



April 30 to June 4, 2016

Stanford University, Palo Alto, San Mateo & other Bay Area Venues

*Our Tenth Anniversary – "10 Years and Still Playing"*



**General Information** - Welcome to the registration package for the Tenth Annual Bay Area Senior Games (BASG). The BASG started in 2006, to promote healthy, active lifestyles for adults over the age of 50. This is our Tenth Anniversary!

**Eligibility** - All participants must be at least 50 years of age on or before December 31, 2016. There is no upper age limit. Proof of age may be required at event check-in.

**Age Divisions** - Age divisions are in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and up. A participant's competition age will be based on his/her age as of Dec. 31, 2016. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2016. We reserve the right to combine age groups in any event due to insufficient entries or other conditions. Some sports may be conducted in ten-year increments.

**How to Enter** - Registration is available online at [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org). Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a \$55 registration fee plus an event fee for each individual event in which they compete. Team entry fees may be required and team sports may pay an additional fee, based on team numbers, facility rental and other expenses. Please see payment summary for more details.

If you do not have a computer, please fill out this Entry Form, sign the Liability Release and mail it to:  
Bay Area Senior Games Headquarters • 2275 East Bayshore Road # 115 • Palo Alto, CA 94303

**Note: Please add an additional processing fee of \$15 for paper registration. We are unable to process your registration without the \$15 paper registration fee.**

Please make sure not to register for overlapping events. No schedule changes will be made to accommodate multi-sport or multi-event entrants. **Refunds will not be given.**

Each partner in a doubles competition must submit an Individual Entry Form and enter the full name of his/her partner.

Team captains are required to submit one Team Roster Form. In order to complete registration, all athletes must sign the Waiver Form presented online or they will not be eligible to participate.

### **Medals**

Gold, Silver and Bronze medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed unless award winner pays postage and handling fee in advance (\$5).

### **Benefits**

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, event T-shirt, and results administration.

### **Equipment and Uniforms**

Participants are required to provide their own equipment, except as specified under the sport description. All athletes must wear the athletic apparel and shoes usual and customary for the sport in which they are competing. Team sports require like color and style numbered uniforms. Inappropriate clothing, shoes or equipment may be cause for disqualification. Please mark your personal items and do not leave them unattended. The Bay Area Senior Games is not responsible for the loss or damage of any athlete's personal belongings.

## Accommodations

We have negotiated special discounts at area hotels close to the venues. Mention promotional code “2016 Bay Area Senior Games” when booking your room.

See [www.bayareaseniorgames.org/hotels](http://www.bayareaseniorgames.org/hotels) for complete information.

## Food and Transportation

Athletes are responsible for their own food and transportation. For directions and suggested restaurants visit [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org)

## Sportsmanship

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification without any refund of fees paid. Sports Commissioners and event staff reserve the right to disqualify any competitor.

## Insurance

The Bay Area Senior Games has a General Liability Policy for the event. This insurance covers medical costs only when an accident or injury is caused by our negligence. It is expressly understood that this insurance does not cover: property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from competition. Each participant is responsible for his or her own medical insurance.

## Medical Assistance

Emergency medical assistance will be in place at most events. If you must be transported by ambulance, it will be at your expense.

## Volunteering

Athletes, friends and families are invited to volunteer at the event. For details, including job description and benefits, please visit [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org). Please register on line after FEBRUARY 1, 2016. Volunteers will receive the official 2016 10<sup>th</sup> Anniversary Commemorative Volunteer Tee-shirt.

**Refund Policy - NO refunds** will be made if an entrant fails to compete for whatever reason including medical injury, event rescheduling, or event cancellation due to inclement weather, war, terrorism, or an act of God. Games officials or the Bay Area Senior Games Board of Directors reserve the right to cancel or postpone events to a later time. All times and venues are subject to change. Refunds of entry fees may occur for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants

## Sports Rules

Competition format and rules for each sport are posted online at [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org)

## Confirmation

Athlete confirmations will be e-mailed when online registration is complete. Athletes will also receive final event information mailing just prior to the event. (Please check your email inbox)

## Check-In

All athletes must report to the check-in table/tent at their competition venue. The exact location, address and start times will be included in the final confirmation mailing.

# Athlete Registration

Please complete all information and sign the Liability Release. NOTE: athletes will not be able to complete online registration until liability release is accepted and the box checked.

