

2022 KERR-TAR AREA AGENCY ON AGING SENIOR GAMES

SENIOR GAMES ENTRY PACKET
FOR ADULTS AGE 50 & BETTER



EARLY BIRD DEADLINE: FEBRUARY 25, 2022
ENTRY DEADLINE: MARCH 11, 2022

KTAAA Senior Games

Senior Games is a holistic approach to keeping the body, mind, and spirit fit while enjoying the company of friends, family, spectators, and volunteers. 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, trained athlete.

IMPORTANT DATES

February 25, 2022	Early Bird Registration Deadline
March 11, 2022	Registration Deadline for Athletic & SilverArts Events
March 25-May 10, 2022	Athletic Events
May 5, 2022	SilverArts Entries & Music for Performing Deadline
May 19, 2022	SilverArts Showcase & Awards

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Kerr-Tar Area Agency on Aging (KTAAA) Senior Games is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging & Adult Services.

Eligibility Information

ELIGIBILITY

To be eligible to participate, you must be **50 years of age** or better on or before December 31, 2022 **and** be a resident of one of these five counties: Franklin, Granville, Person, Vance, or Warren. Also, a participant must be a North Carolina resident for a minimum of three consecutive months of the year.

VERIFICATION OF ELIGIBILITY

A copy of your driver's license or picture ID will be required each day and at each activity to verify your age and/or place of residence and for personal safety.

AGE CATEGORIES

A participant's age as of December 31 of each year determines the age category in which they will compete. Men and women compete in separate categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. **You must compete at the scheduled time with your age/sex category.** In doubles competition, partners compete in the age category of the younger partner.

Registration Information

Please complete the appropriate form(s) and return with fees to the Senior Center in your county by 5:00 pm on March 11, 2022. Save \$5 in registration fees and register by the Early Bird Deadline of **February 25, 2022.** This includes entries for all events (sports and SilverArts). Each individual, including both doubles partners, must submit a completed Entry Form. Please make checks payable to: **Kerr-Tar COG.** There are no exceptions. **The deadline is strictly enforced in fairness to all participants.**

Fees & Refunds

Entry Fees for Athletic Events and SilverArts are \$15 per person (includes one t-shirt, lunches on noted days, and SilverArts Admission). The **Event Fees** are to help cover charges for facility and equipment usage for activities you choose to enter. Event fees will be charged for golf at \$27 (18 holes), bowling at \$5 (3 games, with no additional shoe rental fee), and mini golf at \$3. **Refunds** will be handled on a case by case basis. Contact your local Senior Center or the KTAAA Senior Games Coordinator for more information.

SilverArts Information

May 5: Items due to your local Senior Center

May 19: SilverArts Exhibit & Performing Arts competition held in Warren County

SILVERARTS GUIDELINES

Please read the guidelines carefully. Use listed categories to complete registration form. Artist's name and title of entry must appear on, or be attached to entry for identification. Entries must be the original work of the artist, must be a work created after the artist is age 50 and must have been completed **within the last two years. Entries from previous years are not eligible and will not be accepted.** **A maximum of two pieces per sub-category will be allowed.**

VISUAL ARTS

Acrylics, drawing, oil, photography, watercolor, pastels, sculpture, and mixed media.

- All artwork (except sculptures) must be framed, securely wired and ready to hang (no hooks or string).
- Artwork can be no larger than 36" x 42", including matting & frame. Entries can be no heavier than 50 pounds and must be able to be displayed in a 3' x 3' area.
- The artwork must be an original - no prints.
- Sculpture groups may have no more than 3 pieces per set.
- Artist entering this category (except sculptures) will be required to provide an easel to display artwork. All easels must be in good condition. Please be sure your name is on back of your easel.



SilverArts Info, cont.

May 5: Items due to your local Senior Center

May 19: SilverArts Exhibit & Performing Arts competition held in Warren County

LITERARY ARTS

Essay/articles, poems, life experience, and short stories.

