# Neuse River Senior Games





#### 2024 REGISTRATION PACKET

#### **Athletic Competition**

SilverArts Competition

Monday, April 22 - Wednesday, May 9

Tuesday, April 23 - Friday, April 26

Registration Begins: Thursday, February 1

Registration Deadline (no later than 5:00 p.m.)

Friday, March 15

#### **Coordinating Agencies**

Craven County Recreation & Parks \* Greene County Senior Services

Duplin County Senior Services \* Twin Rivers YMCA \* Craven County Senior Services

Eastern Carolina Council Area Agency on Aging \* Havelock Parks & Recreation

Kinston/Lenoir County Parks & Recreation

1821 Old Airport Rd. New Bern, NC 28562



Phone: (252) 636-6606

Dear Senior Games Participant:

The Neuse River Senior Games is returning for its **39th** year promoting health, fun, fitness and friendship for Seniors **50** years and better! The Steering Committee has been working hard to ensure a great 2024 Neuse River Senior Games & SilverArts Competition experience! Please take a moment to carefully read the information below as it includes important information, dates, and announcements.

- Registration for the 2024 Neuse River Senior Games will begin on Thursday, February 1.
- The 2024 registration fee will be \$15.00.
- Registration will end on Friday, March 15. Late registration will NOT be available; don't wait until the last minute!
- **Cycling** will be held on **Wednesday**, **April 17** at the Carteret County Speedway. Cyclists will compete alongside participants from the Carteret County Senior Games and the Onslow County Senior Games.
- **Pickleball will be held outdoors at Creekside Park** on Monday, April 22 (Mixed Doubles) and Tuesday, April 23 (Singles & Doubles). Singles will be held in the morning and Doubles will be held in the afternoon.
- Individual start times for tournament events will be sent to participants the week prior to their scheduled event.
- The SilverArts Competition will be held in-person at the Craven County Senior Center.
- Awards will not be distributed at individual events this year. Awards will be presented at the Celebration
  of Games Closing Ceremonies and will be available for pickup at 1821 Old Airport Rd., New Bern, NC
  28562.

The Celebration of Games Closing Ceremonies will be held at the Twin Rivers YMCA on Thursday, May 9 at 6:00pm. On page 5, please indicate your attendance at the Celebration of Games Closing Ceremonies and dinner immediately following.

If you will be participating in or observing an outdoor event, please bring sunscreen, chairs, etc. to the event for your comfort. Please feel free to invite your family and friends! For additional registration forms and information, please call your local County representative or visit our web-site: cravencounty.recdesk.com and select *Our Partners*, then *Senior Games*.

On behalf of the Steering Committee, I extend best wishes to all for an enjoyable and safe experience at the 2024 Neuse River Senior Games!

Andrew Kendall, Local Coordinator Neuse River Senior Games

(252) 636-6606

Craven \* Duplin \* Greene \* Jones \* Lenoir \* Pamlico

#### Registration Information

All Neuse River Senior Games events will be held in New Bern with the exception of Cycling. The following bulleted list will give you an idea of where other events will be taking place.

- Creekside Park (1821 Old Airport Rd., New Bern, NC 28562)
- Craven County Senior Center (811 George St., New Bern, NC 28560)
- Table Tennis will be held at the West New Bern Recreation Center (1225 Pinetree Dr., New Bern, NC 28562)
- Billiards will be held at the Elks Lodge (1175 Pinetree Dr., New Bern, NC 28562)
- Shuffleboard & Horseshoes will be held at Truewood Assisted Living (2701 Amhurst Blvd., New Bern, NC 28562)
- Cycling will be held at the Carteret County Speedway (501 Whitehouse Fork Rd., Swansboro, NC 28584).
- Tennis will be held at Taberna Country Club (401 Taberna Way, New Bern, NC 28562).
- Swimming & Basketball Shooting will be held at the Twin Rivers YMCA (100 YMCA Ln., New Bern, NC 28560).
- Golf will be held at the Emerald Golf Club (5000 Clubhouse Dr., New Bern, NC 28562).

#### Registration Fees

A registration fee of \$15.00 is required from all participants registering by **Friday**, **March 15**. Some activities will require extra fees (*this is indicated on the registration form*), which should be submitted in addition to the registration fee. **All fees must accompany the registration/waiver form for the participant to be eligible.** The registration fee includes a Neuse River Senior Games t-shirt as well as a dinner meal at the Celebration of Games Closing, Ceremonies.

A limited number of Registration Fee Waivers are available. A waiver is the base \$15.00 fee. To request and be considered for a waiver, please check the line on the first page of the Registration Form.

