



## **Cabarrus Senior Games**

*For the artist and  
athlete in you*

**March 21 – May 19, 2023**

## **Information & Registration**

**Online Registration begins February 6 at  
[torch.ncseniorgames.org](http://torch.ncseniorgames.org)**

**Early Bird Deadline: March 8**

**Final Entry Deadline: March 17**

Special thanks to

# **Humana**

**Cabarrus Senior Games Gold Sponsor**



**CABARRUS COUNTY**  
*Active Living & Parks*

## 2023 Schedule of Events- Keep this page

Monday, February 6

12:01am **Online Registration Opens**

Wednesday, March 8

11:59pm **Senior Games Early Bird  
Registration Ends (save \$5)**

Wednesday, March 8

10:30am **Senior Health & Wellness Expo:  
Cabarrus Arena & Events Center**

Friday, March 17

11:59pm **Senior Games Registration  
Final Deadline**

Saturday, February 18

11am **Heart & Sole 5k:** Frank Liske Park (\$25)

Tuesday, March 21

10am **Swimming:** YMCA - West Cabarrus

Wednesday, March 22

9am **Billiards: Men's:** Senior Center - Concord

Monday, March 27

9am **Pickleball:** Hartsell Recreation Center - Concord

Tuesday, March 28

2pm **SilverArts Follies Leader Meeting:**  
Senior Center - Concord

Wednesday, March 29

9am **Billiards, Women's:** Senior Center - Concord

Thursday, March 30

9am **Table Tennis:** Senior Center - Concord

Monday, April 3

9am **Golf:** Monroe Country Club (\$45.00)

Tuesday, April 4

4-6 pm **SilverArts Entry Check-In:** Senior Center - Concord

Wednesday, April 5

11am **Opening Ceremonies: Frank Liske Park**

1pm **Miniature Golf, Men's**

1pm **Softball & Football Throw, Women's**

2:30pm **Miniature Golf, Women's**

2:30pm **Softball & Football Throw, Men's**

Thursday, April 6 (Rain Date April 19)

8am **Cycling:** Charlotte Motor Speedway

Monday, April 10

10am **Basketball Shooting:** Academy Recreation Center

11am **Badminton:** Academy Recreation Center

Wednesday, April 12 (Rain Date April 19)

9am **SilverStriders Fun Walk:** Concord Middle School

9:30am **Race Walking & Track Events:** Concord Middle

10am **Discus, Shot Put, Long Jumps:** Concord Middle

Thursday, April 13

9:30am **Bowling Singles-** Foxfire Lanes (\$11.55)

Friday, April 14

9:30am **Tennis-** Sportscenter

Monday, April 17

9am **Cornhole Singles:**  
Stadium Concourse Atrium Health Ballpark

Tuesday, April 18

9am **Cornhole Doubles & Mixed Doubles:**  
Stadium Concourse Atrium Health Ballpark

Thursday, April 20

9:30am **Bowling Doubles-** Foxfire Lanes (\$11.55)

Friday, April 21

9am **Shuffleboard Mixed Doubles:**  
Senior Center - Concord

Monday, April 24

9am **Shuffleboard Doubles:** Senior Center - Concord

Tuesday, April 25

9am **Horseshoes:** Frank Liske Park - Vulcan Shelter

1pm **Archery:** Mecklenburg Wildlife Club  
(Rain Date May 2)

Thursday, April 27

9:30am **Bowling Mixed Doubles-** Foxfire Lanes (\$11.55)

6:30pm **Cheerleading Showcase/SilverArts Follies:  
Laureate Center**

Saturday, April 29

8am **5K Run:** Harrisburg Park  
(\$20 in February, \$25 March/April)

