

29th Annual



Entry Information

YORK, PA

JULY 22-25, 2009

ELIGIBILITY

Athletes who will be 50 years of age or older as of December 31, 2009 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+ for both males and females. Open State Policy: The Pennsylvania Senior Games will permit out-of-state residents to participate in the 2009 PSG competition.

The Pennsylvania Senior Games reserves the right to cancel or consolidate events where such action is warranted. Athletes must compete to be eligible for a medal. The age division of doubles teams is determined by the age of the younger partner.

ENTRY PROCEDURE

Complete the application, sign the participant release, and mail along with payment prior to the deadline of June 26, 2009.

- A \$30.00 nonrefundable registration fee must be included with each entry form.
- Late Entry Fee - after June 26, \$15.00 will be added to the registration fee for a nonrefundable entry fee \$45.00. NO applications will be accepted after July 3, 2009.
- Each person registering must complete the entire entry form.
- Entry forms and checks are to be sent to Pennsylvania Senior Games, c/o Keystone State Games, PO Box 1166 Wilkes-Barre, PA 18703.
- Each participant will receive a Confirmation Notice that will indicate his/her events. IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO CHECK THEIR CONFIRMATION NOTICE FOR ERRORS.
- All athletes registering for the PSG will receive a commemorative t-shirt at registration.

SCHEDULE CONFLICTS

With the numerous competitions offered in the PA Senior Games, conflicts in scheduling will arise. It is responsibility of each athlete to enter events that will not conflict in time and location. No time allowance will be guaranteed.

MEDICAL

The medical information form is required of everyone registering for the Pennsylvania Senior Games and must accompany the registration form.

There will be medical personnel at several venues during the Games. Their services are available to all participants. If you are transported by ambulance, the fee will be billed to you directly.

PSG strongly urges everyone to start a conditioning program prior to competition. A good exercise program is important for physical and mental health. Check with a physician before starting so you are aware of any limitations.

INSURANCE

Each participant is responsible for their own medical insurance. It is expressly understood that the Pennsylvania Senior Games, a program of Keystone State Games, Inc., does not insure against and accepts no responsibility for personal injury, property loss, or damage which might be sustained by the participant as a result of their participation.

HOUSING

Staying in York is easy. Visit the York online housing bureau to make your reservations, <http://housing.yorkpa.org> or call 1-888-858-YORK.

REFUNDS

Registration fees are nonrefundable.

DONATIONS

We encourage you to support the Pennsylvania Senior Games with a donation of your choice. Please earmark your donation to one of the three areas on the registration page. You may include your donation with your entry or enclose a separate check. Thank you for your continued support of the Pennsylvania Senior Games.

SOCIAL EVENTS

A social event for senior athletes is tentatively set for Thursday, July 23, 2009. Details will be announced at a later date.

REGISTRATION HOURS - Toyota Arena, York Expo Center

Tuesday, July 214:00pm-8:00pm
Wednesday, July 22.....8am- 12pm and 4pm-8pm
Thursday, July 23.....8:00am-8:00pm
Friday, July 248:00am-7:00pm
Saturday, July 25 8:00am-12:00pm

DIRECTIONS

Registration Site: York Expo Center, 334 Carlisle Avenue, York (formerly known as the York Fairgrounds)

- **From Points North (Harrisburg)** - Follow I-83 South to Exit 22 North George Street. At the traffic light bear right onto North George (not a hard right onto Lightner Rd.) Follow North George St. (1/2 mile) to next traffic light and turn right onto Rt. 30/Loucks Road. Follow Rt. 30 West (2.2 miles) and exit at Carlisle Avenue. At the traffic light turn left onto Carlisle Avenue (Rt. 74). The York Expo Center/York Fairgrounds are located 1.1 miles ahead on right side of Carlisle Avenue.
- **From Points North (Wilkes-Barre)** - Follow I-81 (95 miles) South to I-83 South. Follow directions above from Harrisburg.
- **From Points East or West (Pittsburgh & Philadelphia)** - Follow PA Turnpike to Exit 242 Harrisburg/York /I-83. Follow I-83 South to Exit 22 North George Street. At the traffic light bear right onto North George (not a hard right onto Lightner Rd.) Follow North George St. (1/2 mile) to next traffic light and turn right onto Rt. 30/Loucks Road. Follow Rt. 30 West (2.2 miles) and exit at Carlisle Avenue. At the traffic light turn left onto Carlisle Avenue (Rt. 74). The York Expo Center/York Fairgrounds are located 1.1 miles ahead on right side of Carlisle Avenue.
- **From Points South** - Follow I-83 North to Exit 15 South George St./Business 83. Follow South George St. and turn left at the second traffic light onto Country Club Road. Follow Country Club Road (1 mile) to Richland Avenue. Turn right onto Richland Avenue and follow (1.2 miles) to Linden Avenue. Turn right on Linden Avenue and follow (.1 miles) to Carlisle Avenue. Turn left on Carlisle Avenue and follow (.1 miles) to the York Expo Center/ York Fair Grounds on the left side of Carlisle Avenue.
- **Directions to venues will be available at registration.**