No registration will be accepted after Friday, March 15 at 5:00pm

#### ALL FEES ARE NON-REFUNDABLE

Due to the strenuous nature of the athletic events, it is recommended that you consult your physician prior to beginning training for the actual competition.

A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year.

Only persons who are 50 years of age by December 31, 2024 or better and residents of the six sponsoring counties (Craven, Duplin, Greene, Jones, Lenoir, and Pamlico) are eligible to participate in the Neuse River Senior Games.



#### Mail completed form to:

Neuse River Senior Games 1821 Old Airport Road New Bern, NC 28562

#### **General Information**

Participants must complete the official registration form with a signature, inclusive of medical information and physicians phone number. The liability waiver must be signed and the "fees" section of the registration form must be completed.

**Confirmation:** In early April, you will receive a letter confirming your events with times and locations listed. If you believe the confirmation is incorrect, please call (252) 636-6606 to verify.

**Rules:** Rules for all events are available at www.ncseniorgames.org or by contacting Craven County Recreation & Parks at (252) 636-6606.

**Athletic Awards:** In Athletic Events, Gold, Silver, and Bronze medals will be awarded to the top three finishers in each age category, for males and females. Awards will be distributed at the Celebration of Games Closing Ceremonies (they will not be distributed at each individual event) or available for pick up at the Craven County Recreation and Parks offices at 1821 Old Airport Road, New Bern, NC.

**SilverArts Awards:** First, second & third place winners in **Visual and Heritage Arts** will be eligible for the NC Senior Games Finals. First & second place winners in the **Literary sub-category** will be eligible for the NC Senior Games Finals. However, North Carolina Senior Games Finals awards first, second, and third place in each sub-category of these arts.

#### **Athletic Events**

Please indicate the events you wish to enter on the registration form. You may enter all the events you wish, but if two events overlap or are scheduled at the same time, it is up to you to meet the games requirements for those events.

**Tournament** events require you to report at the time listed. Tournament events are indicated with an asterisk (\*). **Open** events allow you to report at any time during the time period listed.

Where a time conflict exists between tournament and open events, you must report to the tournament event first and participate **prior** to moving on to the open event. **Failure to do so will result in disqualification**.

**State Finals Entry Forms:** <u>DO NOT MAIL BEFORE MAY 31, 2024!</u> The State Finals entry form must be received in Raleigh at the NC Senior Games Office no later than 11:59 p.m. on August 1, 2024.

Your age as of December 31, 2024 determines the category in which you will be placed for competition. Participants compete against others of their own sex and age as follows:

50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+



In the event of rain, please call (252) 636-6606 for event updates and information. Tuesday, May 7 and Wednesday, May 8 will be reserved for rained out make up days.



### 39th Annual Neuse River Senior Games

2024 Official Registration Form Athletics and SilverArts

April 22 - May 9, 2024

Please Print All Information Clearly

Name:						First-Time P	articipant?
	First	Middle Initial	Last				<u> </u>
Mailing Add	lress:						
3		et/Post Office Box	City		State	County	Zip
Home Telep	hone: (		Em	nail Addro	ess:	ė.c	
Birth Date:_		 Day Year	Gender:	M F	Age as	of December 3	31, 2024
T-Shirt Size:	(circle one)	Small	Medium	Large	"X-Large	XX-Large	XXX Large
	Optional Information I decline to answer the questions below						
<i>Ethnicity</i> African Americ	an	Asian	American India	an	Hispanic	White	Other
Income  Annual household income is less than \$11,770 (1 person in household). Yes No  Annual household income is less than \$15,930 (2 people in household). Yes No  Financial assistance consideration requested? Yes No							
<i>Housing</i> Are you currer	ntly living in a	senior living com	munity? Yes	No	o If yes,	phone #	

#### Before mailing your registration form.....

- Please be sure all sides of the registration form have been completed
- Complete the Liability Waiver and attach any necessary medical information
- Please sign registration form

FEE SCHEDULE			PAYMENTS		
Registration Fee: (includes t-shirt & meal)		\$15.00	Registration Fee	\$	
Golf Fees (with cart):		\$25.00	Golf Fee Extra T-Shirt Fee	\$	
Extra T-Shirt (\$10.00):	Size How Many		Extra Meal Fee	\$ \$	
Extra Meal (\$10.00):	How Many		Total Enclosed	\$	

Make checks payable to: Neuse River Senior Games, 1821 Old Airport Rd., New Bern, NC 28562

