

TWENTY~FOURTH ANNUAL JOHNSTON COUNTY SENIOR GAMES

April 4 - 15, 2011

Official Entry Form

Entry Deadline - March 18, 2011

Entry Fee - Only \$10 for both Athletic Events and SilverArts Events

Official Sports

**Basketball Throw ~ Shuffleboard ~ Horseshoes ~ Cycling ~ Tennis ~ Table Tennis ~
Spin Casting ~ Billiards ~ Softball Throw ~ Bowling ~ Swimming ~ Football Throw
~ Croquet ~ Track & Field ~ Racquetball ~ 3 on 3 Basketball ~ Golf ~ Bocce**

SilverArts

Heritage Arts ~ Literary Arts ~ Visual Arts ~ Performing Arts

Sponsors

**This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored
statewide by the North Carolina Division of Aging and Adult Services.**

Johnston County Gold Sponsors: United Way of the Greater Triangle,

Johnston County Council on Aging, Clayton Physical Therapy & Wellness & Humana

Bronze Sponsor is Woodmen of the World.

SENIOR GAMES - GENERAL INFORMATION

OPEN TO: All Johnston County residents who are 55 years of age or older. A participant's age on **December 31, 2011** will determine the category in which the athlete will compete. Participants will compete against their own gender and age group as follows: 55-59, 60-64, 65-69, etc. A participant must be a resident of Johnston County for three consecutive months.

ENTRY FEE: There is a \$10 per person entry fee which covers SilverArts and most athletic events. There is an additional fee for golf (\$10), racquetball (\$9), billiards (\$2) and bowling (\$5 per event). Entry fees must accompany the registration form. **FORMS MUST BE POSTMARKED OR SUBMITTED BY MARCH 18, 2011.**

EVENTS: All events are listed on the Registration Form. Athletes may enter as many events as desired. Events as follows:

Monday, April 4th - Clayton

10am Dashes - Clayton High School
1500M Race Walk

1:30pm Bowling Singles - Rainbow Lanes

9am SilverArts Check-in @ Smithfield Recreation & Aquatics Center

Monday, April 11th - Rainbow Lanes - Clayton

9am Bowling (Mixed Doubles)

11am Billiards

1pm Bowling (Doubles)

Tuesday, April 5th - Clayton High School

9am Opening Ceremonies

10am SilverStriders Fun Walk

10:30am Spin Casting / Football Throw / Softball Throw

1pm Running & Standing Long Jump / Shot Put / Discus

Tuesday, April 12th

9am Cycling - Clayton Community Park

11am Croquet - Smithfield Community Park

1pm Swimming - Smithfield Recreation & Aquatics Center

1pm Raquetball—Smithfield Recreation & Aquatics Center

Wednesday, April 6th - Cardinal Country Club

9am Golf

Wednesday, April 13th

9am Tennis @ Vinson Ridge Racquet Club

Thursday, April 7th

9am Basketball Shooting—Harrison Gym—Selma

10am Table Tennis—Harrison Gym—Selma

12noon Bocce - Clayton Community Park

Thursday, April 14th - Smithfield Recreation & Aquatics Center

1:30pm Performing Arts Showcase

Awards Ceremony

SilverArts Showcase

Friday, April 8th- Benson Civic Center

9am Shuffleboard

12noon Horseshoes

Friday, April 15th - Johnston Wildlife Club

11:30am Closing Ceremonies

SilverArts: There will be a change this year with SilverArts . This year the arts will be on display during the entire two weeks of Johnston County Senior Games. The arts will be on display at the Smithfield Recreation & Aquatics Center. Make sure to take time to go see all the beautiful artwork from our participants.

PRACTICE: You can practice at Rainbow Lanes in Clayton, Mondays, Wednesdays, or Thursdays from 9am-5pm. Tell them you're with JCSG. Equipment is available for practice—please check with your local Recreation Department. Call 894-5117 or 553-5777 for a schedule.

AWARDS FOR ATHLETIC EVENTS: Awards will be presented to the top three finishers in each event at the SilverArts Showcase on Thursday, April 14, 2011 beginning at 1:30pm. (Participant ribbons will be given to everyone competing in the "Fun Walk.") Local medal winners are eligible to compete at the NC Senior Games in Raleigh in September.

RAIN PLANS: In case of bad weather call 553-1552 for information about postponement or cancellation of an event.

