

# **SAN DIEGO** *Senior* **Games**

*Hosted by the San Diego Senior Games*

*Brought to you by*



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Online registration at [www.sdseniorgames.org](http://www.sdseniorgames.org)

A large, stylized graphic of a person with arms and legs outstretched, rendered in dark blue with a yellow outline. The figure is set against a background of light blue and teal geometric shapes. The text "REGISTRATION BOOK" is written across the figure's body in a yellow, hand-drawn style.

**REGISTRATION BOOK**

**August 27, 2016 - Oct. 2, 2016**

25+ competitive sports for men and women age 50+



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\*AARP endorses the AARP Medicare Supplement Insurance Plans, insured by UnitedHealthcare Insurance Company. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. Insured by UnitedHealthcare Insurance Company, Horsham, PA (UnitedHealthcare Insurance Company of New York, Islandia, NY for New York residents). Policy form No. GRP 79171 GPS-1 (G-36000-4). In some states plans may be available to persons under age 65 who are eligible for Medicare by reason of disability or End-Stage Renal Disease.

**Not connected with or endorsed by the U.S. Government or the federal Medicare program.**

**This is a solicitation of insurance. A licensed insurance agent/producer may contact you.**

CALL A LICENSED INSURANCE AGENT/PRODUCER AT THE TOLL-FREE NUMBER SHOWN IN THIS ADVERTISEMENT TO RECEIVE COMPLETE INFORMATION (INCLUDING OUTLINES OF COVERAGE) SHOWING BENEFITS, COSTS, ELIGIBILITY REQUIREMENTS, EXCLUSIONS AND LIMITATIONS.

**You must be an AARP member to enroll in an AARP Medicare Supplement Plan.**

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**AARPMedicareSupplement.com**



**We** are walkers. And talkers.  
 We do both quite well – and often at the same time. Our individual paths brought us all here together and now we blaze new trails most every weekend. It's what keeps us happy. And it's what keeps us together.



**Front Porch**  
 retirement  
**LIVING**



**DO YOU HAVE A PASSION** you'd love to share? Come to Front Porch and discover a sense of connectedness, meet like-minded enthusiasts, and enjoy the freedom to live life your way. Each community is one-of-a-kind, just like you. Explore one today.



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Wesley Palms  
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[wesleypalms.org](http://wesleypalms.org)



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 PASSIONS  
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Ask us about our Summer House memory care neighborhood at Wesley Palms

We're an equal opportunity housing provider.



All California communities are licensed by the State of California.



*Park & Recreation Department, Senior Citizen Services*

**Congratulations to all senior athletes!  
You are all winners and we are proud  
to support Senior Games!**

**Everyone is welcome to join in on the fun...**

- Balboa Park Senior Lounge
- Volunteer Opportunities
- Senior Talent Show
- Storytelling Group
- Poetry Party
- Walking Group
- Mah Jongg
- Actor's Workshop
- Dances
- Craft Sale
- Art Contest
- Deaf Seniors Club
- Senior Field Trips
- Photography

**Social Services**

Daily Social Calls

Free Legal Assistance

Health Insurance Counseling & Advocacy

**To receive our quarterly newsletter, The Scroll, Call (619) 236-6905**

Additional Information:

**Frank Cardenas**

Supervising Recreation Specialist

202 C Street, MS 1A \* San Diego, CA 92101

(619) 236-6910 \* FCardenas@sandiego.gov

[www.sandiego.gov](http://www.sandiego.gov)

## 29<sup>th</sup> Annual San Diego Senior Games - 2016

**SAN DIEGO**  
Senior Games



### GAME HEADQUARTERS

SDSGA

P.O. BOX 530443

San Diego, CA 92153

1-858-292-5812

[www.sdseniorgames.org](http://www.sdseniorgames.org)

[www.facebook.com/sandiegoseniorgames](https://www.facebook.com/sandiegoseniorgames)

### WELCOME

The Board of Directors of the San Diego Senior Games Association has the great pleasure of welcoming you to the 2016 San Diego Senior Games.

This is the 29<sup>th</sup> Annual San Diego Senior Games. Our participants range in age from 40-101. We will host over 30 sports this year and hope to have over 2,000 athletes participating this year.

The participants are to be commended for their commitment, training, and practice, which is necessary to excel at any level of competition in their selected sport.

All Commissioners and the many volunteers who make these games possible are to be recognized for their many hours of service and labor, always making sure each event is organized.

We will be working hard to secure the best venues and organize each sport event to the best of our ability. We want you to have a great experience at the 2015 games.

Please don't hesitate to send comments and suggestions for improvements. We are always open to make positive changes, but keep in mind that sometimes our hands are tied with venue selections and the overall politics of working with other organizations and businesses.

Thanks again for participating and Good Luck to All !

#### SDSGA Board of Directors

Jill Spitzer	Dr. Brian Stenzler
Karen Brookfield	Jim ver Teen
Anne Rosser	Dr. Tita L. Gray
Kathy Rahilly	James Pauley
Patricia Storm	

#### CO-EXECUTIVE DIRECTORS

Kirsten Cummings  
Karen Brookfield

### MISSION STATEMENT

*The San Diego Senior Games Association (SDSGA) is a California non-profit corporation committed to encouraging adults, age 50 and over, to carry on vigorous lives by developing and maintaining adequate personal physical fitness through regular participation in recreational activities, sports, physical fitness activities and educational programs.*

### SENIOR GAMES LOGO CHANGE

You will notice that we have a brand new logo for the San Diego Senior Games. We used the word Olympics for 28 years because we were grandfathered in to use it in 1987. Most other Senior Games across country have quit using the word Olympics because that word is copyrighted. We look forward to using our new logo now and in the future.

### GOALS

- Improve and maintain health and wellness of senior adults 50+
- Focus attention on the importance of regular exercise and constructive activity
- Celebrate the vitality of life through example and create an awareness of opportunities that promote a healthy lifestyle
- Provide competitive athletic and recreational experience at Local, State, and National levels.



## INFORMATION

### HOW TO REGISTER

**ONLINE** – Go to [www.sdseniorgames.org](http://www.sdseniorgames.org) Beginning June 1, 2016 register online. You can register a team or yourself for individual sports. You may make payment with a credit card or send a check. You will receive a confirmation letter to the email address given.

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**MAIL IN** – Complete the registration form in this booklet, with check made out to SDSGA and mail to:

SDSGA attn: Registration  
P.O. BOX 530443  
San Diego, CA 92153

You can also visit our website at: [www.sdseniorgames.org](http://www.sdseniorgames.org) to download and print the registration forms.

You can also call us at: 1-858-292-5812 to request a registration form.

Payment must be made by check, money order, cashier's check, OR credit card. SDSGA cannot be responsible for lost or misdirected mail. **If you don't receive a confirmation letter in a timely manner, please call the office.**

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### REGISTRATION AND FEES

There are two types of fees: Registration Fee and Event Fee. The Registration Fee for each participant covers the administrative costs of the games including permits, venue costs, phone, insurance, medals, printing, CSGA dues, and t-shirts. Event Fees for specific activities and competitions cover the actual cost of that particular sport including additional venue costs, deposits, equipment, and officials. A team registration fee will either be a team fee or individual payments. This will be decided by the Commissioner of that team sport. Teams will still be registered by the captain or manager, then each member of a team will be sent an email to register individually, sign their waiver, and pay their registration fee unless it is a team fee, which will be paid by the captain at the time of registration of the team.

