

24th ANNUAL

**MERCER COUNTY
SENIOR GAMES**

JUNE 3 – JUNE 15, 2019



Presented by:

**Mercer County Area Agency on Aging, Inc.
&
Our Community Sponsors**

2019 MERCER COUNTY SENIOR GAMES

June 3 – June 15, 2019

GENERAL

Mercer County Area Agency on Aging, Inc., and our Community Sponsors present the **24th Annual Mercer County Senior Games**. Mercer County Senior Games is a social and recreational, yet competitive experience promoting better health and fitness of Mercer County **men and women age 50 and older**. The Games provide an opportunity for individual achievement in an atmosphere of friendly competition and fun.

Senior Games are held at various locations throughout Mercer County from **Monday, June 3 through Saturday, June 15**. **Whether you are a participant or spectator, come out and enjoy a week of great sport. Spectators are welcome at all Senior Games events.** *(Lunch is available for spectators who pre-register, \$5.00 donation per event.)*

ELIGIBILITY

Any Mercer County resident, **50 years of age or older** may participate. Non-residents ages 50 or older that are members of a sponsor, co-sponsor, or contributing senior group also may participate.

AGE GROUPS

Age groups are 50 – 55; 55 – 59; 60 – 64; 65 – 69; 70 – 74; 75 – 79; 80 – 84; 85 - 89; 90+.
Age bracket is determined by your age on day of event. Proof of age may be required.

MEDALS

Gold, Silver and Bronze medals will be awarded to the top three winners in each category. Categories are based on age groups and gender, except where noted. Medals will be awarded immediately following each event.

REGISTRATION

A **non-refundable donation of \$10.00 (\$25.00 if golfing)** is suggested to participate in the 2019 Senior Games. The \$10.00 registration donation entitles you to participate in all events except golf. An additional \$15.00 donation is suggested to register for the 18-hole golf event and includes green fees & half a cart. **You must complete a registration form (front & back) and check each event you plan to enter.** All Senior Games participants will receive a commemorative t-shirt and lunch, where available.

DEADLINE FOR REGISTRATION is Friday, May 31. Please get your registration in early.

Check or money order should be made payable to: **MCAAA Senior Games - 2019.**

Registration forms and donations may be delivered or mailed to:

Mercer County Area Agency on Aging, Inc. , 133 N. Pitt St., Mercer, PA 16137.

LUNCH AVAILABLE

Lunch is available for Senior Games participants at most events at no additional cost. Guests may also receive a lunch for \$5.00 per event. **GUEST LUNCHESES MUST BE ORDERED IN ADVANCE** by calling MCAAA, Inc. and **marking guest next to the appropriate event on the registration form.** Payment for guest lunch(es) should be included with participant registration.

SENIOR GAMES INFORMATION

Please contact MCAAA, Inc., Administrative Office at **1-800-570-6222**, or **724-662-6222**, or e-mail to **admin@mercercountyaging.org.**

2019 MERCER COUNTY SENIOR GAMES SCHEDULE AND DESCRIPTION OF EVENTS

MONDAY, JUNE 3

TABLE TENNIS (Ping Pong)

Location: **Shenango Valley Senior Center, 220 N. Buhl Farm Dr., Hermitage**

Time: **11:30 a.m. Sign-in; 1:00 p.m. Start**

Format: **Singles only Lunch available.**



Description and Rules:

- The game will be played as singles.
- A game of table tennis is played up to 11 points. The winner is the player who first scores 11 points, unless both players score 10 points, then a game will be won by the first player to gain a 2-point lead.
- A match will consist of three (3) games.

Serving:

- The first serve will be determined by coin toss.
- Service shall start with the ball resting freely on the open palm of the server's stationary free hand. The server shall then project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being struck.
- As the ball is falling the server shall strike it so that it touches first his or her court and then, after passing over or around the net assembly, touches directly the receiver's court;
- From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by the server or by anything they wear or carry.
- As soon as the ball has been projected, the server's free arm and hand shall be removed from the space between the ball and the net. The space between the ball and the net is defined by the ball, the net and its indefinite upward extension.
- It is the responsibility of the player to serve so that the umpire or the assistant umpire can be satisfied that he or she complies with the requirements of the Laws, and either may decide that a service is incorrect.
- If either the umpire or the assistant umpire is not sure about the legality of a service he or she may, on the first occasion in a match, interrupt play and warn the server; but any subsequent service by that player which is not clearly legal shall be considered incorrect.
- Exceptionally, the umpire may relax the requirements for a correct service where he or she is satisfied that compliance is prevented by physical disability.



