

# 30th Annual

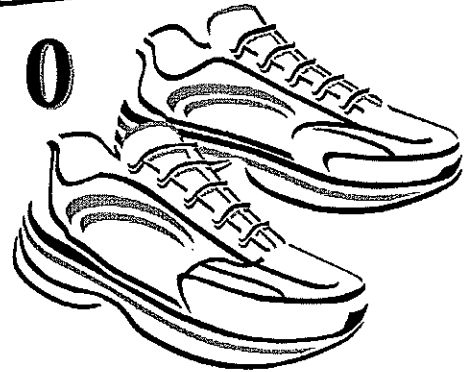


PENNSYLVANIA

# SENIOR

# GAMES

2010



## Entry Information

## YORK, PA

## JULY 20-25, 2010

## ELIGIBILITY

In 2010, the Pennsylvania Senior Games will be open to all states. Athletes who will be 50 years of age or older as of December 31, 2010 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 2010 PSG competition. If an out-of-state resident qualifies for National Senior Games Association (NSGA) competition he/she will not take away qualifying spot from a state resident. Doubles and mixed doubles teams which have individuals from 2 different states will be considered an out-of state team. Out-of-state qualifying follows the rules prescribed by the NSGA.

If a (Basketball, Softball, or Volleyball) team from out-of-state qualifies for NSGA competition, that team will not take away a qualifying spot from a Pennsylvania (PA) resident team unless the PA team determines they will not utilize that position.

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

There will be two ways to enter the PA Senior Games in 2010, mailing the entry form and payment into the office and online registration. Application deadline is June 25, 2010.

- If registering by mail, A \$55.00 nonrefundable registration fee must be included with each entry form.
- If registering online, A \$50.00 nonrefundable registration fee will be charge to your credit card.
- Late Entry Fee - after June 26, \$10.00 will be added to the registration fee for a nonrefundable entry fee.
- NO applications will be accepted after July 2, 2010.
- 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 (email or mail) 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.

## CONFLICTS AND GROUP SPORTS

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.

**GROUP A AND GROUP B SPORTS** are progressive sports or tournament sports, which require athletes to advance by winning. Careful scheduling is required for advance play to allow proper rest between competitions. Athletes must be able and ready to compete so as not to delay the schedule. Events will not be delayed if participants are competing elsewhere. **Athletes may compete in one sport from Group A and one sport from Group B.**

- ▶ **GROUP A SPORTS:** Darts, Shuffleboard, Tennis
- ▶ **GROUP B SPORTS:** Badminton, Bocce, Horseshoes, Table Tennis

**GROUP C SPORTS** are classified as either drop-in or 1-time sports. Drop-in sports allow athletes to choose from different scheduled times and compete at their own convenience, where times/scores are recorded for later comparisons. One-time sports are scheduled at a specific time due to extensive set-up and staff requirements.

**Athletes May Compete in a Maximum of Six Sports From Group C** providing there are no conflicts of sport events. (Cycling, Triathlon, and Softball Team do not count towards your 6 sports.)

**Drop-In Sports:** Basketball: Foul Shooting/Hot Shot/3-Point, Football and Softball Throw.

**One-Time Sports:** Archery, Basketball- "21", Bowling, Golf, Racquetball, Swimming (unlimited entry into events), and Track & Field (unlimited entry).

**Team Sports:** Basketball 3v3, Softball, and Volleyball. National Senior Games only allows an athlete to qualify in two team sports.

## 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.

## NATIONAL SENIOR GAMES

2010 is a qualifying year for the 2011 National Senior Games that will take place in Houston, TX, June 16-30, 2011. Not all PSG sports are contested at the National Senior Games. Please check sport text for qualifying events.

## 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.

## 2010 PENNSYLVANIA SENIOR GAMES SCHEDULE OF EVENTS

TIMES LISTED ARE APPROXIMATE START TIMES

### TUESDAY, JULY 20

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Golf	Briarwood Golf Course
8:00am	Tennis Singles	PSU-York
9:00am	Basketball Shooting/Scoring	West York Middle School
9:00am	Bowling	Lincolnway Bowling Center
1:00pm	Basketball Shooting/Scoring	West York Middle School
1:00pm	Bowling	Lincolnway Bowling Center
1:00pm	Shuffleboard	York Expo, Old Main
1:00pm	Tennis Doubles	PSU-York
5:30pm	Tennis Mixed Doubles	PSU-York

### WEDNESDAY, JULY 21

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Darts Singles	York Expo, Old Main
8:00am	Shuffleboard Male Singles	York Expo, Old Main
8:00am	Tennis Singles	PSU-York
9:00am	Basketball Shooting/Scoring	West York Middle School
9:00am	Bowling	Lincolnway Bowling Center
9:00am	Football/Softball Throw	York Expo
1:00pm	Bowling	Lincolnway Bowling Center
1:00pm	Darts Doubles	York Expo, Old Main
1:00pm	Darts Mixed Doubles	York Expo, Old Main
1:00pm	Shuffleboard Doubles	York Expo, Old Main
1:00pm	Tennis Doubles	PSU-York
2:00pm	Football/Softball Throw	York Expo, Grandstand
3:00pm	Basketball Shooting Medals	West York Middle School
3:30pm	Bowling	Lincolnway Bowling Center
5:30pm	Tennis Mixed Doubles	PSU-York
6:00pm	Basketball "21" Shootout	West York Middle School
6:00pm	Bowling	Lincolnway Bowling Center