Monday, May 1

8:30am **Power Walking, 1500 & 5K:** Harrisburg Park

11am **Croquet:** Harrisburg Park

Tuesday, May 2

9am **Shuffleboard Singles, Men's:**  
Senior Center - Concord

6pm **SilverArts Reception/Awards/Pick-up**  
Senior Center- Concord

Thursday, May 4

9am **Shuffleboard Singles, Women's:**  
Senior Center - Concord

Monday, May 8

9am **Bocce Singles, Women's:** Senior Center - Concord

Thursday, May 11

9am **Bocce Singles, Men's:** Senior Center - Concord

Tuesday, May 16

9am **Bocce Doubles:** Senior Center - Concord

Thursday, May 18

9am **Bocce Mixed Doubles:** Senior Center - Concord

Friday, May 19

1 pm **Closing Celebration: Frank Liske Park**

## **ADDRESSES OF EVENT & ACTIVITY VENUES**

### Academy Recreation Center

147 Academy Avenue NW, Concord

### Cabarrus County Senior Center - Concord

331 Corban Avenue SE, Concord

### Charlotte Motor Speedway

5555 Concord Parkway S, Concord

### Concord Middle School

1500 Gold Rush Dr, Concord

### Foxfire Lanes

225 Security Street, Kannapolis

### Frank Liske Park

4001 Stough Road, Concord

### Harrisburg Park

191 Sims Parkway, Harrisburg

### Hartsell Recreation Center

60 Hartsell School Rd SW, Concord

### Laureate Center

401 Laureate Way Kannapolis

### Mecklenburg Wildlife Club

2301 Wildlife Road, Charlotte

### Monroe Country Club

1680 Pageland Hwy, Monroe

### Sportscenter

233 Country Club Dr, Concord

### YMCA West Cabarrus Branch

5325 Langford Ave NW, Concord

### Stadium Concourse

210 Oak Ave, Kannapolis

# Event Rules & Information

## INFORMATION FOR ALL EVENTS...

- **Report directly to your event site no more than 5 minutes prior to your assigned report time or the event start time.** (Exception: golfers should report 30 minutes prior to start time.) Wait in your vehicle or away from competition areas until report time.
- Participants must compete and score to be eligible for an award; ties will be decided in all events except events with time scores.
- Specific start times will be set for most EVENTS by age/gender group.
- Tournament events will be scheduled in single elimination tournament format unless otherwise specified in advance.
- NCSG rules, located at [www.ncseniorgames.org](http://www.ncseniorgames.org), take precedence over rules of national governing bodies.
- Awards for EVENTS will be presented at the event site or will be available for pickup at the Senior Center - Concord after May 19.

**ARCHERY:** Conventional Recurve Bare Bow, Conventional Recurve with Site, Conventional Recurve with Site and Release Aid, Compound Bare Bow, Compound with Site, Compound with Site and Release Aid. National Archery Association equipment rules apply to the conventional bowshooter. National Field Archery Association rules apply to the compound bowshooter. Field glasses and/or scopes are permitted for spotting arrow hits. No broadheads are permitted. Sixty (60) arrows will be shot (4 ends of 5 arrows at from 60 yards, 50 yards and 40 yards). ONLY targets are provided.

**BADMINTON:** Singles, Doubles, Mixed Doubles. USA Badminton rules apply. Matches are best of 3, 21-point games.

**BILLIARDS:** Eight Ball. NCSG Eight Ball rules will apply. The winner will pocket his/her group of balls first, then legally pocket the eight ball. Competition is the best 2 of 3 games, 15-minute time limit per game. Coin toss determines who breaks.

**BOCCE:** Singles. Bocce Standards Association rules will govern play with some NCSG modifications. A coin toss will determine who chooses color and throws the pallino first. Each game is a maximum of 5 frames OR first person to score 7 points, whichever comes first. Match is best of 3 games.

**BOWLING:** Singles, Doubles, Mixed Doubles Scratch. A fee of (\$10.95) per event is required. US Bowling Congress rules will govern play. Scores will be determined by the scratch total for the 3 games bowled. In Doubles & Mixed Doubles, scores are the scratch total for the team; both players must score to win.

**CORNHOLE:** Singles. NCSG rules will govern play. Throwing distances: Men, ages 50-69, 24'; Men, ages 70+ and Women, ages 50-84, 20'; Women, ages 85+, 15'. Each game is played to a maximum of 7 frames OR first person to score 21 points, whichever comes first (inning must be completed). Bag cancellation method will apply. Matches will be best of 3 games. Winner of coin toss chooses side, order and bag color.

**CROQUET:** NCSG rules will apply.

**CYCLING:** 1 Mile, 5K, 10K **-OR-** 1 Mile, 5K and 10K recumbent cycling. A \$10 fee per cyclist is required, payable by check only at

the event. No motorized bicycles. Riders must provide their own equipment, including bicycle and required protective helmet. US Cycling Federation rules apply. Time trial starts (participants race clock) will be used in 1-minute intervals.

**FIELD EVENTS:** Discus, Shot Put, Running Long Jump, Standing Long Jump. USA Track & Field rules will govern competition with some NCSG modifications.

**Shot Put:** 3 "puts" will be taken from within the shot circle. The best "put" will count as the final score. Weights are: 2 Kg - women 75+; 3 Kg - women 50-74 and men 80+; 4 Kg - men 70+; 5 Kg - men 60-69; 6 Kg - men 50-59.

**Discus:** 3 throws will be taken from within the discus circle. The best throw will count as the final score. Weights are: .75 Kg: women 75+; 1 Kg: women 50-74 and men 60+; 1.5 Kg: men 50-59.

**Standing Long Jump:** 3 jumps will be taken from a 2-foot stationary take off from behind a 2-inch scratch line.

Measurement -- back of scratch line to nearest point in which any body part breaks sand. Longest jump is final score.

**Running Long Jump:** 3 jumps will be taken from a 1-foot running take off board. Measurement -- back of scratch line to nearest point in which any body part breaks sand. Longest jump is the final score.

**GOLF:** Scratch. An additional event fee of \$45 is required. USGA and local course rules will apply. Equipment is responsibility of players. Golfers play 18 holes (9 holes for 90+) and are on their honor to play ethically. Low gross score will determine winners.