### REGISTERING FOR MULTIPLE SPORTS

Once you are registered, you may play in as many sports as you wish, considering the schedule of the sports. When you do register for multiple sports, please check the schedules of those sports and only register if there is no scheduling conflict. You must show up on time to compete, as no event will be held for any athlete. You must complete an event to qualify for an award and this includes team tournaments. **Medals will not be given early and will not be mailed.**

### REFUND POLICY

All refund and cancellation requests for Emergency Event changes must be made three weeks before competition of that sport event and is subject to a \$10.00 processing fee.

All requests must be in writing and submitted to the SDSGA office. SDSGA reserves the right to deny any refund request or may make exceptions to deadline based on special circumstances. To request an exception to the deadline, (extenuating circumstances) athlete must submit a Refund Request with a reason for request in writing within one week after competition of that sport event. Applicable refunds will be issued following the Games.

It is the responsibility of the athlete to ensure that SDSGA has received individual requests.

**No refunds will be given due to event conflicts for multi-sport entrants.**

## AGE FOR COMPETITION

Participants will register according to their age as of December 31, 2016. Age categories for both men and women are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95+ and 100+. Age categories for doubles and teams will be determined by the youngest player as of December 31, 2016. **Swimming age is determined by day of event.**

Some sports will offer lower aged divisions with the ages of 40-44 and 45-49. See Schedule of Events...



## PARTNERS

A partner should be indicated on the registration form by full name birthdate, and age. During online registration a partner can be selected from a list of "needing a partner". The Commissioner will assign a partner if one is requested as long as there are players on the "needing a partner" list of the same age group.

**You may only participate with one doubles and one mixed doubles partner per event.**

The age of the youngest partner will determine the age category. All partner changes must be made one week before competition so partners are set and partner changes are not allowed on site.



## TEAM REGISTRATION

Team Manager or Captain will register a team online by entering the team name and Manager information. If teams pay by team fee, then the manager will pay at this time also. A TEAM ID # will be sent via email back to the team manager. The manager will send this TEAM ID # to all team members needed for their team.

Each team member who receives the email from their manager go to the registration system to correct any information, sign a waiver, and pay the registration fee, if team fee hasn't been paid.

For the team managers which need to mail in their registration, all team members must be included on the roster with each member's full name, birthday, email, and t-shirt size. Please include complete registration and waiver forms for each player as well as payment.

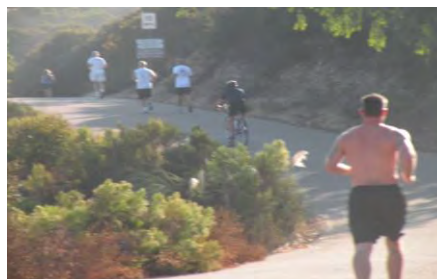
## AWARDS

Gold, Silver, and Bronze medals will be awarded in most events, for each gender, for each age division. Medals will be given at the end of events or after the final competition. Medals will not be mailed unless it is the fault of SDSGA.

Participation medals may be awarded in some sports.

## EQUIPMENT

Participants are required to provide their own equipment for the events entered (except as specified under the sport description). Please be sure to mark your personal items and do not leave valuables unattended. SDSGA is not responsible for the loss or damage of any athlete's personal equipment.



## UNIFORMS

All athletes must wear the appropriate athletic-type clothing and shoes for the sport(s) in which they are competing. Team sports require like color and style numbered uniforms. Equipment, clothing, or shoes that are inappropriate or in violation of the sports rules will be cause for disqualification. The SDSGA Sport Commissioners have been authorized to make this determination. If you have any questions, please contact the Commissioner.

## SPORTSMANSHIP/CONDUCT

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

## MEDICAL ASSISTANCE

SDSGA will make an attempt to have qualified athletic trainers and/or medical personnel on site. If you must be transported by ambulance, it will be at your expense.

## INSURANCE

The SDSGA has a General Liability Insurance Policy for the Games. It is expressly understood that this insurance does not cover property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from the competition. **Each participant is responsible for his or her own medical insurance.** Prior to competition, each athlete MUST SIGN a waiver, or the athlete will not be eligible to participate.

**Insurance costs have increased this year and will be reflected in an increase of entry fees. Basketball insurance is now \$4.00 per player and soccer is now \$7.00 per player.**

## EVENT CANCELLATION

In the event of inclement weather or unusual, extenuating circumstances, Games Officials, or SDSGA Board of Directors or Games Commissioner reserve the right to cancel or reschedule events. During the Games, call your Commissioner or Games information at (858) 292-5812 or check the website if the weather looks uncertain. There will be no refunds for events cancelled due to weather, war, or an act of God. The SDSGA also reserves the right to cancel any event due to insufficient entries and also reserves the right to combine age divisions. Cancellations due to insufficient entries will be given refunds.

## OPENING CEREMONIES

Sponsors and Athletes will be allowed to attend the Opening Ceremonies, but there is a limit of 120 spots available. This Celebration of the Athlete will be held at Casa de Manana in La Jolla on September 9, 2016 from 7:00pm – 9:00pm. Please call the office at (858) 292-5812 and RSVP to get your name(s) on the attending list. You may also email [info@sdseniorgames.org](mailto:info@sdseniorgames.org).

## SCHOLARSHIP PROGRAM

The San Diego Senior Games Association and our sponsor and partner, Front Porch, encourages participation in the San Diego Senior Games. If you are a participant in the Wounded Warriors Program or if you or a member of your family would like to participate in the Senior Games and are in need of fee assistance in order to register, please contact the Commissioner of your sport or contact us at (858) 292-5812. You may also email [karenb@sdseniorgames.org](mailto:karenb@sdseniorgames.org).



