2025	Mid-Carolir	na Senior Games Events	Schedule
WEDNESDAY, APRIL 9	7:30 AM 9:00 AM 9:30 AM	Registration Opens Torch Lighting Ceremony SilverStriders Fun Walk (1 mile) ing & Running Long Jump, Basketball Shooting, Shot Put, Discus, Softball Throw, Football Throw)	Methodist University Methodist University Methodist University Methodist University Methodist University
	9:30 AM - 1130 AM	Health and Fitness Fair	Methodist University
THURSDAY, APRIL 10	9:00 AM 2:00 PM	Pickleball (Singles) Table Tennis (Singles, Doubles*, Mixed Doubles*)	Hope Mills Recreation Center Tokay Senior Fitness Center
FRIDAY, APRIL 11	9:00 AM 2:30 PM	Bowling-Mixed Doubles Billiards	B & B Lanes, Fayetteville Senior Center East
SATURDAY, APRIL 12 & MAY 3	9:00 AM	Softball Tournament	<u>Lamon Street Park</u>
MONDAY, APRIL 14	9:00 AM	Pickleball (Doubles)	G. B. Myers Recreation Center
TUESDAY, APRIL 15	9:00 AM 9:00 AM 11:00 AM 2:00 PM	Tennis – (Singles, Doubles* and Mixed Doubles*) Shuffleboard (women's singles) Shuffleboard (men's singles) Swimming	Mazarick Park Tennis Center Bellamy Recreation Center Bellamy Recreation Center Sampson Co YMCA
WEDNESDAY, APRIL 16	6:00 PM	Basketball Tournament	Methodist University
THURSDAY, APRIL 17	9:00 AM	Pickleball (Mixed Doubles)	G. B. Myers Recreation Center
MONDAY, APRIL 21	10:00 AM 9:00 AM 09:30 AM 10:45 AM	Croquet 800 M Run 5K Power Walk (3.1 miles) 1500 Meter Run (1 mile)	Town of Lillington Park, Chamber fld. Overhills Highschool Overhills Highschool Overhills Highschool
TUESDAY, APRIL 22	9:00 AM 11:00 AM	Horseshoes (women's singles) Horseshoes (men's singles)	Royal Lane Park Royal Lane Park
WEDNESDAY, APRIL 23	9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:45 AM 11:15 AM 11:30 AM	Bocce 5K Run 1500 M Power Walk 100 Meter Dash 400 Meter Dash 50 Meter Dash 200 Meter Dash	Western District Park, Roseboro Overhills Highschool Overhills Highschool Overhills Highschool Overhills Highschool Overhills Highschool Overhills Highschool
THURSDAY, APRIL 24	12:00-2:00 PM	SilverArts Display	John D. Fuller Sr. Recreational Complex
FRIDAY, APRIL 25	2:00 PM 9:00 AM	SilverArts Performance & Cheerleader Showcase Mini Golf	John D. Fuller Sr. Recreational Complex Dormy's Sweet Spot Mini Golf, Erwin
SATURDAY, APRIL 26	9:00 AM 9:30 AM 10:00 AM	Cycling 10K/Recumbent 10K Cycling 1 Mile/Recumbent 1 Mile Cycling 5K/Recumbent 5K	Royal Lane Park Royal Lane Park Royal Lane Park
MONDAY, APRIL 28	9:00 AM	Disc Golf	Arnette Park Disc Golf Course
THURSDAY, MAY 1	9:00 AM 9:00 AM	Badminton (Singled, Doubles*, Mixed Doubles*) Cornhole	Hope Mills Recreation Center Gym Al Woodall Municipal Park, Erwin
MONDAY, MAY 5	9:00 AM	Golf	Kings Grant Golf Club
THURSDAY, MAY 8	9:00 AM	Bowling-Singles	B & B Lanes, Fayetteville
THURSDAY, MAY 15	9:00 AM	Bowling-Doubles	B & B Lanes, Fayetteville

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 your 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 12:00 AM-2:00 PM. No items will be permitted to leave before 2:00 PM! All artwork must be picked up no later than 5:00 PM **Times listed are start times; participants should arrive 30 minutes prior to check in.

Otherwise, they may forfeit their play!