2009 PENNSYLVANIA SENIOR GAMES SCHEDULE OF EVENTS

TIMES LISTED ARE APPROXIMATE START TIMES

PLEASE USE THE CHART ON THE BOTTOM OF THE PAGE TO AVOID CONFLICTS IN SCHEDULING

TUESDAY, JULY 21		
<u>Time</u>	<u>Event</u>	<u>Venue</u>
5:30pm	Tennis Singles (if needed)	PSU-York
WEDNESDAY, JULY 22		
<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Tennis Singles	PSU-York
9:00am	Bowling	Lincolnway Bowling Center
1:00pm	Bowling	Lincolnway Bowling Center
1:00pm	Tennis Doubles	PSU-York
3:30pm	Bowling	Lincolnway Bowling Center
5:30pm	Tennis Mixed Doubles	PSU-York
6:00pm	Bowling	Lincolnway Bowling Center
THURSDAY, JULY 23		
<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Bocce	York Expo Center
8:00am	Shuffleboard Female Singles	York Expo Center
8:00am	Tennis Singles	PSU-York
9:00am	Basketball Shooting/Scoring	West York Middle School
9:00am	Bowling	Lincolnway Bowling Center
9:00am	Track and Field (Field Events)	Central York High School
10:00am	Shuffleboard Male Singles	York Expo Center
10:00am	Volleyball	York Expo Center
1:00pm	Basketball Shooting/Scoring	West York Middle School
1:00pm	Tennis Doubles	PSU-York
2:00pm	Football/Softball Throw	York Expo, Grandstand
2:00pm	Shuffleboard Doubles	York Expo Center
5:30pm	Tennis Mixed Doubles	PSU-York
6:00pm	Basketball "21" Shootout	West York Middle School

3:30pm	Bowling No Tap Tournament	Lincolnway Bowling Center
FRIDAY, JULY 24		
<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Darts Singles	York Expo Center
8:00am	Horseshoes Female Singles	John Rudy Park
8:00am	Tennis Singles	PSU-York
9:00am	Basketball Shooting Final	West York Middle School
9:00am	Football/Softball Throw	York Expo, Grandstand
11:30am	Track and Field (Track Events)	Central York High School
1:00pm	Darts Doubles	York Expo Center
1:00pm	Darts Mixed Doubles	York Expo Center
1:00pm	Horseshoes Female Doubles	John Rudy Park
1:00pm	Tennis Doubles	PSU-York
2:00pm	Football/Softball Throw	York Expo, Grandstand
2:00pm	Swimming	Central York High School
3:00pm	Basketball Shooting Medals	West York Middle School
5:30pm	Tennis Mixed Doubles	PSU-York
SATURDAY, JULY 25		
<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Horseshoes Male Singles	John Rudy Park
8:00am	Tennis Singles	PSU-York
8:30am	Badminton	PSU-York
9:00am	Football/Softball Throw	York Expo
9:00am	Swimming	Central York High School
1:00pm	Horseshoes Male Doubles	John Rudy Park
1:00pm	Tennis Doubles	PSU-York
5:30pm	Tennis Mixed Doubles	PSU-York

Sport	Location	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24	Saturday July 25
Badminton	PSU-York					<input type="checkbox"/>
Basketball Shooting	West York MS			<input type="checkbox"/>	<input type="checkbox"/>	
Bocce	York Expo Center			<input type="checkbox"/>		
Bowling	Lincolnway		<input type="checkbox"/>	<input type="checkbox"/>		
Darts	York Expo Center				<input type="checkbox"/>	
Football/Softball Throw	York Expo Center			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horseshoes	John Rudy Park				<input type="checkbox"/>	<input type="checkbox"/>
Shuffleboard	York Expo Center			<input type="checkbox"/>		
Swimming	Central York HS				<input type="checkbox"/>	<input type="checkbox"/>
Tennis	PSU-York	If needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Track & Field	Central York HS			<input type="checkbox"/>	<input type="checkbox"/>	
Volleyball Team- Female	York Expo Center			<input type="checkbox"/>		