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_  
Birth Date: \_\_\_\_\_ Age on Dec. 31, 2016: \_\_\_\_\_  
Employer/Company Name \_\_\_\_\_  
Shirt Size \_\_\_S M L XL XXL (circle one) Male  Female   
Person to contact in case of emergency:  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Liability Release - Must be signed in order to complete registration.**

I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the 2016 Bay Area Senior Games Local Organizing Committee, Stanford University, City of Palo Alto, all sponsors, and any and all persons and organizations affiliated therewith, for any and all injuries suffered by me while traveling to and from, or participating in the 2016 Bay Area Senior Games. I also give my permission for the free use of my name, likeness, voice and/or photograph in any broadcast, telecast, newsprint, website, marketing material or any other account of these events. I further state that I am physically fit and sufficiently trained for the events in which I will participate. I have read and understood the 2016 Bay Area Senior Games Information.

Signature: \_\_\_\_\_ PRINT Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sport(s): \_\_\_\_\_

## Individual Sports

### ARCHERY

May 14 & 15 – Black Mountain Bowman range- Ave. Espana San Jose (\$8.00 per event)

Bow Divisions: Compound Release with sights (Freestyle, Bowhunter Freestyle)

Compound Fingers with sights (Freestyle Limited, Bowhunter Freestyle Limited)

Compound Barebow no sights (Bowhunter)

Recurve (sights; Recurve Barebow no sights (Trad)

Times: Saturday, May 14 –  Double 300 Round – 60 arrows at 20 yards on 40cm target face

8:00am check-in – Shoot 9:00 am

Sunday, May 15 – American 900 Round – 30 arrows at each distance of 60, 50 and 40 yards on 122 cm target face. 8:00am check-in – Shoot 9:00am.

Water, soda and snacks are available for purchase. Lunch will be provided to registered archers on Sunday

Event Fee: \$8.00 per event day. **REGISTRATION DEADLINE: May 9.**

### BADMINTON

**APRIL 30- 8:30 AM - California Badminton Academy 46049 Warm Springs Blvd. Fremont (fee \$10.00 per event) General Registration fee is \$30 per athlete) [Click on this link http://tinyurl.com/gma3fnc](http://tinyurl.com/gma3fnc)**

- Men's Singles    Women's Singles    Men's Doubles \_\_\_\_\_  
 W's Doubles \_\_\_\_\_    Mixed Doubles \_\_\_\_\_

**REGISTRATION DEADLINE: April 26.**

### **CYCLING**

**May 14 & 15 – FT. ORD - MONTEREY ( fee \$16.00 per event) Course Details to follow on website**

Saturday  10K Time Trial    20 K Road Race Start Time 10:00 am

Sunday  5K Time Trial    40 K Road Race Start time 9:00 am.

**REGISTRATION DEADLINE: IS APRIL 25.**

### **FEATS OF STRENGTH**

**June 4 – 10:00 AM -18584 Carlwyn Drive, Castro Valley CA 94546-2032 (fee \$17.00 per athlete for competing in up to 3 events, \$20 for competing in up to 7 events)**

- Pullups or Chinups for Reps    Weighted Pullup or Chinup    Dynamometer Hand Grip Strength  
 Standing Long Jump    Farmer's Walk    Vertical Jump    Dead Lift Lockout

**REGISTRATION DEADLINE: IS MAY 18.**

### **GOLF**

**May 13-8:00-Shoreline Golf Links 2940 North Shoreline Blvd. Mt. View, (fee \$20.00 per golfer includes cart, golf & lunch +athlete registration fee) Practice round available once golfer is registered with reservation.**

- 18-hole individual medal play 8 AM check in 8:30 tee off. Practice Rounds available at posted course fee by calling Pro Shop 650-903-6134 Please include your handicap/index \_\_\_\_\_

**REGISTRATION DEADLINE: IS MAY 8.**

### **LAWN BOWLING**

**Palo Alto Lawn Bowl facility is being renovated. We will reschedule in the fall.**

### **PICKLEBALL**

**May 13,14,15 Mitchell Park 600 East Meadow Drive, Palo Alto (fee \$5 each event) registration closes April 27<sup>th</sup>. Registration is at this separate link:**

<http://www.pickleballtournaments.com/welcome.pl?tid=603>

**Mens**    Singles    Doubles – **Women's**    Singles    Doubles   **Mixed**    Doubles

### **RACEWALK**

**May 29 College of San Mateo (Fee \$7.00 per event)**

- 1500M – Track 9:40 a.m.    5K – Track 12:30 pm

**REGISTRATION DEADLINE: IS MAY 15.**

### **RACQUETBALL**

**May 21, Elks Club - 4249 El Camino Real Palo Alto 94306 - 9:00am ( Fee \$8.00 per event)**

- Singles    Doubles   Partner's Name: \_\_\_\_\_

**REGISTRATION DEADLINE: IS May 13.**

### **ROAD RACE**

**May 29 ( Fee \$7.00 per event)    5K 8:00 am start on the College of San Mateo Track (also listed under track events) **REGISTRATION DEADLINE: IS MAY 15.****