### THURSDAY, JULY 22

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Bocce	York Expo, Infield
8:00am	Horseshoes Female Singles	John Rudy Park
8:00am	Tennis Singles	PSU-York
8:30am	Basketball 3v3 Tournament	West York Middle School
9:00am	Bowling	Lincolnway Bowling Center
9:00am	Football/Softball Throw	York Expo
9:00am	Track and Field (Field Events)	York Central High School
1:00pm	Horseshoes Female Doubles	John Rudy Park
1:00pm	Tennis Doubles	PSU-York
2:00pm	Football/Softball Throw	York Expo
3:30pm	Bowling No Tap Tournament	Lincolnway Bowling Center
5:30pm	Tennis Mixed Doubles	PSU-York

### FRIDAY, JULY 23

<u>Time</u>	<u>Event</u>	<u>Venue</u>
7:30am	Track and Field (Track Events)	York Central High School
8:00am	Horseshoes Male Singles	John Rudy Park
9:00am	Archery	York Expo, Infield
1:00pm	Horseshoes Male Doubles	John Rudy Park
2:00pm	Swimming	Central York High School
7:00pm	Badminton Clinic	PSU-York Campus

### SATURDAY, JULY 24

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:30am	Badminton	PSU-York Campus
9:00am	Volleyball Tournament Male	York Expo, Toyota East
2:00pm	Swimming	Dallastown High School

### SUNDAY, JULY 25

<u>Time</u>	<u>Event</u>	<u>Venue</u>
10:00am	Volleyball Tournament Female	York Expo, Toyota East
1:00pm	Badminton (if needed)	PSU-York Campus

## ARCHERY

**NATIONAL QUALIFYING SPORT** First, Second, Third, Fourth place finishers and Minimum Performance Standards qualify for NSG

### GROUP SPORT C

**EVENTS** - Individual Female & Male Competition

*Max bow pounds should be 60 lbs*

- Barebow Recurve
- Barebow Compound
- Conventional Bow
- Compound Bow (Finger Release)
- Compound Bow (Release Aid)

**DATES** - Friday, July 23

**SITE** - York Expo Center - Infield

**AMENITIES** - Restrooms, Food (\$), Water

### SCHEDULE

Friday, July 23 8:00am Check-In  
9:00am Competition

### FORMAT

- The "900" AMERICAN round will be used for all competition.
- 90 arrows will be shot as follows:
  - 30 arrows from 60 yards (5 ends of 6 arrows)
  - 30 arrows from 50 yards (5 ends of 6 arrows)
  - 30 arrows from 40 yards (5 ends of 6 arrows)

### SPORT RULES

- Each END (6 arrows) will consist of 2 sets of 3 arrows with 50 seconds allowed for each arrow to be shot.
- Shooters will rotate with target mates after each 3 arrow set.
- NAA Target Rules of Shooting will apply. Equipment NAA equipment rules apply to the conventional bow shooter. NAA equipment rules apply to the compound bow shooter. Should equipment failure occur, a 5 minute repair time is allowed to the archer, then the end will be completed.
- Field glasses or scopes are permitted for spotting arrow hits. No broad heads will be permitted.
- Scoring-Regulation 122cm (48 inches) 5 color target face will be used. Scoring values: gold (10-9) - red (8-7) - blue (6-5) - black (4-3) - white (2-1) and - 10 ring scoring. Note: each color is divided into 2 scoring areas by a thin black line. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value. Winner shall be the archer(s) scoring the highest number of points in a SINGLE ROUND.
- There will be a winner in each of the age divisions, both male and female. In case of a tie, NAA rules will apply, i.e., greatest number of scoring hits, greatest number of scoring 10's, greatest number of 9's, etc. In scoring disputes or questionable arrow value the field official's decision will be final.
- Arrows that hit the target but bounce out will be scored as hits as confirmed by the official according to NAA rules.

### SPORT COORDINATOR

Tinna Whispell 570-654-8961, bayport96@comcast.net

## BADMINTON

**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG

### GROUP SPORT B

#### EVENTS

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

#### DATES

Friday, July 23, Saturday, July 24, Sunday, July 25

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

**AMENITIES** - Restrooms, Water

#### SCHEDULE

Friday, July 23	7:00pm	Clinic
Saturday, July 24	8:30am	Competition
Sunday, July 25	1:00pm	(if needed)

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.