BADMINTON

EVENTS

- Female & Male Singles
- Female & Male Doubles
- Mixed Doubles

DATES - Saturday, July 25,

SITE - Penn State University— York Campus,
1031 Edgecomb Ave., York, PA 17403

AMENITIES - Restrooms, Water

SCHEDULE

Saturday, July 25 8:30am Competition

Match times to be determined based on entries received. Play will continue into Saturday evening in attempt to complete competition in one day.

ENTRY REGULATIONS

- A player may not enter the same event in two different age divisions.

FORMAT

- The competition will be a single elimination tournament or round robin, if the entry size permits.

SPORT RULES

- Courts will be defined and rules will follow those as prescribed by the International Badminton Federation.
- Shuttles will be provided. (Nylon) If players wish to play with feather shuttles they may bring their own and on the understanding that all four players (double) or both players (singles) agree to the use of feathered shuttles, feathers may be used.
- Competitors should bring their own racquets.
- All Singles and Doubles will be best of three 21-point games. Unless Round Robin when each match will be 2 games 21 points no set. Using the Rally Scoring System. Women's Singles will be best of three 11-point games.
- A half hour has been estimated for each game. Because the time is an estimate, please be ready to play 30 minutes ahead of time. If time is limited, due to the large number of entries, the tournament director reserves the right to reduce points played per game in order to accommodate all of the matches but in any event games will not be less than 15 points.

SPORT COORDINATOR

Adrian Smith 215-886-2409, adrian.i.smith@verizon.net

SPORT HOST

Ken Swalgin, 717-771-4037(w), 717-741-4230(h), kxs1@psu.edu

BASKETBALL SHOOTING

EVENTS - Individual Female & Male Competition

- 3 Point Shot
- Foul Shooting
- Hot Shot
- "21" Shoot Out

DATES - Thursday, July 23, Friday, July 24

SITE - West York Middle School,
1700 Bannister St., York, PA 17404

AMENITIES - Restrooms, Water

SCHEDULE

Thursday, July 23

9:00am Shooting/Scoring
1:00pm Shooting/Scoring
6:00pm "21" Shoot Out

Friday, July 24

9am-12pm Shooting/Scoring (Final Time)
3:00pm Medals Awarded

FORMAT

- **3 POINT SHOT** - Men will shoot 10 shots from anywhere behind the 3 Point Arc. Women will shoot 10 shots from a TAPE LINE, which is 3 feet in from the original 3 Point Arc. Men 60 and over will have a choice from the 3 Point Arc or the tape line.
- **FOUL SHOOTING** - 15 shots allowed from the foul line.
- **HOT SHOT** - The winner will be the one who makes the most baskets out of 7 from each of 3 Hot Spots. Hot Spots are the points at which each competitor attempts to make a basket where one foot must be in contact with the Hot Spot but NOT in front of the Hot Spot, before shooting.
Each Hot Spot is located as follows:
 - At the foul line, 15 feet from the basket
 - 10 feet from the center of the basket to the right and 6 feet in from the end line
 - 10 feet from the center of the basket to the left and 6 feet in from the end line
- **"21" SHOOT OUT** - (Long & Short) There is a one hour time limit 6:00pm to 7:00pm. All women will shoot from the foul line for the long shot. Men will shoot from the 3 Point Arc at the top of the key. Men 60 and over will shoot from the tape line (3 feet from the 3 Point Arc). All shooters can elect to shoot from the 3 Point Arc if they so desire. 2 points will be awarded for long shot and 1 point for short shot (lay-up).

SPORT COORDINATOR

Joe Heiser, 717-949-2335, sjoe11@verizon.net

BOCCE

EVENTS - Individual Female & Male Competition

DATES - Thursday, July 23

SITE - York Expo Center— Grandstand

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 23 7:30am Check-In
8:00am Competition

FORMAT

- Tournament format will be determined by number of entries in each age division.
- A 11-point game with a 2-point lead or a 1/2 hour duration ends a game.
- Bocce takes place on a gravel surface within a defined court.

SPORT RULES

- United States Bocce Federation Rules will apply.
- Everyone will be expected to help keep score.