**HORSESHOES:** National Horseshoe Pitcher's Association rules will apply with NCSG modifications. Matches will be the best of 3 games, 20 shoes per game per pitcher or 21 points, whichever comes first. Cancellation method of scoring will be utilized. Coin toss will determine choice of first pitch. Pitching distances: 40 feet - men 50 - 69, 30 feet - men 70+ and women 50 - 74, 20 feet - women 75+.

**MINIATURE GOLF:** Play 18 holes, maximum 5 strokes per hole. Low gross score will determine winners. Equipment provided.

## Event Rules & Information (*continued*)

### OPEN EVENTS:

**Basketball Shooting** -- 3 shots will be taken from each of 6 specific locations for a total of 18 shots. Each successful shot counts 1 point.

**Football Throw**: 5 throws will be taken from 2 different distances for a total of 10 throws. Football must pass through the target to count. Each successful throw from the lesser distance will count 10 points, from the greater distance 20 points. Distances are: 10 & 15 yards - men 50 - 69; 5 & 10 yards - men 70+; 5 & 7.5 yards - all women.

**Softball Throw**: 5 throws will be taken using a 12" softball. Each score will be the distance minus the accuracy (distance away from the marked line). Best throw counts as final score.

**PICKLEBALL**: Singles, Doubles and Mixed Doubles. USA Pickleball Association Rules will govern play. Matches will be best of 3 games to 11 points or 1 game to 15 points. Two-point minimum margin required for win. Paddles not provided.

**POWER WALKING**: 1500 Meter and 5K. US Power Walking Association rules apply. Disqualification will occur if, in the opinion of 3 judges, a competitor fails to comply with the power walking definition.

**RACE WALKING**: 1500 Meter and 5K. USA Track & Field rules apply. Race walking is a progression of steps taken so that unbroken contact with the ground is maintained. Race walkers must wear attire that leaves the knees exposed or enables the judges to see knee extension. Disqualification will occur if, in the opinion of 3 judges, a competitor fails to comply with the race walking definition.

### ROAD RACES:

**5K Run**: Additional event fee may be required as part of a 5K event hosted by Active Living & Parks or Harrisburg Parks and Recreation. If virtual, time yourself and submit your score to staff to qualify for State Finals.

**10K Run**: *Virtual only*. Time yourself in your neighborhood and submit your score to staff to qualify for State Finals.

**SHUFFLEBOARD**: Singles. NCSG rules will govern play. Preliminary matches will be 1 game of 8 frames. Medal round matches will be best of 3 games of 8 frames. Participants will shoot 4 discs each per frame. Only discs completely within the lines will score. Discs touching any part of the line, except for 10-off area, will not be scored.

**SILVERSTRIDERS FUN WALK**: 1-mile non-competitive walk. Those completing the event qualify for the NC Senior Games State Finals Fun Walk.

**SWIMMING**: 50, 100, 200 yard Backstroke; 50, 100, 200 yard Breaststroke; 50, 100, 200 yard Butterfly; 50, 100, 200, 500 yard; Freestyle; 100, 200, 400 yard Individual Medley. USA Swimming rules will govern events. Swimmers are limited to 4 races. In all

events, except backstroke, swimmers have their choice of in-water or diving start. Backstroke swimmers must start in water.

**TABLE TENNIS**: Singles, Doubles, Mixed Doubles. USA Table Tennis rules will govern play. Participants must avoid wearing white or distracting multi-colored shirts. Matches will be best of 3 games to 11 points. Knowledge of a legal serve is mandatory. If unsure, request observation of service motion prior to first match.

**TEAM SPORTS**: Team members must qualify together in order to compete in NCSG State Finals, unless an additional member qualifies **and** is approved in writing by both team captains. Team members must provide personal equipment. Tournament pairings will be given to team captains after the Final Entry Deadline.

**BASKETBALL 3-on-3**: **Dates/times/location TBD**. NCAA rules will govern play. Game will be played half court with 2 teams of 3 players each and will consist of two 10-minute halves with a running clock, except during last 2 minutes of game when clock will stop in accordance with normal basketball rules; 20-second clock is used.

**SOFTBALL**: **Dates/times/location TBD**. American Softball Association (ASA) rules will govern play with some NCSG modifications: Minimum # of players per team: men 50+, 55+, 60+ - 9; men 65+, 70+, 75+ and all women - 10. Length of game shall be 7 innings or 1 hour and 15 minutes.

**TENNIS**: Singles, Doubles, Mixed Doubles. USTA rules will govern play with some NCSG modifications. Matches will be a self-officiated 8-game pro set or best of 2 out of 3 sets, determined by the Event Management team. The 12-point tiebreaker will be in effect.

**TRACK EVENTS**: 50, 100, 200, 400-meter Dashes; 800, 1500-meter Runs. USA Track & Field rules, including Article VI, Section II (Masters athletics), will govern competition. Waterfall start will be used for the 800 and 1500-meter Runs; lanes will not be used. For other events, runners must remain in their lanes.

