

30<sup>th</sup> Annual

# High Country Senior Games

April 30 - June 11, 2019



WATAUGA COUNTY  
PARKS & RECREATION

*Presented by*

**Watauga County Parks and Recreation**

**Watauga County Project on Aging**

**Avery Senior Services**

**Ashe Senior Center**

**Yancey Senior Center**

**Mitchell Senior Center**

**Region D Area on Aging**

**May 1<sup>st</sup> Early Bird Deadline**

# General Information

## Tournament Information

Phone calls regarding starting times will not be made to each individual. All brackets will be available at the check-in time of each event. Participants who do not check in by the scheduled starting time will forfeit that event. Participants are also responsible for remaining at tournament events until they have completed their competition. For more information call Watauga County Parks and Recreation at 828-264-9511 or [stephen.poulos@watgov.org](mailto:stephen.poulos@watgov.org)

## Golf Information

Golfers age 90+ will play 9 holes.

Only athletes meeting the following minimum performance standards *in addition* to finishing 1, 2, or 3 at the local level will qualify to participate in golf at State Finals.

Golf Minimum Performance Standards:

Men		Women	
50 - 54	88	50 - 54	97
55 - 59	88	55 - 59	97
60 - 64	91	60 - 64	99
65 - 69	93	65 - 69	102
70 - 74	95	70 - 74	105
75 - 79	99	75 - 79	109
80 - 84	103	80 - 84	113
85 - 89	108	85 - 89	118
90 +	114	90 +	123

## Age Categories / Eligibility

Your age category is determined by your age as of December 31, 2019. Men and women compete in separate categories in the following five (5) year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.

For doubles and team events, the category will be determined by age of the youngest participant.

To be eligible to participate in the High Country Senior Games, an individual must be 50 or better by December 31, 2019, own property in or be a resident of Watauga, Avery, Mitchell, Yancey, or Ashe county a minimum of 3 consecutive months of the year.

## Inclement Weather

Games officials reserve the right to cancel or postpone events to a later time in case of inclement weather or unusual extenuating circumstances. However, participants should come prepared to participate in inclement weather. Call 828-264-9511 for updated schedule information.

## Rules

All events will be conducted in accordance with the 2019 edition of the North Carolina Senior Games, Inc. Official Rule Book. A copy of the official rules will be available at the Games. The official rule book is also available online at [www.ncseniorgames.org](http://www.ncseniorgames.org).

## Fees

All participants who register on or before May 1, 2019 will receive a discount and will pay the Early Bird Registration fee of \$10.00. The registration fee for participants registering after May 1, 2019 will be \$15.00. Participants **must be registered** with High Country Senior Games **no less than three (3) days prior to his/her first scheduled event**. Registration will only be accepted after May 1st if space in the event is available. The entry fee covers all events except for a facility fee charged for the following: Golf, \$26.00; Bowling, \$9.50 per event; Mini Golf, \$6; and Banquet, \$10.00 (\$15 at the door). These fees will be paid at the site the day of the event. **No monetary refunds can be given.**

Tickets are available in advance for the Senior Games Grand Celebration Banquet for \$10.00 (\$15 at the door), to be held on Tuesday, June 11, at 5:30 pm at Appalachian Ski Mountain, Blowing Rock. Please use the order form in the enclosed application for you and your guests. This dinner is open to all participants, sponsors, guests, family members, and volunteers. A limited number of tickets will be available at the door for \$15.00, but advanced purchase is recommended. The public is invited to attend.