^{*}Age groups of players is determined by age of the youngest player. **It is the participants responsibility to obtain awards. If you leave prior to awards being distributed, you must schedule pickup with local coordinator. Awards will not be mailed. **

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 2025, 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

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 <u>MUST</u> 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, 2025. It is your responsibility to check email or ask if you think you have qualified but have not received notification by June 1st, 2025. 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 24, 2025 12:00-2:00 PM SILVERARTS PERFORMING SHOWCASE TO FOLLOW ART VIEWING

SilverArts Visual, Heritage and Literary

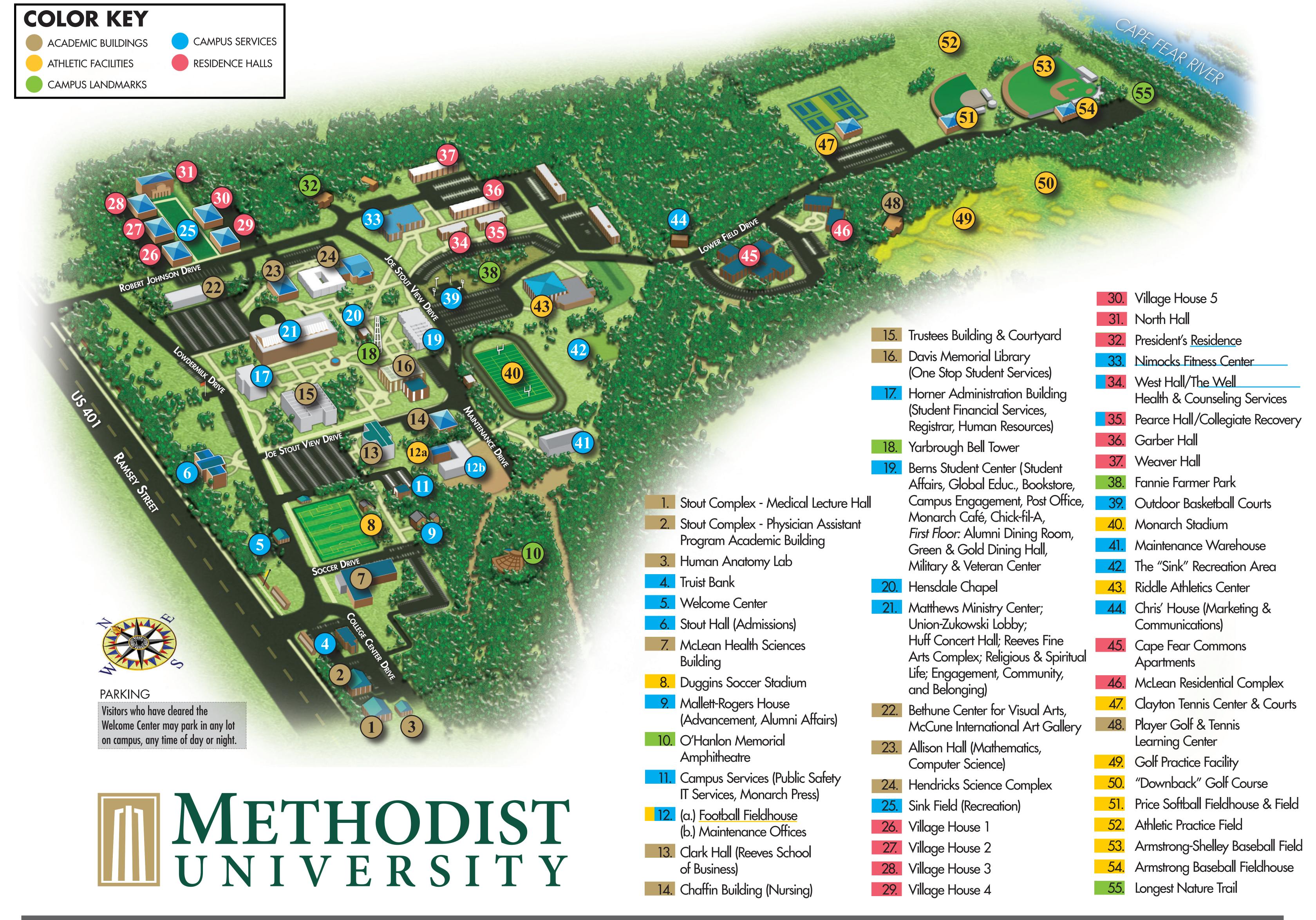
- 1. Please note if you did not turn in your art entries to the Spring Lake Senior Center by Thursday, April 10th by 5:00 PM you are automatically disqualified to participate in the SilverArts show.
- 2. NCSG will only accept one entry per sub-category for each participant at State Finals.
- 3. Mid-Carolina 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).