The Return:

The ball, having been served or returned, shall be struck so that it passes over or around the net assembly and touches the opponent's court, either directly or after touching the net assembly.

The Order of Play:

The server shall first make a service, the receiver shall then make a return and thereafter server and receiver alternately shall each make a return.

MONDAY, JUNE 3 (Continued)

TABLE TENNIS (Ping Pong)

A Let – a rally of which the result is not scored.

The rally shall be a let:

- if in service the ball, in passing over or around the net assembly, touches it, provided the service is otherwise correct or the ball is obstructed by the receiver;
- if the service is delivered when the receiving player or pair is not ready, provided that the receiver does not attempt to strike the ball;
- if failure to make a service or a return or otherwise to comply with the Laws is due to a disturbance outside the control of the player;
- if play is interrupted by the umpire or assistant umpire;

A Point:

Unless the rally is a let, a player shall score a point

- if an opponent fails to make a correct service;
- if an opponent fails to make a correct return;
- if, after he or she has made a service or a return, the ball touches anything other than the net assembly before being struck by an opponent;
- if the ball passes over his or her court or beyond his or her end line without touching his or her court, after being struck by an opponent;
- if an opponent obstructs the ball;
- if an opponent deliberately strikes the ball twice in succession;
- if an opponent strikes the ball with a side of the racket blade whose surface does not comply with the requirements;
- if an opponent, or anything an opponent wears or carries, moves the playing surface;
- if an opponent, or anything an opponent wears or carries, touches the net assembly;
- if an opponent's free hand touches the playing surface;
- as provided under the expedite system.

The Order of Service, Receiving and Ends

- The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.
- When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.
- After each 2 points have been scored the receiving player shall become the serving player and so on until the end of the game, unless both players score 10 points or the expedite system is in operation, when the sequences of serving and receiving shall be the same but each player shall serve for only 1 point in turn.
- The player serving first in a game shall receive first in the next game of the match.
- The player starting at one end in a game shall start at the other end in the next game of the match.

Out of Order of Serving, Receiving or Ends

- If a player serves or receives out of turn, change ends or has not changed ends when they should have done so, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with those players serving and receiving who should be server and receiver respectively or shall change ends at the score that has been reached, according to the sequence established at the beginning of the match.
- In any circumstances, all points scored before the discovery of an error shall be reckoned.

TUESDAY, JUNE 4

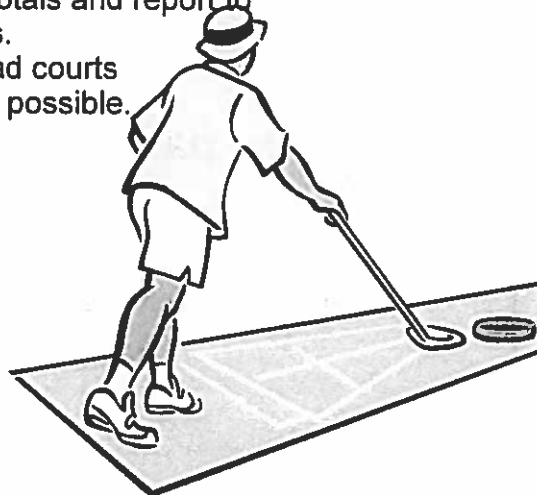
SHUFFLEBOARD

Location: **McQuiston Center by the Park, 29 Railroad St., Sandy Lake**
Time: 8:30 a.m. Sign-in; 9:00 a.m. Start
Format: Singles only. Lunch available.

