

2022 California Senior State Championship REGISTRATION FORM

(for all athletes of all sports)

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 12/31/22: _____

EMAIL ADDRESS: _____ GENDER (M/F): _____

(SDSGA does **not** sell participant email addresses)

<p>Make checks payable to: SDSGA</p> <p>Mail Entry Form, Waiver & Check for Fees to: SDSGA attn: Registration</p> <p>PO BOX 600007 San Diego CA 92160</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">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 style="text-align: center;">Opt Out</p> <p><input type="radio"/> Returning Athlete?</p> <p><input type="radio"/> NEW Athlete?</p> <p>How did you hear about us?</p> <p>_____</p>	<p>Main Sport - (write name of main sport)</p> <hr/> <p>Total Sports You're Playing -</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">1. Registration Fee</td> <td style="text-align: right;">\$40</td> </tr> <tr> <td>2. Sport Fees (if applicable) <small>Include the Sport Fees for ALL the sports you're playing.</small></td> <td style="text-align: right;">+</td> </tr> <tr> <td>3. Event Fees (if applicable): <small>Include the Event Fees of ALL the events you're competing in.</small></td> <td style="text-align: right;">+</td> </tr> <tr> <td> </td> <td style="text-align: right;">-</td> </tr> <tr> <td>4. Other Donation to SDSGA <small>Deductible IRS 501(c)(3) Thank You!</small></td> <td style="text-align: right;">+</td> </tr> <tr> <td>5. Your TOTAL</td> <td style="text-align: right;">=</td> </tr> </table> <p style="text-align: center;">"THANK YOU FOR YOUR PARTICIPATION"</p>	1. Registration Fee	\$40	2. Sport Fees (if applicable) <small>Include the Sport Fees for ALL the sports you're playing.</small>	+	3. Event Fees (if applicable): <small>Include the Event Fees of ALL the events you're competing in.</small>	+		-	4. Other Donation to SDSGA <small>Deductible IRS 501(c)(3) Thank You!</small>	+	5. Your TOTAL	=
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5. Your TOTAL	=													

***** 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 _____



**2022 California Senior State Championships
REGISTRATION FORM**

Badminton Sport Fee \$20 _____ (Sport Fee includes all 3 events listed below)

Age: 40+ **Date:** September 18 **Location:** Balboa Park Activity Center **Deadline:** September 1

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

Basketball - Men's Sport Fee \$10 _____

Age: 50+ **Date:** September 24 **Location:** Municipal Gym, Balboa Park **Deadline:** September 17

- Team Play Team Name: _____

Basketball - Women's Sport Fee \$10 _____

Age: 50+ **Date:** September 17-18 **Location:** Corky's Gym, San Marcos **Deadline:** September 6

- Team Play (Age 50-74) Team Name: _____

Basketball Shooting - Men's Event Fee (\$5)

Age: 40+ **Date:** September 24 **Location:** Municipal Gym, Balboa Park **Deadline:** September 24

- Free Throws (\$5)
- Hot Shots (\$5)
- 3-Point Shooting (\$5)

Basketball Shooting - Women's Event Fee (\$5)

Age: 50+ **Date:** September 17 **Location:** Corky's Gym, San Marcos **Deadline:** September 17

- Free Throws (\$5)
- Hot Shots (\$5)
- 3-Point Shooting (\$5)

Beach Volleyball - Men's Sport Fee \$20 _____

Age: 45+ **Date:** September 24-25 **Location:** Wave Volleyball **Deadline:** September 19

- 4v4 Team Play Team Name: _____

Beach Volleyball - Women's Sport Fee \$20 _____

Age: 50+ **Date:** September 24-25 **Location:** Wave Volleyball **Deadline:** September 19

- 4v4 Team Play (\$0) Team Name: _____

Bowling Event Fee (\$10) _____

Age: 50+ **Date:** September 17-18 **Location:** Parkway Bowl **Deadline:** September 9