#### **Athletic Events**

Please mark an X beside the appropriate event category

Wednesday, April 17, 2024 (Carteret County Speedway) Cycling (Arrive at 9:00am) 1 Mile	Tuesday, April 30, 2024 (The Emerald Golf Club)  ***11:30amGolf (\$25.00 Fee)  Wednesday, May 1, 2024 (Twin Rivers YMCA)  *9:00 am - Swimming (enter 6 events only) **25 yard Backstroke **25 yard Butterfly **25 yard Breaststroke 50 yard Backstroke 50 yard Butterfly 50 yard Breaststroke 100 yard Breaststroke 100 yard Butterfly 100 yard Breaststroke 100 yard Breaststroke 100 yard Breaststroke 100 yard Individual Medley 200 yard Butterfly			
5K 10K 1 Mile Recumbent 5K Recumbent 10K Recumbent				
Monday, April 22, 2024 (Creekside Park)  *Pickleball Mixed Doubles  Mixed Doubles Partner:				
Tuesday, April 23, 2024 (Creekside Park)  *Pickleball SinglesDoubles Doubles Partner:				
Wednesday, April 24, 2024 (Creekside Park)8:00amSilverStriders Fun Walk*8:30am -11:30amCornhole (Women)9:00am - 10:30amFootball Throw*12:30pm - 2:30pmCornhole (Men)	200 yard Freestyle200 yard Breaststroke200 yard Individual Medley400 yard Individual Medley500 yard Freestyle 9:30am - 11:00amBasketball Shooting			
Thursday, April 25, 2024 (Truewood Assisted Living)  *8:30am - 11:30am	Thursday, May 2, 2024 (Elks Lodge)  *Time TBDBilliards  Friday, May 3, 2024 (Creekside Park)  *9:30amCroquet 9:00am - 10:30amSoftball Throw			
*12:00pm - 3:00pmShuffleboard (Men) *12:00pm - 3:00pmHorseshoes (Women)				
Friday, April 26, 2024         (Creekside Park)         *9:00am       Bocce         (New Bern High School)       5K Race Walk         9:00am       Shot Put         9:00am - 11:00am       Discus         9:00am - 11:00am       Standing Long Jump         9:00am - 11:00am       Running Long Jump	Monday, May 6, 2024 (WNB Rec. Center) *Table TennisSinglesDoubles Doubles Partner:Mixed Doubles Mixed Doubles Partner:			
9:00am5K Run 9:30am50 Meter Dash 9:45am100 Meter Dash 10:00am800 Meter Dash	Thursday, May 9, 2024 (Twin Rivers YMCA) 6:00pmClosing Ceremonies			
10:10am       200 Meter Dash         10:25am       1500 Meter Run         10:35am       400 Meter Dash         10:45am       1500 Meter Race Walk    Monday, April 29, 2024	<ul> <li>(*) Indicates a Tournament Event         You must report to the Event Manager at the specified         times in order to avoid disqualification! Each Team Spo         player must be a registered Neuse River Senior Games.         participant. Individual start times will be announced the</li> </ul>			
*Tennis <b>(enter 2 events only)</b> (Taberna Country Club)SinglesDoubles	<ul> <li>(**) Indicates that this event is NOT a State or National Games Event.</li> <li>(***) To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS available from your coordinator.</li> </ul>			
Doubles Partner:Mixed Doubles Mixed Doubles Partner:Page 5				

#### **SilverArts**

Please mark an X beside the appropriate event category

Only <u>ONE</u> entry is allowed in each sub category. Grouped sets (Visual & Heritage categories) may have <u>NO MORE THAN</u> three items in that set.

•	Visual Arts (Category)
Sub-category AcrylicDigital ArtDrawingMixed MediaOilPastelsPhotography (Digital)Photography (Film)SculptureWatercolor	Title (Required)
•	Heritage Arts (Category)
Sub-category Basket Weaving Crocheting General Fiber Arts Jewelry Knitting Needlework Pottery (Thrown or Hand Built) Ouilting (Hand Stitched) Ouilting (Machine Stitched) Stained Glass Tole/Decorative Painting Weaving Woodcarving Woodturning Woodworking	Title/Design/Pattern/Medium (required)
•	Literary Arts (Category)
Sub-categoryEssaysLife ExperiencesPoemsShort Stories	Title (required) (mail original and 3 copies with form)
	Performing Arts (Category)
Sub-category Comedy/DramaDanceInstrumentalVocal Line Dancing	Title/# in Group/ Group Leader and Phone #