- Poems can be no longer than 40 lines and must be typed.
- All entries can be no longer than 8 pages, double spaced and typed with 1" margins on 8.5" x 11" paper with a minimum font size of 10 point.
- All entries must have a title page which includes 1) Title of work, 2) Sub-category, and 3) Name of artist. Artist name should not appear on the content pages.



HERITAGE ARTS

Basket weaving, crochet, jewelry, needlework, tole painting, weaving, woodworking, knitting, pottery (hand & thrown), hand quilting, stained glass, and woodcarving.

1. Entries must be the work of an individual and not a group.
2. Patterns may be used, but no stamped pieces will be accepted.
3. Pottery must be thrown or hand built.
4. Latch hook rugs and pieces from ceramic molds will not be accepted.
5. Pieces can be no heavier than 50 pounds and must be able to be displayed in a 3' x 3' area.
6. Groupings (sets) may have no more than 3 pieces per set.
7. Framed works can be no larger than 36" x 42", including matting & framing. All framed work must be securely wired and ready to hang (no hooks or strings).
8. Artist's name and title of entry must appear on, or be attached to entry for identification.

SilverArts Info, cont.

May 5: Items due to your local Senior Center

May 19: SilverArts Exhibit & Performing Arts competition held in Warren County

PERFORMING ARTS

Comedy/drama, dance, line dance, instrumental, vocal.

- Entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification.
- If a cassette tape or compact disc is used, artist must provide a high quality performance tape or disc set to the beginning. The music is due to your local Senior Center by the SilverArts deadline (May 5).
- Voice presentations must be a live performance by the artist. Background music can be taped. Lip-sync is not permitted as an act.
- All artists in a group must register individually.
- The Group Leader, who must be a participant, must complete the SilverArts Information Form for the group and submit it with their Registration Form.



KTAAA Registration Form

Please PRINT clearly.

PARTICIPANT INFORMATION

Name: _____
(First) (MI) (Last)

Date of Birth: _____/_____/_____ Age as of 12/31/22: _____

Address: _____ NC, _____
(Street) (City) (Zip)

Phone: (____) _____ - _____ Sex: ___ M ___ F Shirt Size: _____

Email: _____

EMERGENCY CONTACT & HEALTH INFORMATION

Physician's Name: _____ Phone: (____) _____ - _____

Emergency Contact #1: _____

Relationship: _____ Phone: (____) _____ - _____

Emergency Contact #2: _____

Relationship: _____ Phone: (____) _____ - _____

Ethnicity:	Names of Medication:
___ African American	_____
___ Asian	_____
___ Indigenous Person	_____
___ Hispanic	Your Medical Conditions:
___ White	_____
___ Other	_____
___ Unknown/Declined	_____

___ I give permission for my image and/or likeness to be used in the promotion of advertising current and future events associated with KTAAA Senior Games.

Assistive Devices You Use (hearing aids, glasses, walker, etc.)

Your Allergies:

KTAAA Registration Form

Please PRINT clearly.

Name: _____

(First)

(MI)

(Last)

SPORTS EVENTS

Please indicate the events in which you would like to participate. Refer to events schedule for date, time, and event sites. Early Bird Deadline: **February 25, 2022**; Regular Deadline: **March 11, 2022**. All events are offered at State Finals.

Individual Sports

- ___ Basketball Shooting
- ___ Billiards
- ___ Bocce
- ___ Cornhole
- ___ Croquet
- ___ Football Throw
- ___ Fun Walk
- ___ Golf
- ___ Mini Golf
- ___ Horseshoes
- ___ Shuffleboard
- ___ Softball Throw
- ___ Table Tennis
- ___ 5K Cycling
- ___ 10K Cycling
- ___ 1 Mile Cycling
- ___ 1 Mile Recumbent Bike
- ___ 5K Recumbent Bike
- ___ 10K Recumbent Bike

Table Tennis

- ___ Singles
- ___ Doubles (Partner/Age)
- _____ / _____
- ___ Mixed Doubles
- _____ / _____