SPORT COORDINATOR

Joe Swartz, 215-541-0820, smashunicorn@yahoo.com

BOWLING

EVENTS

Female & Male Singles
Female & Male Doubles
Mixed Doubles

(continued on page 9)

SPORT INFORMATION

Refer to entry information section for sport description. From each group below select the sports and events in which you wish to compete. Write the name and age of your partner or fellow team members on the line provided where applicable. If no events are listed under a sport, then there is only a singles competition in that sport. Please choose events that will fit into your schedule as to avoid conflicts.

BADMINTON

Singles _____

Doubles _____

Mixed Doubles _____

BASKETBALL SHOOTING

3-Point "21" Foul Shooting Hot Shot

BOCCE

BOWLING **Squad Time**

Singles _____

Doubles _____

Mixed Doubles _____

DARTS

Singles _____

Doubles _____

Mixed Doubles _____

FOOTBALL THROW/SOFTBALL THROW

HORSESHOES

Singles _____

Doubles _____

SHUFFLEBOARD

Singles _____

Doubles _____

SWIMMING (Unlimited events)

Seed Time

Event #1 _____ 200 yd IM

Event #2 _____ 50 yd Freestyle

Event #3 _____ 50 yd Breaststroke

Event #4 _____ 100 yd Backstroke

Event #5 _____ 100 yd Butterfly

Event #6 _____ 500 yd Freestyle

Event #7 _____ 200 yd Breaststroke

Event #8 _____ 200 yd Backstroke

Event #9 _____ 100 yd Freestyle

Event #10 _____ 100 yd Breaststroke

Event #11 _____ 50 yd Backstroke

Event #12 _____ 50 yd Butterfly

Event #13 _____ 100 yd IM

Event #14 _____ 200 yd Freestyle

TENNIS (Two Events Only)

Singles _____

Doubles _____

Mixed Doubles _____

TRACK & FIELD (Unlimited events)

<input type="checkbox"/> #501-100m Dash Women	<input type="checkbox"/> #518-Pole Vault Men
<input type="checkbox"/> #502-100m Dash Men	<input type="checkbox"/> #519-Long Jump Women
<input type="checkbox"/> #503-200m Dash Women	<input type="checkbox"/> #520-Long Jump Men
<input type="checkbox"/> #504-200m Dash Men	<input type="checkbox"/> #521 Triple Jump Women
<input type="checkbox"/> #505-400m Dash Women	<input type="checkbox"/> #522 Triple Jump Men
<input type="checkbox"/> #506-400m Dash Men	<input type="checkbox"/> #523-Shot Put Women
<input type="checkbox"/> #507-800m Dash Women	<input type="checkbox"/> #524-Shot Put Men
<input type="checkbox"/> #508-800m Dash Men	<input type="checkbox"/> #525-Discus-Women
<input type="checkbox"/> #509-1500m Run Women	<input type="checkbox"/> #526-Discus-Men
<input type="checkbox"/> #510-1500m Run Men	<input type="checkbox"/> #527-Javelin Women
<input type="checkbox"/> #511-5000m Run Women	<input type="checkbox"/> #528-Javelin Men
<input type="checkbox"/> #512-5000m Run Men	<input type="checkbox"/> #529-Hammer Women
<input type="checkbox"/> #513-10000m Run Women	<input type="checkbox"/> #530-Hammer Men
<input type="checkbox"/> #514-10000m Run Men	<input type="checkbox"/> #531-1500m Walk Women
<input type="checkbox"/> #515-High Jump Women	<input type="checkbox"/> #532-1500m Walk Men
<input type="checkbox"/> #516-High Jump Men	<input type="checkbox"/> #533-5000m Race Walk Women
<input type="checkbox"/> #517-Pole Vault Women	<input type="checkbox"/> #534-5000m Race Walk Men

VOLLEYBALL TOURNAMENT FEMALE ONLY

Team Name and Captain's Name

PENNSYLVANIA SENIOR GAMES

MEDICAL INFORMATION

THIS FORM MUST BE COMPLETED BY ALL PARTICIPANTS

PLEASE COMPLETE THIS FORM WITH YOUR MOST RECENT MEDICAL INFORMATION. THIS FORM MUST BE KEPT ATTACHED TO THE ENTRY FORM AND RECEIVED BY THE KEYSTONE STATE GAMES OFFICE BY JULY 3, 2009. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM.** PLEASE PRINT OR TYPE ALL INFORMATION.