### **SWIMMING (Short Course yards)**

**May 22 8:00 AM - Avery Aquatic Center, Stanford - (Fee \$6 per event) -5 event maximum**

- Event #1  100 Butterfly \_\_\_\_\_
- Event #2  200 Free \_\_\_\_\_
- Event #3  50 Breastroke \_\_\_\_\_
- Event #4  100 Back \_\_\_\_\_
- Event #5  400 IM \_\_\_\_\_
- Event #6  100 Breastroke \_\_\_\_\_
- Event #7  200 Back \_\_\_\_\_
- Event #8  100 IM \_\_\_\_\_
- Event #9  50 Free \_\_\_\_\_
- Event #10  200 Butterfly \_\_\_\_\_
- Event #11  50 Back \_\_\_\_\_
- Event #12  200 IM \_\_\_\_\_
- Event #13  50 Butterfly \_\_\_\_\_
- Event #14  100 Free \_\_\_\_\_
- Event #15  200 Breastroke \_\_\_\_\_
- Event #16  500 Free \_\_\_\_\_

**(Place your swim entry time in the space provided next to the event.)**

**REGISTRATION DEADLINE: IS MAY 9.**

**TABLE TENNIS**

**May 15 - ICC Table Tennis Center 1507 N.Milpitas Blvd. Milpitas 95035 ( fee \$6 per event)**

- Singles, 1:00 pm
- Doubles, 3:00pm
- Mixed, 3:30pm
- Partner's Name: \_\_\_\_\_
- Partner's Name: \_\_\_\_\_

**REGISTRATION DEADLINE: IS May 6.**

**RICK MILAM MEMORIAL TRACK & FIELD MEET**

**May 29 at College of San Mateo Track – 1700 West Hillsdale Ave. San Mateo 8:00 AM (Fees \$6.00 per event Note 5K run is \$7.00)**

- Javelin 8:30 am
- Shot Put 9:00am
- Pole Vault 9:00 am
- Long Jump 10:00am
- Hammer 10:00 am
- Discus 11:00
- High Jump 11:30am
- Triple Jump 12:00
- 5K 8:00am ROAD RACE ON TRACK
- 50m 8:30am
- 800m 9:00am
- 100m 10:00am
- 400m 10:30am
- 1500m 9:40am **RACEWALK**
- 1500 m 11:40 am
- 200m 12:00 noon
- 5000m 12:45 **RACEWALK**
- 4x100m Relays 12:30pm

TIME SCHEDULE MAY BE CHANGED, SUBJECT TO NUMBER OF ENTRIES. COMPETITORS WILL RECEIVE FINAL TIME SCHEDULE AFTER ENTRIES CLOSE. **REGISTRATION DEADLINE: IS MAY 15.**

**TRIATHLON**

**March 6, 2016** Special event entry as part of Stanford Treeathlon. As a benefit to senior triathletes, the Stanford Treeathlon has once again created a special Bay Area Senior Games division.

Register directly at <http://treeathlon.co/register>

**ALL TIMES APPROXIMATE - CHECK WEBSITE FOR UPDATES!** [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org)

## Team Sports

**All tournaments will feature both men and women’s competition with the exception of Rugby.**

There may be team fees. (Note: Teams not fielding the minimum number of athletes will incur a surcharge.) However, captains must submit a roster for their team by the entry deadline and confirm that each athlete has registered (except softball) and signed the insurance waiver. During athlete registration, the competitor can designate his/her team from the drop down menu.



**Captains, please submit your team name/your name as captain as early as possible, so individual competitors can select their team. The Team name and captain will be listed on the on-line registration drop down menu.**

**NOTE REGISTRATION DEADLINES FOR EACH SPORT.** Any roster changes after the date below will be charged \$5.00 and this late fee must be paid at athlete check-in day of event.  
**Captain is responsible for paying the TEAM FEE by mailing a check to Bay Area Senior Games office**

**2275 East Bayshore Road #115 Palo Alto, CA 94303**

**Soccer:** (Men and Women) REGISTRATION DEADLINE: May 9, 2016 (Team fee \$100)

**Basketball:** (Men & Women): REGISTRATION DEADLINE: May 2, 2016 (Team fee \$50)

**Water Polo:** (Men and Women) REGISTRATION DEADLINE: May 9, 2016 (team fee \$450)

**Rugby:** REGISTRATION DEADLINE: May 9, 2016 (\$22 per athlete only)

**Volleyball:** (Men and Women) REGISTRATION DEADLINE: April 22, 2016 (individual registers)

Any changes after these dates will incur the \$5.00 change fee.

