



BAY AREA SENIOR GAMES

April 2, 2010

Dear Senior Athlete,

Welcome to the 2010 Bay Area Senior Games at Stanford University and other Bay Area venues. Enclosed in this information packet, you will find: a map of the Campus of Stanford University and the sports schedule.

Event Dates: **April 9-14, 2010**

Venues: Stanford University –Nelson Road at Galvez Ave.
Softball at Twin Creeks Complex -969 Caribbean Dr. Sunnyvale
Cycling - Canada Road at Hwy 92
Lawn Bowling- Palo Alto Lawn Bowls -474 Embarcadero Road
Golf- Stanford Golf Course – 198 Junipero Serra Blvd. Stanford

Athlete Check In: Friday April 9- 8:30 a.m.-3:00 p.m. (Please observe Stanford Parking Regulations, using parking meters, or visitor parking at the Track Lot)
Saturday April 10- 7:30 a.m.-3:00 p.m.
Sunday April 11- 7:30 a.m.-3:00 p.m.

Parking: Parking on Saturday & Sunday will be located in Lot 2 behind the Stanford Stadium and is complimentary.
If you are attending the Peak Performance Conference on Friday, April 9th you must pay for visitor parking at designated spots. (Track Lot corner Galvez & Nelson has visitor parking.)

Athlete Registration/Check In is located on the main entrance to the Avery Aquatic Center 644-698 Nelson Rd Stanford, CA 94305 at Pac-10 Plaza. You will see a large white tent. Athlete Gift Bags contain the Bay Area Senior Games T-shirt, water bottle, snacks and coupons – plus your credential.

Athletes must check in at the Athlete Check- in desk at Stanford to pick up your athlete gift bag & credential with the following sports exceptions:

Cycling: Pick up your athlete gift bag on Friday or Saturday at Stanford, remaining gift bags, race numbers & athlete credentials will be available at the cycling venue on Sunday, beginning at 7:30a.m.

Lawn Bowling: Pick up your athlete gift bag & credential at the Palo Alto Lawn Bowling venue prior to your competition each day.

Golf: Pick up your athlete gift bag & credential at the Stanford Golf Course one hour before the shotgun start which is at 1:00 p.m..

Softball: Pick up your athlete gift bag & credential at Twin Creeks Softball Complex right before your first scheduled game.

Avery Aquatic Center is located in the center of a majority of Stanford's athletic facilities. It is between the Arrillaga Family Sports Center and Baseball Sunken Diamond, and is across from Elliot Field, the football practice field. The event entrance is on the northeast side via Avery plaza, adjacent to Chuck Taylor Grove.

Directions - From Highway 101 North & South: Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left onto Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is off of the southwest corner of the Varsity Parking Lot.

Food & Beverage- Sandwiches, fruit, drinks and snacks are available for purchase adjacent to Athlete Check-in booth. Look for a coupon in your athlete bag for Hobees Restaurant at Town and Country Village Shopping Center, just across El Camino Real from Stanford. Other Town & Country Village Restaurants will be open as well.

23andMe Genetic Testing: *Find out if you have golden genes!* During the games, you can participate in a revolutionary research study that will give you access to your own DNA. Find out about your ancestry, disease risks and even how your genes influence your athletic performance. This service, which retails for \$499, is being offered to all competing athletes for FREE. Just stop by the **23andMe** Booth on Saturday, 4/10 or Sunday 4/11 to sign up. To learn more about 23andMe's service, visit www.23andme.com.

Games Schedules will be posted at www.bayareaseniorgames.org by sport and also at Athlete Check - In. Check with your team captain for information.