#### 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 (doubles) or both players (singles) agree to the use of feathered shuttles, feathers may be used.
- Competitors should bring their own racquets.
- All Men's Singles and all 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.
- 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 the right to reduce points played per game in order to accommodate all the matches but in any event games will not be less than 15 points.

#### SPORT COORDINATOR

Adrian Smith 215-886-2409, ais\_sag@verizon.net

#### SPORT HOST

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

## BASKETBALL SHOOTING

### GROUP SPORT C

**EVENTS** - Individual Female & Male Competition

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

**DATES** - Tuesday, July 20, Wednesday, July 21

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

**AMENITIES** - Restrooms, Water

**SCHEDULE**

Tuesday, July 20            9:00am Shooting/Scoring  
   1:00pm Shooting/Scoring

Wednesday, July 21        9:00am Shooting/Scoring  
   3:00pm Medals Awarded  
   6:00pm "21" Shoot Out

**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

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**BASKETBALL 3V3 TOURNAMENT**

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**NATIONAL QUALIFYING SPORT** First, Second and Third place 50+ through 75+ teams, and all 80+ teams that compete qualify for NSG. (A Female qualifying tournament for the National Senior Games was held in conjunction with an existing tournament at Slippery Rock Middle School in Slippery Rock, PA on April 17. However, if teams register for the PA Senior Games tournament on July 24 in York, PA qualifying must take place at the PSG tournament in York. Questions may be directed to PSG Office at 570-823-3164)

**GROUP SPORT C**

**DATES** - Thursday, July 22

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

**SCHEDULE** Thursday, July 22 8:30am Competition

**ENTRY REGULATIONS**

- Team entry fee of \$150.00 (If all members are registering for other sports and are all paying the \$50.00 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 July 2, 2010.
- 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 10 player roster limit with coaches and managers included.

**FORMAT**

- A double elimination tournament with modification.

**SPORT RULES**

- NCAA/NSG rules will apply.

**SPORT COORDINATOR**

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

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**BOCCE**

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**GROUP SPORT B**

**EVENTS** - Individual Female & Male Competition

**DATES** - Thursday, July 22,

**SITE** - York Expo Center

**AMENITIES** - Restrooms, Food (\$), Water

**SCHEDULE**

Thursday, July 22            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 or a 1/2 hour duration ends a game.
- Bocce takes place 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

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**BOWLING**

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**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG

**GROUP SPORT C**

**EVENTS**

Female & Male Singles  
Female & Male Doubles  
Mixed Doubles

**DATES**

Tuesday, July 20, Wednesday, July 21, Thursday, July 22

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

**AMENITIES**

Restrooms, Food (\$)

**SCHEDULE**

Tuesday, July 20            9:00am, 1:00pm Squad Times  
Wednesday, July 23        9:00am, 1:00pm Squad Times  
   3:30pm, 6:00pm Squad Times  
Thursday, July 24            9:00am Squad Time  
   3:00pm Medals Awarded  
   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.
- Doubles and mixed doubles partners who qualify together must play together at Nationals.
- Squad time requests should be indicated on entry form.
- Contact Lincolnway Bowling Center (Russ Cunningham) 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.
- Participants must start at scheduled squad times and only one event may be bowled at each squad time. All bowlers will receive requested squad times unless notified by Lincolnway. Requests for changes in squad times are almost always permitted.

### 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 22 at 3:30pm. Entry fee is \$10.00 The additional fee is required and will be paid at the lanes. Prizes will be awarded. For more information contact Russ Cunningham, 717-792-0113.

## CYCLING

**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG. Qualifying in the 5K or 10K time trials may enter both events at Nationals. Qualifying in the 20K or 40K time trials may enter both events at Nationals.

### GROUP SPORT C

**EVENTS** - Individual Female & Male Competition  
5K, 10K, 20K, 40K

**DATES** - TBA

**SITE** - TBA

**SCHEDULE** - TBA

### ENTRY REGULATIONS

- Participants are asked to check-in a half hour before start time.
- Cyclist must provide their own bicycles and helmets.

### FORMAT

- This will be a timed trial.
- Event will be contested rain or shine, except in the event of dangerous weather conditions.

### SPORT RULES

- U.S. Cycling Federation rules will apply.

- Helmets are mandatory and must conform to USA Triathlon regulations.
- Multigear (free wheel) bikes with front and rear brakes are required.
- Fixed gear and recumbent bicycles are not permitted.
- There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.