NAME _____ AGE _____

(AS OF 12/31/09)

ADDRESS _____ GENDER Female Male

PHONE/CELL _____ EMERGENCY CONTACT NAME _____

E-MAIL _____ EMERGENCY CONTACT PHONE _____

WILL EMERGENCY CONTACT BE AT THE COMPETITION? Yes No

PLEASE CHECK ANY KNOWN MEDICAL CONDITIONS:

Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hernia	<input type="checkbox"/> Yes <input type="checkbox"/> No
Bladder/Bowel Problems	<input type="checkbox"/> Yes <input type="checkbox"/> No	Indigestion	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Discomfort When Exercising	<input type="checkbox"/> Yes <input type="checkbox"/> No	Joint Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Pains	<input type="checkbox"/> Yes <input type="checkbox"/> No	Leg Pain On Walking	<input type="checkbox"/> Yes <input type="checkbox"/> No
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	Low Back Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Hearing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Lung Disease	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Seeing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Osteoporosis	<input type="checkbox"/> Yes <input type="checkbox"/> No
Drug Allergies (List Below)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Passing Out Spells	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heart Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No	Shortness of Breath	<input type="checkbox"/> Yes <input type="checkbox"/> No

CURRENT MEDICATIONS _____

LIST DRUG ALLERGIES _____

ARE YOU ALLERGIC TO BEE STINGS? _____

DATE OF MOST RECENT MEDICAL EXAMINATION _____

DOCTOR'S NAME _____ PHONE _____

I ATTEST THAT THE ABOVE INFORMATION IS CORRECT

PARTICIPANT'S SIGNATURE _____ DATE _____

THIS IS A RELEASE

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC. athletic / sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC., their officers, officials, agents and / or employees, other participants, SPONSORING agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY loss or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned, declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es) / team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Pennsylvania Senior Games in any manner incidental to my participation in the Pennsylvania Senior Games without compensation to me.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Date Signed

DATES - Wednesday, July 22, Thursday, July 23

SITE - Lincolnway Bowling Center, 85 N. Fayette Street, York, PA 17404 (Located 1.1 miles west from York Expo Center)

AMENITIES

Restrooms, Food (\$)

SCHEDULE

Wednesday, July 22 9:00am, 1:00pm Squad Times
 3:30pm, 6:00pm Squad Times
Thursday, July 23 9:00am Squad Time
 3:30pm ** No Tap Tournament

ENTRY REGULATIONS

- Age group of doubles will be determined by the age of the youngest partner.
- The \$5.00 fee for each division entered is to be paid at the bowling lane.
- Doubles and Mixed Doubles entrants must give their requested partner's name on the registration form.
- If you do NOT have a partner and wish to enter the doubles competition please mark "need partner" on the registration form.
- Squad time requests should be indicated on entry form.
- Contact Lincolnway Bowling Center for any changes in bowling squad times.

FORMAT

- Medals will be awarded in all events.
- All bowlers will bowl three games for singles, three games for doubles, and three games for mixed doubles.
- Bowling times will be sent directly from Lincolnway Bowling Center.

SPORT RULES

United States Bowling Congress rules will apply.

SPORT COORDINATOR

Russ Cunningham, 717-792-0113,
lincolnwaybowling@verizon.net
Monday-Wednesday, 9am-2pm

** Lincolnway Bowling Center will offer a No Tap Tournament on Thursday, July 23 at 3:30pm. An additional fee is required and will be paid at the lanes. For more information contact Russ Cunningham, 717-792-0113.

DARTS

EVENTS

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES - Friday, July 24

SITE - York Expo Center - Toyota Arena East

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Friday, July 24 7:30am Check-In
 8:00am Singles
 12:30pm Check-In
 1:00pm Doubles & Mixed Doubles
Mixed Doubles will begin at the conclusion of the Doubles Tournament.

ENTRY REGULATIONS

- You may only compete in one age bracket in doubles and

mixed doubles.

- Doubles entrants with partners must give their requested partner's name on the registration form.

FORMAT

- This is a steel-tip tournament.
- A clock or a 20-point face will be used with the throw line at an 7'9 1/4"-foot distance and the bulls eye 68 inches from the floor.
- A score of 301 points will be used for a 1-player singles competition and 501 for doubles competition.
- Official equipment will be available.

SPORT RULES

- Everyone will be expected to help keep score.