#### Neuse River Senior Games Liability Waiver

In consideration of being allowed to participate in any way in the 2024 Neuse River Senior Games (NRSG) Athletic/SilverArts program, as well as related events and activities, I the undersigned participant agree to:

- Indemnify, save and hold harmless, the Neuse River Senior Games or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the games.
- Have prepared myself for the events which I have entered by practicing prior to the NRSG. To the best of my knowledge, I have no physical restrictions which would prohibit my participation in the games. NRSG has my permission to have a physician attend me if it is deemed necessary during my participation.
- Release and hold harmless the NRSG from any damage to/loss of my art entry. I certify that the art piece(s) I enter are my own work, were created after having reached the age of 50 and within the last two years, and are not manufactured in any sense of the word.
- I grant the NRSG the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the NRSG without compensation.

"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 am qualified for State Finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the NC Senior Games office in Raleigh, NC by 11:59 p.m. on August 1, 2024. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered."

#### Participant Signature

#### Date

#### Participant Medical Information

The staff and volunteers of Neuse River Senior Games (NRSG) are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor in regards to preparation for, and competition in, the Senior Games or any similar activity. Please inform NRSG at the time of any change(s) in your medication or health status.

- If none of the following applies to you, write "none" in each space.
- Your doctor's phone number must be listed.

List any specific m	edical conditions or health concerr	ns:	and the state of t
2. List any medication	ns you are currently taking:		
3. List any medicatio	ns to which you are allergic and/or	r any other allergies:	
Name of Personal Phy	sician:	Phone # ()	
Emergency Contact (r	nust list at least one person)		
Name	Relationship	Phone Number	
Name	Relationship	Phone Number	

#### **Athletic Events Schedule**

Wed., April 17	Cycling	9:00am	Carteret County Speedway
Mon., April 22	*Pickleball (Mixed Dbles)	TBD	Creekside Park
Tue., April 23	*Pickleball (Singles/Dbles)	TBD	Creekside Park
Wed., April 24 Wed., April 24 Wed., April 24 Wed., April 24	SilverStriders Fun Walk *Cornhole (Women) Football Throw *Cornhole (Men)	8:00am 8:30am - 11:30am 9:00am - 10:30am 12:30pm - 2:30pm	Creekside Park Creekside Park Creekside Park Creekside Park
Thurs., April 25 Thurs., April 25 Thurs., April 25 Thurs., April 25	*Shuffleboard (Women) *Horseshoes (Men) *Shuffleboard (Men) *Horseshoes (Women)	8:30am - 11:30am 8:30am - 11:30am 12:00pm - 3:00pm 12:00pm - 3:00pm	Truewood Assisted Living Truewood Assisted Living Truewood Assisted Living Truewood Assisted Living
Fri., April 26	*Bocce 5K Race Walk Shot Put Discus Standing Long Jump Running Long Jump 5K Run 50 Meter Dash 100 Meter Dash 200 Meter Dash 1500 Meter Run 400 Meter Dash	9:00am 8:00am 9:00am -11:00am 9:00am -11:00am 9:00am -11:00am 9:00am 9:30am 9:45am 10:00am 10:10am 10:25am 10:35am	Creekside Park New Bern High School
Mon., April 29 Mon., April 29	*Tennis (Mixed Doubles) *Tennis (Singles/Doubles)	9:00am 1:00pm	Taberna Country Club Taberna Country Club
Tues., April 30	***Golf	11:30am	The Emerald Golf Club
Wed., May 1 Wed., May 1	Swimming Basketball Shooting	9:00am 9:30am - 11:00am	Twin Rivers YMCA Twin Rivers YMCA
Thurs., May 2	*Billiards	TBD	Elks Lodge
Fri., May 3 Fri., May 3	*Croquet Softball Throw	9:00am 9:00am - 10:30am	Creekside Park Creekside Park
Mon., May 6 Mon., May 6	*Table Tennis (Mixed Dbles) *Table Tennis (Singles/Dbles)	9:00am 9:00am	West New Bern Rec. West New Bern Rec.
Thurs., May 9	Closing Ceremonies	6:00pm	Twin Rivers YMCA

<sup>(\*)</sup> Indicates a Tournament Event. You must report to the Event Manager at the specified times in order to avoid disqualification! Each Team Sport player must be a registered Neuse River Senior Games. participant. Individual start times will be announced the week before the event.

<sup>(\*\*)</sup> Indicates that this event is <u>NOT</u> a State or National Games Event.

<sup>(\*\*\*)</sup> To qualify for State Finals, golfers need to meet a minimum performance score (MPS) <u>and</u> finish in the top 3 in their age group. MPS available from your coordinator.