**SPORT COORDINATOR**- TBA

## DARTS

### GROUP SPORT A

### EVENTS

Female & Male Singles  
Female & Male Doubles  
Mixed Doubles

**DATES** - Wednesday, July 21

**SITE** - York Expo Center - Old Main

**AMENITIES** - Restrooms, Food (\$), Water

### SCHEDULE

Wednesday, July 21      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 301 point game will be used for a singles competition and 501 point game 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

### GROUP SPORT C

**EVENTS** - Individual Female & Male Competition

**DATES** - Wednesday, July 21, Thursday, July 22

**SITE** - York Expo Center - Grandstand Infield

**AMENITIES** - Restrooms, Food (\$), Water

### SCHEDULE

Wednesday, July 21      9:00-11:00am  
   2:00-4:00pm  
Thursday, July 22      9:00-11:00am  
   2:00-4:00pm

# 2010 PENNSYLVANIA SENIOR GAMES ENTRY FORM

Directions: Complete this entry form, providing all information requested. A \$55.00 athlete entry fee (non-refundable) must accompany this form. Entry deadline is June 25. Forms received after June 26 are subject to a \$10.00 late fee. NO entries will be accepted after July 2. Mail the completed entry form and payment to: Pennsylvania Senior Games, c/o Keystone State Games, Inc., PO Box 1166 Wilkes-Barre, PA 18703. For assistance please contact the Pennsylvania Senior Games office at (570) 823-3164 weekdays 9:00am to 4:30pm.

Name:

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Last Name

First Name

MI

Address:

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Street

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City/Town

State

Zip

Home Phone:

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(Area Code)

Date of Birth:

--	--	--	--	--	--	--	--	--	--	--	--	--	--

Month

Day

Year

Age

--	--

As of 12/31/10

Cell Phone:

--	--	--	--	--	--	--	--	--	--	--	--	--	--

(Area Code)

Gender:

Female  Male

PSG

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Yrs. Participated

E-mail Address:

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Write ONE County Residence Code:

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Refer to County Code List Below

PENNSYLVANIA COUNTY CODE LISTING					
00 - OUT OF STATE	12 - CAMERON	24 - ELK	36 - LANCASTER	48 - NORTHAMPTON	60 - UNION
01 - ADAMS	13 - CARBON	25 - ERIE	37 - LAWRENCE	49 - NORTHUMBERLAND	61 - VENANGO
02 - ALLEGHENY	14 - CENTRE	26 - FAYETTE	38 - LEBANON	50 - PERRY	62 - WARREN
03 - ARMSTRONG	15 - CHESTER	27 - FOREST	39 - LEHIGH	51 - PHILADELPHIA	63 - WASHINGTON
04 - BEAVER	16 - CLARION	28 - FRANKLIN	40 - LUZERNE	52 - PIKE	64 - WAYNE
05 - BEDFORD	17 - CLEARFIELD	29 - FULTON	41 - LYCOMING	53 - POTTER	65 - WESTMORELAND
06 - BERKS	18 - CLINTON	30 - GREENE	42 - MCKEAN	54 - SCHUYLKILL	66 - WYOMING
07 - BLAIR	19 - COLUMBIA	31 - HUNTINGDON	43 - MERCER	55 - SNYDER	67 - YORK
08 - BRADFORD	20 - CRAWFORD	32 - INDIANA	44 - MIFFLIN	56 - SOMERSET	
09 - BUCKS	21 - CUMBERLAND	33 - JEFFERSON	45 - MONROE	57 - SULLIVAN	
10 - BUTLER	22 - DAUPHIN	34 - JUNIATA	46 - MONTGOMERY	58 - SUSQUEHANNA	
11 - CAMBRIA	23 - DELAWARE	35 - LACKAWANNA	47 - MONTOUR	59 - TIOGA	

<b>Final Check List:</b> Registration Fee \$55.00 before June 25 (\$65.00 after June 26 until July 2)	\$ _____
<b>Donation:</b> (Optional) Check Choice <input type="checkbox"/> Athletic Scholarship <input type="checkbox"/> Equipment <input type="checkbox"/> General	\$ _____
<b>TOTAL AMOUNT ENCLOSED</b>	\$ _____

## 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.

**Group A: Check only ONE (1) sport, then check the event (s) of that sport in which you wish to compete.**

- DARTS** Group A  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_
- 
- SHUFFLEBOARD** Group A  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_
- 
- TENNIS** Group A  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_

**Group B: Check only ONE (1) sport, then check the event (s) of that sport in which you wish to compete.**

- BADMINTON** Group B  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_
- 
- BOCCE** Group B
- 
- HORSESHOES** Group B  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_
- 
- TABLE TENNIS** Group B  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_

**Group C: Check a maximum of six (6) sports, then check the event(s) of that sport in which you wish to compete. Cycling, Triathlon, Softball Team, and Volleyball Team do not count towards your 6 sports.**

- ARCHERY** Group C  
 Barebow Compound  
 Barebow Recurve  
 Compound Bow (Aid Release)  
 Compound Bow (Finger Release)  
 Conventional Bow
- 
- BASKETBALL** Group C  
 3-Point     "21"     Foul Shooting     Hot Shot
- 
- BASKETBALL TOURNAMENT** Group C  
 \_\_\_\_\_  
**Team Name and Captain's Name**
- 
- BOWLING** Group C  
Squad Time  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_