### APPEAL PROCESS

Appeals must be made in accordance with procedures outlined for each activity in the NCSG Rules Book (under General Rules & Regulations) within 30 minutes of the conclusion of the game, match, heat or event under appeal to the Events Director or Local Coordinator, or the right to appeal will be forfeited. Decisions made by the Events Director/Local Coordinator are final and not subject to further appeal.

**Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for rules & State Finals dates and details.**

# SilverArts Rules & Information

## INFORMATION FOR ALL SILVERARTISTS...

- EACH artist/performer must complete the required information online or complete the Senior Games Entry Forms (pages 8-10).
- Entries must be the original work of the artist and must have been completed within 2 years of the qualifying date (Dec. 31, 2023).
- SilverArts is a family-oriented program. Content of entry should not discriminate against any race, creed, religion or political affiliation.
- Awards for SilverArts will be mailed directly to winners or will be available for pickup at the Senior Center - Concord after May 19.
- NCSG SilverArts category requirements apply. NCSG SilverArts rules may be found at [www.ncseniorgames.org](http://www.ncseniorgames.org)

## FOR ALL PERFORMING ARTISTS & CHEERLEADERS

- Group Leaders/Soloists must complete the Group Entry form (page 12) and submit it by the entry deadline. The group leader must be a legally registered participant.
- **A mandatory group leaders meeting will be held at 3 pm on March 28; details and format will be sent at a later date.**
- Timing on stage begins with the first note of music or the first visible movement and ends with the last note of music, last visible movement, or exit of the last performer/cheerleader.
- A performance may not be repeated in a subsequent CSG Follies until at least 3 years have passed.
- **Recorded music must be submitted in mp3 format on a flash drive and submitted with the Group Entry Form by April 4. If help is needed with the format, see staff at the Senior Center well before the deadline.**
- Cabarrus Senior Games will provide, sound system, 2 microphones. ALL other equipment/ props are the responsibility of the performer/group/act.
- Cheerleaders/performers must enter stage right and exit stage left or begin and end on stage.
- No live animals, except service animals, allowed.
- A cheerleader/performer MUST perform on stage in order to receive an award and qualify for State Finals.
- In Cheerleading & Performing Arts, partners or team members qualifying for the NCSG State Finals must compete together.
- Performers may not be involved in more than 3 Follies and 1 Cheerleader performance in a show.

## PERFORMING ARTS --

**Sub-Categories:** Comedy/Drama, Dance, Instrumental, Line Dancing, Vocal

### **Format/Rules:**

- Size categories for Performing entries are as following:
  - Soloist (1)
  - Small Group (2 - 4)
  - Medium Group\*\* (5 - 9)
  - Large Group (10+)
- Acts are limited to a maximum of 3 minutes of performing time.
- Performers may perform in only one (1) act per size category in each sub-category.
- Voice presentations must be live. Background music may be recorded, but lip-synching is prohibited.
- Recorded instructions are not allowed.
- An accompanist must be registered but will not be counted as a participant to determine act size
- Performances are judged on creativity, execution, presentation and technique.

**\*\*At NCSG State Finals, performing arts groups numbering 5 or more will perform as large groups.**

## CHEERLEADER SHOWCASE --

### **Format/Rules:**

- Cheerleader entries may be one of the following:
  - Small Group (2 - 4)
  - Medium Group (5 - 9)
  - Large Group (10+)
- Routines are limited to a maximum of 4 minutes of performing time.
- Use traditional cheerleading format: "lead" a cheer or present a pom-pom or flag routine.
- Performances are judged on routine/presentation, showmanship/enthusiasm, uniform and technique.

Special thanks to

**Council on Aging**

**Cabarrus County**

**Cabarrus Senior Games Bronze Sponsor**

# SilverArts Rules & Information, continued

## SILVERARTS SHOWCASES -- FOR ALL VISUAL, LITERARY & HERITAGE ARTISTS

- Artist's name, sub-category and the title of entry must be attached to the artwork.
- Entries must be the work of an individual, not a group.
- No more than 3 entries will be accepted in any one sub-category.
- Entries for Heritage & Visual Arts must be checked in by April 19 5-7pm by appointment at the Senior Center - Concord.
- Cabarrus Senior Games SilverArts Showcase and Award Announcements will be posted on the Active Living & Parks Facebook page.

### LITERARY ARTS

**Sub-Categories:** Essay (not autobiographical), Life Experience (autobiographical), Poem, Short Story (fiction)

**Format/Rules:**

- All entries must:
  1. have a separate title page that includes title of work, sub-category and name of artist. The artist's name may not appear on subsequent pages.
  2. be typed, double-spaced **except for Poetry** and easily readable.
  3. have minimum font size of 10 point.
  4. be printed on 8 1/2 x 11 paper with minimum of 1" margins.
  5. be submitted with Entry Forms by final registration deadline of March 20.
- Poems must be no longer than 40 lines.
- Short Stories, Essays, and Life Experiences must be no longer than 8 pages.
- Copy of work should be of high quality and reproducible.
- No bound, framed or matted entries accepted.
- Literary Entries **MUST** be included with the Senior Games Entry Form by the final registration deadline.
- No more than 3 entries in a sub-category will be accepted.
- Entries are judged based on creativity, message conveyed by words, rhythm/flow/readability and technique (grammar, style, appropriateness).