Proud Silver Sponsor  
of the San Diego  
Senior Games

Carlsbad By The Sea  
Casa de Mañana  
Fredericka Manor  
Wesley Palms



## 2016 Schedule of Events

Sport	Age	Events	On-Site	Date / Time	Commissioner	Location
Archery	40+	See reg form	no limited to 30 Archers	September 18, Sunday 9am - 4pm	Lee Taylor (619) 886-3245 <a href="mailto:archery@sdseniorgames.org">archery@sdseniorgames.org</a>	Lion Heart Academy 1331 N. Cuyamaca St. El Cajon, CA 92020
Basketball (Men)	50	Team Play Free Throws Hot Shots	no	September 24, Saturday 9am - 4pm	Jerry Sullivan (619) 743-3357 <a href="mailto:basketball_men@sdseniorgames.org">basketball_men@sdseniorgames.org</a>	Balboa Park Municipal Gym 2111 Pan American Plaza San Diego, CA 92191
Basketball (Women)	40	Team Play Free Throws Hot Shots	no	August 27-28, Sat-Sun 9am - 4pm	Kirsten Cummings (619) 517-0367 <a href="mailto:basketball_women@sdseniorgames.org">basketball_women@sdseniorgames.org</a>	UCSD - RIMAC Center 9730 Hopkins Drive La Jolla, CA 92093
Billiards	40	8-ball 9-ball	yes	September 10-11, Sat-Sun 9:30am - 6pm Sat - 8-Ball Sun - 9-Ball	William Woodcock (760) 712-9397 <a href="mailto:billiards@sdseniorgames.org">billiards@sdseniorgames.org</a>	On Cue Billiards 8303 Parkway Drive La Mesa, CA 91942
Board Games	40	variety	yes	September 11, Sunday 9am - 2:30pm	John Grindle (619) 972-4746 <a href="mailto:boardgames@sdseniorgames.org">boardgames@sdseniorgames.org</a>	War Memorial Building 3325 Zoo Drive San Diego, CA 92101
Bocce Ball	40	Singles Doubles Team	yes	September 17, Saturday 9am - 3pm	John Grindle (619) 972-4746 <a href="mailto:bocce_ball@sdseniorgames.org">bocce_ball@sdseniorgames.org</a>	Liberty Station NTC Park 2455 Cushing Rd San Diego CA 92106
Bowling Scratch & Handicap	50	Singles Doubles Mixed dbls	no	September 24-25 Sat-Sun Sat 9:30 singles 12:30 dbls Sun 9:30 mixed doubles	Andy Gagliano (619) 469-7769 <a href="mailto:bowling@sdseniorgames.org">bowling@sdseniorgames.org</a>	Kearny Mesa Bowl 7585 Clairemont Mesa Blvd San Diego, CA 92111
Fitness	40	See reg form	yes	October 1, Saturday 7:00am - checkin & warmup 8:00am - start competition	Kirsten Cummings (619) 517-0367 <a href="mailto:fitness@sdseniorgames.org">fitness@sdseniorgames.org</a>	TBD
Golf	40	See reg form	yes	September 10, Saturday 12pm - check-in 1pm - Shotgun Start	John Grindle (619) 972-4746 <a href="mailto:golf@sdseniorgames.org">golf@sdseniorgames.org</a>	Eastlake Country Club 2375 Clubhouse Drive Chula Vista, CA 91915
Handball	50	Singles Doubles	yes	September 24-25 Sat-Sun 9am - 2pm	Mark Brown (858) 204-4200 <a href="mailto:handball@sdseniorgames.org">handball@sdseniorgames.org</a>	SD Tennis & Racquet Club 4848 Tecolote Road San Diego CA 92111
Horseshoes	40	Singles Doubles	yes	October 1, Saturday 9am - 2pm	Jim Knott (619) 295-8718 <a href="mailto:horseshoes@sdseniorgames.org">horseshoes@sdseniorgames.org</a>	Balboa Park Horseshoe Club 6th Ave at Juniper Street San Diego CA 92101

## 2016 Schedule of Events

Sport	Min.	Events	On-Site	Date / Time	Commissioner	Location
Lawn Games	40	Cornhole Bolo Golf Washers	yes	September 24, Saturday 9am - 2pm	Jim Knott (619) 295-8718 <a href="mailto:lawngames@sdseniorgames.org">lawngames@sdseniorgames.org</a>	Balboa Park Horseshoe Club 6th Ave at Juniper Street San Diego CA 92101
Paddleball	45	Singles Doubles	yes	September 25, Sunday 9am - 2pm	Len Sonnenberg (858) 457-5252 ext #14 <a href="mailto:paddleball@sdseniorgames.org">paddleball@sdseniorgames.org</a>	UCSD - RIMAC Center 9730 Hopkins Drive La Jolla, CA 92093
Pickleball	50	Singles Doubles  Mixed Dbls	no	September 16-18, Fri-Sun 8am - 6pm ----- Fri: MS&WD  Sat: WS&MD --- Sun: MD	Jenae Alms (760) 231-7415  <a href="mailto:pickleball@sdseniorgames.org">pickleball@sdseniorgames.org</a>	Melba Bishop Park 5306 North River Road  Oceanside, CA 92057
Race Walk	50	5K 10K	no	September 10-11, Sat-Sun 9/10 - 8am - 5K event 9/11 - 8am - 10K event	Gary MacDonald (619) 561-4235, (619) 850-9427 <a href="mailto:racewalk@sdseniorgames.org">racewalk@sdseniorgames.org</a>	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121
Racquetball	45	Singles Doubles	yes	August 27-28, Sat-Sun 9am - 4pm	Len Sonnenberg (858) 457-5252 ext #14 <a href="mailto:racquetball@sdseniorgames.org">racquetball@sdseniorgames.org</a>	UCSD - RIMAC Center 9730 Hopkins Drive La Jolla, CA 92093
Road Race Run	50	5K 10K	no	September 10-11, Sat-Sun 9/10 - 7:30am - 5K event 9/11 - 7:30am - 10K event	Gary MacDonald (619) 561-4235, (619) 850-9427 <a href="mailto:roadrace@sdseniorgames.org">roadrace@sdseniorgames.org</a>	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121
Shuffleboard Balboa Park	40	Singles Doubles	yes	August 27, Saturday 9am - 2pm	Jim Knott (619) 295-8718 <a href="mailto:shuffleboard_balboa@sdseniorgames.org">shuffleboard_balboa@sdseniorgames.org</a>	Balboa Park 6th Ave at Redwood Street San Diego CA 92101
Shuffleboard Escondido	40	Singles Doubles	yes	September 3, Saturday 10am - 2pm	Jim Travers (760) 743-1362 <a href="mailto:shuffleboard_escondido@sdseniorgames.org">shuffleboard_escondido@sdseniorgames.org</a>	Joselyn Senior Center 210 East Park Avenue Escondido, CA 91025
Soccer (Women)	50	Teams 50+ Teams 60+	no	September 10-11, Sat-Sun ONLY 50+ and 60+ 8am - 4pm	Nona Marsh and Lori Emerson (619) 709-4778 <a href="mailto:soccer_women@sdseniorgames.org">soccer_women@sdseniorgames.org</a>	Hourglass Park - Mira Mesa 10301 Black Mountain Rd San Diego, CA 92126
Softball (Men)	50	Team Play	no	September 24-25, Sat-Sun 9am - 6pm	Nathaniel Hines, Jr. (760) 855-9713 <a href="mailto:softball_men@sdseniorgames.org">softball_men@sdseniorgames.org</a>	Ingold Sports Park 2551 Olive Hill Road Fallbrook, Ca 92028
Softball (Women)	50	Team Play	no	September 17-18, Sat-Sun 8am-6pm	Mary Knapik (858) 761-7786 <a href="mailto:softball_women@sdseniorgames.org">softball_women@sdseniorgames.org</a>	Hourglass Park - Mira Mesa 10301 Black Mountain Rd San Diego, CA 92126

## 2016 Schedule of Events

Sport	Min.	Events	On-Site	Date / Time	Commissioner	Location
Swimming	50	See reg form	no	September 18, Sunday 9am - warmup 10am - start events	Kenton Jones  (858) 243-3960 <a href="mailto:swimming@sdseniorgames.org">swimming@sdseniorgames.org</a>	Coggan Family Aquatic Complex  800 Nautilus Street La Jolla CA 92037
Table Tennis	45	Novice Singles Doubles	no	September 18, Sunday 9am - 5pm	Borko Dragojlovic  (619) 562-9904 <a href="mailto:tabletennis@sdseniorgames.org">tabletennis@sdseniorgames.org</a>	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101
Tennis sanctioned	50	Singles  Doubles mixed dbls	no	September 13-15, Tues-Thurs  12pm - 5pm	Geoff Griffin  (619) 838-1533 <a href="mailto:tennis@sdseniorgames.org">tennis@sdseniorgames.org</a>	Balboa Tennis Club  2221 Morley Field Dr San Diego, CA 92104
Tennis non-sanctioned	50	Singles  Doubles mixed dbls	no	September 27-29, Tues-Thurs  12pm - 3pm	TBD  <a href="mailto:tennis@sdseniorgames.org">tennis@sdseniorgames.org</a>	Balboa Tennis Club  2221 Morley Field Dr San Diego, CA 92104
Track & Field	50	See reg form	no	September 18, Sunday 9am - 5pm	Gary MacDonald  (619) 561-4235, (619) 850-9427 <a href="mailto:trackandfield@sdseniorgames.org">trackandfield@sdseniorgames.org</a>	San Diego Mesa College 7250 Mesa College Drive San Diego, CA 92111
Volleyball (Men)	50	Team Play	no	September 18, Sunday 8am-5pm	Steve Seim  (714) 536-7961 (714) 651-4877 <a href="mailto:volleyball_men@sdseniorgames.org">volleyball_men@sdseniorgames.org</a>	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101
Volleyball (Women)	45	Team Play	no	September 17, Saturday 9am - 4pm	Patsy Cortez-Karimi  (619) 871-0186 <a href="mailto:volleyball_women@sdseniorgames.org">volleyball_women@sdseniorgames.org</a>	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101