Sports schedule of events (schedule times are subject to change)

Saturday, April 9th

7:30 a.m.-3:00 p.m. Athlete Check –In at Stanford Pac-10 Plaza outside Avery Aquatic Center main entrance (except Softball, Lawn Bowling, Golf, Cycling check in at your sport venue)

All sports venues are at Stanford University (unless noted)

Swimming- Saturday, April 10th Avery Aquatic Center

8:00 a.m. Swimming- Avery Aquatic Center opens for warm-ups

9:00 a.m. 50 Back

9:15 a.m. 100 Free

9:30 a.m. 50 Breast

9:40 a.m. 100 Back

10:00 a.m. 200 Free

10:30 a.m. 50 Fly

10:45 a.m. 100 Breast

11:10 a.m. 50 Free

11:30 a.m. 100 Fly

11:50 a.m. 500 Free

12:30 a.m. 200 IM

Track & Field- Saturday, April 10th Cobb Track

10:00 a.m. Hammer

10:00 a.m. Discus

10:00 a.m. High Jump

10:00 a.m. Long Jump

Tennis- Saturday, April 10 West Courts

9:00 a.m. Start time

Basketball- Saturday, April 10 Arrillaga Recreation Center

8:00 a.m. Start time

3:00 Free throw Contest (may start earlier if competition is over)

Fencing- Saturday, April 10 Arrillaga Recreation Center - Fencing Center

1:00 p.m. Start time

Racquetball-Saturday, April 10 Ford Center 341 Galvez

9:00 a.m. Start time

Soccer- Saturday, April 10 Stanford Fields

9:00 a.m. Start time

Water Polo- Saturday, April 10 Avery Aquatic Center, Baker Pool

8:00 a.m. Warm up

9:00 a.m. Start time

Sunday, April 11

7:30 a.m.-3:00 p.m. Athlete Check-In Stanford Pac-10 Plaza outside Avery Aquatic Center
(except Softball, Lawn Bowling, Golf, Cycling check in at sport venue)

Cycling- Sunday, April 11 Canada Road at Hwy 92 (check in at venue)

7:30 start time

Fencing- Sunday, April 11 Arrillaga Recreation Center Fencing Center

9:00 a.m. Start time

Lawn Bowling- Sunday, April 11 Palo Alto Lawn Bowls Center (check in at venue)

9:00 a.m. Start time

RaceWalk- Sunday, April 11 Cobb Track & Field

9:30 a.m. Start Time

Racquetball- Sunday, April 11 Ford Center - 341 Galvez

9:00 Start time

Soccer- Sunday, April 11 Stanford Fields

9:00 a.m. Start time

Table Tennis- Sunday, April 11 Burnham -615 Serra St.

9:00 Start Time Singles
12:00 Start Time- Doubles

Tennis- Sunday, April 11 West Courts

9:00 a.m. Start time

Track & Field- Sunday, April 11 Cobb Track

9:00 Start time
9:30 a.m. 1500m Race Walk
10:00 a.m. Javelin
10:00 a.m. Shot Put
10:00 a.m. Pole Vault
10:30 a.m. 100m
11:15 a.m. 800m
12:00 p.m. 200m
1:30 p.m. 1500m
2:15 p.m. 400m
2:40 p.m. 5000m
3:15 p.m. 4x100m relays

Water Polo- Sunday, April 11 Avery Aquatic Center

9:00 a.m. Start time

Monday, April 12

Lawn Bowling Monday, April 12 Palo Alto Lawn Bowls Center

9:00 a.m. Start time

Tuesday, April 13

Golf- April 13 Stanford Golf Course 198 Junipero Serra Blvd.

12:00 p.m. Golfer Check in
1:00 p.m. Shotgun Start

Softball - April 13 Twin Creeks Sports Complex -969 Caribbean Dr. Sunnyvale

9:00 a.m. Start time

Lawn Bowling- April 13 Palo Alto Lawn Bowls Center 474 Embarcadero Road

9:00 a.m. Start time

Wednesday, April 14

Lawn Bowling- April 14 Palo Alto Lawn Bowls Center 474 Embarcadero Road

9:00 a.m. Start time

Softball- Twin Creeks Sports Complex 969 Caribbean Dr. Sunnyvale

9:00 a.m. Start time

Awards and Results: Awards will be presented by the sports chairs at each venue after the completion of competition. Results will be posted at the venue and will also be posted on the www.bayareaseniorgames.org web site by sport.

Thank you for joining us at the 2010 Bay Area Senior Games, which qualifies you to compete in the California State Games in Pasadena, June 5-27, 2010. You can go to <http://californiaseniorgames.org/> for registration information.

Embrace the Challenge.

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