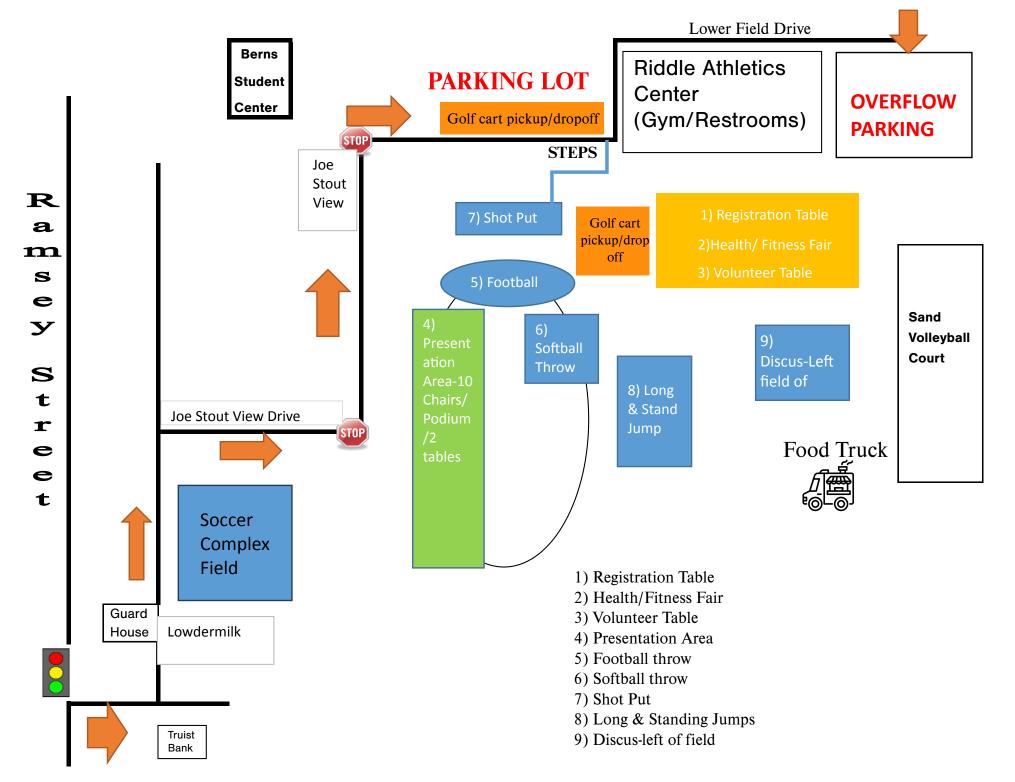
SilverArts Performance & Cheerleader Showcase

- 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 <u>must</u> check in at least 30 minutes prior and submit music to soundman. Anyone not checked in and ready to perform by show time may <u>forfeit</u> their participation.
- 3. First, second and third place ribbons 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.







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 should need 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 Clinton to Methodist University

- 1. Follow US 421 toward Dunn
- 2. Turn Left on US 13/Fayetteville Road
- 3. Road will change to NC-295S
- 4. Take Exit 28 onto US 401 Ramsey Street
- 5. Turn left at the light onto Lowdermilk dr. (you will see a Truist Bank)
- 6. See Map enclosed.

Driving Directions From Fayetteville to Clinton

Royal Lane Park in Clinton, 500 Pierce Street, Clinton, NC 28328

- 1. Follow NC-24 E to Clinton
- 2. Turn Left on Pierce Street
- 3. Multipurpose field on Right
- 4. Continue straight to the Bellamy Center, center will be on right

Sampson County YMCA in Clinton, 417 E Johnson St., Clinton NC 28328

- 1. Take Person St to NC-24 E/Grove St
- 2. Follow NC-24 E to Sunset Ave in Clinton
- 3. Continue on Sunset Ave. Drive
- 4. Turn left onto Williams St
- 5. Turn right onto W Johnson St

Driving Directions From Lillington/Dunn to Clinton

Royal Lane Park in Clinton, 500 Pierce Street, Clinton, NC 28328

- 1. Follow US-421 S to Clinton
- 2. Exit NC-24 W off US-421 S
- 3. Turn Right on NC-24 W
- 4. Turn Right on Pierce Street
- 5. Multipurpose field on Right
- 6. Continue straight to the Bellamy Center, center will be on right

Sampson County YMCA in Clinton, 417 E Johnson St., Clinton NC 28328

- 1. Follow US-421 S to Clinton
- 2. Turn left onto McKoy St
- 3. Turn left onto W Johnson St

Driving Directions From Lillington/Dunn to Western District Park

Located at 702 W. Clinton Street, Roseboro, NC 28382

- 1. Follow US-421 S
- 2. Turn right on Highway 242 E
- 3. Continue on Hwy 242 E into Roseboro
- 4. Continue on Hwy 242 E at lighted intersection
- 5. Turn right on W. Clinton Street (will be second street after intersection)
- 6. Western District Park will be on right 702 W. Clinton Street