# San Diego Senior Games would like to introduce our newest partner:

We are joining "Clean For a Cause" in helping to do our part to make the environment cleaner for our kids and their kids in the future.



Here is a little bit about our new partner:

Clean for a Cause Incorporated is a non-profit that aims to support San Diego's local charities by providing free recycling services at all types of events. Volunteers with Clean for a Cause go to events to handle all recycling necessities and then transport what's collected to a recycle center in order to redeem the plastic bottles, aluminum cans and glassware for cash. This cash is later donated with the aim to help small non-profits. Some events that have already joined our network are the La Jolla Concerts by the Sea, The Rough Water Swim and the Junior Olympics. In order to join the Clean for a Cause network please contact the founder Mason Matalon a sophomore at La Jolla High via email at [masonmatalon@gmail.com](mailto:masonmatalon@gmail.com).



**KEEP THE LIDS ON**

**KEEP THE LABELS ON**

**DUMP OUT THE LIQUID**

# 2016 Individual Registration Form

FOR OFFICE USE ONLY

Date Rec'd \_\_\_\_\_

Check No. \_\_\_\_\_

Check Amt. \_\_\_\_\_

**COMPLETE ALL INFORMATION (PLEASE PRINT CLEARLY) & PLEASE SIGN WAIVER**

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ MI: \_\_\_\_\_

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_ CELL: (\_\_\_\_) \_\_\_\_\_

BIRTH DATE (mm/dd/yyyy): \_\_\_\_\_ AGE as of 12/31/16: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ GENDER (M/F): \_\_\_\_\_

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

<p><b>Make checks payable to:</b></p> <p><b>SDSGA</b></p> <p><b>Mail Entry Form, Waiver &amp; Check for Fees to:</b></p> <p><b>SDSGA attn: Registration</b>  <b>PO BOX 530443</b>  <b>San Diego CA 92153</b></p> <hr/> <p><b>QUESTIONS</b></p> <p>Contact the sport's commissioner shown on the Schedule of Events page or call 858-292-5812</p>	<p><b>Please Circle T-shirt Size</b></p> <p>Small      X-Large</p> <p>Medium    XX-Large</p> <p>Large      XXX-Large</p> <p>Opt Out</p>	<table border="1"> <tr> <td>Registration Fee</td> <td><b>\$45</b></td> </tr> <tr> <td>Total Event Fees <i>(Fees listed beside sport)</i></td> <td></td> </tr> <tr> <td>Number of Events Entered _____</td> <td></td> </tr> <tr> <td>Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i></td> <td></td> </tr> <tr> <td>Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!</td> <td></td> </tr> <tr> <td><b>TOTAL</b></td> <td></td> </tr> </table>	Registration Fee	<b>\$45</b>	Total Event Fees <i>(Fees listed beside sport)</i>		Number of Events Entered _____		Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i>		Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!		<b>TOTAL</b>	
	Registration Fee	<b>\$45</b>												
	Total Event Fees <i>(Fees listed beside sport)</i>													
	Number of Events Entered _____													
	Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i>													
Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!														
<b>TOTAL</b>														
<p><input type="radio"/> Returning Athlete?</p> <p><input type="radio"/> NEW Athlete?</p>														
<p><b>How did you hear about us?</b></p> <p>_____</p>														
<p><b>THANK YOU FOR YOUR PARTICIPATION</b></p>														

**\*\*\* WAIVER & CODE OF CONDUCT must be signed and mailed with registration.**  
*By registering, you agree to the conditions on the waiver on the next page. Please don't forget to sign.*

**EMERGENCY CONTACT INFORMATION**

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

Relationship: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

# Waiver & Code of Conduct Form

\*\*\*Required\*\*\*

## PARTICIPANT LIABILITY WAIVER and ACCEPTANCE OF CODE OF CONDUCT

**Photo & Film Waiver:** I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, youtube video, facebook, promotion or other use in relation to the San Diego Senior Games Association (SDSGA) and the California Senior Games Assn (CSGA) and the National Senior Games Assn (NSGA). **By signing this waiver, I have read and agree to all terms set forth herein.**

**LIABILITY WAIVER:** In consideration of being allowed to participate in any way in the San Diego Senior Games Association (SDSGA) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSGA, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law. I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. **By signing this waiver, I have read and agree to all terms of this RELEASE OF LIABILITY.**

**CODE OF CONDUCT:** All participants and teams competing in the SDSGA program are expected to act in a sportsmanlike manner consistent with the spirit of fair play and conduct themselves responsibly, as outlined below:

1. All participants shall treat other participants, volunteers and officials with dignity and respect.
2. All participants shall abide by the rules of their sport, and shall avoid conduct that demeans, harasses, or threatens any person.
3. All participants shall promote honesty and integrity in their statements and actions.
4. All participants shall respect the property of others, whether personal or public.
5. All participants agree that they will not bring alcohol or pets to any SDSGA program or event. If a service animal is required, the participant will provide paperwork to an SDSGA official or designate certifying the animal's status as a service animal.

The Director of SDSGA, or their designate, shall have the complete authority to enforce this Code of Conduct. Any participant or team found to have violated any provision of this Code of Conduct shall be subject to reprimand, suspension or expulsion from the event or games. **By signing this waiver, the undersigned has received, read and understood the Code of Conduct and accepts, adopts and agrees to be bound by the same.**

**PRINT NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

I, \_\_\_\_\_ Name of Parent or Guardian, agree to accompany or have another adult accompany the minor child at all times while they are involved in any activity on the premises, and acknowledge that I am fully and totally responsible for the above child at all times while he/she is participating in any activity held by the SDSGA.

**Signature of Parent or Legal Guardian** \_\_\_\_\_



# 2016 San Diego Senior Games Registration

Please register for events that are not held at the same time. The Games Management cannot guarantee you will be able to compete in all events. Please (X) mark the event(s) you wish to enter. (Refer to Schedule of Competition for dates, time and locations.) If there are Events Fees, they are listed beside the Sport.