At present, SilverArts recognizes four broad categories, each with several sub-categories. First and second place winners in the Literary subcategory will be eligible for the NC Senior Games Finals. First, second and third place winners in the Visual and Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second and third place in each sub-category of these arts.

One overall winner in the Performing Arts category will also be eligible for the North Carolina Senior Games Finals and able to compete for first, second and third place awards. The Neuse River Senior Games awards first, second, and third place in all the sub-categories.

#### Guidelines

- All persons entering SilverArts must be 50 years of age or better and registered as a Neuse River Senior Games participant.
- Entries must be original works of the artist; must be a work created after the artist is age 50 or better and have been completed within two years of the Neuse River Senior Games registration deadline.
- Complete SilverArts information is available at <u>www.ncseniorgames.org</u>

#### Visual Arts

- All artwork, except sculptures, must be clearly framed and wired (no serrated hooks or strings), ready to be hung. Artwork not properly framed & wired will not be displayed.
- Artwork can be no longer than  $36" \times 42"$ , including matting and frame. Sculptures can be no heavier than 15 pounds, and must be able to be displayed in a  $3' \times 3'$  area.
- Master studies are accepted.
- The art piece must be an original work, not print, and the artist's name and title of entry must appear on or be attached to the entry for identification.
- The artist must send a photograph of the entry with the State Finals Entry Form and SilverArts Information Form when entering State Finals.

#### **Literary Arts**

- Poems can be no longer than 40 lines.
- Short stories (fiction), essays (not autobiographical), articles, life experiences can be no longer than 8 pages, double-spaced, with a 1" margin on all sides. Entries must have a title page which includes the title of the work, sub-category, and artist name.
- A display quality copy of the entry and 3 additional copies must be submitted with the registration form.

#### Performing Arts

- Performing entries are limited to 3 minutes of on-stage time.
- Performing entries may be one of the following: soloists with accompanists, small groups of 2-4 performers, or a large group of 5 or more performers.
- Performers must provide a CD or USB thumb drive for performances with music tagged at the beginning of the video/CD. Props are the responsibility of the performer.
- Performers wanting introductory material given prior to their performance are responsible for preparing it. Such material should be given to the SilverArts Coordinator for delivery to the Master of Ceremonies.
- Voice presentations must be performed live (lip-synch is not permitted) and background music <u>must</u> be taped.
- Instructors and/or group members under age 50 will not be permitted to perform on stage with the group at local or state games.

#### Heritage Arts

• Heritage arts entries must be original works and the work of the individual and not a group effort.

#### Registration & Check-In Information

Pick up your registration packets at the Closing Ceremonies on Thursday, May 9, 2023 or at the Craven County Recreation & Parks office (1821 Old Airport Rd., New Bern, NC 28562):

Heritage, Literary, & Visual Arts	Twin Rivers YMCA	Thursday	May 9, 2023
Performing Arts	Twin Rivers YMCA	Thursday	May 9, 2023
Athletic Events	Twin Rivers YMCA	Thursday	May 9, 2023

#### SilverArts Events Schedule At-A-Glance

Tues., April 23	Check In	SilverArts	10:00am - 2:00pm	Craven Co. Senior Center
Wed., April 24	Exhibition	SilverArts	9:00am - 4:00pm	Craven Co. Senior Center
Thurs., April 25	Exhibition	SilverArts	9:00am - 4:00pm	Craven Co. Senior Center
Fri., April 26	Exhibition	SilverArts	9:00am - 10:30am	Craven Co. Senior Center
Fri., April 26	Check Out	SilverArts	11:00am - 12:30pm	Craven Co. Senior Center
Thurs., May 9	Performing Arts	SilverArts	TBD	Twin Rivers YMCA

#### SilverArts General Information

- Artists may not enter a piece art if that piece of art has previously been entered at State Finals.
- Literary entries **must** be mailed with the entry form.
- Registration deadline for SilverArts is the same as for all other components of the Neuse River Senior Games.
- Silver Artists may enter a maximum of one item in each sub-category.
- "Grouped sets" in Visual and Heritage Arts may have no more than 3 members. An example of a "grouped set" would be China Painting: plate, cup, saucer OR Jewelry: necklace & earrings.

The Neuse River Senior Games and the North Carolina Senior Games State Finals have the right to refuse or remove any or all entries that are deemed obnoxious or repulsive in character.

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Neuse River Senior Games 1821 Old Airport Rd. New Bern, NC 28562

## Neuse River Senior Games



Monday, April 22 - Thursday, May 9