### 2023 NORTH CAROLINA SENIOR GAMES

**AUGUST 1, 11:59 pm NCSG State Finals Entry Deadline:  
NCSG Office NO EXCEPTIONS!**

Dates for NC Senior Games State Finals events can be found at [www.ncseniorgames.org](http://www.ncseniorgames.org)

### HERITAGE ARTS

**Sub-Categories:** Basket Weaving, Crocheting, Flower Arranging (fresh), Flower Arranging (artificial), General Craft, General Fiber Arts, Jewelry, Knitting, Needlework, Pottery (hand built or thrown), Quilting (hand stitched), Quilting (machine stitched), Rugs, Scrapbooking, Stained Glass, Tatting & Needlelace, Tole/Decorative Painting, Weaving, Woodcarving, Woodturning, Woodworking.

**Format/Rules:**

- Patterns may be used, but stamped work is not allowed.
- Pottery must be hand-built or thrown.
- Framed artwork must not exceed 36" x 42", including mat and frame.
- Entries, except framed work, must not exceed 3 ft. x 3 ft. x 5 ft. display area and may not weigh more than 50 pounds.
- Entries are judged on color, originality, eye appeal, function (does it do what it is supposed to do), proportions and production/skill/workmanship.
- Groupings/sets may not have more than 3 separate pieces. Objects within each piece of the set must be connected to or contained within one of the 3 pieces.

### VISUAL ARTS

**Sub-Categories:** Acrylics, Coloring, Digital Arts, Drawing, Mixed Media, Oil, Pastels, Photography (Digital), Photography (Film), Recycled, Sculpture, Watercolor

**Format/Rules:**

- Artwork, except sculpture, must be framed and securely wired for hanging and must not exceed 36" x 42", including mat and frame.
- Freestanding entries must not exceed 3 ft. x 3 ft. x 5 ft. display area and may not weigh more than 50 pounds.
- Entries will be judged based on color, composition, eye appeal, originality, perspective and technique.

***Cabarrus Senior Games (CSG) is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services. CSG is coordinated by Cabarrus County Active Living & Parks in cooperation with the Parks & Recreation Departments of Harrisburg, Concord and Kannapolis.***

# General Rules & Information

## ELIGIBILITY

To participate in Cabarrus County Senior Games, you must:

- be 50 years of age or older on or before Dec. 31, 2023
- be a resident of Cabarrus County **OR**
- not compete in the same events in another local games **AND**
- be able to show proof of NC residency (minimum of 3 consecutive months annual residency) **AND**
- **show a government issued photo ID at time of registration or first event check-in (required)**

## AGE CATEGORIES

A participant's age on December 31 determines the age category in which they will compete. In most sports, women & men compete separately in these 5-year increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. In team/doubles competition, age categories are determined by the age of the youngest team member. Competition in the SilverArts will be without regard to age or gender.

## FEES FOR THE GAMES

**FULL ENTRY FEE:** \$18; after 3/8: \$23 includes:

- participation in athletic and/or arts events,
- Opening Celebration (Lunch Extra)
- Closing Celebration
- participant t-shirt
- special gift

**- OR -**

**SILVERARTS ONLY ENTRY FEE :** \$8; after 3/8:

\$13 (no online registration for this entry option) includes:

- participation in SilverArts ONLY
- **does not include benefits of FULL ENTRY Fee**

**- AND -**

**EVENT FEES:** (if applicable)

**5K Run:** \$25; **Bowling:** \$11.55 per event; **Cycling:** \$10 (payable by check at the event); **Golf:** \$45

**- AND -**

**GUEST FEES:** (if applicable)

Opening Celebration lunch: \$3 per guest

Closing Celebration: \$3 per guest

## ENTRY PROCEDURES

- Go to [torch.ncseniorgames.org](http://torch.ncseniorgames.org); login (do not create a new login); verify/update profile; complete forms/select events; pay

**- OR -**

- Complete, sign and submit required forms (**all participants: pp. 8-10; SilverArtists: pp. 11 and/or 12**); attach payment (check or credit card) and required items by deadline:  
**Cabarrus Senior Games, P.O. Box 707, 331 Corban Ave SE, Concord, NC 28026-0707**

## AWARDS

**Athletic events:** 1st, 2nd and 3rd place finishers in each age group, male and female, will receive Gold, Silver or Bronze medals at the event sites. Medals not picked up at event sites will be available at the Senior Center - Concord during business hours after May 23.