## Registration Process

1. Participant completes the entry form and submits with total payment.
2. Participants will be contacted by mail by May 6, 2019. If you have not been contacted by May 6, call Watauga County Parks and Recreation at 828-264-9511 for more information.
3. Check-in will begin at your first event. **Participants must check-in one-half (1/2) hour prior to competing in his or her first event** (including all Tournament and Golf events). At check-in, participants will receive a participant shirt, registration packet and event schedule. **Start time is forfeit time for local, state and national games!**



# SPORTS & ACTIVITIES

**PLEASE CHECK ALL EVENTS IN WHICH YOU WISH TO PARTICIPATE. Note the Policy concerning events schedules (#2 “Important Event Information”).**

## INDIVIDUAL SPORTS

- \_\_\_\_\_ Basketball Shooting
- \_\_\_\_\_ Discus
- \_\_\_\_\_ Shot-put
- \_\_\_\_\_ Running Long Jump
- \_\_\_\_\_ Standing Long Jump
- \_\_\_\_\_ Triple Jump\*
- \_\_\_\_\_ Football Throw
- \_\_\_\_\_ Softball Throw
- \_\_\_\_\_ Disc Golf - NEW!
- \_\_\_\_\_ \$ Golf
- \_\_\_\_\_ \$ Miniature Golf\*
- \_\_\_\_\_ Cycling 1 Mile
- \_\_\_\_\_ Cycling 5K
- \_\_\_\_\_ Cycling 10K
- \_\_\_\_\_ 50 Meter Dash
- \_\_\_\_\_ 100 Meter Dash
- \_\_\_\_\_ 200 Meter Dash
- \_\_\_\_\_ 400 Meter Dash
- \_\_\_\_\_ 800 Meter Run
- \_\_\_\_\_ 1500 Meter Run
- \_\_\_\_\_ 1500 Meter Race Walk
- \_\_\_\_\_ 5K Race Walk
- \_\_\_\_\_ \$ 5K Run

## TEAM SPORTS

- \_\_\_\_\_ Basketball (3v3)  
Team Name: \_\_\_\_\_
- \_\_\_\_\_ Volleyball (6v6)  
Team Name: \_\_\_\_\_

## SWIMMING

- \_\_\_\_\_ 25 Meter Backstroke\*
- \_\_\_\_\_ 50 Meter Backstroke
- \_\_\_\_\_ 100 Meter Backstroke
- \_\_\_\_\_ 200 Meter Backstroke
- \_\_\_\_\_ 25 Meter Breaststroke\*
- \_\_\_\_\_ 50 Meter Breaststroke
- \_\_\_\_\_ 100 Meter Breaststroke
- \_\_\_\_\_ 200 Meter Breaststroke
- \_\_\_\_\_ 25 Meter Butterfly\*
- \_\_\_\_\_ 50 Meter Butterfly
- \_\_\_\_\_ 100 Meter Butterfly
- \_\_\_\_\_ 200 Meter Butterfly
- \_\_\_\_\_ 25 Meter Freestyle\*
- \_\_\_\_\_ 50 Meter Freestyle
- \_\_\_\_\_ 100 Meter Freestyle
- \_\_\_\_\_ 200 Meter Freestyle
- \_\_\_\_\_ 500 Meter Freestyle
- \_\_\_\_\_ 100 Meter Individual Medley
- \_\_\_\_\_ 200 Meter Individual Medley
- \_\_\_\_\_ 400 Meter Individual Medley

## SPECIAL EVENTS

- \_\_\_\_\_ Fun Walk
- \_\_\_\_\_ SilverArts Heritage
- \_\_\_\_\_ SilverArts Visual Arts Show
- \_\_\_\_\_ SilverArts Performing Arts
- \_\_\_\_\_ SilverArts Literary Arts
- \_\_\_\_\_ SilverArts Contemporary Arts
- SilverArtist must also complete a separate SilverArts Entry Form***

## BOWLING

- \_\_\_\_\_ \$ Bowling Singles
- \_\_\_\_\_ \$ Bowling Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_
- \_\_\_\_\_ \$ Bowling Mixed Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_