---

**Athletes Name – Please Print**

## TEAM SPORTS

- Men's Basketball (*min. age 50*) (\$175)
- Women's Basketball (*min. age 40*) (\$250)
- Men's Softball (*min. age 50*) (\$375)
- Women's Softball (*min. age 50*) (\$375)
- Women's Soccer (*50+&60+)(65+TBD)*(\$500)
- Men's Volleyball (*min. age 50*) (\$175)
- Women's Volleyball (*min. age 45*) (\$175)

## INDIVIDUAL SPORTS

### ARCHERY (*minimum age 40*)

- Recurve Sighted (\$5)
- Barebow Recurve (\$5)
- Traditional Recurve (\$5)
- Traditional Longbow (\$5)
- Barebow (\$5)

### BILLIARDS (*minimum age 40*)

- 8-Ball Singles (\$5)
- 9-Ball Singles (\$5)

### BOARD GAMES (*minimum age 40*)

- Various Games

### BOCCE BALL (*minimum age 40*)

- Singles
- Doubles \_\_\_\_\_  
Partner's Name
- Team \_\_\_\_\_  
Team Player #2 - Name  
\_\_\_\_\_ Team Player #3 - Name  
\_\_\_\_\_ Team Player #4 - Name

### BOWLING Scratch and Handicap

(*minimum age 50*)

- Singles (\$10)
- Doubles(\$10) \_\_\_\_\_  
Partner's Name
- Mixed Doubles(\$10) \_\_\_\_\_  
Partner's Name

### FITNESS (*minimum age 40*)

- Pull Ups (Men) / Bar Hang (Women)
- Wall Squats
- Kettlebell Challenge
- PushUps
- Sit and Reach
- Plank
- Medicine Ball Throws
- Obstacle Course: sandbag carry, step-ups, Bosu Hand walking rebounder throws, farmer's walk, presses, battle rope, static V

### GOLF (*minimum age 40*)

- Eastlake Country Club - 18 Holes  
(Greens Fee \$45)

### HANDBALL (*minimum age 50*)

- Singles (\$5)
- Doubles (\$5) \_\_\_\_\_  
Partner's Name

### HORSESHOES (*minimum age 40*)

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

### LAWN GAMES (*Minimum Age 40*)

- Cornhole (Bean Bag Toss)
- Ladder Golf (Bolo Golf)
- Huachas (Washers)

### PADDLEBALL (*minimum age 45*)

- Singles (\$5)
- Doubles (\$5) \_\_\_\_\_  
Partner's Name

**PICKLEBALL** (minimum age 50)

~~~~~ See Pickleball Entry Form ~~~~~  
Mail to address on Pickleball Reg. Form

**RACE WALK** (minimum age 50)

- 5K - walk
- 10K – walk

**RACQUETBALL** (minimum age 45)

- Singles (\$5)
- Doubles (\$5) \_\_\_\_\_  
Partner's Name

**ROAD RACE RUN** (minimum age 50)

- 5K – run
- 10K – run

**SHUFFLEBOARD - ESCONDIDO**  
(minimum age 40)

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

**SHUFFLEBOARD – BALBOA PARK**  
(minimum age 40)

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

**SWIMMING** (minimum age 50)

~~~~~ See Swimming Entry Form ~~~~~

**TABLE TENNIS** (minimum age 45)

- Novice Singles (First tournament ever)
- Singles – 1000+ Rated
- Doubles \_\_\_\_\_  
Partner's Name
- Mixed Doubles \_\_\_\_\_  
Partner's Name

**TENNIS - Sanctioned** (minimum age 50)

**Must be member of the USTA**

**Register at: [www.scta.USTA.com](http://www.scta.USTA.com)**

- Singles (\$45)
- Doubles (\$60) \_\_\_\_\_  
Partner's Name
- Mixed Doubles (\$60) \_\_\_\_\_  
Partner's Name

**TENNIS-Non-Sanctioned** (minimum age 50)

- Novice Singles (\$5)
- Singles (\$5)
- Doubles (\$5) \_\_\_\_\_  
Partner's Name
- Mixed Doubles (\$5) \_\_\_\_\_  
Partner's Name

**TRACK and FIELD** (minimum age 50)

**TRACK EVENTS:**

- 50m Dash (\$3)
- 100m Dash (\$3)
- 200m Dash (\$3)
- 400m Dash (\$3)
- 800m Run (\$3)
- 1500m Run (\$3)
- 3000m Run (\$3)
- 1500m Race Walk (\$3)
- 80m/100m High Hurdles (\$3)
- 300m/400m Intermediate Hurdles (\$3)
- Grandparent/Grandchild Relay (free)

**FIELD EVENTS:**

- High Jump (\$3)
- Pole Vault (\$3)
- Long Jump (\$3)
- Triple Jump (\$3)
- Discus Throw (\$3)
- Javelin Throw (\$3)
- Shot Put (\$3)
- Hammer Throw (\$3)

# 2016 Team Registration Form

FOR OFFICE USE ONLY

Date Rec'd \_\_\_\_\_

Check No. \_\_\_\_\_

Check Amt. \_\_\_\_\_

**COMPLETE ALL INFORMATION (PLEASE PRINT CLEARLY) & PLEASE SIGN WAIVER**

**CAPTAINS MUST COMPLETE ONE TEAM REGISTRATION FORM AND ROSTER PER TEAM.**

List all players, non-players, and captains/coaches on the roster along with other information.

**Name of Team:** \_\_\_\_\_

**CAPTAIN or PERSON REGISTERING TEAM:** *(Don't forget to put yourself on the roster)*

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ MI: \_\_\_\_\_

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_ CELL: (\_\_\_\_) \_\_\_\_\_

BIRTH DATE (mm/dd/yyyy): \_\_\_\_\_ AGE as of 12/31/16: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ GENDER (M/F): \_\_\_\_\_

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

**CO-CAPTAIN (if applicable):** *(Don't forget to put this person on the roster)*

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ MI: \_\_\_\_\_

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_ CELL: (\_\_\_\_) \_\_\_\_\_

BIRTH DATE (mm/dd/yyyy): \_\_\_\_\_ AGE as of 12/31/16: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ GENDER (M/F): \_\_\_\_\_

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

**REGISTRATION DEADLINE IS 3 WEEKS PRIOR TO TOURNAMENT.**

Each player ***MUST*** register Individually. Once the Captain registers the team (some sports pay team fees at this time) an email with a TEAM ID will be sent to the registering Captain. Captain should send TEAM ID to players which will be on the roster. Players will sign in to the Registration System and enter TEAM ID where they will complete their registration.



## 2016 San Diego Senior Games Team Tournament Roster

AGE:  40+  45+  50+  55+

PRINT **ALL** PLAYERS on the ROSTER and INFORMATION LEGIBLY and FILL OUT ALL DETAILS

60+  65+  70+  75+

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

80+  85+

**SPORT and minimum age:**

Men's Basketball (min. 50)     Men's Softball (min. 50)     Men's Volleyball (min. 50)

Women's Basketball (min. 40)     Women's Softball (min. 50)     Women's Volleyball (min. 45)     Women's Soccer (min.50)

Player Status: C = Captain    CC = Co-Captain    P = Player    NP = Non Player

|    | Player's Name (first and last) | Date of Birth | Email (needed for player registration) | T-Shirt Size | Player Status |
|----|--------------------------------|---------------|--|--------------|---------------|
| 1  | Team Captain                   |               |  |              | C             |
| 2  | Co-Captain (if applicable)     |               |  |              | CC            |
| 3  |                                |               |  |              |               |
| 4  |                                |               |  |              |               |
| 5  |                                |               |  |              |               |
| 6  |                                |               |  |              |               |
| 7  |                                |               |  |              |               |
| 8  |                                |               |  |              |               |
| 9  |                                |               |  |              |               |
| 10 | Basketball Maximum             |               |  |              |               |
| 11 |                                |               |  |              |               |
| 12 |                                |               |  |              |               |
| 13 |                                |               |  |              |               |
| 14 |                                |               |  |              |               |
| 15 | Volleyball Maximum             |               |  |              |               |
| 16 |                                |               |  |              |               |
| 17 |                                |               |  |              |               |
| 18 |                                |               |  |              |               |
| 19 |                                |               |  |              |               |
| 20 | Softball and Soccer Maximum    |               |  |              |               |
| 21 | Coach Non-Player               |               |  |              |               |
| 22 | Extra Team Non-Player          |               |  |              |               |