Enter your TEAM NAME and CAPTAIN'S NAME below. Team must be named and cannot be changed.

**Team Name:** \_\_\_\_\_ **Captain Name:** \_\_\_\_\_

**I am acting as the captain of a team in the sport listed below (check box).**

Age of youngest player (as of 12/31/16): \_\_\_\_\_

Basketball- **Men's** (3 vs. 3), **May 14** 9 AM- Cubberley Community Center, 4000 Middlefield Rd. Palo Alto (7 members max.)

Basketball Free Throw Contest, **May 14** after last game is played

Basketball-**Women's** (3 vs. 3), **May 14** 9 AM- Cubberley Community Center 4000 Middlefield Rd. (7 members max.)

Basketball Free Throw Contest, **May 14** after last game is played

Rugby, **May 21**, 9:00 AM - Steuber Rugby Field, Stanford (30 members max)

Soccer (8 vs. 8), **May 21 & May 22**, 9 AM - IM South Fields ( El Camino Real at Churchill), Stanford, (14 max.)

Volleyball, **May 7**, 9:00 AM - Cubberley Community Center, 4000 Middlefield Rd Palo Alto (15 members max.)

Water Polo, **May 21 & 22**, 8:00 AM warm ups - Avery Aquatic Center, Stanford (15 members max.)

**Captains: Please submit a roster in Word format with the following required information:**

**SPORT** \_\_\_\_\_ **Team Name** \_\_\_\_\_ **Captain's Name** \_\_\_\_\_

**Age Group** \_\_\_\_\_ **Birthdate of each team member** \_\_\_\_\_ **Contact #** \_\_\_\_\_

## FEE SUMMARY

ITEM	FEE	# of Events Entered	Amount Due
<b>Basic Athlete Registration</b>	<b>\$55 (unless otherwise noted)</b>		<b>\$55</b>
<b>SPORTS</b>	<b>Plus PER EVENT FEE</b>		
Archery	\$8		
Badminton	<a href="http://tinyurl.com/gma3fnc">http://tinyurl.com/gma3fnc</a>		
Basketball Women's	\$50 team fee + athlete registration		
Basketball Men's	\$50 team fee + athlete registration		
Cycling	\$16		
Feats of Strength	\$17 (3 events) \$20 (7 events)		
Golf	\$20		
Lawn Bowling	TBD		
Pickleball	<a href="http://www.pickleballtournaments.com/welcome.pl?tid=603">http://www.pickleballtournaments.com/welcome.pl?tid=603</a>		
Racewalk	\$7		
Racquetball	\$8		
Road Race (track)	\$7		
Rugby	\$22 per athlete		
Soccer	\$100 team fee + athlete registration		
Swimming	\$6		
Table Tennis	\$6		
Track & Field	\$6		



ITEM	FEE	# of Events Entered	Amount Due
Triathlon	Register at <a href="http://treeathlon.co/register">http://treeathlon.co/register</a>		
Volleyball	n/a		
Water Polo	\$450 team fee by captain		
<b>GRAND TOTAL</b> Of Registration & Events fees			

**PAYMENT INFORMATION**

Basic Athlete Registration Fee: \$ 55.00  
 PLUS Individual Sport Event Fees: \$ \_\_\_\_\_  
 (Multiply number of checked boxes x \$ event fees)  
 Additional if mailed paper registration fee \$15.00 \$ \_\_\_\_\_

YOU ARE INVITED!

**Athlete’s Pasta Celebration Dinner**

**Friday, May 20<sup>th</sup>** at Stanford Jimmy’s Café  
 \$20.00 per person \$ \_\_\_\_\_  
 (Friends and Fans welcome @ \$20 per person) \$ \_\_\_\_\_  
 Donation to Bay Area Senior Games (non-profit) \$ \_\_\_\_\_

**GRAND TOTAL:** \$ \_\_\_\_\_ (rev.4-1-16)

**THANK YOU!**

**Please make team fee checks payable to: BASOC/Bay Area Senior Games**  
**2275 East Bayshore Road Suite #115, Palo Alto, CA 94303** (Tax ID # 94-3052945)

Credit Card:  VISA  MasterCard (ONLY)  
 Card Number: \_\_\_\_\_  
 Expiration Date: \_\_ / \_\_ Security code \_\_\_\_\_

Contact Information: Bay Area Senior Games Headquarters [info@bayareaseniorgames.org](mailto:info@bayareaseniorgames.org)  
 650.323.9400