

28th Annual



Entry Information

YORK, PA

JULY 22-27, 2008

ELIGIBILITY

In 2008, the Pennsylvania Senior Games will be open to all states. Athletes who will be 50 years of age or older as of December 31, 2008 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 2008 PSG competition. If an out-of-state resident qualifies for National Senior Games Association (NSGA) competition he/se 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

Complete the application, sign the participant release, and mail along with payment prior to the deadline of June 20, 2008.

- A \$30.00 nonrefundable registration fee must be included with each entry form.
- Late Entry Fee - after June 20, \$15.00 will be added to the registration fee for a nonrefundable entry fee \$45.00. NO applications will be accepted after June 27, 2008.
- 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.

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. Please be careful when entering events on Saturday, July 26. 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:** Bocce, Horseshoes, Tennis
- ▶ **GROUP B SPORTS:** Darts, 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, Casting, Football and Softball Throw.
One-Time Sports: Archery, Badminton, Basketball- "21", Bowling, Disc Golf, Golf, Racquetball, Shuffleboard, 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

2008 is a qualifying year for the 2009 National Senior Games that will take place in the San Francisco, Bay Area. August 1-15, 2009. 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.

2008 PENNSYLVANIA SENIOR GAMES SCHEDULE OF EVENTS

TIMES LISTED ARE APPROXIMATE START TIMES

PLEASE CHECK INDIVIDUAL SPORT UPDATES LOCATED AT THE SMITH CENTER, YORK EXPO CENTER

MONDAY, JULY 21

<u>Time</u>	<u>Event</u>	<u>Venue</u>
1:00pm	Basketball Shooting/Scoring	West York High School
5:30pm	Tennis (if needed)	Springettsbury Park PSU-York

TUESDAY, JULY 22

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Bocce	York Expo, Grandstand
8:00am	Golf	Briarwood Golf Course
8:00am	Horseshoes Female Singles	York Expo, Horticultural Hall
8:00am	Tennis Singles	Springettsbury Park PSU-York
9:00am	Basketball Shooting/Scoring	West York High School
9:00am	Bowling	Lincolnway Bowling Center
1:00pm	Basketball Shooting/Scoring	West York High School
1:00pm	Bowling	Lincolnway Bowling Center
1:00pm	Horseshoes Female Doubles	York Expo, Horticultural Hall
1:00pm	Table Tennis Male Singles	York Expo, Memorial East
1:00pm	Tennis Doubles	Springettsbury Park PSU-York
2:00pm	Football/Softball Throw	York Expo,
5:30pm	Tennis Mixed Doubles	Springettsbury Park PSU-York
6:00pm	Table Tennis Male Doubles	York Expo, Memorial East

WEDNESDAY, JULY 23

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Darts Singles	York Expo
8:00am	Horseshoes Male Singles	York Expo, Horticultural Hall
8:00am	Table Tennis Female Singles	York Expo, Memorial East
8:00am	Tennis Singles	Springettsbury Park PSU-York
9:00am	Basketball Shooting/Scoring	West York High 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,
1:00pm	Darts Mixed Doubles	York Expo,
1:00pm	Horseshoes Male Doubles	York Expo, Horticultural Hall
1:00pm	Table Tennis Mixed Doubles	York Expo, Memorial East
1:00pm	Tennis Doubles	Springettsbury Park PSU-York
2:00pm	Football/Softball Throw	York Expo, Grandstand
3:00pm	Basketball Shooting Medals	West York High School
3:30pm	Bowling	Lincolnway Bowling Center

5:30pm	Tennis Mixed Doubles	Springettsbury Park PSU-York
6:00pm	Basketball "21" Shootout	West York High School
6:00pm	Bowling	Lincolnway Bowling Center
6:00pm	Table Tennis Female Doubles	York Expo, Memorial East

THURSDAY, JULY 24

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Racquetball Singles	Yorktowne Racquet Club
8:00am	Tennis Mixed Singles	Springettsbury Park PSU-York
8:30am	Basketball 3v3 Tournament	West York High School
9:00am	Bowling	Lincolnway Bowling Center
9:00am	Casting	York Expo,
9:00am	Football/Softball Throw	York Expo,
9:00am	Track and Field (Field Events)	York Central High School
1:00pm	Casting	York Expo
1:00pm	Racquetball Doubles	Yorktown Racquet Club
1:00pm	Tennis Doubles	Springettsbury Park PSU-York
2:00pm	Shuffleboard Singles	York Expo
5:30pm	Tennis Mixed Doubles	Springettsbury Park PSU-York
6:30pm	Bowling No Tap Tournament	Lincolnway Bowling Center