## TOURNAMENT SPORTS

- \_\_\_\_\_ Billiards
- \_\_\_\_\_ Bocce Singles
- \_\_\_\_\_ Cornhole
- \_\_\_\_\_ Croquet Expo
- \_\_\_\_\_ Horseshoes
- \_\_\_\_\_ Pickleball Singles
- \_\_\_\_\_ Pickleball Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_
- \_\_\_\_\_ Pickleball Mixed Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_
- \_\_\_\_\_ Racquetball
- \_\_\_\_\_ Shuffleboard
- \_\_\_\_\_ Table Tennis Singles
- \_\_\_\_\_ Table Tennis Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_
- \_\_\_\_\_ Table Tennis Mixed Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_

## TENNIS (limit 2 of 3 tennis events)

- \_\_\_\_\_ Tennis Singles
- \_\_\_\_\_ Tennis Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_
- \_\_\_\_\_ Tennis Mixed Doubles  
Partner’s Name (Partner must also register):  
\_\_\_\_\_

\* Event not offered at State Finals or National competitions  
“\$” additional fees, see fees sections or details

**The 2019 North Carolina Senior Games is not a qualifying year for the National Senior Olympics**

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



## ENTRY FORM

NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

### SILVERARTS RULES AND REGULATION

*(please read carefully)*

1. All artwork must be the artist's own creation and not part of a kit.
2. All SilverArts categories will be judged: first, second, and third places.
3. Medals will be awarded in each subcategory in Visual, Literary, Heritage, Performing and Contemporary Arts. Only first and second place winners in each Literary Arts subcategory are eligible to compete in State Finals (only one entry per person per subcategory is eligible for State Competition). First, second, and third place winners in each Visual and Heritage Arts subcategory are eligible to compete in State Finals (only one entry per person per subcategory is eligible for State Competition). Only the "Best in Show" in the Performing Arts category is eligible to compete in State Finals.
4. SilverArts entries will not be accepted if entered in a previous SilverArts show.
5. Visual, Heritage, Contemporary, and Literary Arts will be displayed at Appalachian Brian Estates in Boone, May 1 through June 11. Winners will be announced and medals awarded on June 11 at the Grand Celebration Banquet.
6. Art entry(ies) incorrectly categorized by the artist or not in compliance with NCSG Guidelines and Requirements will not be considered in the judging process.
7. **Please bring art to Appalachian Brian Estates between 10:00 and 11:00 am on Tuesday, April 30, 2019. If you need to make other arrangements, contact Keron Poteat at (828) 264-9511 or keron.poteat@watgov.org. Work will remain on exhibit until 10:00 am on Tuesday, June 11. Artists may pick up their work between 10:00 and 11:00 am on June 11 at Appalachian Brian Estates or after the Grand Celebration Banquet at the Appalachian Ski Mountain in Blowing Rock. Artists must have the receipt issued to them at drop-off to pick up their art work.**
8. Please know that every precaution will be taken to prevent damage to your art entries. However, High Country Senior Games will not be held responsible for any damage or loss to any art entry while participating in the SilverArts show.
9. All artist must sign the Liability Waiver Form.
10. High Country Senior Games has the right to refuse or remove any or all pieces that are deemed obnoxious or re-

### LITERARY ARTS

State categories - poem, short story (fiction), essay/article, and life experience

1. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

2. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

#### Literary Arts Guidelines:

- All entries must be typed, double-spaced, on 8-1/2 X 11 paper and have a minimum of 1" margins. A minimum font size is 10-point type.
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of work, sub-category, and name of artist.
- Artist's name should not appear on the content pages.
- Entries must be the original work of the writer, must be a work created after the writer is age 50, and must have been completed since May 1, 2019.
- The Literary Arts piece entered at the State Finals must be the same piece that wins at the local games.