Description and Rules:

- Participants will be separated by gender only - not age.
- Tournament games will be played. This will guarantee at least two matches for each participant. Brackets will be used in scoring. Beginning with second match, losers will be eliminated.
- A match will consist of best of three games with a fixed number of rounds.
NOTE: The number of rounds may be reduced to complete all play in a more timely manner.
- Line and court numbers will be pre-determined, based on date and time that registration is received. If cancellations on day of event, adjustments will be made. **Please call prior to event if canceling.** If a participant does not receive a court assignment, that participant will not play in first match. Positions will be assigned for subsequent matches. In first match, odd line numbers will play on yellow, even numbers on black. Participants will compete against the person next to them.
- Games ALWAYS begin at head of court. Head and foot designated before games begin. Yellow always shoots first when beginning a game.
- Points are counted only within respective scoring areas and pucks must not touch any lines around the 7-8-10 areas; however, the dividing line in the "kitchen" is not a factor. It is minus 10 the full width.
- When participant is shooting, pucks must stay on his/her side of dividing line and must not touch any lines, including dividing line.
- When shooting, if puck does not cross "lag line" at opposite end, it will be removed from the court.
- Scorekeepers will advise shufflers as to which color shoots first at beginning of next half round. (A half round is when both shufflers have completed their shots from the head or from the foot.) Scorekeepers will also give scores after each half round.
- After final round, all players must check totals and report to main table with scorecard to verify scores.
- Game supervisors will wax pucks and bead courts as needed to keep them as consistent as possible.

If you need to cancel,
please call McQuiston Center
at 724-376-3608 prior to event.



WEDNESDAY, JUNE 5

BOWLING

Location: **Grove City Bowlodrome, 540 E. Main St. Ext., Grove City**

Time: **8:30 a.m. Sign-in; 9:00 a.m. Start**

Format: **Singles only. Each bowler will bowl a series of three games.**

Top three 3-game total scores for male and female in each age grouping will receive medals.

Lunch available.



Cost: Cost of games and shoe rental included in Senior Games registration donation.

Spectators welcome at all events!

Guest lunch \$5.00 per event.

Advance Registration required for lunch for each event.

**Register on participant's registration form or by calling
1-800-570-6222.**

**Include total amount for guest lunches with
participant's registration.**

TUESDAY, JUNE 6



TENNIS

Location: Buhl Park Tennis Courts, Buhl Park, just off Forker Blvd., Sharon
Time: 8:30 a.m. Sign-in; 9:00 a.m. Start
Format: Doubles only. Lunch available.

Description and Rules:

- If you do not have a partner, one will be assigned to you, dependent upon available players.
- Play will consist of round robin in the morning with the top four teams advancing to the semi-final and final matches following lunch.
- Each team is guaranteed at least two matches.
- Matches will be 8 game pro-sets in the semi-finals. The losers of the semi-finals will play another 8 game pro-set to determine the bronze medalist.
- The finals match will be a 10 game pro-set.
- The standard doubles tennis rules will be enforced and are listed below.
- Questions? Contact Marcia Barr at 412-680-3011 or marcia.barr@gmail.com.

Tennis Doubles Rules

A. Toss: Before starting play, opponents shall toss a coin or spin the racket.

Winner(s) shall have the option of serving, receiving or choosing side of court.

B. Serving:

1. In tennis, play is started with the service, which is made by tossing the ball into the air and hitting it with the racket before it touches the ground. Server stands behind the baseline.
2. The service of the first point of a game always begins to the right of the center mark, and is made to the opponent's right service court. After each point is played, alternate service courts. The same individual continues serving until the game is completed.
3. The order of serving is decided at the beginning of each set. The pair serving first decides who is to serve in the first game, and the other partner will serve in the third game. The opponents also decide who is to serve first in the second game, and the other partner will serve in the fourth game. Both pairs alternate in the remaining games of the set.
4. The server's partner may stand anywhere during service, except anywhere in or behind the Service court of his/her partner receiving the serve.
5. If a player serves out of turn, the proper server must serve as soon as the mistake is discovered. All points earned are counted. If a complete game is played with the wrong server, the order of service remains as altered.
6. The server has two service attempts to put the ball into play.
7. The service is a fault if the server:
 - commits a foot fault (foot touches the court on or over baseline prior to hitting ball);
 - fails to hit the ball into the proper service court;
 - misses the ball in attempting to strike it.(Server may toss and catch the ball without penalty.)
- 7.1 If any of these occur on the first service, it is a fault.
- 7.2 If any of these occur on both services, it is a double fault, and the point is lost.
8. The ball must clear the net and land in the proper service court before being hit by the receiver. However, after the service, the ball may be hit before it bounces. Any ball hit before it bounces is in play, even if the person striking the ball is outside the lines of the court. A ball must be permitted to bounce before it can be called out. A ball touching the line is considered good.

