

31st ANNUAL **Johnston County** **Senior Games**

April 4-20, 2018
Entry Deadline: March 2, 2018

Entry Fee: \$15*

***Some events have an additional fee**

Athletic Events:

Basketball Shooting
Shuffleboard
Horseshoes
Cycling
Tennis
Table Tennis
Billiards
Softball Throw
Bowling
Swimming
Football Throw
Track & Field
Golf
Bocce
Cornhole
Pickleball

Silver Arts

Heritage Arts
Literary Arts
Visual Arts
Performing Arts

Thank you to our Sponsors!

Gold Sponsors:

Community and Senior Services of
Johnston County
The Enclave Residential Care Home
Brett Parkis - Edward Jones

Silver Sponsors:

Humana

Bronze Sponsors:

Woodmen Life
Carolina Packers
Access Physical Therapy & Wellness

This program is sanctioned by North Carolina Senior Games, Inc. and is sponsored statewide by the North Carolina Division of Aging and Adult Services

Benson Parks and Recreation (919) 894-5117
Clayton Parks and Recreation (919) 553-1550
Selma Parks and Recreation (919) 975-1411
Smithfield Parks and Recreation (919) 934-2148
Community and Senior Services (919)934-6066

SENIOR GAMES - GENERAL INFORMATION

KEEP THIS PAGE FOR SCHEDULING INFORMATION

OPEN TO: All Johnston County residents who are 50 years of age or older. A participant's age on **December 31, 2018** will determine the category in which the athlete will compete. Participants will compete against their own gender and age group as follows: 50-54, 55-59, 60-64, 65-69, etc. A participant must be a resident of Johnston County for three consecutive months.

ENTRY FEE: There is a **\$15** per person entry fee which covers SilverArts and most athletic events. There is an additional fee for **golf (\$20)**, billiards (\$2) and **bowling (\$6 per event)**. Entry fees must accompany the registration form. **FORMS MUST BE POSTMARKED OR SUBMITTED AT YOUR LOCAL RECREATION DEPARTMENT BY March 2, 2018.** Visit www.ncseniorgames.org to register online.

EVENTS: All events are listed on the Registration Form. Athletes may enter as many events as desired. Events as follows: **You must pre-register for any event you plan to enter and picture ID's will be checked at all events.**

Wednesday, April 4 9am Golf- Johnston County Country Club

Thursday, April 5th

9am Track Event - **SSS High School**

Monday, April 9 Clayton High School

9am Opening Ceremonies & Fun Walk

10am All Field Events

(Discus, Long Jumps, Shot Put and Throws)

2pm Singles Bowling

Monday, April 16 Rainbow Lanes - Clayton

9am Bowling - Doubles

1pm Billiards

Tuesday, April 10

9am Swimming -SRAC

9am Croquet - Clayton Community Park

12pm Pickleball - Clayton Community Center

Tuesday, April 17

9am Basketball Shooting - Harrison Gym Selma

10am Table Tennis- Harrison Gym Selma

12-3pm Silver Arts Drop off - SRAC

Wednesday, April 11

9am Cycling - Clayton Community Park

10am Tennis- Clayton Community Park

12pm Bowling-Mixed Doubles -Rainbow Lanes

Wednesday, April 18

9am-Noon Silver Arts Drop off - SRAC

Thursday, April 12

9am Cornhole (Women) **Clayton Community Center**

9am Bocce (Men) Clayton Community Park

1pm Cornhole (Men) **Clayton Community Center**

1pm Bocce (Women) Clayton Community Park

Thursday, April 19 Smithfield Recreation & Aquatic Center

9:30am Performing Arts Showcase

Awards Ceremony

SilverArts Showcase

Friday, April 13 Benson Civic Center

9am Horseshoes (Men)

9am Shuffleboard (Women)

noon Horseshoes (Women)

noon Shuffleboard (Men)

Friday, April 20 - Johnston Wildlife Club

11:30am Celebration

PRACTICE: You can practice bowling at Rainbow Lanes in Clayton on Mondays, Wednesdays, or Thursdays from 9am-5pm- the senior rate will apply. Tell them you're with JCSG. Other Equipment is available for practice—please check with your local Recreation Department.

AWARDS: Awards will be presented to the top three finishers in each event at the SilverArts Showcase/ Awards Ceremony on Thursday, April 19, 2018 beginning at 9:30am. Participant ribbons will be given to everyone competing in the "Fun Walk." Local medal winners are eligible to compete at the NC Senior Games in Raleigh in September.