**SilverArts:** Awards (ribbons) for Visual, Heritage and Literary Arts will be presented at the SilverArts Showcase reception. Awards for Performing Arts & Cheerleaders will be presented immediately following the Cheerleader Showcase/SilverArts Follies.

Medals not picked up at scheduled times will be available at the Senior Center - Concord during business hours.

## STATE FINALS QUALIFYING INFORMATION

**Athletics:** For 2023, all registrants in Cabarrus Senior Games who complete and score in their event(s) will qualify to compete at North Carolina Senior Games State Finals. See *the NCSG Rules Book on the website at [www.ncseniorgames.org](http://www.ncseniorgames.org).*

**SilverArts:** Qualifiers in each sub-category are:

- **Literary Arts:** 1<sup>st</sup> and 2<sup>nd</sup> place (if different artists)
- **Heritage & Visual Arts:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place (if different artists)
- **Cheerleader Showcase:** "Best of Show"
- **Performing Arts:** "Best of Show"

**Tournament Events:** Qualifiers limited to 3 tournament events at State Finals

**SilverStriders Fun Walk:** Successful completion of this event will qualify participants for NCSG State Finals Fun Walk

## INCLEMENT WEATHER PLANS

The decision to continue, delay or reschedule an event due to inclement weather will be made by the Cabarrus Senior Games Events Director/Event Manager and/or SilverArts Coordinator, in conjunction with the Local Coordinator. Unless conditions are hazardous to the safety of participants and volunteers, events will continue. Call for updates. If there is no message regarding cancellation/delay, participants should report to their event site as scheduled. Event Managers will have the latest information.

For more information about **CABARRUS COUNTY SENIOR GAMES**, contact Ian Sweeney or Meghan Newcomer at 704-920-3484, [ijsweeney@cabarruscounty.us](mailto:ijsweeney@cabarruscounty.us) or [makabat@cabarruscounty.us](mailto:makabat@cabarruscounty.us) or Cabarrus County Senior Center, Concord, P.O. Box 707, Concord, NC 28026-0707.

In accordance with ADA regulations, anyone in need of reasonable accommodations to participate in any program should call the ADA liaison at 704-920-2218 at least forty-eight (48) hours prior to the program.



## Cabarrus County Senior Games Entry Form

Official Use Only	
Amount paid:	_____
Receipt #:	_____
Staff Initials:	_____
DOB Verified:	_____

**BEFORE** you submit the Entry Form, make sure you:

1. Complete required forms, including signature and date as indicated, partner names for doubles events, etc.
2. Check ALL the EVENTS in which you want to participate; no registration changes after Final Entry Deadline
3. Include any required documents, etc. with entry (literary arts entry, recorded music, etc.)
4. Register online or submit ALL forms and attachments with payment by **March 17, 2023**

**First Name** \_\_\_\_\_ **M.I.** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Email** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_ **City** \_\_\_\_\_ **NC Zip** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **County of Residence** \_\_\_\_\_ **Gender**  Male  Female

**T-shirt Size (circle one)**    S    M    L    XL    2XL    3XL

**Please provide this information to help us; it will be kept confidential. Thank you!**

My ethnicity:  American Indian or Alaska Native     Asian     Black or African American     White  
 Native Hawaiian/Other Pacific Islander     Hispanic     Unknown/Refused

**Primary Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

**Emergency Contact's Name** \_\_\_\_\_ **Phone(s)** \_\_\_\_\_

**Emergency Contact's Name** \_\_\_\_\_ **Phone(s)** \_\_\_\_\_

**ENTRY, EVENT & OTHER FEES:**

**Entry Fees (select 1 of these 2)**

- FULL Entry Fee: \$18 (**\$23 after March 8**): **\$3 less online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org)** = \_\_\_\_\_  
**I will attend these events (included with Full Entry Fee IF requested here)**  
 Cheerleader Showcase/SilverArts Follies – 4/27 6:30pm: Laureate Center, Kannapolis  
 Closing Celebration: May 19 – 1:00pm Location TBD

**- OR -**

- SilverArts ONLY \$8 (**\$13 after March 8**) = \_\_\_\_\_

**Event Fees (select all that apply):**

- Opening Celebration Lunch: April 5                                    \$ 3.00                                    = \_\_\_\_\_  
 Opening Celebration Participant Guest(s):                    \$ 3.00 x \_\_\_\_\_ (# of guests)                                    = \_\_\_\_\_  
 Bowling:    \$ 11.55 x \_\_\_\_\_ (# of events)                                    = \_\_\_\_\_  
 Cycling:    \$ 10.00 (pay by check at event; no cash)                                    = \_\_\_\_\_  
 Golf (green fees, cart & lunch included):                            \$ 45.00                                    = \_\_\_\_\_  
 Heart and Sole 5K Run (Frank Liske Park)                            \$ 20.00– <https://runsignup.com/Race/NC/Concord/SoleMate5k>  
 5K Run (Harrisburg Park)    \$ 20.00 – register through Harrisburg Y                                    = \_\_\_\_\_  
 Closing Celebration Guest(s): \$ 3.00 x \_\_\_\_\_ (# of guests)                                    = \_\_\_\_\_