- CYCLING** Group C  
 5k     10k     20k     40k

- FOOTBALL THROW/SOFTBALL THROW** Group C

- GOLF (18 HOLE REGULATION)** Group C  
 Partner: \_\_\_\_\_  
 Partner: \_\_\_\_\_  
 Partner: \_\_\_\_\_

- RACQUETBALL** Group C  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_

- SOFTBALL TEAM (STATE COLLEGE)** Group C  
 Team Name \_\_\_\_\_

- SWIMMING (Unlimited events)** Group C  
Seed Time

- |                                    |       |                     |
|------------------------------------|-------|---------------------|
| <input type="checkbox"/> Event #1  | _____ | 200 yd IM           |
| <input type="checkbox"/> Event #2  | _____ | 50 yd Freestyle     |
| <input type="checkbox"/> Event #3  | _____ | 50 yd Breaststroke  |
| <input type="checkbox"/> Event #4  | _____ | 100 yd Backstroke   |
| <input type="checkbox"/> Event #5  | _____ | 100 yd Butterfly    |
| <input type="checkbox"/> Event #6  | _____ | 500 yd Freestyle    |
| <input type="checkbox"/> Event #7  | _____ | 200 yd Breaststroke |
| <input type="checkbox"/> Event #8  | _____ | 200 yd Backstroke   |
| <input type="checkbox"/> Event #9  | _____ | 100 yd Freestyle    |
| <input type="checkbox"/> Event #10 | _____ | 100 yd Breaststroke |
| <input type="checkbox"/> Event #11 | _____ | 50 yd Backstroke    |
| <input type="checkbox"/> Event #12 | _____ | 50 yd Butterfly     |
| <input type="checkbox"/> Event #13 | _____ | 100 yd IM           |
| <input type="checkbox"/> Event #14 | _____ | 200 yd Freestyle    |

- TRACK & FIELD (Unlimited events)** Group C

- |   |  |
|---|--|
| <input type="checkbox"/> 100m Dash Women  | <input type="checkbox"/> Pole Vault Men        |
| <input type="checkbox"/> 100m Dash Men    | <input type="checkbox"/> Long Jump Women       |
| <input type="checkbox"/> 200m Dash Women  | <input type="checkbox"/> Long Jump Men         |
| <input type="checkbox"/> 200m Dash Men    | <input type="checkbox"/> Triple Jump Women     |
| <input type="checkbox"/> 400m Dash Women  | <input type="checkbox"/> Triple Jump Men       |
| <input type="checkbox"/> 400m Dash Men    | <input type="checkbox"/> Shot Put Women        |
| <input type="checkbox"/> 800m Dash Women  | <input type="checkbox"/> Shot Put Men          |
| <input type="checkbox"/> 800m Dash Men    | <input type="checkbox"/> Discus-Women          |
| <input type="checkbox"/> 1500m Run Women  | <input type="checkbox"/> Discus-Men            |
| <input type="checkbox"/> 1500m Run Men    | <input type="checkbox"/> Javelin Women         |
| <input type="checkbox"/> 5000m Run Women  | <input type="checkbox"/> Javelin Men           |
| <input type="checkbox"/> 5000m Run Men    | <input type="checkbox"/> Hammer Women          |
| <input type="checkbox"/> 10000m Run Women | <input type="checkbox"/> Hammer Men            |
| <input type="checkbox"/> 10000m Run Men   | <input type="checkbox"/> 1500m Walk Women      |
| <input type="checkbox"/> High Jump Women  | <input type="checkbox"/> 1500m Walk Men        |
| <input type="checkbox"/> High Jump Men    | <input type="checkbox"/> 5000m Race Walk Women |
| <input type="checkbox"/> Pole Vault Women | <input type="checkbox"/> 5000m Race Walk Men   |

- TRIATHLON** Group C

- VOLLEYBALL TOURNAMENT** Group C

\_\_\_\_\_

**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 2, 2010. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM.** PLEASE PRINT OR TYPE ALL INFORMATION.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(AS OF 12/31/10)

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

**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

**GOLF**

**NATIONAL QUALIFYING SPORT** Minimum Performance Standards qualify for NSG

**GROUP SPORT C**

EVENTS - Individual Female &amp; Male Competition

DATES - Tuesday, July 20

SITE - Briarwood Golf Course, 4775 W. Market Street, York, PA 17408 (Located 5.6 miles from York Expo Center)

AMENITIES - Restrooms, Food (\$), Water, Driving Range, Pro Shop

**SCHEDULE**

Tuesday, July 20 8:00am Shot Gun Start

**ENTRY REGULATIONS**

- \$50.00 registration fee per participant.
- Greens fees are an additional \$25.00 which includes golf cart fee.
- A total of \$75.00 should be sent with entry form.
- Partner's names should be included with your registration.

**FORMAT**

- An 18-hole one day competition.
- Shot Gun Start will begin at 8:00am.
- The low gross scoring system will be used.

**SPORT RULES**

- USGA rules will apply.
- Participants must bring their own equipment.