**29th Annual San Diego Senior Games 2016**  
**Bill Earley Memorial Short Course Yards Swim Meet**  
**Coggan Family Aquatic Complex - La Jolla, CA**  
**September 18, 2016 - Recognition #446-R001**



**Meet Information**

**Recognition:** Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #446-R001.

**Date/Time:** Sunday, September 18, 2016. 9:00 am Warm-Up; 10:00 am Start

**Location:** Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037

**Pool:** Outdoor, 25 yard course, with 10 lanes (6 competition, 1 buffer, 3 warm-up/warm-down), 8' wide & 7' deep. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.

**Entry & Deadlines:** \$45 Online & Mail Entry closes at 4:00 pm on Sunday, September 11, 2016. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and All Games Access.

**Web Entry:** [www.SDSeniorGames.org](http://www.SDSeniorGames.org)

**Program & Results:** Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on [www.SIMasterSwim.org](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://www.USMS.org).

**Host:** San Diego Senior Games Association ([www.SDSeniorGames.org](http://www.SDSeniorGames.org))

**Contact:** SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

**Swimmer Information**

|                 |   |                                     |       |
|-----------------|---|-------------------------------------|-------|
| <b>Name:</b>    | _____   | <b>Birthdate:</b>                   | _____ |
| <b>Gender:</b>  | Male [ <input type="checkbox"/> ] Female [ <input type="checkbox"/> ] | <b>Age (on 09/18/2016):</b>         | _____ |
| <b>E-Mail:</b>  | _____   | <b>USMS (or Foreign Masters) #:</b> | _____ |
| <b>Phone:</b>   | (    )    -    _____  | <b>Masters Club:</b>                | _____ |
| <b>Address:</b> | _____   |                                     |       |

**Schedule of Events**

| Events:  | Event                    | Entry Time | Event                     | Entry Time |
|--|--------------------------|------------|---------------------------|------------|
| Entry times are required in order to place you in the proper heat and lane | #1 500 Freestyle         | : .        | #9 100 Individual Medley  | : .        |
|  | #2 50 Breaststroke       | : .        | #10 100 Butterfly         | : .        |
|  | #3 200 Backstroke        | : .        | #11 50 Freestyle          | : .        |
|  | #4 200 Individual Medley | : .        | #12 100 Breaststroke      | : .        |
|  | #5 50 Butterfly          | : .        | #13 100 Backstroke        | : .        |
|  | #6 100 Freestyle         | : .        | #14 200 Butterfly         | : .        |
|  | #7 200 Breaststroke      | : .        | #15 200 Freestyle         | : .        |
|  | #8 50 Backstroke         | : .        | #16 400 Individual Medley | : .        |

Enter up to 5 individual events; provide accurate times; do not omit a time; do not provide "no time."

**Additional Information**

**T-Shirt:** A T-Shirt is included; please indicate your size or "No Thanks" **Size:** \_\_\_\_\_

**Meet is Open to the Public:** This meet is open to the public. A United States Masters Swimming registration is not required. Masters swimmers providing a USMS number & USMS card copy will have times submitted for USMS National Top Ten. USMS members must list their Masters Club Affiliation; leave blank if a non-member.

**Event Order:** Events will be swum in the order listed above.

**Awards:** Gold, silver, and bronze medals will be awarded by gender age group for each event.

**Entry By Mail:** Mail (1) this completed form, (2) the below signed liability waiver, and a (3) check or money order payable to "SDSGA" to: SDSGA, Attn: Registration, P.O. Box 530443, San Diego, CA 92153. Please do not send cash. Additional donations are welcome and deductible; SDSGA is an IRS 501(c)(3).

29th Annual San Diego Senior Games 2016 Bill Earley Memorial Short Course Yards Swim Meet  
Coggan Family Aquatic Complex - La Jolla, CA  
September 18, 2016 - Recognition #446-R001

Release Of Liability

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Games Association and the San Diego Senior Olympics.

LIABILITY WAIVER: In consideration of being allowed to participate in any way in the San Diego Senior Games Association (SDSGA) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSGA, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. (5) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

\_\_\_\_\_

Print Full Name

\_\_\_\_\_

Signature

\_\_\_\_\_

Date



**29th Annual San Diego Senior Games 2016 Bill Earley Memorial Short Course Yards Swim Meet**  
**Coggan Family Aquatic Complex - La Jolla, CA**  
**September 18, 2016 - Recognition #446-R001**

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- Entry & Deadlines:** \$45 Online & Mail Entry closes at 4:00 pm on Sunday, September 11, 2016. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and All Games Access.
- Web Entry:** [www.SDSeniorGames.org](http://www.SDSeniorGames.org)
- Program & Results:** Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on [www.SIMasterSwim.org](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://www.USMS.org).
- Eligibility:** Open to swimmers age 50 or over as of 9/18/2016. USMS membership is NOT required. This is a USMS recognized meet. Times will be submitted to USMS Top Ten if a USMS number is included and a USMS card copy is attached to the entry form.
- Rules:** USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.
- Warm-Up & Warm-Down:** NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes.
- Events:** Swimmers may enter up to 5 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time". Entry times are required in order to place you in the proper heat
- Age Groups:** Swimmer competition age is age as of 9/18/2016 (date of meet). Individual age groups are 50-54, 55-59, 60-64, 65-69, 70-74, ... in five year increments.
- Relays:** No relays.
- Awards & Notes:** Gold, silver, and bronze medals will be awarded for each 5-year gender age group in each event. Violation of stroke, turn, start, and swim suit rules will result in disqualification. Remember, volunteers are running the meet; your cooperation is appreciated.
- Seeding & Check-In:** Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.
- Timing:** Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. Volunteers (and clubs and participants if needed) will assist with backup stopwatch/button timing during
- Directions:** From the north, take I-5, exit west onto La Jolla Village Drive; turn left at Torrey Pines Rd; continue for 3.2 miles; turn left at Girard, turn right onto Pearl, turn left onto Fay Ave; drive about .5 mile.  
From the south, take I-5, exit at Grand/Garnet Ave; turn left at Garnet, turn right onto Soledad Mtn Road; turn left onto La Jolla Scenic Drive South, turn right onto Nautilus St.; turn right on Fay Ave.
- Parking:** The pool and parking are at the northwest corner of Fay and Nautilus adjacent to, and east of, La Jolla
- SI Meeting:** An SI LMSC meeting will take place during or following the meet.
- Contact:** SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, [kerujo@aol.com](mailto:kerujo@aol.com)



**SAN DIEGO SENIOR GAMES**  
**PICKLEBALL TOURNAMENT**

**September 16-18, 2016**

Melba Bishop Recreation Center  
5306 North River Road  
Oceanside, Ca 92057

**Friday 9/16: Men's Singles, Women's Doubles by age (50 and over)**  
**Saturday 9/17: Women's Singles, Men's Doubles by age (50 and over)**  
**Sunday 9/18: Mixed Doubles by age (50 and over)**

Entry fee is a \$45 + \$5 per event\* and includes a free T-shirt. Deadline is September 9, 2016. Play format is double elimination. Large age brackets may be split into two smaller brackets by skill level. Medals and tournament points will be awarded for each. Events may be merged depending on number of players entered in each event. The yellow Dura Fast 40 ball will be used.