If you have question about events, locations or need information in regards to bad weather during events please call 919-553-1550 "Visit the NCSG web site: www.ncseniorgames.org for rules and State Finals details or to register online.

SilverArts - General Information

Heritage, Literary, and Visual Arts entries must be the original work of the artist, must be a work created after the artist turned 50 years old, and must have been completed within two years of the local SilverArts qualifying date of March 2, 2018. Performing Arts entries must be a live performance by the participant. **If you have any questions concerning SilverArts please call Ingrid Wright at 910-200-6602.

CATEGORIES: Participants may enter Visual, Literary, and Heritage crafts; you may enter three pieces per sub-category. You may enter two quilts, three needlework pieces, etc. Please, no more than three pieces per sub-category.

DEADLINE: Please see each Category for specific entry deadlines.

FEE: There is a **\$15** entry fee to compete in SilverArts if you are **NOT** already registered for Senior Games.

AWARDS: First, second, and third place winners in each sub-category will receive an award. Each first, second, and third place winner in Heritage and Visual arts will be eligible to show their artwork at the NC Senior Games in October. State Finals will only accept one entry per sub-category, per person. First and second place winner in Literary arts will be eligible for NC Senior Games. Only the first place winner in Performing arts will be eligible for NC Senior Games. Medals for SilverArts & Athletic Events will be awarded at the SilverArts Showcase on Thursday, April 19, 2018 at Smithfield Recreation and Aquatics Center.

ENTRY SPECIFICATIONS: ARTIST'S NAME & TITLE OF ENTRY MUST APPEAR ON OR BE ATTACHED TO ENTRIES.

VISUAL ART

(see entry form for categories)

- All artwork (except sculpture) must be securely wired, individual and ready to be hung (no serrated hooks or string).
- Artwork (except sculpture) can be no larger the 36"x42", including matting and frame.
- Sculptures can be no heavier the 50lbs.
- Sculpture sets may have no more than three pieces per set.
- The art piece must be an original work, not a print.
- Entries must be the original work of the artist, must be work created after the artist is age 50, and must have been **completed within 2 years** of the qualifying date.

LITERARY ART

(see entry form for categories)

- Poems can be no longer than 40 lines and must be typed.
- Short stories (fiction), essays, and life experiences can be no longer that 8 pages, typed and double-spaced.
- All entries must have a title page which includes title of work, sub-category, and name of artist.
- No framed or matted entries will be accepted.
- Johnston County Senior Games will retain all copies.
- Entries must be the original work of the artist, must be work created after the artist is age 50 and must have been **completed within 2 years** of the qualifying date.
- **All Literary Art MUST BE TURNED IN March 2, 2018**

HERITAGE ART

(see entry form for categories)

- Entries must be the work of the individual not a group effort.
- Heritage Arts entries must be an original work.
- Patterns may be used, no stamped pieces.
- Pottery must be hand-built.
- Latch-hook rugs and pieces from ceramic molds will not be accepted.
- Pieces can be no heavier than 50lbs.
- Sets may have no more than three pieces.
- Entries must be the original work of the artist, must be work created after the artist is age 50, and must have been **completed within 2 years** of the qualifying date.

PERFORMING ARTS

(see entry form for categories)

- Acts are limited to three (3) minutes of "on stage" time.
- Acts may be one of the following: (a) soloists or soloist with accompanists, (b) small group (2-4 performers), or (c) large group (5 or more performers).
- Props are the responsibility of the performer.
- Voice presentations must be a LIVE performance. Background music may be taped. Lip-synch is not permitted.
- Individuals in groups must register separately.

EVENT LOCATIONS FOR JOHNSTON COUNTY SENIOR GAMES

Clayton High School: 600 S. Fayetteville St. Clayton, NC 27520

Country Club of Johnston County: 694 Country Club Rd, Smithfield, NC 27577

Benson Civic Center: 1204 N. Johnson St. Benson, NC 27504

Harrison Gym: 601 W. Noble St. Selma, NC 27576

Rainbow Lanes: 850 NC 42 West Clayton, NC 27520

Clayton Community Park: 1075 Amelia Church Rd. Clayton, NC 27520

Clayton Community Center: 715 Amelia Church Rd, Clayton, NC 27520

Smithfield Recreation and Aquatics Center: 600 E. Booker Dairy Ln. Smithfield, NC 27577

SSS High School: 700 E Booker Dairy Rd, Smithfield, NC 27577

Johnston County Wildlife Club: 1441 Swift Creek Rd

Johnston County Senior Games

1204 N. Johnson St.

Benson, NC 27504

Johnston County Senior Games Event Registration Form

Name: _____ Date of Birth: _____

PLEASE REGISTER ME FOR THE FOLLOWING EVENTS:

You must pre-register for any event you plan to enter and picture ID's will be checked at all events. Registered participants should check in 30 minutes prior to the scheduled event time and check in will CLOSE at the scheduled event time. (*) Indicates Tournament Sports –Requires multiple games

- ____ Silver Striders Fun Walk (Non-competitive)
- SilverArts ~ (Must Complete Appropriate Form(s))**
- ____ Heritage
- ____ Literary
- ____ Visual
- ____ Performing Arts Showcase

- ____ Basketball 3-on-3 Tournament (Team Event)
- ____ Basketball Shooting
- ____ Billiards * (\$2.00 Participation Fee)
- ____ Bocce *
- ____ Bowling Doubles (Partner) _____
- ____ Bowling Mixed Doubles (Partner) _____
- ____ Bowling Singles
- ____ Cornhole *
- ____ Croquet *
- ____ Cycling 1 Mile
- ____ Cycling 10K
- ____ Cycling 5K

FIELD EVENTS

- ____ Discus
- ____ Running Long Jump
- ____ Shot Put
- ____ Standing Long Jump
- ____ Football Throw
- ____ Softball Throw

- ____ Pickleball Doubles * (Partner) _____
- ____ Pickleball Mixed Doubles * (Partner) _____
- ____ Pickleball Singles *
- ____ Shuffleboard *
- ____ Softball Team (15 Players for Team Event)
- ____ Horseshoes *

____ Golf Please list names of preferred foursome: _____

(Must be a REGISTERED Senior Games Participant)

“To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. “ MPS is available at www.ncseniorgames.org or ask your local coordinator.

Please indicate if you plan on attending the Awards Ceremony. _____

Please select one of the following in regards to any awards you may receive:

No medals _____ **All medals** _____ **Minimal medals** _____

Go to www.ncseniorgames.org then to local senior games to register online
For Doubles or Mixed Doubles Events your Partner must be indicated at time of Registration.
(Must be a REGISTERED Senior Games Participant)

Swimming: Limit 6 Events

- ____ 100 yd Backstroke
- ____ 100 yd Breaststroke
- ____ 100 yd Butterfly
- ____ 100 yd Freestyle
- ____ 100 yd Medley
- ____ 200 yd Backstroke
- ____ 200 yd Breaststroke
- ____ 200 yd Butterfly
- ____ 200 yd Freestyle
- ____ 200 yd Medley
- ____ 50 yd Backstroke
- ____ 50 yd Breaststroke
- ____ 50 yd Butterfly
- ____ 50 yd Freestyle
- ____ 500 yd Freestyle

Table Tennis * (PING PONG)

- ____ Singles
- Tennis ***
- ____ Singles
- ____ Doubles (Partner) _____

Track

- ____ 50 Meter Dash
- ____ 100 Meter Dash
- ____ 200 Meter Dash
- ____ 400 Meter Run
- ____ 800 Meter Run
- ____ 5K Run
- ____ 1500 Meter Race Walk

SENIOR GAMES REGISTRATION FORM

MUST BE RECEIVED BY March 2, 2018.

Go to www.ncseniorgames.org then to local senior games to register online

Name: _____ Date of Birth: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____ Age as of 12/31/18 _____

Phone #: _____ Cell # _____

Referred By: _____ (FIRST YEAR ONLY)

Please provide the following information to help us. It will be kept confidential. Thank you!

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

My annual household income is less than \$11,770 (one person in household) ___yes

My annual household income is less than \$15,930 (two people in household) ___yes

No Response _____

T-Shirt Size: (Please circle one) Small Medium Large X-Large XX-Large

FEES: Please note the fee changes

Registration Fee (includes T-shirt, Athletic & SilverArts events)	=	\$15.00
* \$6.00 additional fee for singles bowling (includes shoes)	=	_____
* \$6.00 additional fee for doubles bowling (includes shoes)	=	_____
* \$6.00 additional fee for mixed doubles (includes shoes)	=	_____
\$2 additional fee for billiards	=	_____
\$20.00 additional fee for golf (includes green fee, cart and lunch)	=	_____
TOTAL AMOUNT ENCLOSED	=	_____

*Please note: bowling is \$6.00 per event

MAKE CHECKS PAYABLE TO JOHNSTON COUNTY SENIOR GAMES AND

MAIL TO: JOHNSTON COUNTY SENIOR GAMES

1204 North Johnson Street

BENSON, NC 27504

Please be sure to complete the registration form, event form, the emergency information form, and sign liability waiver. Keep the information sheet for your own use.