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 Directions From Clinton to Senior Center East

Senior Center East, 917 Washington Dr, Fayetteville, NC 28301

- 1. Take Fayetteville St to Sunset Ave
- 2. Follow NC-24 W to NC-210 N in Fayetteville
- 3. Fayetteville St turns slightly left and becomes Sunset Ave Pass by KFC (on the right in 0.8m)
- 4. Continue onto NC-24 W
- 5. Turn right onto NC-210 N
- 6. Turn left onto Washington St, turn right, then turn left

Driving Directions From Clinton to Western District Park

Located at 702 W. Clinton Street, Roseboro, NC 28382

- 1. Follow Highway 24 W to Roseboro
- 2. Turn Left on 242 E at the lighted intersection
- 3. Turn right on W. Clinton Street (will be second street after intersection)
- 4. Western District Park will be on right 702 W. Clinton Street

Sampson County YMCA in Clinton, 417 E Johnson St., Clinton NC 28328

- 1. Head northeast on Main St toward Lisbon St
- 2. Turn left onto Sampson St
- 3. Turn right onto Vance St
- 4. Turn left onto Beaman St
- 5. Turn left onto E Johnson St

Driving Directions From Clinton to Overhills High School

Located at 2495 Ray Road, Spring Lake NC

- 1. Head northeast on Main St toward Lisbon St
- 2. Follow US-421 N, High House Rd and Maxwell Rd to Hayfield Rd in Cumberland County
- 3. Turn left onto Sampson St
- 4. Turn left onto W Johnson St
- 5. Turn right at the 1st cross street onto McKoy St
- 6. Slight right onto US-421 N
- 7. Turn left onto Kitty Fork Rd
- 8. Slight left onto High House Rd
- 9. Continue onto Maxwell Rd
- 10. Turn right onto Hayfield Rd
- 11. Turn left onto US-13 S
- 12. Continue onto I-295 S
- 13. Take exit 25 B to merge onto McArthur Rd
- 14. Continue onto McCormick Bridge Rd
- 15. Turn right onto Sandclay Rd
- 16. Continue onto Ray Rd

Driving Directions From Fayetteville to Western District Park

Located at 702 W. Clinton Street, Roseboro, NC 28382

- 1. Follow Highway 24 E to Roseboro
- 2. Turn Right on 242 E at the lighted intersection
- 3. Turn right on W. Clinton Street (will be second street after intersection)
- 4. Western District Park will be on right 702 W. Clinton Street

Driving Directions to Erwin/Lillington from Clinton

Driving Directions to Al Woodall Municipal Park, 810 S. 16th Street, Erwin, NC 29339

- 1. Follow US-421 N through Dunn
- 2. Turn Left on Masonic Road (will be 1st stop light after passing the Wal-Mart Shopping Center)
- 3. Turn Right at Stop Sign onto Denim Drive
- 4. Turn Left at Stop Light on to 13th Street
- 5. Turn Right on W. B Street
- 6. Turn Left on S. 16th Street, arrive at 810 S. 16th Street

Driving Directions to Dormy's Mini Golf, 112 W. Jackson Blvd. Erwin, NC 28339

- 1. Follow US-421 N through Dunn
- 2. Turn right and arrive at 112 W. Jackson Blvd.

Driving Directions to Lillington Town Park, 405 S. 1st Street, Lillington, NC 27546

- 1. Follow US-421 toward Dunn
- 2. Remain on US-421 to Lillington
- 3. At intersection of 401, 210 and 421 turn left remaining on 421
- 4. Make the first left turn after crossing the river on E. Edgar Street (by car wash, but before train track)
- 5. Croquet field will be straight back one block

Driving Directions to Erwin/Lillington from Fayetteville

Driving Directions to Al Woodall Municipal Park, 810 S. 16th Street, Erwin, NC 29339

- 1. Follow US-401 toward Erwin
- 2. Turn Right on Byrds Mill Road
- 3. Turn Left on NC 217
- 4. Continue on NC 217
- 5. Once in Erwin go through 1st stop light
- 6. Turn Left on W. C Street (second street on left after stop light)
- 7. Turn Left on S. 16th Street, arrive at 810 S. 16th Street

Driving Directions to Dormy's Mini Golf, 112 W. Jackson Blvd. Erwin, NC 28339

- 1. Follow US-421 S toward Erwin
- 2. Turn left and arrive at 112 W. Jackson Blvd.

