



Bay Area Senior Games 2019 Registration

April 13-June 9

Palo Alto, San Mateo, Sunnyvale & other San Francisco Bay Area Venues

General Information - Welcome to the registration package for the 13th Annual Bay Area Senior Games (BASG). The BASG started in 2006, to promote healthy, active lifestyles for adults over the age of 50.

Eligibility - All participants must be at least 50 years of age on or before December 31, 2019. (Except Soccer which is age 40+!) There is no upper age limit. Proof of age may be required at event check-in.

Age Divisions - Age divisions are in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and up. A participant's competition age will be based on his/her age as of Dec. 31, 2019. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2019. We reserve the right to combine age groups in any event due to insufficient entries or other conditions. Some sports may be conducted in ten-year increments. THIS IS A REGIONAL SENIOR GAMES NOT A QUALIFER FOR THE NATIONAL SR GAMES. UNLESS NOTED. **ONE Age exception is Soccer with age 40+ entries accepted.**

How to Enter - Registration is available online at www.bayareaseiniorgames.org. Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a \$60 registration fee plus an event fee for each individual event in which they compete. Team entry fees may be required and team sports may pay an additional fee, based on team numbers, facility rental and other expenses. Please see payment summary for more details.

If you do not have a computer, please fill out this Entry Form, sign the Liability Release and mail it to:
Bay Area Senior Games Headquarters • 2275 East Bayshore Road # 115 Palo Alto, CA 94303

Note: Please add an additional processing fee of \$15 for paper registration. We are unable to process your registration without the \$15 paper registration fee.

Please make sure not to register for overlapping events. No schedule changes will be made to accommodate multi-sport or multi-event entrants. **Refunds will not be given.**

Each partner in a doubles competition must submit an Individual Entry Form and enter the full name of his/her partner.

Team captains are required to submit one Team Roster Form. In order to complete registration, all athletes must sign the Waiver Form presented online or they will not be eligible to participate.

Medals

Gold, Silver and Bronze medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed unless award winner pays postage and handling fee in advance (\$5).

Benefits

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, medals, security, liability insurance, entry confirmation, commemorative event T-shirt, and results administration.

Equipment and Uniforms

Participants are required to provide their own equipment, except as specified under the sport description. All athletes must wear the athletic apparel and shoes usual and customary for the sport in which they are competing. Team sports require like color and style numbered uniforms. Inappropriate clothing, shoes or equipment may be cause for disqualification. Please mark your personal items and do not leave them unattended. The Bay Area Senior Games is not responsible for the loss or damage of any athlete's personal belongings.

Accommodations

We have negotiated some special discounts at a few area hotels close to the venues. Mention "2019 Bay Area Senior Games" when calling to book your room.

See www.bayareaseniorgames.org/hotels for complete information.

Food and Transportation

Athletes are responsible for their own food and transportation. For venue information see each sport landing page. www.bayareaseniorgames.org/sports

Sportsmanship

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

Insurance

The Bay Area Senior Games has a General Liability Policy for the event. This insurance covers medical costs only when an accident or injury is caused by our negligence. 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 competition. Each participant is responsible for his or her own medical insurance.

Medical Assistance

Emergency medical assistance will be in place at most events. If you must be transported by ambulance, it will be at your expense.

Volunteering

Athletes, friends and families are invited to volunteer at the event. For details, including job description and benefits, please visit www.bayareaseniorgames.org. Please register on line after March 15, 2019. Volunteers will receive the official 2019 Volunteer Tee-shirt.

Refund Policy - NO refunds will be made if an entrant fails to compete for whatever reason including: event rescheduling, or event cancellation due to inclement weather, war, terrorism, or an act of God. Games officials or the Bay Area Senior Games Board of Directors reserve the right to cancel or postpone events to a later time. All times and venues are subject to change. Refunds of entry fees are subject to a processing fee and may occur only for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants
- 4) Injury, if occurs prior to event

Sports Rules

Competition format and rules for each sport are posted online at www.bayareaseeniorgames.org

Confirmation

Athlete confirmations will be e-mailed when online registration is complete. Athletes will also receive a final event information e-mailing just prior to the event. (Please check your email inbox)

Check-In

All athletes must report to the check-in table/tent at their competition venue. The exact location, address and start times will be included in the final confirmation e-mailing.

Athlete Registration

Please complete all information and sign the Liability Release. NOTE: athletes will **not** be able to complete online registration until liability release is accepted and the box checked. PRINT PLEASE!