TUESDAY, JUNE 6 (Continued)

TENNIS (Continued)

C. Receiving

1. The order of receiving is decided at the beginning of each set. The pair receiving in the first game decides who will receive first, and that player will continue to receive first in all odd-numbered games of the set. The opponents will also decide who will receive first in the second game, and that player will receive the first service in all even-numbered games of the set. Players alternate receiving services during a game.
2. If a player receives out of turn, he/she remains in that position until the game in which it is discovered is completed. The partners then resume their original positions.

D. Scoring the Game:

1. The serving team is responsible for announcing the score before the service. The serving team's score is always called first.
2. A Game equals four points. The scoring in tennis is 15 for the first point won, 30 for the second, 40 for the third, and "game" for the fourth point. A score of zero is referred to as "love". When each team has a score of 40, the score is 'deuce', which means that one team must win by two consecutive points, in order to win the game. If the serving team wins the next point, the score is called "ad in" and they win the following point, it is their game. If the receiving team wins the first point deuce, the score is called "ad out", and they win the next point, it is their game. However, if after the score is either "ad in" or "ad out", the other team wins the next point, the score then becomes deuce again.
3. A set is concluded when one team wins six games, but the team must win by two or more games. In case of a tie (6-6 in any set), a 7 point tie breaker will decide the winner of the set.
4. A match consists of the best two out of three sets.

E. Changing Sides:

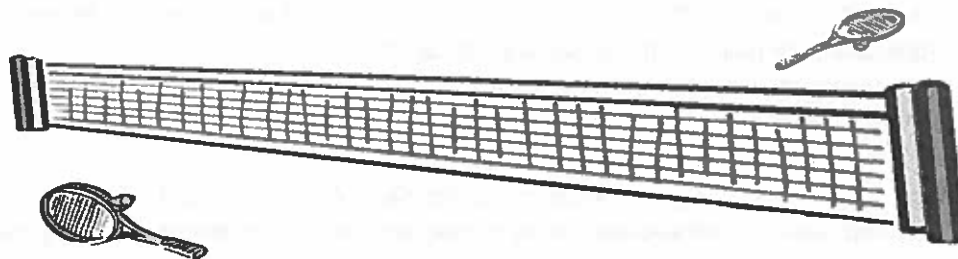
1. The opposing pairs change sides of court at the end of the first, third, and every subsequent alternate game of each set, and at the end of each set, unless the total number of games in such a set is even, in which case the change is not made until the end of the first game of the next set. The order of service does not change between subsequent sets.

F. A Let:

1. A let is a ball which, striking the net, strap, or band, lands in the proper court on the service.
2. A let is called when a player is unable to play a shot due to circumstances beyond his/her control, such as interference by a ball or player from another court.
3. A let occurs if a service is delivered before the receiver is ready. If however, the receiver attempts to return the service, he/she is considered to be ready.
4. When a let occurs on a service, only that service is repeated.
5. The ball is in play if it hits the net during the subsequent rally after the service.

G. Player Loses Point:

1. If the ball bounces twice on the opponent's side of the net or if a pair does not return the ball in their opponent's court.
2. If a player's body, clothing or racket touch the net while the ball is in play. This includes a foot touching the bottom of the net.
3. If a player reaches over the net to play a ball, unless the ball has bounced back over the net due to a spin, or the wind.
4. If the ball is hit twice on either team's side of the court.
5. If the ball hits the hair or body of a player.



