

Neuse River Senior Games



April 25 - May 05, 2005

REGISTRATION FORMS AND GAMES

Athletic Competition

April 25 - May 05, 2005

Silver Arts Exhibition

May 2-3, 2005

Event Sites

Twin Rivers YMCA * Strike Zone Bowling Alley * Courts Plus

Fairfield Harbour * HarbourTown

Grover C. Fields M.S.* Creekside Park * West New Bern Recreation Center

Registration Deadline

March 25, 2005

Late Registration Deadline

April 03, 2005

Coordinating Agencies

Craven County Recreation & Parks Department * Duplin County Services for the Aged * Greene County Council on Aging

Havelock Parks & Recreation Department * Lenoir County Council on Aging * Twin Rivers YMCA * Pamlico County Senior

Services* Eastern Carolina Council Area Agency on Aging, Region P * New Bern Recreation & Parks Department * Jones County Senior Services

Dear Senior Games Participant:

This year, The Neuse River Senior Games will celebrate its 20th year promoting health and fitness for Seniors 55 and better. As your Local Coordinator for Neuse River Senior Games, I sincerely hope that you will join us again this year. Your Steering Committee asks that each one of you take the opportunity to be an ambassador for our games. What a great opportunity to invite friends to join us for fitness, fun, and fellowship during the Games!

Please take the time to read the enclosed information carefully. There are changes and deadlines that will be of great importance to you. If you will be participating or observing an outdoor event, please consider bringing sunscreen, chairs, etc. to the event for your comfort. If you are interested in Team Softball, please sign up and we will get you in touch with the coach. For additional registration forms or questions pertaining to the games, please do not hesitate to call your local representative.

The Steering Committee has been hard at work since July of 2004 planning for a larger and better event for all of you to participate in and enjoy. We look forward to seeing you at the Celebration of the Games Ceremony scheduled for Monday, May 2, 11:30 am at West New Bern Recreation Center.

Remember to mark your registration form indicating your attendance at the free luncheon to be held following the Ceremony.

On behalf of the Steering Committee, I extend best wishes for an enjoyable and active time at the Games. See you at the Games!!!!

Sincerely,

Johanne Pryor

Johanne Pryor

Neuse River Senior Games Coordinator

(252) 745-7196

North Carolina Senior Games





"A celebration of the creative expression of seniors in North Carolina," has been included as a major component of the traditional athletic competition of North Carolina Senior Games. Silver Arts encourages the

continuing effort of older adults to create, explore, and display the Visual, Heritage, Literary, and Performing Arts and to increase public awareness of their talents and activities. Silver Arts unites the athlete and the artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments.

At present, Silver Arts recognizes four broad categories, each with several sub-categories. First place winners in the Literary sub-category will be eligible for the NC Senior Games Finals. First and second place winners in the Visual and Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second, and third place in each sub-category of these arts.

One overall winner in the Performing Arts category will also be eligible for the North Carolina Senior Games Finals and able to compete for first, second and third place awards.

The Neuse River Senior Games awards first, second, and third place in all the sub-categories.

Guidelines

- All persons entering Silver Arts must be 55 years of age or better and registered as a Neuse River Senior Games participant.
- Instructors and/or group members will not be permitted to perform on stage with the group or at local or state games
- Entries must be original works of the artist and must be a work created after the artist is age 55 or better and have been completed within two years of the Neuse River Senior Games registration deadline.

Specific requirements for Neuse River Senior Games and the North Carolina Senior Games Finals

Visual Arts

- All art work, except sculptures, must be clearly framed and wired (no serrated hooks or strings), ready to be hung. Art work, except sculptures, not properly wired will not be displayed.
- Art work, except sculptures, can be no larger than 36" x 42", including matting and frame.
- Sculptures can be no heavier than 15 pounds, and must be able to be displayed in a 3' x 3' area.
- Master studies are accepted.
- The art piece must be an original work, not print and the artist's name and title of entry must appear on or be attached to the entry for identification.
- The artist must send a photograph of the entry with the State Finals Entry Form and Silver Arts Information Form when entering the state finals.

Literary Arts

- Poems can be no longer than 40 lines
- Short stories, essays, articles, life experiences can be no longer than 8 pages double-spaced with a 1" margin on all sides. Entries must have a title page which includes the title of the work, sub-category, and artist name.
- A display quality copy of the entry and 3 additional copies, should be submitted with the registration form.

Performing Arts

- Performing entries are limited to 3 minutes of on-stage times.
- Performing entries may be one of the following: soloists with accompanists, small groups of 2-4 performers, or a large group of 5 or more performers.
- Performers must provide a high quality cassette tape for performance with music tagged at the beginning of the tape. Props are the responsibility of the performer.
- Performers wanting introductory material given prior to their performance are responsible for preparing it. Such material should be given to the Silver Arts chair for delivery to the Master of Ceremonies at the Revue Rehearsal.
- Voice presentations must be performed live (lip-synch is not permitted) and background music must be taped.