SPORT COORDINATOR

Joe Swartz, 215-541-0820, smashunicorn@yahoo.com

FOOTBALL THROW/SOFTBALL THROW

EVENTS - Individual Female & Male Competition

DATES - Thursday, July 23, Friday, July 24, Saturday, July 25

SITE - York Expo Center - Grandstand Infield

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 23 2:00-4:00pm
Friday, July 24 9:00-11:00am
 2:00-4:00pm
Saturday, July 25 9:00-11:00am

FORMAT

- A maximum of three throws will be allowed with the farthest throw within the boundaries being recorded.
- Regulation footballs and softballs will be supplied.

SPORT RULES

- Standing or running throws will be allowed.
- Crossing the throwing line will forfeit the throw.
- Underhand or overhand throws may be used.
- The distance of the throw will be measured from the center point of the throwing line to the point of impact.

SPORT COORDINATOR - PSG Staff

HORSESHOES

EVENTS - Female & Male Singles and Doubles

DATES - Friday, July 24, Saturday, July 25

SITE - John C. Rudy County Park, 400 Mundis Race Road, York (Located 7.5 miles from York Expo Center)

AMENITIES - Restrooms, Water

SCHEDULE

Friday, July 24 8:00am Female Singles
 1:00pm Female Doubles
Saturday, July 25 8:00am Male Singles
 1:00pm Male Doubles

ENTRY REGULATIONS

- Doubles entrants must give their requested partner's **FIRST** and **LAST** name on the registration form.

- If you wish to enter “doubles” and do not have a partner, mark “**NEED PARTNER**” on the form. **BUT** you **MUST** also **CALL** or **E-MAIL** the coordinator. Otherwise, you will very possibly **NOT** be assigned a partner.
- Athletes may not select a partner at the competition site.
- For safety’s sake, no one but the participants will be permitted on the horseshoes courts.

FORMAT

- A 24-shoe game will be pitched in double elimination format.

SPORT RULES

- Athletes are encouraged to bring your own horseshoes.
- Horseshoes will be provided for those who do not have their own.
- The National Horseshoe Pitchers Association of America rules will be in effect.
- Regulation distances are as follows: men (age 69 and under – 40 feet; age 70 and over – 30 feet); women (age 74 and under – 30 feet; age 75 and over – 20 feet).
- The official metal shoe shall not exceed 7 1/4” in width, 7 5/8” in length, and 2 pounds 10 ounces in weight.

SPORT COORDINATOR

Nancy Cederlof, 814-474-3450, pelican35@verizon.net

SHUFFLEBOARD

EVENTS - Female & Male Singles and Doubles

DATES - Thursday, July 23

SITE - York Expo Center

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 24	7:30am	Check-in (Female Singles)
	8:00am	Female Singles
	9:30am	Check-in (Male Singles)
	10:00am	Male Singles
	1:30pm	Check-in (Doubles)
	2:00pm	Doubles

ENTRY REGULATIONS

Note- New Rules for 2009

- Shuffleboard equipment is provided.
- Entrants may bring their own cue.
- Partners may be mixed for doubles play.
- Doubles entrants must give their requested partner’s **FIRST** and **LAST** name on the registration form.
- If you wish to enter “doubles” and do not have a partner, mark “**NEED PARTNER**” on the form. The coordinator will do her best to assign you one.
- Athletes may not select a partner at the competition site.

FORMAT

- Single matches will consist of 12 frames.
- Doubles matches will consist of 16 frames. Partners will play from opposite ends of the court. Each partner shall complete 8 frames.
- Single elimination tournament will be used.
- Portable courts will be used. (52 feet x 6 feet)

SPORT RULES

- National Shuffleboard Association Rules will apply.

SPORT COORDINATOR - Jan Pedersen, 814-456-8435

SWIMMING

EVENTS

Individual Female & Male Competition

- Event 1 200 yd (8 laps) IM (2 laps each: Fly, Back, Breast, Free)
- Event 2 50 yd (2 laps) Freestyle
- Event 3 50 yd (2 laps) Breaststroke
- Event 4 100 yd (4 laps) Backstroke
- Event 5 100 yd (4 laps) Butterfly
- Event 6 500 yd (20 laps) Freestyle
- Event 7 200 yd (8 laps) Breaststroke
- Event 8 200 yd (8 laps) Backstroke
- Event 9 100 yd (4 laps) Freestyle
- Event 10 100 yd (4 laps) Breaststroke
- Event 11 50 yd (2 laps) Backstroke
- Event 12 50 yd (2 laps) Butterfly
- Event 13 100 yd (4 laps) IM (1 lap each: Fly, Back, Breast, Free)
- Event 14 200 yd (8 laps) Freestyle