SilverArts - General Information

Heritage, Literary, and Visual Arts entries must be the original work of the artist, must be a work created after the artist turned 55 years old, and must have been completed within two years of the local SilverArts qualifying date of April 4, 2011. Performing Arts entries must be a live performance by the participant. ****If you have any questions concerning SilverArts please call Gina Moreland at 553-1555.**

CATEGORIES: Participants may enter Visual, Literary, and Heritage crafts; you may enter three pieces per sub-category. You may enter two quilts, three needlework pieces, etc. Please, no more than three pieces per sub-category.

DEADLINE: There is a \$10 entry fee to compete in SilverArts. Entries must be checked in on Monday, April 4, 2011 between 9am-11am at Smithfield Recreation and Aquatics Center. **Entries will be on display the entire two weeks of Johnston County Senior Games.**

AWARDS: First, second, and third place winners in each sub-category will receive an award. Each first and second place winner in Heritage and Visual arts will be eligible to show their artwork at the NC Senior Games in October. State Finals will only accept one entry per sub-category, per person. Only first place winners in Literary and Performing Arts will be eligible for NC Senior Games. Medals for SilverArts & Athletic Events will be awarded at the SilverArts Showcase on Thursday, April 14, 2011 at Smithfield Recreation and Aquatics Center.

ENTRY SPECIFICATIONS: ARTIST'S NAME & TITLE (**ALL ENTRIES MUST HAVE A TITLE**) OF ENTRY MUST APPEAR ON THE BACK OF THE ENTRIES.

VISUAL ART

(see entry form for categories)

- All artwork (except sculpture) must be securely wired, individual and ready to be hung (no serrated hooks or string).
- Artwork (except sculpture) can be no larger the 36"x42", including matting and frame.
- Sculptures can be no heavier the 50lbs.
- Sculpture sets may have no more than three pieces per set.
- The art piece must be an original work, not a print.
- Entries must be the original work of the artist, must be work created after the artist is age 55, and must have been **completed within 2 years** of the qualifying date.

LITERARY ART

(see entry form for categories)

- Poems can be no longer than 40 lines and must be typed.
- Short stories (fiction), essays, and life experiences can be no longer that 8 pages, typed and double-spaced.
- All entries must have a title page which includes title of work, sub-category, and name of artist.
- No framed or matted entries will be accepted.
- Johnston County Senior Games will retain all copies.
- Entries must be the original work of the artist, must be work created after the artist is age 55 and must have been **completed within 2 years** of the qualifying date.

HERITAGE ART

(see entry form for categories)

- Entries must be the work of the individual not a group effort.
- Heritage Arts entries must be an original work.
- Patterns may be used, no stamped pieces.
- Pottery must be hand-built.
- Latch-hook rugs and pieces from ceramic molds will not be accepted.
- Pieces can be no heavier than 50lbs.
- Sets may have no more than three pieces.
- Entries must be the original work of the artist, must be work created after the artist is age 55, and must have been **completed within 2 years** of the qualifying date.

PERFORMING ARTS

(see entry form for categories)

- Acts are limited to three (3) minutes of "on stage" time.
- Acts may be one of the following: (a) soloists or soloist with accompanists, (b) small group (2-4 performers), or (c) large group (5 or more performers).
- Props are the responsibility of the performer.
- Voice presentations must be a LIVE performance. Background music may be taped. Lip-synch is not permitted.
- Individuals in groups must register separately.

EVENT LOCATIONS

JOHNSTON COUNTY SENIOR GAMES

Clayton High School - From Highway 70 in Clayton, turn beside Walgreens onto Robertson Street. Turn right at the second entrance to the school, beside the baseball field.

Cardinal Country Club - From Highway 70 turn onto Peedin Road at stoplight, go through town and turn right onto Rain's Crossroads Road, go approximately 5 miles, turn left onto the third road which will be Parrish Memorial, golf course is approximately 1/2 mile on the left.

Benson Civic Center - Located on North Johnson Street in Benson Parks and Recreation Department Building. Johnson Street intersects with 301 and Main Street.

Harrison Gym—From Highway 301 into Selma turn left onto Noble Street. Gym is approximately 1/4 mile on the left.

Rainbow Lanes - Take 42 West from Hwy. 70, Rainbow Lanes is approximately 1 mile on right.

Clayton Community Park— From Hwy 70 turn onto Amelia Church Road beside McDonalds. Go to first stoplight turn left onto Guy Road. Bocce Courts are located on the left between Parkside Village Apartments and Clayton Middle School. From I-40 turn off of exit 312—take 42 east. Travel approximately 5 miles. Look for Rainbow Bowling Lanes on the left. Just past Rainbow Lanes at the next stoplight turn left onto Guy Road. The Bocce Courts are located on the right just past the Middle School entrance and before you get to the apartments.