## PERFORMING ARTS

Tuesday, June 11, 2019

**High Country Talent Showcase.** We are looking for talents and creative thought to showcase in competition at our Senior Games Grand Celebration Banquet at Appalachian Ski Mountain in Blowing Rock at 5:30 pm.  
State Categories - Comedy/Drama, Dance, Instrumental, Vocal, Line Dancing

NAME OF ACT OR GROUP: \_\_\_\_\_

CATEGORY OF ACT: \_\_\_\_\_ TITLE OF ACT: \_\_\_\_\_

LENGTH OF ACT (maximum 3 minutes): \_\_\_\_\_ TOTAL NUMBER OF PERFORMERS: \_\_\_\_\_

PERFORMERS (first and last names in alphabetical order):

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

### Performing Arts Requirements:

- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification.
- Performing entries may be one of the following:
  - a. Soloists or soloist with an accompanist
  - b. Small group (2 to 4 performers) or
  - c. Large group (5 performers or more)
- If a compact disc is used, artist/group leader must provide High Country Senior Games (with registration forms) a compact disc with the track number clearly labeled. Artists should pick up their CD after the performance.
- Artists need to provide all props.
- Voice presentations must be a live performance by the artist. Accompaniment can be taped. Lip-sync is not permitted as a performing art.
- The group leader must complete the Silver Arts Entry Form for the group and submit it with his/her HCSG Registration Form. Other members of the group must submit their own Registration Form.
- The performance at State Finals must be the same performance that wins at the local games (i.e. same song, dance, etc.).
- Only the "Best in Show" in the Performing Arts Showcase is eligible for State Finals competition.

## CONTEMPORARY ARTS

*(not eligible for State Finals)*

Categories: Sweatshirt decorating, basket decorating, ceramics, floral arrangements, etc.

1. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

2. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

### Contemporary Arts Guidelines:

- Entries must be the work of the individual and not a group effort.
- Must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- All three-dimensional work must be able to be displayed in a 3-by-3 foot area and weigh no more than 50 pounds.
- Groupings (sets) may have no more than 3 pieces per grouping (set).
- Entries must be the original work of the artist, must be a work created after the artist is age 50, and must have been completed since May 1, 2019. The art pieces must be an original work, not a print.
- Artists, or their representatives, must deliver and pick up the entry at the designated times (see item 7 on front).
- Artist's name and title of entry must appear on, or be attached to, entry or identification



## HERITAGE ARTS

State categories - quilting (hand-stitched), quilting (machine-stitched), woodwork, crochet, basket weaving, jewelry, needlework, tole painting, weaving, knitting, pottery, stained glass, woodcarving, woodturning.

1. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_  
 SIZE: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ # OF PIECES IN SET: \_\_\_\_\_

2. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_  
 SIZE: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ # OF PIECES IN SET: \_\_\_\_\_

### Heritage Arts Guidelines:

- Entries must be the work of the individual and not a group effort.
- Must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string), and not larger than 36" X 42", including matting and frame, and weigh no more than 50 pounds. Two-dimensional work not properly framed and wired will not be displayed.
- All three-dimensional entries must be able to be displayed in an area 3 X 3 feet.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Entries must be the original work of the artist, must be a work created after the artist is age 50, and must have been completed since May 1, 2019. The art pieces must be an original work, not a print.
- Artists, or their representatives, must deliver and pick up their entry at the designated times (see item 7 on front).
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with Entry Form and Registration Form. Photos cannot be returned.
- The Heritage Arts pieces entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

## VISUAL ARTS

State categories - oil, water color, acrylic, pen and ink, sculpture, pastels, charcoal, mixed media, digital photography, film photography, drawing

1. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_  
 SIZE: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ # OF PIECES IN SET: \_\_\_\_\_

2. TITLE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_  
 SIZE: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ # OF PIECES IN SET: \_\_\_\_\_

### Visual Arts Requirements:

- All artwork, except sculpture, must be securely framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" X 42", including matting and frame, and weigh no more than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces maximum per grouping (set).
- Entries must be the original work of the artist, must be a work created after the artist is age 50, and must have been completed since May 1, 2019. The art piece must be an original work, not a print.
- Artists, or their representatives, must deliver and pick up the entry at the designated times (see item 7 above).
- Artist's name and title of entry must be attached to the entry for identification.
- Artist must send a photograph of entry with Entry Form and Registration Form. Photos cannot be returned.
- The Heritage Arts pieces entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

# BREAKFAST FOR CHAMPIONS

FRIDAY ☆ MAY 3 ☆ 8:00 AM

## APPALACHIAN BRIAN ESTATES

Kick off the 2018 High Country Senior Games with the *Breakfast for Champions* hosted by Appalachian Brian Estates.