FRIDAY, JULY 25

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:00am	Shuffleboard Doubles	York Expo
8:30am	Disc Golf	Gifford Pinchot Park
9:00am	Archery	York Expo, Infield
11:30am	Track and Field (Track Events)	York Central High School
2:00pm	Swimming	Dallastown High School
6:30pm	Badminton Clinic	PSU-York Campus

SATURDAY, JULY 26

<u>Time</u>	<u>Event</u>	<u>Venue</u>
8:30am	Badminton	PSU-York Campus
9:00am	Swimming	Dallastown High School
10:00am	Volleyball Tournament Female	York Expo, Toyota East

SUNDAY, JULY 27

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

ARCHERY

NATIONAL QUALIFYING SPORT First, Second, Third place medalists 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 25

SITE - York Expo Center - Infield

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Friday, July 25 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 TBA

BADMINTON

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

GROUP SPORT C

EVENTS

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

DATES

Friday, July 25, Saturday, July 26, Sunday, July 27

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

AMENITIES - Restrooms, Water

SCHEDULE

Friday, July 25	6:30pm	Clinic
Saturday, July 26	8:30am	Competition
Sunday, July 27	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 American Badminton Association.
- Shuttles will be provided.
- Competitors may bring their own racquets.
- All men's Singles and all Doubles will be best of three 15-point games. 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 entries, all matches except finals will be played 1 game to 30, changing courts at 15.

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

GROUP SPORT C

EVENTS - Individual Female & Male Competition

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

DATES - Monday, July 21, Tuesday, July 22, Wednesday, July 23

SITE - West York High School, 1800 Bannister St., York, PA 17404

AMENITIES - Restrooms, Water

SCHEDULE

Monday, July 21	1:00pm Shooting/Scoring
Tuesday, July 22	9:00am Shooting/Scoring 1:00pm Shooting/Scoring
Wednesday, July 23	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

BASKETBALL 3V3 TOURNAMENT

NATIONAL QUALIFYING SPORT First & Second place 50+ through 75+ teams, and all 80+ teams that compete qualify for NSG.

(A *Female* qualifying tournament for the National Senior Games will be held in conjunction with an existing tournament at Slippery Rock Middle School in Slippery Rock, PA on April 19. 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 David Farrand at 570-823-3164, ext. 24.)

GROUP SPORT C

DATES - Thursday, July 24

SITE - West York High School, 1800 Bannister St., York, PA 17404

SCHEDULE Thursday, July 24 8:30am Competition

ENTRY REGULATIONS

- Team entry fee of \$75.00 (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 30, 2008.
- 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

- 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

- NCAA/NSG rules will apply.

SPORT COORDINATOR

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

BOCCE**GROUP SPORT A**

EVENTS - Individual Female & Male Competition

DATES - Tuesday, July 22, Wednesday, July 23

SITE - York Expo Center— Grandstand

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Tuesday, 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 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

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

GROUP SPORT C**EVENTS**

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES

Tuesday, July 22, Wednesday, July 23, Thursday, July 24

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 22	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 6:30pm ** 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 (Paula Wolfe) 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

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

** Lincolnway Bowling Center will offer a No Tap Tournament on Thursday, July 24 at 6:30pm. An additional fee is required and will be paid at the lanes. For more information contact Paula Wolfe, 717-792-0113.

CASTING

GROUP SPORT C

EVENTS - Individual Female & Male Competition

DATES - Thursday, July 24

SITE - York Expo Center - Field Grandstand

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 24 9:00am - 12:00pm
 1:00pm - 3:00pm

FORMAT

- Fishing equipment will be limited to spin cast, spinning or bait casting (revolving spool) reels.
- Fly rods are excluded.
- Competitors will cast to 7 rings, 30 inches in diameter on grass spaced in an arc from 20, 30, 40, and 50 feet.
- A 3/8 oz. casting plug will be used.
- Entrants may bring their own rods and other equipment.

SPORT COORDINATOR

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

CYCLING

NATIONAL QUALIFYING SPORT First and Second, place medalists 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 - Saturday, June 14 and Sunday, June 15

SITE - Penn State University, State College

SCHEDULE

Saturday, June 14	5K	8:30am
	40K	11:00am
Sunday, June 15	10K	8:00am
	20K	11:00am

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

David Farrand, 570-823-3165 ext. 24, ksgdavidf@aol.com

DARTS

GROUP SPORT B

EVENTS

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES - Wednesday, July 23

SITE - York Expo Center - Toyota Arena West

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Wednesday, July 23	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.

FORMAT

- This is a steel-tip tournament.
- A dock 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

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.

BOCCE **Group A**

HORSESHOES **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.