Last Name: _____
First Name: _____
Street Address: _____
City: _____ State: ____ Zip: _____
Home Phone: _____ Cell: _____
Email: _____
Birth Date: _____ Age on Dec. 31, 2019: _____
Employer/Company Name _____
Self-Employed ___Yes ___No Retired ___Yes ___No
Shirt Size- S M L XL XXL (circle one) (Unisex type shirts)
Male Female
Person to contact in case of emergency:
Name: _____ Phone: _____

Liability Release - Must be signed in order to complete registration.

I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the 2019 Bay Area Senior Games Local Organizing Committee, City of Palo Alto, College of San Mateo, all other venue locations, sponsors, and any and all persons and organizations affiliated therewith, for any and all injuries suffered by me while traveling to and from, or participating in the 2019 Bay Area Senior Games. I also give my permission for the free use

of my name, likeness, voice and/or photograph in any broadcast, telecast, newsprint, website, marketing material or any other account of these events. I further state that I am physically fit and sufficiently trained for the events in which I will participate. I have read and understood the 2019 Bay Area Senior Games Information.

Signature: _____ PRINT Name: _____

Date: _____

Sport(s): _____

Individual Sports

ARCHERY

April 27-28– Black Mountain Bowman Range- Ave. Espana San Jose

Registration Fee: \$40.00 per person plus \$8 per event/day. **REGISTRATION DEADLINE: April 15, 2019**

Bow Divisions:

- Compound Release with sights (Freestyle, Bowhunter Freestyle)
- Compound Fingers with sights (Freestyle Limited, Bowhunter Freestyle Limited)
- Compound Barebow no sights (Bowhunter)
- Recurve (sights)
- Recurve Barebow no sights (Traditional)

Times: **Saturday, April 27** Double 300 Round – 60 arrows at 20 yards on 40cm target face 8:00 am check-in
Shoot 9:00 am.

Sunday, April 28 American 900 Round – 30 arrows at each distance of 60, 50 and 40 yards on 122 cm target face. 8:00am
check-in – Shoot 9:00 am.

Water, soda and snacks are available for purchase. Lunch will be provided to registered archers on Sunday only.

BADMINTON

Saturday, April 13 noon start time - California Badminton Academy 46049 Warm Springs Blvd. Fremont (fee \$10.00 per event) General Registration fee is \$30 per athlete [Click on this link](http://scba.tournamentsoftware.com/sport/tournament.aspx?id=64E00C0C-E3AB-468B-83EC-3AA2C8E1D705)
scba.tournamentsoftware.com/sport/tournament.aspx?id=64E00C0C-E3AB-468B-83EC-3AA2C8E1D705

- Men's Singles Women's Singles Men's Doubles _____
- W's Doubles _____ Mixed Doubles _____

REGISTRATION DEADLINE: April 6th, 2019

CYCLING

May 14 & 15– Pescadero 205 North Street Harley Goat Farm (fee \$20.00 per event) Course Details to follow on website

Tuesday, May 14th 5K Time Trial 40 K Road Race – Check in 9:00 am Start Time 10:00 am

Wednesday May 15th 10K Time Trial 20 K Road Race Check in 9:00 am Start time 10:00 am.

REGISTRATION DEADLINE: May 6th

GOLF

Thursday, May 16th Baylands Golf Links, 1875 Embarcadero Road, Palo Alto (fee \$30.00 per golfer includes cart, golf, gross & net awards plus standard \$60 athlete registration fee)

Multiple flights by age groups: 50-54, 55-59, 60-64, etc. Cost Includes: golf green fees, cart, range balls & Awards: Gold, Silver and Bronze Olympic-style Medals for each age flight (gross and net scores). Men and Women flights. (Players must have an established handicap to participate in the low net competition.)

18-hole individual stroke play 9:00 AM check in 10:00 am first tee time. Please include your GHIN # handicap/index when registering GHIN # _____. **REGISTRATION DEADLINE: IS May 6th**

PICKLEBALL

May 3,4, 5 – 755 S. Mathilda Ave. Sunnyvale Tennis Center (fee \$5 each event plus athlete registration fee) registration closes April 28. Registration is at this separate link

<https://www.pickleballtournaments.com/welcome.pl?tid=2904>

Mens Singles Doubles – Women’s Singles Doubles Mixed Doubles

POWERWALK

Sunday, May 26th College of San Mateo 1700 West Hillsdale Ave. San Mateo (Fee \$30 athlete registration +\$6 event fee)

1500 M- on the track 1:30 p.m. **REGISTRATION deadline is May17th**

RACEWALK (Part of Track & Field event)

Sunday, May 26th College of San Mateo 1700 West Hillsdale Ave. San Mateo (Fee \$7.00 per event)