☆ Breakfast is **FREE** for registered High Country Senior Games Participants.

☆ View SilverArt Entries submitted by the High Country's talented artists on display at this event!

☆ Join us for the High Country Senior Games opening events at Appalachian Brian Estates:  
**Horseshoes & Cornhole tournaments at 10:00 am**

**PRE-REGISTRATION REQUIRED**

Please RSVP to Stephen Poulos by Wednesday, May 1, 2019 if you will be attending. You may also pre-register with your High Country Senior Games paper registration form or your online registration. Tickets for this event are NOT available at the door. To pre-register or for more information, contact Stephen Poulos at 828-264-9511 or [stephen.poulos@watgov.org](mailto:stephen.poulos@watgov.org).

# GRAND CELEBRATION BANQUET

APPALACHIAN SKI MOUNTAIN  
IN BLOWING ROCK

TUESDAY ☆ JUNE 11 ☆ 5:30 PM

Celebrate the 30th Anniversary of the High Country Senior Games in grand style!  
Join us on Tuesday, June 12 for dinner and entertainment at Appalachian Ski Mountain in Blowing Rock.  
Bring your family and friends for this evening of elegance and performances.

☆ Special Performances by your very own High Country Silver Artists! ☆

**TICKETS \$10.00**

(in advance)

Come join us!

For more information call 828-264-9511

## NORTH CAROLINA SENIOR GAMES

### STATE FINALS 2019

*"The Big Week"*  
**September 16 - 22**  
Cary/Durham/Raleigh, NC

For more information  
or to volunteer,  
visit our website at:  
[www.ncseniorgames.org](http://www.ncseniorgames.org)

Or call:  
(919) 851-5456



#### Softball Tournament

October 4 - 7  
Thomas Brooks Park, Cary

#### Bocce & Cornhole Tournaments

September 25 - 26  
Clayton Community Park, Clayton

#### Golf Tournament

October 21 - 22  
Tanglewood Park, Clemmons

#### Pickleball Tournaments

October 15 - 17  
Carolina Courts, Concord



**Fees & Tickets Order Form**  
*See General Information—Fees for details*  
*(Please sign Liability Waiver on reverse side).*

REGISTRATION FEE:

*REGISTER FOR THE HIGH COUNTRY SENIOR GAMES ONLINE AT  
[torch.ncseniorgames.org](http://torch.ncseniorgames.org) TO RECEIVE A DISCOUNT THIS YEAR*

Early Bird Registration (on or before May 1st) ..... \$10.00 = \$ \_\_\_\_\_  
 After May 1st..... \$15.00 = \$ \_\_\_\_\_

FACILITY FEES: *Pay these additional fees on location the day of the event.*

- BOWLING: \$9.50 per 3-game event (Please pay to High Country Lanes on the day of event).
- GOLF: Golf Green Fee \$26.00 (Please pay to Boone Golf Course on the day of event). *Golf carts are included in the fee.* Members of Boone Golf Course are exempt from the \$26.00 Green Fee.
- MINIATURE GOLF: \$6 + 20% off breakfast at Sunrise Grill (Please pay Mountain Magic Mini Golf).