Track & Field Events

- ___ 50 M Dash
- ___ 100 M Dash
- ___ 200 M Dash
- ___ 400 M Dash
- ___ 800 M Dash
- ___ 1500 M Dash
- ___ 1500 M Power Walk
- ___ 5K Power Walk
- ___ Discus
- ___ Running Long Jump
- ___ Standing Long Jump
- ___ Shot Put
- ___ 5K Road Race
- ___ 10K Road Race

Pickleball

- ___ Singles
- ___ Doubles (Partner/Age)
- _____ / _____
- ___ Mixed Doubles
- _____ / _____

Badminton

- ___ Singles
- ___ Doubles: (Partner/Age)
- _____ / _____
- ___ Mixed Doubles:
- _____ / _____

Bowling

- ___ Singles
- ___ Doubles: (Partner/Age)
- _____ / _____
- ___ Mixed Doubles:
- _____ / _____

Tennis

- ___ Singles
- ___ Doubles: (Partner/Age)
- _____ / _____
- ___ Mixed Doubles:
- _____ / _____

Swimming

- ___ 50 Yd Back Stroke
- ___ 50 Yd Breast Stroke
- ___ 50 Yd Butterfly
- ___ 50 Yd Free

KTAAA Registration Form

Please PRINT clearly.

Name: _____
(First) (MI) (Last)

SILVERARTS

Please indicate the events in which you would like to participate. A maximum number of two pieces per sub-category will be allowed. **Entries from previous years are not eligible and will not be accepted.** **Registration Deadline: March 11, 2022.**

Heritage Arts

- ___ Basket Weaving
- ___ Crocheting
- ___ Jewelry
- ___ Knitting
- ___ Needlework
- ___ Pottery
- ___ Quilting (by hand)
- ___ Stained Glass
- ___ Tole Painting
- ___ Weaving
- ___ Woodcarving
- ___ Wood Turning
- ___ Woodworking

Title of Heritage Arts Pieces

1. _____
2. _____



Visual Arts

- ___ Acrylics
- ___ Drawing
- ___ Oil
- ___ Photography
- ___ Watercolor
- ___ Pastels
- ___ Sculpture
- ___ Mixed Media

Title of Visual Arts Pieces

1. _____
2. _____

Literary Arts

- ___ Essay (non autobiographical)
- ___ Poem
- ___ Life Experience
- ___ Short Story

Title of Literary Piece

1. _____
2. _____



Performing Arts

Choose one of the categories below and answer the following related questions:

- ___ Comedy/Drama
- ___ Dance
- ___ Line Dance
- ___ Instrumental
- ___ Vocal

Name of Group/Act

Name of Accompanist

Number of People in Group

Title of Piece

REMINDER: ALL SUBMITTED PIECES MUST BE TITLED.



KTAAA Registration Form

Please PRINT clearly.

Name: _____

(First)

(MI)

(Last)

FEE WORKSHEET

EARLY BIRD REGISTRATION (Feb. 25, 2022).....\$15.00 = \$ _____

ENTRY FEE (Mar. 11, 2022).....\$20.00 = \$ _____

*Required for **all** participants & includes t-shirt, socks, invitation to Opening Ceremonies, SilverArts Showcase, & Awards event*

EVENT FEES

(Required **in addition to** the Entry Fee)

- Bowling.....\$5.00 each = \$ _____
- Golf.....\$27.00 = \$ _____
- Mini Golf.....\$3.00 = \$ _____

***Bowling price is for each event (i.e. singles + doubles = \$10.00)**

Make checks payable to: **Kerr-Tar COG**

Date: _____ Cash or Check # _____ **TOTAL AMOUNT: \$ _____**

LIABILITY WAIVER

In consideration of being allowed to participate in any way in the 2022 KTAAA Senior Games Athletic/Sports programs, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury 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, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and I may be removed for negative sports conduct; and
4. I am in the necessary physical condition to participate in the registered activity(ies). I authorize the staff to seek emergency medical care on my behalf if needed. I will assume all costs associated with any such treatment; and
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the KTAAA Senior Games, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, volunteers, 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.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER & RELEASE, UNDERSTANDS THAT S/HE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING BELOW, & SIGNS IT VOLUNTARILY.