Smithfield Recreation and Aquatics Center—Located on Booker Dairy Road in Smithfield Community Park adjacent to Smithfield-Selma High School. Booker Dairy Road may be accessed from Hwy. 301 between Selma and Smithfield or from Buffalo Road between Smithfield and the Hwy 70 By-Pass.

Johnston County Wildlife Club—Located on Swift Creek Road mid-way between Hwy. 70 Business and Hwy. 70 By-Pass. Look for Senior Games signs at entrance.

Vinson Ridge Racquet Club—From Business Hwy 70 between Clayton and the 70 By Pass. Turn onto Powhatan Road at the Hess Gas Station. Go approximately 1.5 miles and turn right on Vinson Road. Go approximately four miles to 45 Summit Overlook Drive. Vinson Ridge Racquet Club on the left.

Johnston County Senior Games

PO Box 69

Benson, NC 27504

SENIOR GAMES REGISTRATION FORM

MUST BE RECEIVED BY MARCH 18, 2011. NO REGISTRATION FORMS WILL BE ACCEPTED AFTER MARCH 18, 2011.

Name: _____ Date of Birth: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____ Phone #: _____ Age as of 12/31/11: _____

Referred By: _____ (1st year participants ONLY)

If you qualify to participate in State Finals in Raleigh do you plan to attend? _____ YES _____ NO

Please provide the following information to help us. It will be kept confidential. Thank you!

My ethnicity: ___ African American ___ American Indian ___ Hispanic ___ White ___ Other

My annual household income is less than \$10,400 (one person in household) ___yes

My annual household income is less than \$14, 000 (two people in household) ___yes

I decline to answer _____

T-Shirt Size: (Please circle one) Small Medium Large X-Large XX-Large

FEES:

Registration Fee (includes T-shirt, Athletic & SilverArts events)	=	\$10.00
* \$5.00 additional fee for singles bowling (includes shoes)	=	_____
* \$5.00 additional fee for doubles bowling (includes shoes)	=	_____
* \$5.00 additional fee for mixed doubles (includes shoes)	=	_____
\$2 additional fee for billiards	=	_____
\$10 additional fee for golf (includes green fee and cart)	=	_____
TOTAL AMOUNT ENCLOSED	=	_____

*Please note: bowling is \$5.00 per event

MAKE CHECKS PAYABLE TO JOHNSTON COUNTY SENIOR GAMES AND

MAIL TO: JOHNSTON COUNTY SENIOR GAMES

1204 North Johnson Street

BENSON, NC 27504

Please be sure to complete the registration form, event form, the health form, and sign the liability waiver. Keep the information sheet for your own use.

BE SURE TO FILL OUT THE EVENT REGISTRATION FORM ON THE BACK OF THIS PAGE



NAME: _____ DATE OF BIRTH: _____

PLEASE REGISTER ME FOR THE FOLLOWING EVENTS:

You must pre-register for any event you plan to enter and picture ID's will be checked at all events.

____ SilverStriders Fun Walk (Non-competitive)

SilverArts

____ Heritage

____ Literary

____ Performing Arts Showcase

____ Visual

Basketball 3-on-3 Tournament (Team Event) _____

____ Bocce

Bowling**

____ Doubles (Partner) _____

____ Mixed Doubles (Partner) _____

____ Singles

Cycling:

____ 1 Mile

____ 10K

____ 5K

Field Events:

____ Discus

____ Running Long Jump

____ Shot Put

____ Standing Long Jump

____ Horseshoes

____ Racquetball

Other Events:

____ Basketball Shooting

____ Billiards

____ Croquet

____ Football Throw

____ Softball Throw

____ Spin Casting*

____ Shuffleboard

____ Golf: Please list average score: _____

Please list names of preferred foursome: _____, _____,

_____ (must be registered Senior Games Participants)

Swimming: **Limit 6 events**

____ 100 yd Backstroke

____ 100 yd Breaststroke

____ 100 yd Butterfly

____ 100 yd Freestyle

____ 100 yd Medley

____ 200 yd Backstroke

____ 200 yd Breaststroke

____ 200 yd Butterfly

____ 200 yd Freestyle

____ 200 yd Medley

____ 25 yd Backstroke+

____ 25 yd Breaststroke+

____ 25 yd Butterfly+

____ 25 yd Freestyle+

____ 50 yd Backstroke

____ 50 yd Breaststroke

____ 50 yd Butterfly

____ 50 yd Freestyle

____ 500 yd Freestyle

____ Table Tennis

Tennis

____ Single

____ Doubles (Partner) _____

Track:

____ 100 Meter Dash

____ 1500 Meter Race Walk

____ 200 Meter Dash

____ 5K Run

____ 400 Meter Dash

____ 800 Meter Dash

****Bring your own rod and reel or one will be provided; a 5/8 ounce plug will be provided to cast at a target.***

*****Please list partner's name if participating in Doubles or Mixed Doubles.***

******To qualify for State Finals, golfers need to meet a minimum performance score AND finish in the top 3 in their age group.***

+25 Yard Swimming events will not be held at State Finals

SWIMMING IS LIMITED TO 6 EVENTS PER PARTICIPANT

All of the events above will be offered at State Finals except 25 yard swimming events.

Johnston County Senior Games Performing Arts Showcase Registration Form

The Group Leader should complete and return the Performing Arts registration form, only one registration form is required for each group/act. **Each individual member of the group/act must submit their Own Individual Johnston County Senior Games Registration Form, and sign the Liability Waiver and Medical Information Form.** Please place a check () by the Performing Arts Showcase category on your registration form. The Showcase will be held on Thursday, April 14, 2011 at Smithfield Recreation and Aquatics Center beginning at 1:30pm. **Registration Fee is \$10.00 if you have not registered as a Senior Games or SilverArts Participant. Registration deadline is March 18, 2011. Make checks payable to Johnston County Senior Games and mail to: Johnston County Senior Games, 1204 North Johnson Street, Benson, NC 27504.**

Name/Name of Group Leader: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

PERFORMING ARTS CATEGORY:

Name of Group/Act as it should be listed in program: _____

SUB-CATEGORY:

____ Comedy/Drama ____ Vocal ____ Dance ____ Instrumental ____ Line Dance

TYPE OF ACT: Limit one solo and one group performance.

____ Solo or Solo with Accompanist(s) ____ Small Group (2-4 people) ____ Large Group (5 or more people)

Number of individuals in act: _____ Names of individuals in Act: _____

Will you have an accompanist? ____ **If yes, accompanist must be a registered Johnston County Senior Games participant.** Name of accompanist: _____

Title of the piece to be performed: _____

Will music be used as part of the Act/Routine: Yes _____ No _____. If yes, the group leader must bring a good quality tape or compact disc with music at the beginning of the tape to the dress rehearsal. Tapes may be picked up following the performance.

Length of Act (3 minutes maximum): _____ minutes _____ seconds. Exceeding the time limit will result in automatic disqualification.

Equipment Request: Anything other than these are considered props and are the responsibility of the act.

____ Microphones(s) # _____ ____ Piano ____ Cassette Player ____ Compact Disc Player

Give an introductory statement for use in your introduction at the Showcase: _____

JOHNSTON COUNTY SENIOR GAMES

SilverArts

Entries must be checked in at Smithfield Recreation and Aquatics Center on Wednesday, April 13th between 9:00-11:00am. The SilverArts fee is \$10.00, if you have not registered as a Senior Games participant, and must accompany the registration form. You may enter three pieces in each sub-category. Registration deadline is March 18, 2011. SilverArts will be on display at on Thursday, April 14, 2011 at Smithfield Recreation and Aquatics Center after the awards ceremony at 1:30pm.

Name: _____ Date of Birth: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____ Phone #: _____ Age as of 12/31/11: _____

FEES: Registration Fee - \$10.00. Make checks payable to Johnston County Senior Games and mail to Johnston County Senior Games 1204 North Johnson Street, Benson, NC 27504. Please be sure to complete the registration form and sign the liability waiver and medical information form.

PLEASE REGISTER ME FOR THE FOLLOWING Heritage Arts Sub-Categories:

Title of entry: _____

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Basket Weaving | <input type="checkbox"/> China Painting | <input type="checkbox"/> Woodcarving | <input type="checkbox"/> Crocheting |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Jewelry | <input type="checkbox"/> Knitting | <input type="checkbox"/> Needlework |
| <input type="checkbox"/> Weaving | <input type="checkbox"/> Quilting | <input type="checkbox"/> Stained Glass | <input type="checkbox"/> Tatting & Needlelace |
| <input type="checkbox"/> Pottery (Hand Built & Thrown) | <input type="checkbox"/> Tole/Decorative Painting | <input type="checkbox"/> Rugs (hooked, braided, woven) | |

Is this entry a set? If so, number of pieces: _____.