**BE SURE TO FILL OUT THE EVENT REGISTRATION
FORM ON THE BACK OF THIS PAGE**

Johnston County Senior Games

Performing Arts Showcase

Registration Form

Each individual member of the group/act must submit their Own Individual Johnston County Senior Games Registration Form, and sign the Liability Waiver and Emergency Contact Information Form.

The Group Leader should complete and return the Performing Arts registration form, only one registration form is required for each group/act. Please place a check by the Performing Arts Showcase category on your registration form. The Showcase will be held on Thursday, April 19, 2018 at Smithfield Recreation and Aquatics Center beginning at 9:30am. **Registration Fee is \$15 if you have NOT registered as a Senior Games Participant. Registration deadline is March 2, 2018. Make checks payable to Johnston County Senior Games and mail to: Johnston County Senior Games, 1204 North Johnson Street, Benson, NC 27504.**

Participant Name : _____ Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

Group Name: _____ **Number of individuals in act:** _____

Names of individuals in Act: _____

PERFORMING ARTS CATEGORY:

Name of Group/Act as it should be listed in program: _____

Title of the piece to be performed: _____

Will music be used as part of the Act/Routine: Yes _____ No _____. If yes, the group leader must bring a good quality MP3 or compact disc with the music. Music must be picked up following the performance.

SUB-CATEGORY:

_____ Comedy/Drama _____ Vocal _____ Dance _____ Instrumental _____ Line Dance

TYPE OF ACT: Limit one solo and one group performance.

_____ Solo or Solo with Accompanist(s) _____ Small Group (2-4 people) _____ Large Group (5 or more people)

Will you have an accompanist? _____ **If yes, accompanist must be a registered Johnston County Senior Games participant.** Name of accompanist: _____

Length of Act _____ (3 minutes maximum): Exceeding the time limit will result in automatic disqualification.

Equipment Request: Anything other than these are considered props and are the responsibility of the act.

_____ Microphones(s) # _____ _____ MP3 Player _____ Compact Disc Player

Give an introductory statement for use in your introduction at the Showcase: _____

JOHNSTON COUNTY SENIOR GAMES
SilverArts - Visual Arts

Name: _____

PLEASE REGISTER ME FOR THE FOLLOWING

1. Title of entry: _____

Description: _____

Sub Category: _____

2. Title of entry: _____

Description: _____

Sub Category: _____

3. Title of entry: _____

Description: _____

Sub Category: _____

Sub-Categories:

~Acrylics ~Watercolor ~Oil ~Photography ~Pastels ~Drawing
~Mixed Media ~Sculpture ~Miscellaneous (Does not qualify for State)

DISPLAY REQUIREMENTS:

- All artwork, except sculpture, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (height)

If you need additional forms please contact one of the Parks and Recreation Departments and we will gladly make you additional copies.

***YOUR NAME, TITLE OF ENTRY AND SUB-CATEGORY MUST APPEAR ON OR BE ATTACHED TO YOUR ENTRY FOR IDENTIFICATION ***

JOHNSTON COUNTY SENIOR GAMES

Literary Arts

Entries must be checked in at Smithfield Recreation and Aquatics Center on either Tuesday April 17 between 12-3pm or Wednesday, April 18 between 9-12pm. You may enter three pieces in each sub-category. Registration deadline is March 2, 2018. SilverArts will be on display on Thursday, April 19, 2018 at Smithfield Recreation & Aquatics Center

FEES: Registration Fee - \$15 if you have **NOT** registered as a Senior Games participant, and must accompany the registration form. Make checks payable to Johnston County Senior Games and mail to:

JCSG 1204 N. Johnson Street, Benson, NC 27504 or register online at www.ncseniorgames.org

Please be sure to complete the registration form and sign the liability waiver and emergency information form.

Name: _____ Date of Birth: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____ Phone #: _____ Age as of 12/31/18: _____

Literary Arts

Sub-Categories: Life Experiences (autobiographical), Essays, Poems, Short Stories (fiction)

Title of entry: _____

Sub Category: _____

Title of entry: _____

Sub Category: _____

Title of entry: _____

Sub Category: _____

Title of entry: _____

Sub Category: _____

Title of entry: _____

Sub Category: _____

Short stories, essays (not autobiographical) and life experiences can be no longer than 8 pages, typed and double spaced.