SOCIAL EVENTS AND MEALS

- Breakfast for Champions, Friday, May 3, 8:00 am at Appalachian Brian Estates*  
**Pre-registration is required.** Free for registered participants. Yes, I will be in attendance. \_\_\_\_\_
- Lunch between Pickleball Tournaments at Ashe and Avery County Parks and Recreation Department.  
**Pre-registration is required.** Free for participants registered for pickleball.  
 Yes, I am registered for pickleball, and I will be in attendance. \_\_\_\_\_
- Dinner & Entertainment, Tuesday, June 11, 5:30 pm at Appalachian Ski Mountain in Blowing Rock  
 Number of tickets \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_
- A limited number of tickets for the banquet will be available for purchase at the door for \$15

**“FRIENDS OF THE HIGH COUNTRY SENIOR GAMES”**

- Friend \$25 - \$99
- Supporter \$100 - \$199
- Champion \$200 +
- Sign up and receive a High Country Senior Games Gift* ..... \$ \_\_\_\_\_

I want my gift to be: In honor of \_\_\_\_\_  
 Individual's Name  
 OR  
 In memory of \_\_\_\_\_  
 Individual's Name

I want to be a High Country Senior Games Sponsor: ..... \$ \_\_\_\_\_  
 Corporate Friend \$100 Silver Sponsor \$500  
 Bronze Sponsor \$250 Gold Sponsor \$750 +

**TOTAL AMOUNT ENCLOSED** ..... \$ \_\_\_\_\_  
*Please make checks payable to High County Senior Games*

**Health Information**

The staff and volunteers of the High Country Senior Games program are committed to creating a healthy and safe environment for all participants, staff, and spectators. We request that participants consult their doctor regarding preparation for, and competition in, Senior Games or any similar activity. Please inform the High Country Senior Games, Inc. in writing at the time of the Games of any changes in your medications or health status.

- |  |  |
|--|--|
| <p>1. Do you have any specific medical conditions, allergies, or health concerns?<br/>                 _____<br/>                 _____<br/>                 _____</p> | <p>3. Name of personal physician:<br/>                 _____<br/>                 Physician's Phone #: (____) _____</p>  |
| <p>2. List any medications you are currently taking:<br/>                 _____<br/>                 _____<br/>                 _____</p>                              | <p>4. Emergency Contact<br/>                 Name: _____<br/>                 Relationship: _____<br/>                 Phone Number (____) _____<br/>                 Will they be at the Games? _____</p> |

# LIABILITY WAIVER

*Must be signed*

## Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the High Country Senior Games athletics/fitness/sports/arts program, and related events and activities, the undersigned:

1. Agrees that prior to participating, he/she will inspect the facilities and equipment to be used, and if he/she believes anything is unsafe, he/she will advise the coach, volunteer or supervisor of such condition(s) and refuse to participate.
2. Acknowledges and fully understands that each participant 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 his 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, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assumes all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent disability, or death. Understands that to promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended and that higher-intensity types of activities are offered primarily for the conditioned, trained athlete.
4. Releases, waives, discharges, and covenants not to sue High Country Senior Games, 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 "releasee," from any and all liability to each of the undersigned, his or her 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.
5. Agrees that all press coverage of the Senior Games may be used for the promotion of the High Country Senior Games or for promotion of the North Carolina Senior Games. Anyone officially connected with High County Senior Games or with radio, television, or the newspaper may interview or take my picture for official use only with Senior Games.
6. **Agrees that he/she is responsible for (a) checking with the Local Games Coordinator to determine if he/she qualified for State Finals or Nationals and to get a North Carolina Senior Games Entry Packet if internet access is unavailable; (b) understands that the North Carolina Senior Games office must receive completed registration with payment and all required items in the NCSG office in Raleigh by 11:59pm on August 1st; (c) understands that the State Finals deadline is strictly enforced in fairness to all; and (d) understands that it is the individual's responsibility to make sure registration forms are submitted and received.**

**The undersigned has read the above waiver and release, understands that he/she has given up substantial rights by signing below, and signs it voluntarily!**

Printed Name: \_\_\_\_\_ "I have read this release"

Signature: \_\_\_\_\_ "I have read this release"

PLEASE PROVIDE THE FOLLOWING INFORMATION TO HELP US MAKE THE SENIOR GAMES BETTER. THIS INFORMATION WILL BE KEPT CONFIDENTIAL AND WILL NOT BE ASSOCIATED WITH ANY INDIVIDUAL IN RESEARCH EFFORTS.