FRIDAY, JUNE 7

GOLF

Location: **Pine Hill Golf Course**, 273 Leech Road, Greenville, PA
(2 mi. East of Greenville Hospital)

Time: 7:30 a.m. Sign-in / Registration;
Tee Off Time (Shotgun Start) – approximately 8:30 a.m.

Cost: Green fees and riding cart are covered by the \$25.00 Senior Games
entry donation.

Riding carts are required for all golfers.

Participants must bring their own equipment.

Format: Singles only. Lunch available.

Description and Rules:

- This will be an 18-hole competition.
USGA winter rules will be in effect.
- Men and women with three (3) lowest scores in each age group will receive medals.

****Please include the names of playing partners on the application, if known.**

MCAAA, Inc., will make every effort to accommodate partner requests,

however **no slots will be held for late entry.** **Each partner must submit a signed entry form** and fee by May 31, and all slots are awarded on a 'first come, first served" basis for all players.



Also groups will consist of four players and may include both male and female players, depending on the number of entrants and the order in which entries are received. **No refunds. No replacement players.**

Maximum field 144 players. First come, first served.

Playing partners must register individually.

*****NOTE:** Including playing partners' names on an application **does not** secure their slot(s). Senior Games attempts to accommodate playing partner requests but cannot guarantee fulfillment of those requests due to the popularity of this event.



MONDAY, JUNE 10

HORSESHOES

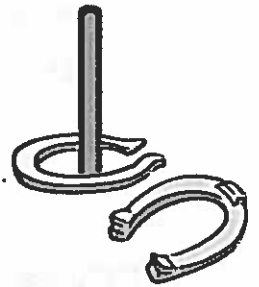
Location: **Riverside Park, Greenville, PA.** From Main St. (downtown Greenville), turn north onto N. Race St., 1/2 mile to Park.

Time: 9:00 a.m. Sign-in; 9:30 a.m. Start

Format: Singles only. Lunch available.

Description and Rules:

- Games will be singles only.
- Shoes will be provided or participants may supply their own (must be regulation).
- Scoring based on **52** shoes.
- Playoffs in the event of ties may be held after regular competition.
- Men and Women will compete separately.



**Sit, Stand,
Walk, Run....
Something for
EVERYONE!**

THURSDAY, JUNE 11

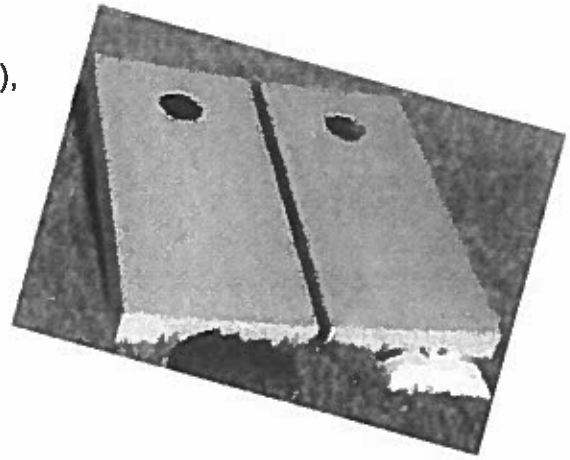
CORNHOLE

Location: **Greenville Senior Community Center**
45 Alan Ave., Greenville, PA
From Main St. (downtown Greenville),
turn north onto N. Race St.,
1/2 mile to Center.

Time: 9:30 a.m. Sign in & warm up;
10:00 a.m. Start

Format: Singles only. 40 Pitches

Lunch available.



Description and Rules:

- Players will pitch from the same cornhole platform area for 10 innings, 40 total pitches.
- Players age 50-64 will pitch from the pitcher's box (beside the opposing board) at the 30-foot line. Physically impaired players or players age 65+ may pitch from the 21-foot foul line.
- A player on one side of the playing area will pitch 4 bags. The bags will be removed and the other player on the same end of the playing area will pitch 4 bags. The players on the opposite side of the playing area will pitch in the same alternating fashion to complete an inning.
- The scores will be tallied as each bag lands.