Detailed description of entry, including dimensions: _____

Visual Arts Sub-Categories:	Literary Arts Sub-Categories													
<p>Title of entry: _____</p> <p>Size: _____ (36"x42" including mat & frame is the maximum allowed) 50lb. limit on Visual Arts</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Acrylics</td> <td><input type="checkbox"/> Watercolor</td> <td><input type="checkbox"/> Oil</td> </tr> <tr> <td><input type="checkbox"/> Photography</td> <td><input type="checkbox"/> Pastels</td> <td><input type="checkbox"/> Drawing</td> </tr> <tr> <td><input type="checkbox"/> Mixed Media</td> <td><input type="checkbox"/> Sculpture</td> <td></td> </tr> </table> <p>DISPLAY REQUIREMENTS: All entries, except sculptures, must have a sturdy wire on the back for display. Serrated hangers will not be accepted.</p> <p>Detailed description of artwork (subject, color, etc.): _____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Acrylics	<input type="checkbox"/> Watercolor	<input type="checkbox"/> Oil	<input type="checkbox"/> Photography	<input type="checkbox"/> Pastels	<input type="checkbox"/> Drawing	<input type="checkbox"/> Mixed Media	<input type="checkbox"/> Sculpture		<p>Title of entry: _____</p> <p>No framed or matted entries will be accepted.</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Life Experiences (autobiographical)</td> </tr> <tr> <td><input type="checkbox"/> Essays</td> </tr> <tr> <td><input type="checkbox"/> Poems</td> </tr> <tr> <td><input type="checkbox"/> Short Stories (fiction)</td> </tr> </table> <p>Short stories, essays, and life experiences can be no longer than 8 pages, typed and double spaced.</p> <p>Poems can be no longer than 40 lines and must be typed.</p> <p>All entries must be typed.</p>	<input type="checkbox"/> Life Experiences (autobiographical)	<input type="checkbox"/> Essays	<input type="checkbox"/> Poems	<input type="checkbox"/> Short Stories (fiction)
<input type="checkbox"/> Acrylics	<input type="checkbox"/> Watercolor	<input type="checkbox"/> Oil												
<input type="checkbox"/> Photography	<input type="checkbox"/> Pastels	<input type="checkbox"/> Drawing												
<input type="checkbox"/> Mixed Media	<input type="checkbox"/> Sculpture													
<input type="checkbox"/> Life Experiences (autobiographical)														
<input type="checkbox"/> Essays														
<input type="checkbox"/> Poems														
<input type="checkbox"/> Short Stories (fiction)														

*YOUR NAME & TITLE OF ENTRY MUST APPEAR ON OR BE ATTACHED TO YOUR ENTRY FOR IDENTIFICATION *

HEALTH INFORMATION

Must be completed with your signature and submitted with the registration form.

Name: _____ Date of Birth: _____

Are you allergic to any medication? If so, list: _____

Are you visually impaired? ___ Yes ___ No Are you hearing impaired? ___ Yes ___ No

Name of family doctor: _____ Phone: _____

EMERGENCY CONTACT:

Name: _____ Name: _____

Relationship: _____ Relationship: _____

Phone: _____ Phone: _____

LIABILITY WAIVER

Must be completed with your signature and submitted with registration form

I, the undersigned participant, hereby agree to indemnify, save, and hold harmless, the Johnston County Senior Games or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Johnston County Senior Games.

I have prepared myself for the events, which I have entered by practicing prior to Johnston County Senior Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I understand that to promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete. The Johnston County Senior Games sponsors have advised me that it would be in my best interest to consult my physician prior to my preparation in regard to participation in the games. Johnston County Senior Games has my permission to have a physician attend to me if it is deemed necessary during my participation.

I, the undersigned participant grant to Johnston County Senior Games the right to use any pictures taken of me during the games to be held during the weeks of April 4, 2011 through April 15, 2011 without my remuneration.

I, the undersigned participant, have been a resident of Johnston County for a minimum of three consecutive months. **I understand that I am only allowed to participate in ONE Senior Games program in North Carolina.**

I understand that it is MY responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet. The State Finals Entry Form must be received in the NCSG office in Raleigh by 5:00pm on August 1, 2011. I understand that this deadline is strictly enforced in fairness to all.

Signature _____ Date: _____