

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>Make checks payable to:</p> <p>SDSGA</p> <p>Mail Entry Form, Waiver & Check for Fees to:</p> <p>SDSGA attn: Registration PO BOX 530443 San Diego CA 92153</p> <hr/> <p>QUESTIONS</p> <p>Contact the sport's commissioner shown on the Schedule of Events page or call 858-292-5812</p>	<p>Please Circle T-shirt Size</p> <p>Small X-Large</p> <p>Medium XX-Large</p> <p>Large XXX-Large</p> <p>Opt Out</p>	<p>Registration Fee</p> <p>\$45</p>	
	<p><input type="radio"/> Returning Athlete?</p> <p><input type="radio"/> NEW Athlete?</p>	<p>Total Event Fees</p> <p>(Fees listed beside sport)</p>	<p>Number of Events Entered _____</p>
	<p>How did you hear about us?</p> <p>_____</p>	<p>Senior Sport Partner - Donation \$25</p> <p>(This will be put expenses only toward your sport)</p>	<p>Other Donation to SDSGA</p> <p>Deductible IRS 501(c)(3) Thank You!</p>
		<p>TOTAL</p>	
	<p>THANK YOU FOR YOUR PARTICIPATION</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*) (\$200)
- ☐ 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 on the USTA.com website

- ☐ Singles
☐ Doubles _____
Partner's Name
☐ Mixed Doubles _____
Partner's Name

TENNIS-Non-Sanctioned (minimum age 50)

- ☐ Novice Singles
☐ Singles
☐ Doubles _____
Partner's Name
☐ Mixed Doubles _____
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)