DARTS **Group B**

Singles _____

Doubles _____

Mixed 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

BADMINTON **Group C**

Singles _____

Doubles _____

Mixed Doubles _____

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 _____

CASTING **Group C**

CYCLING **Group C**

5k 10k 20k 40k

DISC GOLF **Group C**

Novice Intermediate Advanced

FOOTBALL THROW/SOFTBALL THROW **Group C**

GOLF (18 HOLE REGULATION) **Group C**

Partner: _____

Partner: _____

Partner: _____

RACQUETBALL **Group C**

Singles _____

Doubles _____

SHUFFLEBOARD **Group C**

Singles _____

Doubles _____

SOFTBALL TEAM **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"/> #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

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 JUNE 27, 2008. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM.** PLEASE PRINT OR TYPE ALL INFORMATION.

NAME _____ AGE _____

(AS OF 12/31/08)

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

DISC GOLF

GROUP SPORT C

EVENTS - Individual Female & Male

- Novice
- Intermediate
- Advanced Events

DATES

Friday, July 25

SITE - Conewago Day Use Area, Gifford Pinchot State Park, Alpine Rd., Lewisberry (Located 19.8 miles from York Expo Center)

AMENITIES - Restrooms, Water

SCHEDULE

Friday, July 25

8:30-9:30am Registration

9:30-11:30am Competition

- Ages 80+ Play one 6-hole round (Holes 1-5 + 5X)
- Ages 70-79 Play one 9-hole round (Holes 1-9)
- Ages 60-69 Play one 18-hole round (Holes 1-18)
- Ages 50-59 Play one 18-hole round (1-18)

12:00 Senior Awards

ENTRY REGULATIONS

- Participants must have fundamental understanding of how to throw a disc, the difference between putter, approach and driver discs, and the rules.
- Group E: Age 50-59
- Group F: Age 60-69
- Group G: Age 70-79
- Group H: Age 80+
- Novice Division: All participants must have the above average knowledge and skill.
- Intermediate Division: All participants must have above average knowledge and skill. Women - must be able to throw 125-200 feet and make 3 to 5 putts out of 10 from 15 feet. Men - must be able to throw 175-300 feet and make 3-5 putts out of 10 from 20 feet.
- Advanced Division: All participants must have above average knowledge and skill. Women - must be able to throw more than 200 feet and make 4-6 putts out of 10 from 20 feet. Men - must be able to throw more than 300 feet and make 5 to 7 putts out of 10 from 25 feet.

FORMAT

- All groups will play on the Recreational course. Groups G and H will play 9 holes. Groups E, and F will play 18 holes.

SPORT RULES

- Professional Disc Golf Association rules will apply.
- The Pennsylvania Senior Games reserves the right to cancel, consolidate, and schedule divisions and dates of play based on the number of entries received.

SPORT COORDINATOR

Don Dillon, 717-761-6895, Don@pinchotdiscgolf.com

FOOTBALL THROW/SOFTBALL THROW

GROUP SPORT C

EVENTS - Individual Female & Male Competition

DATES - Tuesday, July 24, Wednesday, July 25, Thursday, July 26

SITE - York Expo Center - Grandstand Infield

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Tuesday, July 22 2:00-4:00pm

Wednesday, July 23 9:00-11:00am
2:00-4:00pm

Thursday, July 24 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

GOLF

NATIONAL QUALIFYING SPORT Minimum Performance Standards qualify for NSG

GROUP SPORT C

EVENTS - Individual Female & Male Competition

DATES - Tuesday, July 22

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 22 8:00am Starting Tee Times

ENTRY REGULATIONS

- \$30.00 registration fee per participant.
- Greens fees are an additional \$15.00 which includes golf cart fee.
- A total of \$45.00 should be sent with entry form.
- Partner's names should be included with your registration.
- Tee time requests should be indicated on entry form.
- Golf registrants will receive tee times through a separate mailing.

FORMAT

- An 18-hole one day competition.
- Tee Times will be assigned beginning 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, and Third place medalists qualify for NSG

GROUP SPORT A

EVENTS - Female & Male Singles and Doubles

DATES - Tuesday, July 22, Wednesday, July 23

SITE - York Expo Center– Horticultural Hall

AMENITIES - Restrooms, Water

SCHEDULE

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

Wednesday, 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, 814-474-3450, pelican35@verizon.net

RACQUETBALL

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

GROUP SPORT C

EVENTS Female & Male Singles and Doubles

DATES Thursday, July 24

SITE Yorktowne Racquet Complex
2810 E. Prospect Rd., York, PA 17402

AMENITIES Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 24	8:00am	Singles
	1:00pm	Doubles

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 will apply.
- Protective eye wear is mandatory.

SPORT COORDINATOR TBA

SHUFFLEBOARD

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

GROUP SPORT C

EVENTS - Female & Male Singles and Doubles

DATES - Thursday, July 24, Friday, July 25

SITE - York Expo Center- Old Main

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Thursday, July 24	1:30pm	Check-in
	2:00pm	Singles

Friday, July 25	7:30am	Check-in
	8:00am	Doubles

ENTRY REGULATIONS

- Shuffleboard equipment is provided.
- Entrants may bring their own cue.
- Partners may be mixed for doubles play.
- Doubles partners who qualify together must play together at Nationals.