**SPORT COORDINATOR**

Rick Saxton, rick@briarwoodgolfclubs.com 717-792-9776 (w)

**HORSEHOES****NATIONAL QUALIFYING SPORT (Singles Only)**

First, Second, Third, and Fourth place finishers qualify for NSG

**GROUP SPORT B**

EVENTS - Female &amp; Male Singles and Doubles

DATES - Thursday, July 22, Friday, July 23

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

AMENITIES - Restrooms, Water

**SCHEDULE**

Thursday, July 22	8:00am	Female Singles
	1:00pm	Female Doubles

Friday, July 23

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, (prior to Senior Games week) 814-474-3450; (on site cell phone) 814-602-3673) pelican35@verizon.net

**RACQUETBALL**

**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG

**GROUP SPORT C**

EVENTS Female &amp; Male Singles and Doubles

DATES - TBA

SITE - TBA

AMENITIES Restrooms, Food (\$), Water

SCHEDULE - TBA

**ENTRY REGULATIONS**

- Athletes must provide their own racquets. Balls will be provided.
- Doubles partners who qualify together must play together at Nationals.

**FORMAT**

- Two 15 point games will be played with a 2-point spread needed to win.

**SPORT RULES**

- United States Racquetball Association Rules will apply.
- Protective eye wear is mandatory.

SPORT COORDINATOR TBA

**SHUFFLEBOARD**

**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG

## GROUP SPORT A

**EVENTS** - Female & Male Singles and Doubles

**DATES** - Tuesday, July 20, Wednesday, July 21

**SITE** - York Expo Center- Old Main

**AMENITIES** - Restrooms, Food (\$), Water

### SCHEDULE

Tuesday, July 20	1:00pm	Female Singles
Wednesday, July 21	8:00am	Male Singles
	1:00pm	Female, Male, or Mixed Doubles

### ENTRY REGULATIONS

- Shuffleboard equipment is provided.
- Entrants may bring their own cue.
- Doubles may consist of two females, two males, or one of each.
- 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.
- Time constraints COULD affect number of frames played.
- 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, (prior to Senior Games Week) 814-456-8435; (on site cell phone) 814-882-3513

## SOFTBALL TEAM

**NATIONAL QUALIFYING SPORT** First, Second, Third place teams qualify for NSG. There will be two tournaments to qualify for Nationals, Brandywine, York and Keystone State Games, State College.

### GROUP SPORT C

**YORK EVENT** - Male and Female Team Competition

**DATES** - April 28-May 9, 2010

**SITE** - Veterans Memorial Park, Rockdale Ave. And Vander Ave. York

## SCHEDULE

Tuesday, April 27	70 and 75 Age Groups
Wednesday, April 28	70 and 75 Age Groups
Thursday, April 29	65 Age Group
Friday, April 30	65 Age Group
Saturday, May 1	60 Age Group
Sunday, May 2	60 Age Group
Saturday, May 8	50 and 55 Age Groups
Sunday, May 9	50 and 55 Age Groups

### ENTRY REGULATIONS

- Brandywine Softball Association's Early Bird Senior.
- For additional information please contact Doug Hunt, 215-345-0437, After March 29, John Frantz, 610-485-3958

### STATE COLLEGE EVENT - Male and Female Team Competition

**DATES** - July 17-18, 2010

**SITE** - State College

### SCHEDULE

Saturday, July 17	8:00am All PSG Age Groups
Sunday, July 18	8:00am All PSG Age Groups

Detailed schedule will be available after registration closes.

### ENTRY REGULATIONS

- All age groups may be playing simultaneously, so participants must play in only one age division.
- If playing in State College Softball Tournament, the team fee is \$375.00, payable to ASA of PA
- For additional information please contact Dean Amick, 814-867-0461, softballdean2003@yahoo.com
- Housing- Please contact Kevin Breen, 814-231-1401 ext. 308, Mon.-Fri. 8am-5pm, kevinb@centralpacvb.org for Keystone Games Softball Tournament Room Rate.

## SWIMMING

**NATIONAL QUALIFYING SPORT** First, Second, Third, Fourth place finishers and Minimum Performance Standards qualify for NSG

### GROUP SPORT C

#### 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 23  
Saturday, July 24

**SITE** - Central York High School  
651 Mundis Mill Road, York, PA 17402

**AMENITIES** - Locker rooms, Restrooms, Water

**SCHEDULE**

Friday, July 23 2:00pm Events 1 through 8  
Saturday, July 24 2:00pm Events 9 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

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**TABLE TENNIS**

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**NATIONAL QUALIFYING SPORT** First, Second, Third, and Fourth place finishers qualify for NSG

**GROUP SPORT B**

**EVENTS**

Female & Male Singles  
Female & Male Doubles  
Mixed Doubles

**DATES** - TBA

**SITE** - Middletown Table Tennis Center, MCSO Bldg.  
60 W. Emans St., Middletown, 17057  
Enter through the door at the Red Cross Sign.