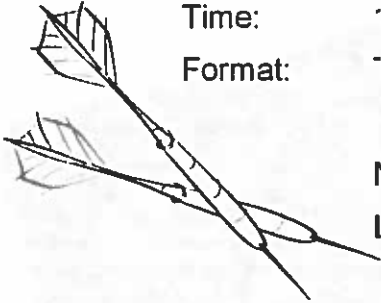
Scoring

- Corn Bag In-The-Hole - (or Hole-In) is a corn bag that is thrown through the hole in the cornhole platform and has a value of three points.
- Corn Bag In-The-Count - is not in-the-hole but lands with any portion of the corn bag resting on the cornhole platform and has a value of one point.
- Corn Bag Out-Of-The-Count - is a bag that comes to rest anywhere except in-the-count or in-the-hole and has no scoring value.
- Foul - The bag must not touch the ground or any other portion of the court prior to coming to rest on the cornhole platform. If a corn bag touches the ground before coming to rest on the cornhole platform, it is a foul and must be removed from the cornhole platform prior to the continuation of play.

WEDNESDAY, JUNE 12

DARTBALL (BASEBALL DARTS)

Location: **Grove City Memorial Park, Main Street, Grove City**
Time: 10:00 a.m. Registration; 10:30 a.m. Start
Format: The size and number of teams will be determined by MCAAA, Inc,
and based on the number of participants.
Medals will be awarded to the top three winning teams.
Lunch available.



Description and Rules:

- Dartball is similar to baseball. Each dart represents a pitched ball. The participant throwing the dart is called the batter.
- The game can be played with one to nine participants on each team.
- Two teams are assigned to a Dartball Board.
- The Dartball Board will be securely placed 26" from the floor.
- The Dartball Board consists of color-coded areas that signify strike outs, fouls, homeruns and bases:
 - White areas are bases;
 - Blue areas are automatic strikeouts;
 - Grey and Green areas are foul plays;
 - Orange areas are walks;
 - Black areas are outs;
 - Red areas are double-plays;
 - Home Plate and the Pitcher's Mound are homeruns.
- Participants will play with MCAAA, Inc.-supplied regulation darts.
- All players must throw darts by and from the hand.
- All players must throw from behind the foul line for each throw. If any part of the foot covers the foul line during a throw, the throw will not be counted.
- Any dart bouncing off the Dartball Board will not be re-thrown.
- Each game will consist of nine innings. If after nine innings the score is tied, an additional inning will be played until the tie is broken.
- Each inning will continue until there are three (3) outs per team.
- Each team will rotate players until there are three (3) outs for the team.
- A supplied scorekeeper will keep tally of the scores and team rotations.
- The team that earns the most runs will win the game.
- Heckling and/or harassment of any kind is strictly prohibited.



THURSDAY, JUNE 13

PICKLEBALL

Location: **Kennedy Catholic High School, 2120 Shenango Valley Freeway, Hermitage**
Time: 9:00 a.m. Sign-in; 9:30 a.m. Start
Format: Doubles only. Lunch available.

Description and Rules:

- Pickleball is a tennis-like game. It borrows from badminton and tennis in its rules and playing field.
- Pickleball is played on a badminton-sized court with a tennis court-type net.

Equipment—paddles, balls and nets will be provided. Participants may bring their own paddles.

- The ball is a perforated plastic baseball.
- The paddle is solid, usually 8 inches wide and 6 inches long.

Scoring:

- Only the serving team can score points.
- Points are earned when the opposing team faults during play.
- A game is played to 11 points, however a team must win by 2 points.

Serving:

- The server must announce the score prior to serving, announcing the serving team's score first.
- The ball is served underhand, below the player's waist, without bouncing it off the court.
- Serves have to land in the diagonally opposite court from the server.
 - Each player is allowed only one serving attempt unless it is a "let" serve.
 - A "let" serve occurs when the serve hits the net and still lands in the correct service court.
 - If this occurs, the serve is played over.
- Each player will continue to serve until he/she does not win a point.
- In doubles, the player on the right will be the first person to serve and will continue to serve until he/she does not score a point. Then the partner of the server will serve until he/she does not score a point. The ball is then turned over to the opposing team. When the serving team scores a point, the server moves to the other side of the serving team's court.
 - The receiving side does not switch sides.



