!!

BIG WEEK
SEPTEMBER 14^h – 20th

NCSG STATE FINALS 2026,
CARY/DURHAM/RALEIGH

IMPORTANT STATE FINALS
INFORMATION

It is **YOUR** responsibility to check with
your Local Games Coordinator,
LaShonda Gough at 323-4191 ext. 40, at
the Mid-Carolina Area Agency on Aging
to determine if you are qualified for State
Finals and to get a State Finals
registration packet.

If you think you have qualified for the
State Finals and have not received an
entry form by **June 1**, it is **YOUR**
responsibility to call and request a form.
Mid-Carolina Senior Games cannot be
held responsible for people who do not
register for the State Finals by August 1.



EVENT CALENDAR



APRIL 2026 Age 50+ Mid-Carolina Senior Games

DATE	EVENT	TIME	LOCATION
MONDAY, APRIL 6	5K Run 1500 M Power Walk 100 Meter Dash 400 Meter Dash 50 Meter Dash 200 Meter Dash	9:00 AM 10:00 AM 10:30 AM 10:45 AM 11:15 AM 11:30 AM	Overhills High school
TUESDAY, APRIL 7	800 M Run 5K Power Walk (3.1 miles) 1500 Meter Run (1 mile)	9:00 AM 9:30 AM 10:45 AM	Overhills High school
WEDNESDAY, APRIL 8 *CELEBRATION OF THE GAMES* 40 YEARS	Registration Opens <i>Torch Lighting Ceremony</i> SilverStriders Fun Walk (1 mile), Standing & Running Long Jump, Basketball Shooting, Shot Put, Discus, Softball Throw, Football Throw Health and Fitness Fair	7:30 AM 9:00 AM 9:30 AM to 11:00 AM AM 9:30 AM to 1130 AM	METHODIST UNIVERSITY <i>Monarch Stadium</i>
THURSDAY, APRIL 9	Pickleball - Singles Table Tennis - (Singles, Doubles*, Mixed Doubles*)	9:00 AM 2:00 PM	TJ Robinson Center Tokay Senior Fitness Center
SATURDAY, APRIL 11 & 18	Softball Tournament	9:00 AM	Lamon Street Park
MONDAY, APRIL 13	Cycling 1 Mile/Recumbent/Trike Cycling 5K/Recumbent/Trike Cycling 10K/Recumbent/Trike	9:00 AM 10:00 AM 10:30 AM	CCCC Emergency Services Training Center 3000 Airport Rd, Sanford, NC 27330
TUESDAY, APRIL 14	Tennis – (Singles, Doubles* and Mixed Doubles*) Swimming	9:00 AM 2:00 PM	Mazarick Park Cumberland Co YMCA
WEDNESDAY, APRIL 15	Billiards Badminton (Singles, Doubles*, Mixed Doubles*)	9:00 AM 1:30 PM	Senior Center East TJ Robinson Center
THURSDAY, APRIL 16	Pickleball - Mixed Doubles Cornhole Basketball Tournament	9:00 AM 9:00 AM 6:00 PM	G. B. Myers Recreation Center Boone Trail Community Center Methodist University
MONDAY, APRIL 20	Disc Golf Golf	9:00 AM 9:00 AM	Arnette Park Disc Golf Course Kings Grant Golf Club
TUESDAY, APRIL 21	Bowling - Mixed Doubles	12:00 PM	B & B Lanes, Fayetteville
WEDNESDAY, APRIL 22	Horseshoes	9:00 AM	Edward Mendoza Municipal Park, Spring Lake
THURSDAY, APRIL 23	SilverArts Display SilverArts Performance	1:00-2:00 PM 2:00 PM	John D. Fuller Sr. Recreational Complex
FRIDAY, APRIL 24	Mini Golf	9:00 AM	Dormy's Sweet Spot Mini Golf, Erwin
MONDAY, APRIL 27	Pickleball - Doubles	9:00 AM	G. B. Myers Recreation Center
TUESDAY, APRIL 28	Bowling - Singles	12:00 PM	B & B Lanes, Fayetteville
THURSDAY, APRIL 30	Bowling - Doubles	1:00 PM	B & B Lanes, Fayetteville