ETHNICITY: \_\_\_\_\_ Caucasian (White) \_\_\_\_\_ American Indian \_\_\_\_\_ Hispanic \_\_\_\_\_ Asian  
\_\_\_\_\_ Black or African American \_\_\_\_\_ Alaska Native \_\_\_\_\_ Native Hawaiian or other Pacific Islander  
\_\_\_\_\_ Other (please specify): \_\_\_\_\_ Unknown/No Response

## Important Event Information

1. Registration packets may be picked up at your first event site. Participant's events, times, and dates will be given in your confirmation letter. It is important to **check in at the event site at least 30 minutes prior to the event's scheduled starting time** (see #2 below).
2. Every effort will be made to reduce the number of conflicts for those participants who wish to compete in more than one event. However, when scheduling conflicts do arise for you, it is your choice which event you choose to enter. Failure to report for stated events at scheduled time causes disqualification. Starting time is forfeit time.
3. It is the participant's responsibility to check the master schedule at the event sites twice each day for updated information.
4. The following sports may be conducted as "single elimination" tournaments: horseshoes, billiards, table tennis, shuffleboard, racquetball, bocce, cornhole, pickleball and tennis. (Note: Where possible and as scheduling allows "double elimination" and "round robin" tournaments may be offered.) Participants in these events **must check in at least 30 minutes prior to the start of the event**. Winners will advance to semi-finals and final rounds. Plan accordingly. Participants must choose events to avoid conflicts in scheduling as outlined in #2.
5. The mission of Senior Games is to promote total health and physical fitness. Events of longer duration and lower intensity are strongly recommended. High intensity activities are offered primarily for the conditioned, trained athlete.

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### Area Agency on Aging



With programs to aid with arthritis, fall prevention, and overall health and wellness, the Area Agency on Aging wants to help you stay rip, roaring, and ready for Senior Games all year long, one healthy step at a time!

For more information, please contact the High Country Area Agency on Aging or your local senior center:  
**(828) 265-5434**

### Awards

Official medals will be presented to the 1st, 2nd, and 3rd place finalists in each category in each sport and SilverArts event. Presentations will be made at Special Awards Ceremonies throughout the Games.

SilverArts will be exhibited Tuesday, May 1 through Tuesday, June 11 at Appalachian Brian Estates. Awards for SilverArts will be presented and Performing Arts will be showcased at the Grand Celebration Banquet at Appalachian Ski Mountain, Blowing Rock at 5:30 pm on Tuesday, June 11. Dinner tickets are available in advance for \$10 or at the door, if available, for \$15 per person.

### Equipment

Participants are required to provide their own equipment for golf, tennis, pickleball, and racquetball. In any other event, participants may use their own equipment (if it meets the official standards) or equipment provided by High Country Senior Games.

### State and National Competition

Medal winners in each recognized sport will be eligible for participation in the 2019 North Carolina Senior Games to be held September 16 - November 10, 2019 in Raleigh. As a competitor, it is your responsibility to: 1) Check with High Country Senior Games (828-264-9511) to determine if you qualified for State Finals; 2) To get a North Carolina Senior Games Entry Packet; 3) To ensure that North Carolina Senior Games (919-851-5456) **receives your entry by August 1, 2019.**

**The North Carolina Senior Games State Finals registration deadline of August 1<sup>st</sup> is strictly enforced. Entries must be received, not postmarked, by August 1<sup>st</sup>. Entries received after August 1<sup>st</sup> will be returned and that participant cannot participate in the North Carolina Senior Games State Finals Competition!**

For more information on State Finals, to view the State Finals schedule of events, to download a State Finals registration form, or to register online, visit [www.ncseniorgames.org/sf.htm](http://www.ncseniorgames.org/sf.htm).