Heritage Arts

- Heritage art entries must be original work and the work of the individual and not a group effort.
- Patterns may be used but no stamped pieces are permitted. Pottery must be hand built or thrown.

Registration Information

Enclosed is your registration form for the Neuse River Senior Games, scheduled April 25—May 05, 2005 (*Rain date for events is May 05, 2005*). Games will be held in New Bern, with most events at the West New Bern Recreation Center, located on Pinetree Drive.

- *Bowling* will be held at the Strike Zone Bowling Alley
- *Archery* will be at Creekside Park
- *Swimming* at the Twin Rivers YMCA
- *Racquetball* at Courts Plus
- *Golf* at Fairfield Harbour/Harbour Point Course
- *Tennis* at Harbour Town
- *Track & Cycling* at Grover C. Fields Middle School
- *Performing Arts* at Carteret Community College, Josephyn Hall

Registration forms must be completed on all sides, signed on the back and accompanied with fee(s) to be accepted.

Registration Fees

A registration fee of **\$12.00** is required from all participants registering by **March 25, 2005**. Late registration will be accepted **March 26 through April 01, 2005** with an additional fee of **\$3.00** (*for a total of \$15.00*). Some activities will require extra fees (*this is indicated on the registration form*), which should be submitted in addition to the registration fee. All fees must accompany the registration/waiver form for the participant to be eligible. The registration fee includes lunch following the Celebration of Games and a Neuse River Senior Games T-Shirt.

No Registration will be accepted after April 01, 2005
ALL FEES ARE NON-REFUNDABLE

Remember!

Send your completed registration form, fees, signed waiver/release to :

**Neuse River Senior Games
406 Craven Street
New Bern, NC 28560**

Make checks payable to:
NEUSE RIVER SENIOR GAMES

Do not send cash!



Due to the strenuous nature of these events, it is recommended that you consult your physician prior to beginning training for the actual competition.

General Information

Confirmation: After April 11, 2005, you will receive a letter confirming your events with times and places listed. If you believe the confirmation is incorrect, please call (252) 636-6606 to verify. This letter will also include information on where to pick up registration packets and hospitality room hours.

Rules: Should you need rules for any events, please contact your events director at (252) 636-4061.

Awards: Gold, Silver, and Bronze medals will be awarded to the top three finishers in each age category, for males and females. Awards will be available to winners as soon as final results from each event are tallied. The Awards Table is located at West New Bern Recreation Center. State finals entry forms must be picked up at the awards area at the time of the medal presentation. **The state finals entry form must be received in the NC Senior Games Office, Raleigh, no later than 5:00 pm on August 1, 2005**

Opening Day Luncheon: A catered lunch will be served following the Celebration of Games Ceremony. The cost is included in the registration fee. You must indicate your attendance on your registration form. Lunch is provided for paid participants only. Additional lunches will be available at a cost of \$6.00 each.



May 05, 2005

In case of rain, please call the following numbers:

(252) 638-5338 for Golf Days (252) 636-4061 Other Days

REGISTRATION & CHECK-IN INFO

Pick up your registration packets at the following locations:

Bowling	Strike Zone Bowling Alley	Mon	April 25, 2005
Tennis	Harbour Town	Tues & Wed	Apr 26-27, 2005
Golfing	Fairfield Harbour/Harbour Pt. Course	Thurs	April 28, 2005
Swimming	Twin Rivers YMCA	Fri	April 29, 2005
Heritage, Literary & Visual Arts	West NB Recreation Center	Fri, Mon & Tues,	April 29, 2005 May 2-3, 2005
Archery	Creekside Park	Tues	May 3, 2005
Racquetball	Courts Plus	Tues	May 3, 2005
Performing Arts	Jocelyn Hall	Wed	May 4, 2005
Other Events	West NB Recreation Center	Mon - Wed	May 2-4, 2005

Only person 55 years of age or better, of the six sponsoring counties, are eligible to participate in the Neuse River Senior Games. The six counties are Craven, Duplin, Greene, Jones, Lenoir, and Pamlico.