\*For entries received after Sept. 2<sup>nd</sup>, a late fee of \$10 may be assessed.

**Entry form available at the [USAPA.org](http://USAPA.org) website and at  
[sd seniorgames.org](http://sd seniorgames.org)**

**Electronic registration at [pickleballtournaments.com](http://pickleballtournaments.com)  
For more information call Jenae Alms (760) 231-7415 text: (949) 378-5073**

# REGISTRATION FORM

## San Diego Senior Games Pickleball Tournament



Sept 16-18, 2016

Melba Bishop Rec Center, 5306 River Rd. Oceanside, CA 92057

USAPA Sanctioned, Tier 3

**Events:** Singles, Women's Doubles, Men's Doubles, Mixed Doubles **Schedule:** Sept 16- MS & WD; Sept 17 - WS & MD; Sept 18 - MXD

**Entry Deadline: September 9** **Note:** Entries must be received two weeks prior to event or late fee of \$10 may be assessed.

**Entry Fee:** \$45 + \$5 per event. Registration includes a free T-shirt. **Contact Information:** Jenae Alms (760) 231-7415

**Format of Play:** Double elimination. Some events may be merged. Larger age brackets may be split by skill level. Yellow Dura Fast 40 ball will be used. **NOTE:** You are **not** required to be a USAPA member to participate in this tournament.

**Gender (M or F):** \_\_\_\_\_ **Please circle desired (men's) T-shirt size:** S M L XL XXL

**Name:** \_\_\_\_\_  
Last First middle initial USAPA Member Number

**Address:** \_\_\_\_\_  
City State Zip

**Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Skill Level** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Total money enclosed with your entry:** \$ \_\_\_\_\_ **Payable to SDSGA** (see mail to address below).

**Mail payment and form to:** Jenae Alms, 5558 Nanday Court, Oceanside, CA 92057-1914

**I APPLY FOR ENTRY IN THE FOLLOWING EVENTS (PLEASE CHECK and CIRCLE)**

- |   |     |     |     |     |     |     |     |
|---|-----|-----|-----|-----|-----|-----|-----|
| <input type="checkbox"/> Senior Singles | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |
| <input type="checkbox"/> Senior Mixed   | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |
| <input type="checkbox"/> Senior Doubles | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |

|          | <u>Partner's Name</u> | <u>Partner's Phone</u> | <u>Partner's Birth Date</u> | <u>Partner's Age</u> |
|----------|-----------------------|------------------------|-----------------------------|----------------------|
| Doubles: | _____                 | _____                  | _____                       | _____                |
| Mixed:   | _____                 | _____                  | _____                       | _____                |

**RELEASE, PERMISSION, AND INDEMNITY AGREEMENT**

**Release.** In consideration of being permitted to participate in any way in the San Diego Senior Olympics ("the Tournament"), I, for myself, my heirs or assigns, **hereby release, waive, discharge and covenant not to sue the USA Pickleball Association (USAPA) as well as:** San Diego Senior Games Association, Jenae Alms, Tournament Director, all volunteers, MBPBA board members, the City of Oceanside, their officers, employees and agents from liability **from any and all claims** resulting in personal injuries, accidents or illnesses (including death) and property loss arising from, but not limited to, participation in the Tournament.

**Assumption of Risk.** Participation in the Tournament carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary but include 1) minor injuries such as bruises, sprains and dehydration, 2) major injuries such as eye injuries, joint or back injuries, heat stroke, heart attacks, and concussions, and 3) catastrophic injuries such as paralysis and death. **I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in playing Pickleball. I assert that my participation is voluntary and that I knowingly assume all such risks.**

**Indemnification and Hold Harmless.** I also agree to indemnify and hold the **USAPA and all named above harmless** from any and all claims, actions, suits, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the Tournament.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Date

# VOLUNTEER APPLICATION SAN DIEGO SENIOR GAMES



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

Thank you for your interest in volunteering with the San Diego Senior Games. In an effort to see how your ability, interest, and talents might be put to best use, please complete the following information and return this form to our office. There is a great need for volunteers and your help will be most appreciated by all. We are looking forward to seeing you this year.

Please PRINT clearly:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ MI: \_\_\_\_\_

Address: \_\_\_\_\_ APT#: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Email: \_\_\_\_\_ Gender:  Male  Female

Agency Group/Club: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Interest: (PLEASE CHECK ALL THAT APPLY)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Participate in games          | <input type="checkbox"/> Marketing             | <input type="checkbox"/> Sponsor an Event    |
| <input type="checkbox"/> Help organize an Event        | <input type="checkbox"/> Computer Work/Skills  | <input type="checkbox"/> Donate a Prize      |
| <input type="checkbox"/> Medical Volunteer             | <input type="checkbox"/> Help with Luncheons   | <input type="checkbox"/> Be A Board Member   |
| <input type="checkbox"/> Photo/Video Work              | <input type="checkbox"/> Clerical/Phone Skills | <input type="checkbox"/> General Office Work |
| <input type="checkbox"/> Help with Certain Sport _____ |  |  |

Other Areas of Interest / Suggestions:

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How did you hear about us?

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Contact: Office 858-292-5812 Email: [info@sdseniorgames.org](mailto:info@sdseniorgames.org) Website: [www.sdseniorgames.org](http://www.sdseniorgames.org)

SDSGA - attn: volunteer

PO BOX 530443

San Diego CA 92153



# COME JOIN THE FUN AT THE Intergenerational Games!

At the Intergenerational Games, active older adults (age 50+) are teamed up with elementary school-age students for a half-day of educational and physical activities.

The mission of the Games is to increase mutual understanding and respect between generations and to promote healthy, active, life-long behaviors.

Active older adults serve as role models for youth and help to dispel stereotypes about the abilities of older adults.

Intergenerational  
Games occur at  
sites across  
San Diego County!



If you'd like to participate, please contact **Pam Plimpton**:  
[pam.plimpton@sdcounty.ca.gov](mailto:pam.plimpton@sdcounty.ca.gov) or 858.495.5769

# 2016 California Senior Games Calendar

The Official California Qualifying Site for the 2017 National Senior Games in Birmingham, AL. is the Pasadena Senior Games scheduled for May 27 – June 26, 2016. For more information, visit [www.pasadenaseniorgames.org](http://www.pasadenaseniorgames.org), [www.nsga.org](http://www.nsga.org) or email Nancy Adams at:

[NancyA@pasadenaseniorgames.org](mailto:NancyA@pasadenaseniorgames.org) .