DATES - Friday, July 24, Saturday, July 25

SITE - Central York High School

651 Mundis Mill Rd., York PA 17402

AMENITIES - Locker rooms, Restrooms, Water, Food(\$)

SCHEDULE

Friday, July 24	2:00pm	Events 1 through 7
Saturday, July 25	9:00am	Events 8 through 14

ENTRY REGULATIONS

- Unlimited events
- Please enter seed times on entry application next to swimming events.
- Changes will not be made to heat sheets at the meet.

FORMAT

- Warm-ups will be an hour before the start of the first event.
- 25-yard Indoor Pool

SPORT RULES

- USMS (United States Master’s Swimming) rules will govern competition.
- Athletes do not have to be members of the USMS to compete.

SPORT COORDINATORS

Greg Bell, 724-925-2806, swimref1@hotmail.com
Kim Brandt, 814-362-0577, kimmer814@yahoo.com

TENNIS

EVENTS

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES

Tuesday, July 21 (if needed), Wednesday, July 22,
Thursday, July 23, Friday, July 24, Saturday, July 25

SITE - Penn State University– York Campus

1031 Edgecomb Ave., York, PA 17403

AMENITIES- Restrooms, Water

SCHEDULE

Tuesday, July 21 (if needed)	5:30pm	Singles (if needed)
Wednesday-Saturday	8:00am	Singles
	1:00pm	Doubles
	5:30pm	Mixed Doubles

ENTRY REGULATIONS

- First match times may be obtained by calling Joan Nessler on SUNDAY, JULY 19 from 9:30am to 12:00 noon or from 7:00pm to 9:00pm. Please call only during these times for your first playing time.
- A player may not enter the same event in two different age divisions.
- Doubles entrants with partners must give their requested partner's name on the registration form.
- If the entrant does not have a partner but wishes to play, it should be indicated on the registration form and the coordinator, if possible, will pair the entrant with someone.
- A \$1.00 fee per person per tournament event (payable at the courts) for USTA approved extra duty balls will be required.
- If you need to withdraw after July 11, please notify the PA Senior Games office 1-888-445-4559 ext. 25 and Joan Nessler, so the draws can be adjusted.
- In compliance with National Senior Games, tennis players are limited to two (2) events.

FORMAT

- A best of three sets, single elimination, 7-point tiebreaker format will be used throughout in accordance with USTA rules.
- Competition will be held on the outdoor hard courts.

SPORT COORDINATORS

Joan Nessler, 814-466-7523, jxn3@psu.edu
Janet "Dutchie" Smith

TRACK & FIELD**EVENTS**

Individual Female & Male Competition

DATES

Thursday, July 23 (Field Events)
Friday, July 24 (Track Events)

SITE

Central York High School
651 Mundis Mill Rd., York PA 17402

AMENITIES

Restrooms, Food (\$), Water
Medical Coverage: On site, ambulance on call

SCHEDULE**Thursday, July 23****Field Events**

Event #	Event	Time
519	Long Jump Women	9:00am
520	Long Jump Men	9:00am
517	Pole Vault Women	10:00am
518	Pole Vault Men	10:00am
524	Shot Put Men	10:00am
515	High Jump Women	10:30am
521	Triple Jump Women	10:30am
522	Triple Jump Men	10:30am
523	Shot Put Women	1:00pm
525	Discus Women	1:00pm
528	Javelin Men	1:00pm
516	High Jump Men	2:30pm

526	Discus Men	2:30pm
527	Javelin Women	2:30pm
529	Hammer Women	4:00pm
530	Hammer Men	5:00pm

Track Events

511	5000 Meter Run Women	6:30pm
512	5000 Meter Run Men	6:30pm
533	5000 Meter Race Walk Women	7:30pm
534	5000 Meter Race Walk Men	7:30pm

Friday, July 24**Track Events**

531	1500m Walk Women	11:30am
532	1500m Walk Men	11:45am
501	100m Dash Women	12:30pm
502	100m Dash Men	1:00pm
509	1500m Run Women	2:30pm
510	1500m Run Men	2:45pm
505	400m Dash Women	3:10pm
506	400m Dash Men	3:20pm
507	800m Dash Women	4:05pm
508	800m Dash Men	4:15pm
503	200m Dash Women	4:30pm
504	200m Dash Men	4:40pm
513	10000m Run Women	7:30pm
514	10000m Run Men	7:30pm

ENTRY REGULATIONS

- Unlimited events
- Shoes are limited to ¼ spikes or appropriate running shoes.
- Javelin and Long/Triple Jump runways are same as track surface
- All athletes must wear assigned numbers.
- Competition will be in 5-year age groups, beginning with ages 50-54.