**Other Fees (select all that apply):**

- Extra T-Shirt    \$12.00 x \_\_\_\_\_                                    = \_\_\_\_\_  
 Donation: Want to support Cabarrus County Senior Games? Specify your donation here                                    = \_\_\_\_\_  
 Refer a new participant and save \$5 \*paper registration only\* referral name: \_\_\_\_\_                                    = \_\_\_\_\_

**TOTAL = \_\_\_\_\_** Register online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org) to save \$3

*Check, MasterCard and VISA accepted (no cash please); \$25 service fee assessed for returned checks  
 Make checks payable to Cabarrus County Senior Games and mail to PO Box 707, Concord, NC 28026-0707*

**Refund requests must be received in writing by 4/01/2023**

# Individual Entry Form

Cabarrus Senior Games is committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor with regard to preparation for, and competition in, Senior Games or any similar activity. To promote total health and physical fitness, events of longer duration and lower intensity are recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete. Doubles = same gender; Mixed Doubles = one of each gender. **Prior to selecting your events, please review this Packet, including the comprehensive schedule. Mark each event with an "X". Complete ALL applicable pages.**

Name \_\_\_\_\_

## INDIVIDUAL SPORTS

- Archery Conventional - Recurve Bare Bow
- Archery Conventional - Recurve with Site
- Archery Conventional - Recurve with Site & Release Aid
- Archery Compound - Bare Bow
- Archery Compound - with Site
- Archery Compound - with Site & Release Aid
- Basketball Shooting
- Bowling - Singles (\$11.55)
- Bowling - Doubles (\$11.55) (Partner \_\_\_\_\_)
- Bowling - Mixed Doubles (\$11.55) (Partner \_\_\_\_\_)
- \$10 per cyclist payable at the event**
- Cycling - 1 mile ( check here for recumbent cycle)
- Cycling - 5K ( check here for recumbent cycle)
- Cycling - 10K ( check here for recumbent cycle)
- Football Throw
- Softball Throw

## Swimming (Limit 4 Events)

- 50 yard Backstroke
- 50 yard Breaststroke
- 50 yard Butterfly
- 50 yard Freestyle
- 100 yard Backstroke
- 100 yard Breaststroke
- 100 yard Butterfly
- 100 yard Freestyle
- 200 yard Backstroke
- 200 yard Breaststroke
- 200 yard Butterfly
- 200 yard Freestyle
- 500 yard Freestyle
- 100 yard Individual Medley
- 200 yard Individual Medley
- 400 yard Individual Medley

## Track and Field Events (Limit 5 Dashes/Runs)

- 50 meter Dash
- 100 meter Dash
- 200 meter Dash
- 400 meter Dash
- 800 meter Run
- 1500 meter Run
- 5K Run (\$20) (**must also complete race Entry Form**)
- 10K Run (**virtual only**)
- Discus
- Shot Put
- Running Long Jump
- Standing Long Jump

## Walking Events

- 1500 meter Power Walk

- 1500 meter Race Walk
- 5K Power Walk
- 5K Race Walk- completed during 5k road races
- SilverStriders Fun Walk

## TEAM EVENTS

- Basketball 3-on-3 (team captain must attach roster)
- Softball (team captain must attach roster)

## TOURNAMENT EVENTS

- Badminton Singles
- Badminton Doubles (Partner \_\_\_\_\_)
- Badminton Mixed Doubles (Partner \_\_\_\_\_)
- Billiards
- Bocce Singles
- Bocce Doubles (Partner \_\_\_\_\_)
- Bocce Mixed Doubles (Partner \_\_\_\_\_)
- Cornhole Singles
- Cornhole Doubles (Partner \_\_\_\_\_)
- Cornhole Mixed Doubles (Partner \_\_\_\_\_)
- Croquet
- Golf (Average \_\_\_\_\_) (\$45)
- Horseshoes
- Miniature Golf
- Pickleball Singles
- Pickleball Doubles (Partner \_\_\_\_\_)
- Pickleball Mixed Doubles (Partner \_\_\_\_\_)
- Shuffleboard Singles
- Shuffleboard Doubles (Partner \_\_\_\_\_)
- Shuffleboard Mixed Doubles (Partner \_\_\_\_\_)
- Table Tennis Singles
- Table Tennis Doubles (Partner \_\_\_\_\_)
- Table Tennis Mixed Doubles (Partner \_\_\_\_\_)
- Tennis Singles
- Tennis Doubles (Partner \_\_\_\_\_)
- Tennis Mixed Doubles (Partner \_\_\_\_\_)

## SILVERARTS (Attach required SilverArts Form(s))

- Cheerleader Showcase
- Heritage Arts
- Visual Arts
- Literary Arts (include entries and SilverArts Info Form)

**Literary entries must be attached to registration forms or submitted online by entry deadline**

- Performing Arts (select all that apply)

**Soloists/Group leaders must complete page 12**

- Comedy/Drama
- Dance
- Instrumental
- Line Dancing
- Vocal

# Personal Information Form

Name \_\_\_\_\_

## HEALTH INFORMATION (Optional)

This information may be shared with medical providers for your care if needed during the Games.