Signature

Date

Sports & Events Information



SCHEDULE

Included on page 8 of this Entry Packet is the schedule for all KTAAA events. Please refer to this schedule to organize your week during local games.



EQUIPMENT

Participants are required to provide their own equipment for Cycling, Golf, and Tennis (racket). At other event sites, equipment will be provided. If participants use their own equipment, it must meet the official standards. Appropriate athletic attire, including closed toe shoes are required at all events.



DOUBLES EVENTS

Each partner must submit an individual Entry Form by the Early Bird Deadline of February 25, and no later than March 11, 2022 or neither can compete in that doubles event. Partners compete in the age category of the younger partner.



RULES

All events will be conducted in accordance with the 2022 edition of the North Carolina Senior Games Official Rules Book. A copy of the official rules for each event will be at the event site.



LUNCH

KTAAA Senior Games will only provide lunches for certain dates. Participants are asked to bring their own lunches on the other event days. Please check your schedule on page 8 of this packet. **The days that lunch will be provided will be marked with an asterisk (*).**



TRANSPORTATION

Each county will be coordinating transportation for athletes to event sites. Please contact your county agency for information regarding departure time and location, and if any fees apply. Please note that you may have to stay at the event site all day, or at least until your area's athletes have completed competition.

****Positive sports conduct is expected at all events from all participants. Anyone exhibiting negative sports conduct will be disqualified from that day's events.****

Awards

Medals or ribbons will be awarded to the top three finishers in each age category (male & female divisions) of the athletic and SilverArts events. SilverArts Exhibit, Performing Arts competition and Awards will be held on **Thursday, May 19 at 10:00 am** in Warren County.

Volunteer Opportunities

Encourage your friends & family to volunteer at your local KTAAA games! Please feel free to contact the Aging Department, 252-436-2040 for more information.

Important Things to Note

It is YOUR responsibility as a participant to check with your local Senior Games Coordinator immediately following your local Senior Games to determine if you qualified for State Finals and to get a State Finals Entry Packet if you do not have internet access. State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 11:59 pm on **August 1!** This deadline is strictly enforced in fairness to all and it is your responsibility to make sure you are registered.



NC State Finals

It's the athlete's responsibility to contact the KTAAA Local Coordinator to find out whether or not s/he qualifies for NC State Finals and to make arrangements to receive a State Finals Entry Packet. It is also the athlete's responsibility to mail the Entry Forms to the State Office. **All State Finals Entry Forms must be received in the NCSG Office in Raleigh by 11:59 pm on August 1, 2022.**

This IS a qualifying year for National Senior Games

ELIGIBILITY

To qualify to participate in State Finals sports events you must be a 1st, 2nd, or 3rd place winner in the event in your age group from a sanctioned local game. To participate in Golf, you must also meet a minimum performance score **and** finish in the top 3 in your age group. The minimum performance score is available from your coordinator. To participate in the SilverStriders Fun Walk, you must have completed the Fun Walk at a local game. To participate in Literary Arts, you must be a 1st or 2nd place winner in that sub-category in your local games. Of the performing artists, only Best in Show will be eligible to compete in State Finals. 1st, 2nd, and 3rd place winners in Heritage and Visual Arts are eligible.