**AMENITIES** - Restrooms, Food (\$), Air Conditioned Facility,  
Parking in rear

**SCHEDULE** - TBA

**FORMAT**

- The number of entrants will determine the type of tournament used.

**SPORT RULES**

- USA Table Tennis Rules will apply.
- Entrants provide their own paddle.
- A championship 2-star ball will be used.
- Please be aware of Table Tennis rules, in particular, the serving rules.
- White shirts or jackets are not permitted for competition.

**SPORT COORDINATOR**

Robert W. Cogely, Jr., 717-898-8668, robertwcogely@aol.com

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**TENNIS**

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**NATIONAL QUALIFYING SPORT** First, Second, and Third place finishers qualify for NSG

**GROUP SPORT A**

**EVENTS**

Female & Male Singles  
Female & Male Doubles  
Mixed Doubles

**DATES**

Tuesday, July 20  
Wednesday, July 21  
Thursday, July 22  
Friday, July 23 (if needed)

**SITES**

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

**AMENITIES**- Restrooms, Water

**SCHEDULE**

Tuesday-Thursday 8:00am Singles  
1:00pm Doubles  
5:30pm Mixed Doubles

**ENTRY REGULATIONS**

- If you need to withdraw after July 9, please notify the PA Senior Games office 1-888-445-4559 ext. 25.
- First match times may be obtained by calling PSG office, on THURSDAY, JULY 15 from 9:30am to 12:00 noon 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.
- In compliance with National Senior Games, we are encouraging Tennis players to limit themselves to two (2) events.
- If entering a third event please circle it on your application form, and you will be informed when you call for your start time, whether a third event is possible.

**FORMAT**

- A best of three sets, single elimination, 12-point tiebreaker format will be used throughout in accordance with USTA rules.
- Competition will be held on the outdoor hard courts.

**SPORT RULES**

- Players must leave a local phone number with the coordinator at the courts prior to your first match, to be used in event of time weather changes.

**SPORT COORDINATORS- PSG STAFF**

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**TRACK & FIELD**

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**NATIONAL QUALIFYING SPORT** First, Second, Third, Fourth place finishers, and Minimum Performance Standards, Participants in the Hammer and Triple Jump qualify for NSG

**GROUP SPORT C**

**EVENTS**

Individual Female & Male Competition

**DATES**

Thursday, July 22 (Field Events and Track Events)

Friday, July 23 (Track Events)

**SITE**

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

**AMENITIES**

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

**SCHEDULE**

**Thursday, July 22**

**Field Events**

Event	Time
Long Jump Women	9:00am
Pole Vault Women	9:00am
Pole Vault Men	9:00am
Shot Put Men	9:00am
Long Jump Men	10:30am
Javelin Women	10:30pm
High Jump Men	12:30pm
Triple Jump Women	12:30pm
Shot Put Women	1:00pm
Discus Women	1:00pm
Triple Jump Men	2:00pm
High Jump Women	2:30pm
Discus Men	2:30pm
Javelin Men	2:30pm
Hammer Women	4:00pm
Hammer Men	5:00pm

**Track Events**

5000 Meter Run Women	2:20pm
5000 Meter Run Men	2:20pm
5000 Meter Race Walk Women	3:10pm
5000 Meter Race Walk Men	3:10pm

**Friday, July 23**

**Track Events**

10000m Run Women	7:30am
10000m Run Men	7:30am
1500m Race Walk Women	10:15am
1500m Race Walk Men	10:15am
100m Dash Women	11:25am
100m Dash Men	11:45am
1500m Run Women	1:20pm
1500m Run Men	1:35pm
400m Dash Women	2:10pm
400m Dash Men	2:20pm
800m Dash Women	2:50pm
800m Dash Men	3:00pm
200m Dash Women	3:30pm
200m Dash Men	3:45pm

**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.
- There is no day-of-meet entry. No event additions or event changes are allowed. Only event scratches are accepted.
- ALL PARTICIPANTS MUST REGISTER THEIR TRACK AND FIELD EVENTS THROUGH PA MILESPLIT - <http://pa.milesplit.us/> Deadline for MileSplit is Friday, July 2, 2010 at 10:00 PM. If an athlete is not entered in

meet through MileSplit, he or she will NOT be permitted to participate. Entries will open on APRIL 26, 2010 at 12:01 AM. On line entry will close on Friday, July 2, 2010 AT 10:00 PM. Each athlete must print his or her entries from MileSplit. If you need help with the Online Event Registration please do not hesitate to contact KSG Office at 888-445-4559 (PA Only) or (570) 823-3164 or [keystones@aol.com](mailto:keystones@aol.com)

- Any corrections to Performance List would be from a comparison. For hand held times + 0.24 seconds for FAT equivalent. All day-of-meet track scratches are to be indicated to meet management prior to the event. There is no day-of-meet entry. No event additions or event changes are allowed.