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 - PSG Staff

SOFTBALL TEAM

NATIONAL QUALIFYING SPORT First and Second place teams qualify for NSG

GROUP SPORT C

EVENTS - Male and Female Team Competition

DATES - April 22-27, 2008

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

ENTRY REGULATIONS

- Brandywine Softball Association's Early Bird Senior Tournament will be used as the PSG National Qualifier Event.
- For additional information please contact Doug Hunt, 215-345-0437

SWIMMING

NATIONAL QUALIFYING SPORT First, Second, Third place medalists 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 25
Saturday, July 26

SITE - Dallastown High School
700 New School Lane, Dallastown, PA 17313
(Located 9.2 miles from York Expo Center)

AMENITIES - Locker rooms, Restrooms, Water

SCHEDULE

Friday, July 25 2:00pm Events 1 through 7
Saturday, July 26 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

MEET MANAGER

Bill Bankoske, billbankoske@gmail.com

TABLE TENNIS

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

GROUP SPORT B**EVENTS**

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES

Tuesday, July 22
Wednesday, July 23

SITE - York Expo Center— Memorial East

AMENITIES - Restrooms, Food (\$), Water

SCHEDULE

Tuesday, July 24	12:30pm	Check-in
	1:00pm	Male Singles
	6:00pm	Male Doubles
Wednesday, July 25	7:30am	Check-in
	8:00am	Female Singles
	1:00pm	Mixed Doubles
	6:00pm	Female Doubles

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

TENNIS

NATIONAL QUALIFYING SPORT First and Second, place medalists qualify for NSG

GROUP SPORT A**EVENTS**

Female & Male Singles
Female & Male Doubles
Mixed Doubles

DATES

Monday, July 21 (if needed)
Tuesday, July 22
Wednesday, July 23
Thursday, July 24

SITES

Penn State University— York Campus
1031 Edgecomb Ave., York, PA 17403
Springettsbury Township Park
1501 Mount Zion Road, York, PA 17402
(Located 6.5 miles from York Expo Center)

AMENITIES- Restrooms, Water

SCHEDULE

Monday, July 21 (if needed)	5:30pm	Singles (if needed)
Tuesday-Thursday	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 20 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.
- 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

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

TRACK & FIELD

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

GROUP SPORT C

EVENTS

Individual Female & Male Competition

DATES

Thursday, July 24 (Field Events)
Friday, July 25 (Track Events)

SITE

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

AMENITIES

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

SCHEDULE

Thursday, July 24

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 25

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 derking 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

Trey Jackson, 717-273-3511, treyj@verizon.net

** 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

TRIATHLON

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

GROUP SPORT C

EVENTS - Individual Female & Male Competition

DATES - Sunday, August 10, 2008

SITE - North Hills YMCA Triathlon
North Park, Wexford, PA

SCHEDULE 8:00am

ENTRY REGULATIONS

- You must complete a North Hills YMCA Triathlon application and mail directly to the North Hills YMCA.
- Athletes who are only entering the triathlon must also mail the completed PSG application and \$10.00 processing fee to the PSG office.

FORMAT

- 400M Freestyle/20K Cycling/ 5K Road Race

SPORT RULES

- Triathlon Federation/USA rules will apply

SPORT HOST Jeff Campbell, 412-364-3404,
jcampbell@ymcaofpittsburgh.org

VOLLEYBALL TEAM

NATIONAL QUALIFYING SPORT First and Second place teams qualify for NSG

GROUP SPORT C

EVENTS - Female and Male Team Competition

DATES

Female- Saturday, July 26

Male- Sunday, July 27

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 \$80.00 (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 30, 2008.
- 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, 570-412-1214,

patacake@dejazzd.com

Male- Bray LeBrocq, 610-430-7196, blebrocq@hotmail.com

DIRECTIONS TO PA SENIOR GAMES REGISTRATION

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.**

REGISTRATION INFORMATION

REGISTRATION HOURS - Toyota Arena, York Expo Center

Monday, July 21	6:00pm-8:00pm
Tuesday, July 22	8:00am-8:00pm
Wednesday, July 23.....	8:00am-8:00pm
Thursday, July 24.....	8:00am-8:00pm
Friday, July 25	8:00am-7:00pm
Saturday, July 26	8am-12:00pm, 4:00pm-8:00pm
Sunday, July 27.....	8am-12:00pm

A SPOT FOR SENIORS!

SENIOR GATHERING PLACE

The Smith Center will be used as a place for seniors to gather and socialize. It will be used to post any updates and results.

SOCIAL EVENTS

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

CONTACT INFORMATION

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