Driving Directions to Lillington Town Park, 405 S. 1st Street, Lillington, NC 27546

- 1. Follow US-401 to Lillington
- 2. Turn Right on E. Edgar Street (by car wash)
- 3. Croquet field will be straight back one block.

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 Hope Mills Recreation Center, 5770 Rockfish Road, Hope Mills, NC

- 1. Once in Fayetteville follow NC-24 W
- 2. Turn onto N. Eastern Blvd (I-95B)
- 3. Turn right onto Owen Drive
- 4. Turn left onto Camden Road
- 5. Turn left onto Main Street (NC-59)
- 6. Turn right onto Rockfish Road
- 7. Hope Mills Recreation Center will be on the right

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 Overhills High School, 2495 Ray Road, Spring Lake NC

- 1. Take Hay St to NC-210 N
- 2. Continue onto NC-210 N
- 3.

 □ Pass by Ruby Tuesday (on the right in 8.9 mi)
- 4. Follow NC-210 N and Ray Rd to your destination in Anderson Creek
- 5. Use the right 2 lanes to turn right to stay on NC-210 N
- 6. Use the left 2 lanes to turn left onto Ray Rd
- 7. Sligh left then turn right

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





EST 2016

EST 2016

BRUNCH - COFFEE- GRANOLA - BAKERY

ENTREES -S12

WITH CHOICE OF SIDE SALAD-FRUIT CUP-GRITS-BEVERAGE



Complete Breakfast

2 Slices of Batter-Dipped Brioche French toast or a fluffy Waffle, crispy bacon and a fried egg.

Power Grain Bowl

Flavorful quinoa, sauteed peppers, onions, spinach with turkey sausage and 2 fried eggs. *Vegan/Vegetarian option

Fried Egg & Bacon Sandwich

2 Fried eggs with crispy bacon on toasted brioche.

Grits Bowl

Creamy grits whipped with goat cheese, topped with crispy bacon and a fried egg.

Spring Cobb Salad

Spring greens, carrots, cucumbers, tomatoes, topped with crispy bacon and a fried egg. *Choice of Ranch or Italian Dressing

Chicken Salad Sandwich

Seasoned grilled chicken in a creamy dressing, topped with cucumbers and spring greens on toasted brioche.

Fruit & Yogurt Bowl 🖠

Seasonal fruit blend with creamy Greek yogurt topped with our own gourmet granola.

· Ask granola availability

Vegan Patty Melt \$15

Toasted sour dough, vegan american cheese, sauteed peppers and onions on a scratch-made seasoned vegan patty.

KIDS' MEALS - \$6

WITH CHOICE OF LEMONADE OR SWEET TEA

Breakfast Meal

Kid's waffle or a slice of French toast with 2 pieces of bacon.

Mini- Fruit & Yogurt Bowl creamy Greek yogurt topped with seasonal fruit

1/2 Chicken Salad Sandwich Seasoned grilled chicken in a creamy dressing

topped with cucumbers and spring greens on toasted brioche.

Vegan Grilled Cheese Sandwich

1/2 toasted sourdough with vegan American



DRINKS, SIDES & EXTRAS

Sweet Tea - \$3 Lemonade - \$3 Hot Tea - \$3 Hot Coffee - \$3 Moka Espresso Shot - \$3 Hot Chocolate - \$3 Iced Coffee - \$4 Iced Caramel Coffee - \$4 Iced Mocha - \$4 Vanilla Frappe - \$5

Caramel Frappe - \$5 Mocha Frappe - \$5 Nitro - \$5 Mocha Nitro - \$5 Side Salad - \$3 Fruit Cup - \$3 Side of Grits - \$3 Side of Chicken Salad-\$3 Side of Bacon - \$2 Each Side of Egg - \$2 Each









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/

Opening Day Events at Monarch Stadium, Methodist University
In the event of inclement weather for Wednesday, April 9th all events and activities will be postponed until Wednesday April 30th. Decision to be made by noon on Tuesday, April 8th.

Delay any outdoor event if thunder or lighting

Outdoor events include:

Opening Ceremony and Opening Day Events

Croquet ● Cornhole ● Golf ● Softball Tournament ● Track Events ● Horseshoes ● Bocce ● Cycling ● Mini Golf●

Disc Golf



July 1, 2025 – NCSG Early Bird
Registration Deadline
August 1, 20205 - NCSG Registration
Deadline
Register online torch.ncseniorgames.org

THE STATE FINALS DEADLINES

ARE STRICTLY ENFORCED
NO EXCEPTIONS!!!

BIG WEEK SEPTEMBER 15^h – 21st

NCSG STATE FINALS 2025, 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.