FORMAT

- Format will be in keeping with USATF sanctioned meets.
- Athletes must provide their own vaulting poles.
- Implements will be provided for the shot, discus, and javelin. Athletes may bring and use their implements.

SPORT RULES:

- The meet will be conducted in accordance with USA Track & Field rules, except as modified herein.
- All runners must report to the clerking area for check-in prior to their races. Field event athletes report to the event site. Athletes who report late will be scratched from that event. Check in site will be announced and indicated at the meet site.
- Order of events will be posted at the venue. Times are as listed under **SCHEDULE**. Meet management reserves the right to move the schedule ahead when possible. **SCHEDULE** will move no further than thirty- (30) minutes ahead of posted start times. Athletes are encouraged to report to the venue at least one hour before their first event.
- Once the event has been contested, there will not be any further competition in that event for those who miss their event.
- Results will be posted as soon as possible after the event is completed.
- Awards can be picked up at the awards area after results are posted.
- Field events for athletes 50 to 59 will be allowed 3 trial attempts, with the top seven (7) athletes advancing to the finals. If less than 6 enter an event in a division, then all will be allowed 6 attempts. High jump and pole vault will

be allowed three (3) consecutive misses.

- Inclement weather may dictate only four (4) attempts for all divisions in the field events.
- Meet will be held rain or shine. There will be no rescheduling for any events or the meet if weather forces a cancellation or postponement.
- The PSG does not provide water. Athletes are strongly encouraged to bring their own water.

SPORT COORDINATOR

James Corse, 607-797-6284, marjlane@stny.rr.com

** The following are the weights of various implements to be used for each gender and age category:

- Discus Men 50+ 1.5kg, Men 60+ 1.0kg
Women 50+ 1.0kg, Women 80+ .75kg
- Hammer Men 50+ 6kg, Men 60+ 5kg, Men 70+ 4kg,
Men 80+ 3kg
Women 50+ 3kg
- Javelin Men 50+ 700gm, Men 60+ 600gm, Men
70+ 500gm, Men 80+ 400gm
Women 50+ 500gm, 60+ 400gm
- Shot Put Men 50+ 6kg, 60+ 5kg, 70+ 4kg, Men 80+ 3kg
Women 50+ 3kg

VOLLEYBALL TEAM - FEMALE ONLY

EVENTS - Female Competition

DATES - Female- Thursday, July 23

SITE - York Expo Center- Toyota Arena East

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Warm-up 9:00am
Competition 10:00am

ENTRY REGULATIONS

- Team entry fee of \$100.00 (If **all** members are registering for other sports and are **all** paying the \$30.00 entry fee, then there is no additional team fee).
- Captains must submit applications and a roster with player names and birth dates to the PA Senior Games office by June 26, 2009.
- Each team member must fill out a Pennsylvania Senior Games application, making sure the correct team name and captain's name are on the application.
- ONE name per team.
- There is a 15 player roster limit with coaches and managers included.
- If you are only playing Volleyball and someone else is paying the Team Fee, please indicate this on your application.

FORMAT

- If numbers are conducive, teams will be divided into pools within their age divisions. Within each pool, a single round robin will be played. At the end of the round robin, winners will advance to a single elimination tournament in their age group.

SPORT RULES

- U.S. Volleyball rules will apply.

SPORT COORDINATORS

Female- Pat Musselman, 570-523-1987,
patacake@dejazzd.com

CONTACT INFORMATION

PA Senior Games • PO Box 1166, Wilkes-Barre,
PA 18703 • 1-888-445-4559 •
www.keystonegames.com

GOOD LUCK IN SAN FRANCISCO



TO ALL PA PARTICIPANTS

THANK YOU TO OUR SPONSORS

PENNSYLVANIA
DEPARTMENT OF
AGING

YOU'VE GOT IT MADE IN
YORK
COUNTY, PA
FACTORY TOUR CAPITAL OF THE WORLD™