Athletic Events

Monday, April 25	*Bowling (\$6.75 fee)	9:00 am	Strike Zone Bowling Alley
Tues & Wed, Apr 26-27	*Tennis	8:00 am	Harbour Town
Thursday, April 28	*Golf (\$20.00 with cart)	9:00 am	Fairfield Harbour
Friday, April 29	*All Swimming events	9:00 am	Twin Rivers YMCA
Friday, April 29	*Badminton	1:30 pm	West NB Recreation Center
Friday, April 29	*Billiards	1:30 pm	West NB Recreation Center
Monday, May 02	*Silverstriders Fun Walk	8:30 am	West NB Recreation Center
Monday, May 02	*Shuffleboard (men)	9:00 am	West NB Recreation Center
Monday, May 02	*Horseshoes (women)	9:00 am	West NB Recreation Center
Monday, May 02	Celebration of Games	11:30 am	West NB Recreation Center
Monday, May 02	*Shuffleboard (women)	1:30 pm	West NB Recreation Center
Monday, May 02	*Horseshoes (men)	1:30 pm	West NB Recreation Center
Monday, May 02	Football Throw	1:30-3:30 pm	West NB Recreation Center
Monday, May 02	Softball Throw	1:30-3:30 pm	West NB Recreation Center
Tuesday, May 03	*1 mile Cycling	9:00 am	Grover C. Fields M.S.
Tuesday, May 03	*Archery	9:30 am	Creekside Park
Tuesday, May 03	Basketball Shooting	9:30-11:30 am	West NB Recreation Center
Tuesday, May 03	*5K Cycling	9:30 am	Grover C. Fields M.S.
Tuesday, May 03	Spin Casting	10:00-11:30 am	West NB Recreation Center
Tuesday, May 03	*10K Cycling	10:00 am	Grover C. Fields M.S.
Tuesday, May 03	Shotput/Discus	1:00-3:00 pm	Grover C. Fields M.S.
Tuesday, May 03	*1500 Meter Race Walk	1:30 pm	Grover C. Fields M.S.
Tuesday, May 03	*5K Race Walk	2:00 pm	Grover C. Fields M.S.
Tuesday, May 03	*Racquetball	2:00 pm	Courts Plus
Wednesday, May 04	*Table Tennis	9:00 am	West NB Recreation Center
Wednesday, May 04	*Croquet	9:00 am	West NB Recreation Center
Wednesday, May 04	*5K Run	9:00 am	Grover C. Fields M.S.
Wednesday, May 04	*100 Meter Dash	9:30 am	Grover C. Fields M.S.
Wednesday, May 04	*800 Meter Dash	10:00 am	Grover C. Fields M.S.
Wednesday, May 04	*200 Meter Dash	10:10 am	Grover C. Fields M.S.
Wednesday, May 04	*1500 Meter Run	10:25 am	Grover C. Fields M.S.
Wednesday, May 04	*400 Meter Dash	10:35 am	Grover C. Fields M.S.
Wednesday, May 04	Free Hot Dog Lunch	11:30 am	
Wednesday, May 04	*Bocce	12:30 pm	West NB Recreation Center
Wednesday, May 04	Long Jump (S/R)	1:30-3:00 pm	Grover C. Fields M.S.
Wednesday, May 04	* 3/3 Basketball	3:00 pm	West NB Recreation Center

()Indicates tournament events where you must report to the Event Manager on time or*

Athletic Events— Please indicate the events you wish to enter on the registration form. You may enter all the events you wish, but if two events overlap or are scheduled at the same time, it is up to **you** to meet the games requirements for those events. **Tournament** events require you to report at the time listed. Tournaments events are indicated with an asterisk (*). **Open** events allow you to report at any time during the time period listed. Where a time conflict exists between tournament and open events, you must report to the tournament event first and participate *prior* to moving on to the open event. **Failure to do so will cause disqualification.** Your age as of August 1, 2005 determines the category in which you will be placed for competition. Participants compete against others of their own sex and age as follows:

55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100 +

ONLY RETURN THE REGISTRATION/WAIVER SECTION. KEEP THE REST FOR YOUR INFORMATION. PARTICIPANTS MUST BE A NORTH CAROLINA RESIDENT FOR A MINIMUM OF THREE CONSECUTIVE MONTHS OF THE YEAR.

Silver Arts

Fri, April 29	Silver Arts Exhibitors Check In	10:00 am—2:00 pm	West NB Recreation Center
Wed, May 4	Performing Arts Rehearsal	3:00 pm - 5:00 pm	Joselyn Hall
Wed, May 4	Performing Arts Revue	6:30 pm - 8:30 pm	Joselyn Hall
Mon, May 2	Silver Arts Exhibition	9:00 am—4:00 pm	West NB Recreation Center
Tue, May 3	Silver Arts Exhibition	9:00 am—4:00 pm	West NB Recreation Center
Wed, May 4	Silver Arts Check Out	9:00 am—12:00 pm	West NB Recreation Center

- All Silver Art work must be checked in on Friday, April 29, 2005 between 10:00 am and 2:00 pm at the West NB Recreation Center.
- Silver Arts Exhibition will be held on Monday and Tuesday, May 02-03, 2005 from 9:00 am until 4:00 pm at the West NB Recreation Center.
- First place winners in the Literary sub-category will be eligible for the NC Senior Games Finals. First and second place winners in the Visual and Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second, and third place in each sub-category of these arts.
- Artists may not enter a piece of art work if the art piece, performance or literary art work has previously been entered in state finals.
- Participants must complete the official registration form, inclusive of medical information and physicians phone number.
- The liability waiver must be signed and the "fees" section of the registration form must be completed.
- Registration deadline for Silver Arts is the same as for all other components of the Neuse River Senior Games.

The Neuse River Senior Games and the North Carolina Senior Games State Finals have the right to refuse or remove any or all art pieces that are deemed obnoxious or repulsive in character.

Mail to:

Neuse River Senior Games 2005
406 Craven Street
New Bern, NC 28560

Neuse River Senior Games



April 25 - May 05, 2005

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