## February 18–21 2016

Palm Desert International Sports Festival and Senior Games

Contact: Brenda Nutcher

Phone: 760.541.4184

Contact: Brenda Nutcher

Email: [BNutcher@DRD.us.com](mailto:BNutcher@DRD.us.com)

[www.myRECREATIONdistrict.com](http://www.myRECREATIONdistrict.com)

## April 30 – June 4, 2016

Bay Area Senior Games

Contact: Anne Warner Cribbs, Director

Email: [info@bayareaseeniorgames.org](mailto:info@bayareaseeniorgames.org)

Phone: 650.323.9400

[www.bayareaseeniorgames.org](http://www.bayareaseeniorgames.org)

## June 3–19, 2016

Sonoma Wine Country Games

Contact: Leigh Galten

Email: [lgalten@councilonaging.com](mailto:lgalten@councilonaging.com)

Phone: 707.525.0143 x121

Council on Aging

30 Kawana Springs Rd.

Santa Rosa, CA 95404

[www.winecountrygames.com](http://www.winecountrygames.com)

## May 27–June 26, 2016

Pasadena Senior Games

Contact: Nancy Adams

Email: [NancyA@pasadenaseniorgames.org](mailto:NancyA@pasadenaseniorgames.org)

Phone: 626.685.6702

[www.pasadenaseniorgames.org](http://www.pasadenaseniorgames.org)

## September 1–October 8, 2016

San Diego Senior Olympics

Contact: Karen Brookfield & Kirsten Cummings, Co-Executive Directors

Phone: 858.292.5812

Email: [info@sdseniorgames.org](mailto:info@sdseniorgames.org)

[www.sdseniorgames.org](http://www.sdseniorgames.org)

## October 2016 (Date TBD)

Inland Empire Games

Contact: Lakeisha Jackson

Email: [Jackson\\_La@sbcity.org](mailto:Jackson_La@sbcity.org)

Phone: 909.384.5435

## Dates TBD

San Jose Senior Games

Contact: Tracy Gott,

Recreation Supervisor, Senior Services Program

Email: [tracey.gott@sanjoseca.gov](mailto:tracey.gott@sanjoseca.gov)

200 East Santa Clara Street, 9th Floor

San Jose, CA 95113

(408)793-5589

[www.sanjoseca.gov](http://www.sanjoseca.gov)

## Dates TBD

Central Coast Senior Games

## April 21-23 & April 28-30

2017 Visalia Senior Games Dates

Website: [VisaliaSeniorGames.com](http://VisaliaSeniorGames.com)

Email: [Recreation@Visalia.City](mailto:Recreation@Visalia.City)

Contact: Visalia Parks and Recreation

Department, [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com),

(559) 713-4365





# CyberCycle

**CyberCycling**  
will be a **NEW Event**  
for 2016 SD Senior  
Games!

The CyberCycle is an interactive fitness bike that provides a *fun, engaging, and social* experience for older adults, while yielding greater cognitive benefits than traditional exercise.



## FEELS LIKE THE REAL THING

- ★ Over 40 virtual roads
- ★ Steer and shift just like an outdoor bike
- ★ Resistance adjusts to on-screen terrain



For More Information Go To:  
[cybercycle.bike](http://cybercycle.bike)



# THANK YOU !

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insured by **UnitedHealthcare Insurance Company**



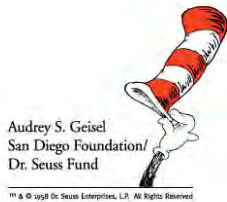
Carlsbad By The Sea  
Casa de Mañana  
Fredericka Manor  
Wesley Palms



Park & Recreation

## CENTINELA senior solutions

*"Your senior living advisor"*



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San Diego Foundation/  
Dr. Seuss Fund

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HOUSEHOLD GUARDIANS

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& Solutions for the Elderly



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Castle Manor Nursing & Rehab Center  
Friendship Manor Nursing & Rehab Center  
Kearny Mesa Nursing & Rehab Center  
Lakeside Special Care Center  
Stanford Court Nursing Center of Santee



A  Sempra Energy utility<sup>®</sup>



THANK YOU!  
FOR YOUR SUPPORT....



*Basketball For Life!*



# **CONGRATULATIONS**

***San Diego Senior Games Participants!***



**PLAY SPORTS.  
GET FIT.  
KEEP IMPROVING.**

**Proud Partners of the *San Diego Senior Games Association***

**Senior athletes** are redefining what it means to be a “senior.” They’re living, breathing, gold-medal winning examples of how “aging” can actually mean “improving.”

**Senior athletes** are living proof that life over 50 doesn’t have to be a crisis, it can be a metamorphosis. You can live life more fully, achieve your dreams, get into the best shape of your life, and do just about anything else your heart desires.

**NSAA Members** know it’s absolutely possible to get happier and healthier with age. They are part of an amazing community of people who inspire each other to play sports, get fit, and keep improving ... for life! We invite you to learn more and JOIN US.

***[www.SeniorSportsforLife.com](http://www.SeniorSportsforLife.com)***



**San Diego Senior Games Participants receive your first year of NSAA Membership FREE! For details, visit**

**[www.SeniorSportsforLife.com/SDSGA](http://www.SeniorSportsforLife.com/SDSGA)**

# Registration Opens June 1

DONATE !

VOLUNTEER !

PARTICIPATE !



## FRIENDS of the San Diego Senior Games !!

### Sign-on and See our new Website !

As you know, we support keeping retirees/seniors happy and healthy. Register on-line, email us or call and we will sign you up. There are over 25 sports to choose from and several have novice Divisions for first time players. Join Us:

[www.sdseniorgames.org](http://www.sdseniorgames.org) office (858) 292-5812

Check out  
our NEW  
Website !



### We have a NEW Event this year called SilverArts:

This is a Visual Arts  
Competition which  
allows you to show  
your drawing,  
painting and  
photography skills.

Our **Healthy Life-Style Luncheons** will start up in June and will continue on the 2<sup>nd</sup> Friday of each month (except in September). We will have a lunch for \$3 and either a speaker talking about senior topics or entertainment. Luncheons will be at the War Memorial Building, 3325 Zoo Drive, San Diego, CA 92101, at the far end of the San Diego Zoo parking lot at 12:00 noon.

For more info, Call: office (858) 292-5812  
Come join us for lunch and some Friday Fun!

### 2016 Senior Games Goals:

#### PROMOTION-

- ..Hold entry fees down
- ..Support NEW Website
- ..Invite more participants
- ..Secure more sponsorships

#### WORKSHOPS / CLINICS-

- ..Start ROOKIE teams
- ..Teach sport SKILLS
- ..Very low costs
- ..Volunteer Program
- ..Commissioner Guidebook

#### MONTHLY LUNCHEONS -

- ..Promote Monthly Luncheons starting in June
- ..Secure speakers

#### SILVERARTS

- ..Visual Arts competition
- ..Photography
- ..Drawing
- ..Painting
- ..Sculpting

**Come Join Us  
and play your  
favorite Sport!**

**Bring a Friend!**

**Signup to  
Volunteer!**

**Donations are  
always  
Welcome!**



For more information go to:  
[www.sdseniorgames.org](http://www.sdseniorgames.org)



BASKETBALL • BOWLING • GOLF  
HANDBALL • HORSESHOES • PADDLEBALL  
PICKLEBALL • RAQUETBALL  
ROAD RACE & WALK • SHUFFLEBOARD  
SOCCER • SOFTBALL  
SWIMMING • TABLE TENNIS  
TRACK & FIELD • VOLLEYBALL & MORE



### **Mission Statement**

*The San Diego Senior Games Association (SDSGA) is a California non-profit corporation committed to encouraging adults, age 50+, to carry on vigorous lives by developing and maintaining adequate personal physical fitness through regular participation in recreational activities, sports, physical fitness activities and educational programs.*