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# HIGH COUNTRY SENIOR GAMES

Ashe • Avery • Mitchell • Watauga • Yancey

231 Complex Drive, Boone, NC 28607

828-264-9511

## 2019 SCHEDULE OF EVENTS

### Tuesday, April 30

10:00am - 11:00am

Enter Silver Arts Visual Entries

Appalachian Brian Estates

### Thursday, May 2

8:00am

Cycling 1 Mile, 5K, & 10K

Freedom High School, Morganton

### Friday, May 3

8:00am - 9:00am

Breakfast for Champions - FREE  
*RSVP Required*

Appalachian Brian Estates

10:00am

Horseshoes & Cornhole

Appalachian Brian Estates

### Saturday, May 4

9:00am

Corkscrew 5K  
<https://runsianup.com/Race/NC/BlowingRock/Corkscrew5K>

Chetola, Blowing Rock

### Monday, May 13

10:00am - 12:00pm

Bowling - Doubles

High Country Lanes

12:00pm - 2:30pm

Bowling - Mixed Doubles

High Country Lanes

### Tuesday, May 14

9:30am

1500 M Race Walk

Watauga High School

10:30am

Table Tennis

Lois E. Harrill Senior Center

10:30am

Croquet Expo

Lois E. Harrill Senior Center

### Wednesday, May 15

10:00am

800 Meter Run

Watauga High School

10:15am

1500 Meter Run

Watauga High School

10:30am

5K Race Walk

Watauga High School

### Thursday, May 16

10:00am - 1:00pm

Bowling Singles

High Country Lanes

2:30pm

Billiards

Family Billiards Country Retreat

### Monday, May 20

9:00am

Pickleball Singles Tournaments

Ashe Family Central

12:00pm

Lunch catered by Ashe Pickleball  
*for participants (must preregister)*

Ashe Family Central

2:30pm

Disc Golf (Rain Date TBD)

Ashe County Park

### Wednesday, May 22

9:00am

Pickleball Mixed Doubles Tournaments

Avery Recreation

12:00pm

Lunch catered by Carolina BBQ  
*for participants (must preregister)*

Avery Recreation

1:00pm

Pickleball Doubles Tournaments

Avery Recreation

3:00pm

Shuffleboard Tournament

Linville Land Harbor



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## Thursday, May 23

9:00am	Swimming ( <i>warm-ups @ 8:30am</i> )	Paul H. Broyhill Wellness Center
2:00pm	Racquetball Tournament	Paul H. Broyhill Wellness Center
6:00pm - 7:00pm	Basketball Shooting	Hardin Park Gym
7:00pm	3v3 Basketball Tournament	Hardin Park Gym

## Thursday, May 30 (*Rain Date: Friday, May 31*)

9:00am	50 Meter Run	Watauga High School
9:15am	100 Meter Run	
9:30am	200 Meter Run	Watauga High School
9:45am	400 Meter Run	Watauga High School
10:15am	Awards for Track Events	Watauga High School
10:30am - 12:30pm	1 Mile Fun Walk & FIELD DAY: Shotput, Discus, Football Throw, Softball Throw, Standing Long Jump, Triple Jump & Running Long Jump.	Watauga High School
1:00pm	Awards for Field Events	Watauga High School
1:30pm	Bocce Tournaments	Watauga High School

## Monday, June 3

10:00am	Miniature Golf	Mountain Magic Mini Golf
	<i>20% breakfast at Sunrise Grill at 9am</i>	

## Tuesday, June 4

9:04am	Golf - First Tee Time	Boone Golf Course
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## Saturday, June 9

9:30am	Tennis Tournaments	Linville Land Harbor
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## Tuesday, June 11

10:00am - 11:00am	Pick-up Silver Arts Entries <i>If unable to pick it up at the Banquet</i>	Appalachian Brian Estates
5:30pm - 9:00pm	Grand Celebration Banquet Silver Arts Visual Display	Appalachian Ski Mountain
9:00pm	Pick-up Silver Arts Entries	Appalachian Ski Mountain

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