Your Allergies: \_\_\_\_\_

Yes, enroll me in the Cabarrus County Senior Centers online registration & issue my card (free)

## WAIVER (Required)

In consideration of being allowed to participate in any of the Cabarrus County Senior Games athletics/sports program, and related events and activities, I, the undersigned, agree that prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will advise my coach or supervisor of such condition(s) and refuse to participate. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to us or not reasonably foreseeable at this time and I assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. I release, waive, discharge and covenant not to sue Cabarrus County, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to myself, my heirs and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. In order to promote the Cabarrus County Senior Games program, I agree to give Cabarrus County Senior Games the right to use any quote made by me or photographs or video taken of me, my performance or artwork.

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 if I do not have internet access. **My State Finals registration with payment and all required items must be received in the NC Senior Games office in Raleigh by 11:59 p.m. on August 1!** I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

**I have read the above waiver and release, understand that I have given up substantial rights by signing it, and sign it voluntarily. Furthermore, all information is correct to the best of my knowledge and I will follow the mission of Cabarrus and North Carolina Senior Games and their rules.**

\_\_\_\_\_  
**Signature (required to participate)**

\_\_\_\_\_  
**Date**

# SilverArts Showcases Information Form

Please read ALL SilverArts information & rules before completing this form. Artists entering Heritage, Literary or Visual pieces must complete this page and return with required registration forms by the entry deadline. **Only entries listed below will be accepted - no substitutions. Sub-categories must be selected for each entry by the Artist. All information for each entry must be completed.** Copy & complete additional pages as needed.

Literary entries must be submitted at time of registration. Heritage and Visual Entries must be submitted on April 4 by appointment at the Senior Center – Concord.

**Artist Name** \_\_\_\_\_

**HERITAGE ARTS:** Include all information below. **See Heritage Arts rules/guidelines.**

Title #1 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #2 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #3 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #4 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

**VISUAL ARTS:** Include all information below. **See Visual Arts rules/guidelines.**

Title #1 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #2 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #3 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

Title #4 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Size \_\_\_\_\_ # pieces in set \_\_\_\_\_ Weight \_\_\_\_\_

**LITERARY ARTS:** Include all information below. **See Literary Arts rules/guidelines.**

Title #1 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title #2 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title #3 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title #4 \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

**IMPORTANT: Literary Arts entries MUST be submitted with the required registration forms by April 5.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Music received:  Yes  No

## Performing/Cheerleading Group Entry Form

SOLO Performers/Group Leaders/Head Cheerleaders must complete this form and submit by the March 17 deadline. Only group members listed below who also complete the required registration forms with payment by the deadline will be eligible to compete with the act listed below. **Sub-category must be selected for each entry by the Artist/Group Leader. All information below must be complete at time of entry.** Copy & complete additional pages as needed. See [Performing Arts/Cheerleading Guidelines](#). **A mandatory Group Leader's meeting will be held on Tuesday, March 28.**

**IMPORTANT:** Music for each act **MUST** be submitted in .mp3 format on a flash drive with required registration forms. All acts are subject to review by staff.

Title of Act: \_\_\_\_\_ Group Name \_\_\_\_\_

Size Category (# in act):  Solo (1)  Small Group (2-4)  Medium Group (5-9)  Large Group (10+)

Subcategory (MUST select one):  Cheerleading  Comedy/Drama  Dance  
 Instrumental  Line Dance  Vocal

Group Leader/Soloist \_\_\_\_\_ Phone #(s) \_\_\_\_\_

Email Address: \_\_\_\_\_ Act Length: \_\_\_\_\_ minutes \_\_\_\_\_ seconds

Will this act use recorded music?  Yes  No If yes, title of music: \_\_\_\_\_

Start Act (circle one): On stage Off stage End Act (circle one): On stage off stage

Props needed: Microphones: 1 2 Microphone stands: 1 2

# Chairs needed: \_\_\_\_\_ Specific list of Props YOU will bring: \_\_\_\_\_

Does this act include any stunts (lifts, cartwheels, tumbling, etc.)?  Yes  No

If yes, describe in detail. \_\_\_\_\_

**ROSTER:** EACH member of a group must complete required forms and submit with payment by the deadline.

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

**INTRODUCTION: Email a brief (3-4 sentences) introduction** (interesting facts about members, awards received, places performed, # of years performing/participating in Senior Games, etc. NOT used previously) for the emcee to [twkiser@cabarruscounty.us](mailto:twkiser@cabarruscounty.us) [ijswweeney@cabarruscounty.us](mailto:ijswweeney@cabarruscounty.us) or print/type and attach below and submit by April 19

Signature of Soloist/Group Leader/Head Cheerleader

Date