Faulting:

- Faulting occurs when the ball:
 - is hit out of bounds;
 - does not clear the net;
 - is returned by a player inside the no-volley zone without a bounce;
 - is missed when a player is trying to hit it.
- Faulting also occurs when a player:
 - hits the net with his/her paddle or body;
 - steps over the non-volley zone line on a follow-through;
 - violates the double-bounce rule.

Double-Bounce Rule:

- Following the serve, each side must let the ball bounce once before playing it.
- After the two bounces (one on each side) have occurred, the ball can be volleyed or played off the bounce.

Non-Volley Zone:

- To volley a ball means to hit it in the air without letting it bounce.
- A line seven feet from the net delineates the non-volley zone.
- All volleying must be done with the player's feet behind the non-volley zone.
- Players are not allowed to hit the ball without letting it bounce first if their foot is on or between the line and net.

FRIDAY, JUNE 14

BASKETBALL SHOOT



Location: Hickory High School Gymnasium
640 N. Hermitage Rd, Hermitage

Time: 10:00 a.m. Sign in & warm up;
10:30 a.m. Start

Scheduled Events: Hot Shot, Foul Shooting and 3-Point Shot

Format: Singles only. Lunch available.

Description and Rules:

- Competitor may throw the ball in any style.
- Tie breakers may be required at end of regular competition.
- Competitors must use the ball provided.
- Best three (3) scores in each age group for males and females will receive medals.
- Competitor must score to receive a medal.
- Event officials may adjust shot locations and distances to speed play.

Hot Shot

- Hot Spots are points at which each competitor attempts to make baskets.
Each Hot Spot is located as follows:
 - A - At the foul line, 15 feet from the basket
 - B - 10 feet from the center of the basket to the right
 - C - 10 feet from the center of the basket to the left
- One foot must be in contact with hot spot but not in front of hot spot before shooting.
- Winner will be competitor with most baskets made out of 7 shots at each of 3 hot spots.
- A perfect score is 21.

Foul Shooting

- 15 shots allowed from foul line.

3-Point Shot

- Men shoot 10 shots from anywhere behind the 3-point arc.
- Women shoot 10 shots from tape line 3 feet in from original 3-point arc, top of key only.
- Men 65 and over have choice from 3-point arc or tape line.



SATURDAY, JUNE 15

TRACK & FIELD

Location: **West Middlesex High School Track**, 3591 Sharon Rd, West Middlesex

Time: 7:30 a.m. - Registration and Warm Up;

7:30-8:15—Track open for warm up and Fun Walk with Family & Friends

8:15 a.m. – Welcome and Announcements

Lunch available.

Description and Rules:

Senior athletes must train for all running events.

- **All participants must sign in by 8:00** as event schedule may change due to the number of competitors.
- Participants must wear proper-fitting athletic shoes for each event entered.
- No spikes or cleats are permitted on track.
- The Event Sponsor reserves right to suspend or terminate competition due to adverse weather conditions. If competition is terminated, every effort will be made to reschedule.
- Medals will be awarded after completion of all track & field events.

Special Notes:

***** Track & Field Coordinators from Specialty Orthopaedics will give demonstrations on various exercise techniques for athletes and individuals.**

**Everyone invited to join in a fun walk from 7:30-8:15 am
Friends, family, neighbors, young or old (and you're never too old!)
No competition—No registration fee—just a fun walk with friends!
Start the morning with a walk then stay to cheer on your favorite senior(s)!**

**Fun Walk Lunch \$5.00 for non-registered Senior Games participants —
call in advance to register for lunch.**

400 Meter Run, 800 Meter Run, 1500 Meter Run

- Qualified Senior Athletes who have trained for the 400 Meter, 800 Meter and/or 1500 Meter runs may participate in those events.
- Must be 2 full strides ahead of the competitor before passing.

55 Meter Dash, 100 Meter Dash

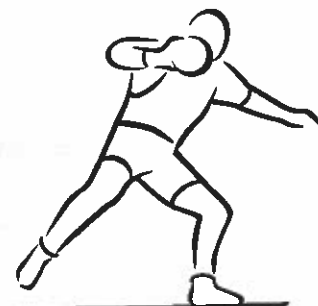
- Qualified Senior Athletes who have trained for the 55 Meter & 100 Meter Dashes may run those events. Runners must stay in their lanes.