Poems can be no longer than 40 lines and must be typed. No framed or matted entries will be accepted.

All entries must be typed.

*****Turn in 3 Copies with a cover sheet of all Literary Works with your Registration Form by March 2 2018*****

JOHNSTON COUNTY SENIOR GAMES
SilverArts — Heritage Arts

Name: _____

PLEASE REGISTER ME FOR THE FOLLOWING

1. Title of entry: _____

Description: _____

Sub Category: _____

2. Title of entry: _____

Description: _____

Sub Category: _____

3. Title of entry: _____

Description: _____

Sub Category: _____

Sub-Categories:

~Basket Weaving ~Woodcarving ~Crocheting ~Woodworking

~Jewelry ~Knitting ~Needlework ~Weaving ~Quilting (Machine or Hand)

~Stained Glass ~Pottery (Hand Built & Thrown) ~Tole/Decorative Painting

DISPLAY REQUIREMENTS:

-Entries can be no heavier than 50 pounds.

-All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).

-Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.

If you need additional forms please contact one of the Parks and Recreation Departments and we will gladly make you additional copies.

***YOUR NAME, TITLE OF ENTRY AND SUB-CATEGORY MUST APPEAR ON OR BE ATTACHED TO YOUR ENTRY FOR IDENTIFICATION ***

EMERGENCY CONTACT INFORMATION
Must be completed with your signature and submitted with the registration form.

Name: _____ Date of Birth: _____

EMERGENCY CONTACTS:

Name: _____ Name: _____

Relationship: _____ Relationship: _____

Phone: _____ Phone: _____

LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify, save, and hold harmless, the Johnston County Senior Games or any of their agents or representatives for my health, safety or any injury resulting from my participation in the Johnston County Senior Games.

Must be completed with your signature and submitted with registration form

I have prepared myself for the events, which I have entered by practicing prior to Johnston County Senior Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I understand that to promote total health and physical fitness events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned and trained athlete. The Johnston County Senior Games have advised me that it would be in my best interest to consult my physician prior to my participation in the games. Johnston County Senior Games has my permission to have a physician attend to me if it is deemed necessary during my participation.

I, the undersigned participant grant to Johnston County Senior Games the right to use any pictures taken of me during the games to be held during the weeks of April 4– April 20 without my remuneration.

I, the undersigned participant, have been a resident of Johnston County for a minimum of three consecutive months. **I understand that I am only allowed to participate in ONE Senior Games program in North Carolina.**

“I understand that it is my responsibility to check with my local Senior Games Coordinator immediately following my local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Finals registration with payment and all required items must be received in the **NCSG office in Raleigh by 11:59 p.m. on August 1st!** I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.”

Signature _____ Date: _____

ATTENTION
JOHNSTON COUNTY SENIOR GAMES
BRING A FRIEND PROGRAM

Johnston County Senior Games is trying to increase participation for 2018 and we need your help. This year we will continue our “bring a friend program.” In the past we have asked participants to bring a friend and participation has increased because of your dedication. We want to reward you for your efforts. The more friends you bring to the games the better your chances are to win. Here is how it works:

- Tell your friends (first year only) to make sure they state on their registration form that YOU recommended they register for Johnston County Senior Games.
- Senior Games staff will keep track of how many people you recruit for the games.
- The person that recruits the most new participants will receive \$50.00; 2nd place will receive \$25.00 and everyone else that recommends someone will be in a drawing for \$25.00.

The winners will be announced at the Awards Ceremony.

We hope this program will increase participation and bring in some new and friendly faces. Thank you for supporting Johnston County Senior Games and we are looking forward to seeing you all in April.

Practice Information

Want a little practice time before the games begin? Just give us a call and we will be happy to assist you with equipment and rules/instruction per your request.

Bocce/ Pickleball/Cornhole~ Clayton Parks & Recreation 919-553-1550
Shuffleboard/ Horseshoes/ Pickleball ~ Benson Parks & Recreation
919-894-5117

Bowling ~ Mon., Wed. & Thur. 9:00 / 5:00 Rainbow Lanes, Clayton
(Applicable Senior Rate Applies)

<i>Recreation Departments Contact Information:</i>	
<i>Benson Parks & Recreation</i>	<i>919-894-5117</i>
<i>Clayton Parks & Recreation</i>	<i>919-553-1550</i>
<i>Community and Senior Services</i>	<i>919-934-6066</i>
<i>Selma Parks & Recreation</i>	<i>919-975-1411</i>
<i>Smithfield Parks & Recreation</i>	<i>919-934-2148</i>