**FORMAT**

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

**SPORT RULES:**

- All track events are run as finals.
- The meet will be conducted in accordance with USA Track & Field rules, except as modified herein.
- Order of events will be posted at the venue. Check in site will be indicated at the track and field venue.
- Field events must report to the event site. Times are as listed under Schedule. Athletes who report late will be scratched from that event. All athletes shall wear their competitor number. Athlete are encouraged to report to the venue at least one hour before their first event.
- All runners must report to the clerking area for check-in prior to their races. Times are as listed under **SCHEDULE**. All athletes shall wear their competitor number. Meet management reserves the right to move the track schedule ahead when possible. The **TRACK 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. There is no practice at a venue after the event has been contested.
- 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 six (6) 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.
- Meet management or inclement weather may dictate only a four (4) attempt final for all divisions in the throws and horizontal jumps.
- 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-**

Jim Aylsworth, [aylspsgksg@aol.com](mailto:aylspsgksg@aol.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 75+ .75kg
- Hammer Men 50+ 6kg, Men 60+ 5kg, Men 70+ 4kg,  
Men 80+ 3kg  
Women 50+ 3kg, Women 75+ 2kg
- 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, Women 75+ 2kg

### TRIATHLON

**NATIONAL QUALIFYING SPORT** All athletes completing the triathlon will qualify for NSG

#### GROUP SPORT C

**EVENTS** - Individual Female & Male Competition

**DATES** - Sunday, August 8, 2010

**SITE** - North Park Swimming Pool, Allegheny County

**SCHEDULE** 7:30am

#### ENTRY REGULATIONS

- A Baierl Family YMCA Triathlon application must be completed and mailed directly to the Baierl Family YMCA.
- Registration may also be completed online at [www.active.com](http://www.active.com)
- Athletes who are only entering the triathlon must also mail the completed PSG application and \$10.00 processing fee to the PSG office.

#### FORMAT

- 700M Freestyle/20K Cycling/ 5K Road Race

#### SPORT RULES

- Triathlon Federation/USA rules will apply

**RESULTS** Results for the triathlon can be found at [www.runhigh.com](http://www.runhigh.com).

**SPORT HOST** Matt Meehan, 412-266-4990,  
[meehanma@upmc.edu](mailto:meehanma@upmc.edu)

### VOLLEYBALL TEAM

**NATIONAL QUALIFYING SPORT** First, Second, and Third place teams qualify for NSG

#### GROUP SPORT C

**EVENTS** - Female and Male Team Competition

#### DATES

Male- Saturday, July 24  
Female- Sunday, July 25

**SITE** - York Expo Center- Toyota Arena East

**AMENITIES** - Restrooms, Food (\$), Water

#### SCHEDULE

Saturday, July 24	8:00am	Warm-up- Male
	9:00am	Competition Male
Sunday, July 25	9:00am	Warm-up- Female
	10:00am	Competition Female

### ENTRY REGULATIONS

- Team entry fee of \$200.00 (if all members are registering for other sports and are all paying the \$50.00 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 July 2, 2010.
- 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

- Tournament format will be determined by number of entries in each age division.

#### SPORT RULES

- USA Volleyball rules will apply.

#### SPORT COORDINATORS

Female- Pat Musselman, 570-523-1987,

[patacake@dejazzd.com](mailto:patacake@dejazzd.com)

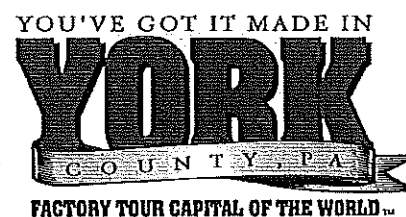
Male- Bray LeBrocq, 610-430-7196, [blebrocq@hotmail.com](mailto:blebrocq@hotmail.com)

### BEST OF LUCK TO ALL ATHLETES



### QUALIFYING FOR NATIONALS

### THANK YOU TO OUR SPONSOR



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## DIRECTIONS TO PA SENIOR GAMES REGISTRATION

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**Registration Site: York Expo Center, 334 Carlisle Avenue, York, PA 17404 (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.**

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## REGISTRATION INFORMATION

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### REGISTRATION HOURS - Toyota Arena, York Expo Center

Tuesday, July 20.....	4:00pm-8:00pm
Wednesday, July 21.....	8:00am-12:00pm and 4:00pm-8:00pm
Thursday, July 22.....	8:00am-8:00pm
Friday, July 23.....	8:00am-7:00pm
Saturday, July 24.....	8am-12:00pm
Sunday, July 25.....	8am-12:00pm

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## A SPOT FOR SENIORS!

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### SOCIAL EVENTS

There will be a Wednesday evening Welcome Social, Pie Social for participants in the Senior Games. These events will be held at the Smith Center, York Expo Center at 7:00pm.

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## CONTACT INFORMATION

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PA Senior Games • PO Box 1166, Wilkes-Barre, PA 18703 • 1-888-445-4559 • [www.keystonegames.com](http://www.keystonegames.com)