1500M – Track 9:40 a.m. **REGISTRATION DEADLINE: Is May 17th**

5K ROAD RACE (on the track)

Sunday, May 26th (Fee \$7.00 per event) 5K 8:00 am start on the College of San Mateo Track (also listed under track events) **REGISTRATION DEADLINE: Is May 17th**

SWIMMING (Short Course yards)

Sunday, May 19th 8:00 AM check in – Rinconada Pool- 777 Embarcadero Rd. Palo Alto- (Fee \$6 per event) –

6 event maximum events

Register here:-https://www.clubassistant.com/club/meet_information.cfm?c=2501&smid=11557

- | | |
|---|--|
| Event #1 <input type="checkbox"/> 100 Butterfly _____ | Event #2 <input type="checkbox"/> 200 Free _____ |
| Event #3 <input type="checkbox"/> 50 Breastroke _____ | Event #4 <input type="checkbox"/> 100 Back _____ |
| Event #5 <input type="checkbox"/> 400 IM _____ | Event #6 <input type="checkbox"/> 100 Breastroke _____ |
| Event #7 <input type="checkbox"/> 200 Back _____ | Event #8 <input type="checkbox"/> 100 IM _____ |
| Event #9 <input type="checkbox"/> 50 Free _____ | Event #10 <input type="checkbox"/> 200 Butterfly _____ |
| Event #11 <input type="checkbox"/> 50 Back _____ | Event #12 <input type="checkbox"/> 200 IM _____ |
| Event #13 <input type="checkbox"/> 50 Butterfly _____ | Event #14 <input type="checkbox"/> 100 Free _____ |
| Event #15 <input type="checkbox"/> 200 Breastroke _____ | Event #16 <input type="checkbox"/> 500 Free _____ |

REGISTRATION DEADLINE: is MAY 10th 4:00 pm.

TABLE TENNIS

Monday, May 13-ICC Table Tennis Center 1507 N. Milpitas Blvd. Milpitas 95035 (fee \$6 per event + athlete fee) REGISTRATION DEADLINE: IS May 6th

Singles, 10:30 am

Doubles, 1:30pm

Mixed, 3:30pm

Partner’s Name: _____

Partner’s Name: _____

RICK MILAM MEMORIAL TRACK & FIELD MEET- Sunday, May 26th at College of San Mateo Track – 1700 West Hillsdale Ave. San Mateo 8:00 AM (Fees \$6.00 per event Note 5K run is \$7.00)

- | | |
|---|---|
| <input type="checkbox"/> Javelin 8:30 am | <input type="checkbox"/> 5K 8:00am ROAD RACE ON TRACK |
| <input type="checkbox"/> Shot Put 9:00am | <input type="checkbox"/> 50m 8:30am |
| <input type="checkbox"/> Pole Vault 9:00 am | <input type="checkbox"/> 800m 9:00am |
| <input type="checkbox"/> Long Jump 10:00am | <input type="checkbox"/> 100m 9:30am |
| <input type="checkbox"/> Hammer 10:00 am | <input type="checkbox"/> 1500m 9:40am RACEWALK |
| <input type="checkbox"/> Discus 11:00 | <input type="checkbox"/> 400m 10:00am |
| <input type="checkbox"/> High Jump 11:30am | <input type="checkbox"/> 1500 m 11:40 am |
| <input type="checkbox"/> Triple Jump 12:00 | <input type="checkbox"/> 200m 12:00 noon |
| | <input type="checkbox"/> 4x100m Relays 12:30pm (on site sign up) |
| | <input type="checkbox"/> 1500m 1:30 pm POWERWALK |

REGISTRATION DEADLINE: is May 17th

TRIATHLON March 3, 2019 Special event entry as part of Stanford Treeathlon. As a benefit to senior triathletes, the Stanford Treeathlon has once again created a special Bay Area Senior Games division. Register directly at <http://treeathlon.co/register>.

ALL COMPETITION TIMES ARE APPROXIMATE - CHECK WEBSITE FOR UPDATES!

Team Sports

All events will feature both men and women’s competition.

There may be team fees. (Note: Teams not fielding the minimum number of athletes will incur a surcharge.) However, captains must submit a roster for their team by the entry deadline and confirm that each athlete has registered and signed the insurance waiver. During athlete registration, the competitor can designate his/her team from the drop down online menu.

Captains, please submit your team name/your name as captain as early as possible, so individual competitors can select their team. The Team name and captain will be listed on the on-line registration drop down menu. Send team roster to hmendel@basoc.org

NOTE REGISTRATION DEADLINES FOR EACH SPORT. Any roster changes after the date below will be charged \$5.00 and this late fee must be paid at athlete check-in day of event.