2022 KTAAA Schedule

**Lunch Provided*

FRIDAY, MARCH 25

Opening Ceremonies 10:00 am Creedmoor Community Center
Basketball Shooting Granville County
SilverStriders Fun Walk

TUESDAY, MARCH 29*

Shuffleboard 9:00 am Huck Sansbury Gymnasium
Person County

FRIDAY, APRIL 1

Billiards 9:00 am Louisburg Senior Center
Louisburg

MONDAY, APRIL 4*

Golf 9:00 am The River Golf Course
Franklin County

WEDNESDAY, APRIL 6*

Horseshoes 9:00 am D.N. Hix Complex
Granville County

THURSDAY, APRIL 7*

Badminton, Croquet, & Table Tennis 9:00 am Aycock Recreation Center
Vance County

MONDAY, APRIL 11

Bowling-Singles 10:00 am Buffaloe Lanes North
Raleigh

WEDNESDAY, APRIL 13

Bowling-Doubles/Mixed 10:00 am Buffaloe Lanes North
Raleigh

TUESDAY, APRIL 19

Mini Golf 12:00 pm Adventure Island
Vance County

FRIDAY, APRIL 22*

Cycling Events, Track Events, 9:00 am Warren County High School
Football & Softball Throw, Shot Put
& Discus, Long Jumps Warren County

TUESDAY, APRIL 26*

Pickleball-Singles, Tennis-Singles, 10:00 am D.N. Hix Complex
Doubles, & Mixed Doubles Granville County

FRIDAY, APRIL 29*

Pickleball-Doubles & Mixed Doubles 10:00 am John Graham Gymnasium
Warren County

TUESDAY, MAY 3*

Cornhole 9:00 am Aycock Recreation Center
Vance County

THURSDAY, MAY 5*

Bocce 9:00 am Huck Sansbury Gymnasium
Person County

TUESDAY, MAY 10

Swimming Events 11:30 am Aycock Recreation Center
Vance County

THURSDAY, MAY 19

Silver Arts & Awards 10:00 am Warren County

Coordinating Agencies

Please remember to return your completed registration form to the Senior Center in your county by March 11, 2022! No late entry packets will be accepted for any reason.

FRANKLINTON SENIOR CENTER 919-494-5611
602 East Mason St., Franklinton, NC 27525

GRANVILLE CO. SENIOR SERVICES 919-693-1930
107 Lanier St., PO Box 1287, Oxford, NC 27565

VANCE CO. SENIOR CENTER 252-430-0257
126 S. Garnett St., Henderson, NC 27536

WARREN CO. SENIOR CENTER 252-257-3111
435 W. Franklin St., Warrenton, NC 27589

PERSON CO. SENIOR CENTER 336-599-7484
87 Semora Rd., Roxboro, NC 27573

LOUISBURG SENIOR CENTER 919-496-1131
279 S. Bickett Blvd., Suite 400, Louisburg, NC 27549

FRANKLIN CO. PARKS & RECREATION 919-496-6624
499 Massenburg Baker Rd., Louisburg, NC 27549

FRANKLINTON PARKS & RECREATION 919-690-9516
101 N. Main St., Franklinton, NC 27525

SOUTH GRANVILLE SENIOR CENTER 919-528-0848
114 Douglas Dr., PO Box 766, Creedmoor, NC 27522

NORTH GRANVILLE SENIOR CENTER 919-693-3383
318 Hwy. 15 South, Stovall, NC 27582

CREEDMOOR COMMUNITY CENTER 919-764-1005
108 East Wilton Ave., Creedmoor, NC 27522

OXFORD PARKS & RECREATION 919-603-1135
313 E. Spring St., Oxford, NC 27565

PERSON CO. RECREATION, ARTS, & PARKS DEPARTMENT 336-330-2302
303 S. Morgan St., Annex Building, Roxboro, NC 27573

AYCOCK RECREATION CENTER 252-492-9400
307 Carey Chapel Rd., Henderson, NC 27537

WARREN CO. PARKS & RECREATION 252-257-2272
113 Wilcox St., Warrenton, NC 27589

Local Coordinator: Alexandra Robinson 336-599-7484

SilverArts Coordinator: Thomosa Dixon 252-257-3111

Sporting Event Coordinator: Oliver Greene 919-496-6624

My Notes

Kerr-Tar
Area Agency on Aging
Your Anchor for Aging

 **Franklin County**
NORTH CAROLINA
A Research Triangle Region Community