SATURDAY, JUNE 15 (Continued)

TRACK & FIELD SCHEDULE OF EVENTS

Note: Times are approximate and are subject to change dependent upon registrations. It is important that all participants register by 8:00 am.

- 7:30 am **Registration & Warm-up**
Registration for all events must be completed by 8:00 a.m.
- 7:30-8:15 am **Warm-up and Fun Walk**
- 8:15 am **Track & Field Welcome and Announcements**
- 8:30 am **1500 Meter Competitive Walk**
-Heel/Toe method - one foot shall be in contact with the ground at all times.
-Judges will enforce rule.
-Running will disqualify an entrant.
- 8:50 am **1500 Meter Run** (See Special Notes)
- 9:05 am **100 Meter Dash – Women** (See Special Notes)
- 9:20 am **100 Meter Dash – Men** (See Special Notes)
- 9:30 am **800 Meter Run – Women** (See Special Notes)
- 9:40 am **800 Meter Run – Men** (See Special Notes)
- 9:50 am **55 Meter Dash – Women** (See Special Notes)
- 10:00 am **55 Meter Dash – Men** (See Special Notes)
- 10:10 am **400 Meter Run - Women** (See Special Notes)
- 10:20 am **400 Meter Run - Men** (See Special Notes)
- 10:30 am **Standing Long Jump**
- 11:00 am **Long Jump**
- 11:30 am **Shot Put**
- 12:00 noon **Awards**



SCHEDULED TIMES FOR EVENTS ARE SUBJECT TO CHANGE DUE TO NUMBER OF PARTICIPANTS IN EACH EVENT.

2019 Mercer County Senior Games

June 3 – June 15, 2019

Please fill out this registration form completely - front and back.

Registration and entry donation must be received by Friday, May 31, 2019.

(Please Print) E-mail address: _____

NAME _____ Male () Female ()
(Last) (First)

ADDRESS _____
(Street) (City) (State) (Zip)

COUNTY _____
IF NOT MERCER COUNTY RESIDENT, SENIOR GROUP AFFILIATED _____

PHONE # (____) _____ DATE OF BIRTH _____ Proof of age may be required.

AGE BRACKET (Circle) 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Age bracket is determined by participant's age on day of event.

On the day of the Games, who should we contact in case of an emergency?

Name _____ Relationship _____ Phone (____) _____

List medical conditions and any special medication requirements below.

SENIOR GAMES LIABILITY RELEASE

Release and Waiver of Liability

To the best of my knowledge, information, and belief, I have no physical restrictions which would prohibit my participation in the events I have selected in the Mercer County Senior Games. I have prepared myself for the event(s) which I have entered by practicing prior to the Games. I am participating in these events voluntarily and at my own risk.

I also agree to be solely responsible for any and all costs, damages, and expenses incurred by me as a result of my participation in the Senior Games. I release members of Buhl Park, Grove City Bowlodrome, West Middlesex School District, Pine Hill Golf Course, Greenville Borough/Riverside Park, Grove City Memorial Park, Hermitage School District, Kennedy Catholic Family of Schools, Mercer County Area Agency on Aging, Inc., Senior Games staff, volunteers, and sponsors from any responsibility or liability arising from my participation in the Games.

Mercer County Senior Games reserves the right in consultation with the Games' Trainers and Medical Personnel, to refuse any person the opportunity to compete in the Games based on her/his physical condition. The Games also reserves the right to suspend or terminate competition due to adverse weather conditions. We strongly recommend that the athletes enter only those events they are physically capable of competing in and limit themselves to a reasonable number of events.

The Senior Games staff have my permission to seek appropriate medical care at the event if it is deemed necessary for my health, welfare, and safety.

I acknowledge I have been advised by the Senior Games Committee to consult my physician with regard to practice, preparation, and competition in these events - especially those that involve high physical exertions such as running.

Signed _____ Date _____ (CONTINUED ON BACK)

T-Shirt Size (Circle One) : S M L XL XXL