Soccer: (Men and Women) **AGE 40 +** REGISTRATION DEADLINE: **May17, 2019** -REGISTRATION FEE (\$70 per player- no team fee)

Basketball: (Men & Women): (\$60 athlete fee no team fee)

Date- Sunday, May 5 Registration Deadline April 22,2019

Water Polo: (Men and Women) May 4 & 5th- REGISTRATION DEADLINE: **April 19, 2019** (team fee \$450 + \$60 athlete registration + \$60 desk fee per team (4 games)

Volleyball: (Men and Women) Saturday, May 11th REGISTRATION DEADLINE: **April 24th, 2019** (athlete registration \$50.00- no team fee)

Enter your TEAM NAME & age bracket and the CAPTAIN’S NAME below. Team must be named and cannot be changed.

Team Name: _____ **Captain Name:** _____

Age of youngest player (as of 12/31/19): _____ **Check the sport box below!**

- Basketball- **Men's** (3 vs. 3), **Sunday, May 5th** Cubberley Community Center, 4000 Middlefield Rd. Palo Alto (7 members max.) Basketball Free Throw Contest, after last game is played (no fee)
- Basketball-**Women's** (3 vs. 3), **Sunday, May 5th** - Cubberley Community Center 4000 Middlefield Rd. (7 members max.) Basketball Free Throw Contest, after last game is played (no fee)
- Soccer (8 vs. 8), Saturday, **June 8 & 9th 9 AM** - Greer Park -1098 Amarillo Ave, Palo Alto (14 player max.)
- Alexis Bryce Memorial Volleyball Classic* **Saturday, May 11** (Men & Women) 9:00 AM - Cubberley Community Center, 4000 Middlefield Rd . Palo Alto (15 members max.) athlete registration fee \$50 per person (no team fee)
- Water Polo, **May 4 & 5** Soda Aquatic Center- Campolindo High School 300 Moraga Rd. Moraga, CA 8:00 AM warm ups- 9:00 am start – (15 members max per team) All players must register individually.

FEE SUMMARY

ITEM	FEES	# of Events Entered	Amount Due
Basic Athlete Registration Per athlete	\$60 (unless otherwise noted)		\$60
SPORTS	Plus PER EVENT FEE		+++
Archery	\$40 athlete fee+ \$8.00 per event fee		
Badminton	http://scba.tournamentsoftware.com/sport/tournament.aspx?id=010343F0-60EE-4B06-B2A2-3532065CC05D		
Basketball Women's	\$60 athlete registration fee		
Basketball Men's	\$60 athlete registration fee		
Cycling	\$60 athlete fee + \$20 per event fee		
Golf	\$60 athlete fee +\$30 event		
Pickleball	https://www.secure.pickleballtournaments.com/welcome.pl?tid=1748 \$5 per event plus \$55		\$55 registration plus \$5.00 event fee
Powerwalk	\$30 athlete registration +\$6.00 event fee		
Racewalk	\$60 athlete registration + \$7 event fee		
Road Race (track)	\$60 athlete registration + \$7 event fee		
Soccer	\$70.00 athlete registration fee per person no team fee		

ITEM	FEES	# of Events Entered	Amount Due
Swimming	\$60 registration fee +\$6 per event		https://www.clubassistent.com/club/meet_information.cfm?c=2501&smid=11557
Table Tennis	\$60 registration fee + \$6.00 per event		
Track & Field	\$60 registration fee + \$6 per event		
Triathlon	Register at http://treeathlon.co/register		
Volleyball	\$50 athlete fee only		
Water Polo	\$450 team fee + \$60 desk fee paid by check to BASOC only (not online) All athletes must register and pay \$60 fee online		
GRAND TOTAL Of Registration & Events fees			

PAYMENT INFORMATION

Basic Athlete Registration Fee: \$ 60.00 (unless otherwise noted)

PLUS Individual Sport Event Fees: \$ _____

(Multiply number of checked boxes x \$ event fees)

Additional if mailed paper registration fee \$15.00 \$ _____

Donation to Bay Area Senior Games (non-profit) \$ _____

GRAND TOTAL: \$ _____ (2-26-19)

THANK YOU!

Please make team fee checks payable to: **BASOC/Bay Area Senior Games**

2275 East Bayshore Road Suite #115, Palo Alto, CA 94303 (Tax ID # 94-3052945)

Credit Card: VISA MasterCard (ONLY)

Card Number: _____

Expiration Date: __/__/__ Security code _____ Billing Zip Code _____

Contact Information: Bay Area Senior Games Headquarters hmendel@basoc.org 650.323.9400