- Singles (\$10)
 Doubles (\$10) Partner _____
 Mixed Doubles (\$10) Partner _____

Fitness Sport Fee \$15 _____ (Sport Fee includes all 10 events listed below)

Age: 50+ **Date:** September 25 **Location:** Fitness Quest 10, Rancho Santa Fe **Deadline:** September 18

- | | |
|---|---|
| <input type="checkbox"/> Kettlebell Box Squat | <input type="checkbox"/> 300 Yard Shuttle Run |
| <input type="checkbox"/> Bar Bell Bench Press | <input type="checkbox"/> Concept 2 Rower |
| <input type="checkbox"/> Straight arm dead hang | <input type="checkbox"/> Jump Rope |
| <input type="checkbox"/> Farmer's Walk | <input type="checkbox"/> Prowler Push |
| <input type="checkbox"/> Keg Toss | <input type="checkbox"/> Movement Shuttle |

*For a description of the exercises, please see Fitness Instructions at www.SDSeniorGames.org

Golf Sport Fee \$75 _____

Age: 50+ **Date:** September 19 **Location:** Country Club of Rancho Bernardo **Deadline:** September 5

- Single

Horseshoes Event Fee (\$5)

Age: 40+ **Date:** September 11 **Location:** Balboa Park Horseshoe Park **Deadline:** September 3

- Singles (\$5)
- Doubles (\$5) Partner _____
- Mixed Doubles (\$5) Partner _____

Lawn Games Event Fee (\$5)

Age: 40+ **Date:** September 11 **Location:** Balboa Park Horseshoe Park **Deadline:** September 3

- Cornhole (\$5)
- Washers (\$5)

Paddleball Sport Fee \$10 ____

Age: 40+ **Date:** September 25 **Location:** Pacific Paddleball Club **Deadline:** September 17

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

Pickleball Sport Fee \$30 _____

Age: 50+ **Date:** August 26-28 **Location:** Melba Bishop Park **Deadline:** August 5

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

*If Pickleball is your only sport/event, please fill out the Pickleball Form on page 2?

Racquetball Sport Fee \$10 _____

Age: 40+ **Date:** September 10-11 **Location:** Pacific Paddleball Club **Deadline:** September 3

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

Road Race Sport Fee \$10 _____

Age: 50+ **Date:** September 10-11 **Location:** Lake Miramar **Deadline:** September 3

- 5K - Saturday
- 10K - Sunday

Soccer - Women's Sport Fee \$20 _____

Age: 45+ **Date:** September 10-11 **Location:** Hourglass Park & Nobel Fields **Deadline:** August 1

- Team Play Team Name: _____

Softball - Women's Sport Fee \$15 _____

Age: 50+ **Date:** September 17-18 **Location:** Hourglass Park & Nobel Fields **Deadline:** September 5

- Team Play Team Name: _____

Swimming Sport Fee \$20_____ (You may compete in maximum of 6 events)

Age: 50+ **Date:** September 25 **Location:** Mission Valley YMCA **Deadline:** September 17

- | | |
|---|--|
| <input type="checkbox"/> 50 Backstroke | <input type="checkbox"/> 200 Butterfly |
| <input type="checkbox"/> 100 Backstroke | <input type="checkbox"/> 50 Freestyle |
| <input type="checkbox"/> 200 Backstroke | <input type="checkbox"/> 100 Freestyle |
| <input type="checkbox"/> 50 Breaststroke | <input type="checkbox"/> 200 Freestyle |
| <input type="checkbox"/> 100 Breaststroke | <input type="checkbox"/> 500 Freestyle |
| <input type="checkbox"/> 200 Breaststroke | <input type="checkbox"/> 100 Individual Medley |
| <input type="checkbox"/> 50 Butterfly | <input type="checkbox"/> 200 Individual Medley |
| <input type="checkbox"/> 100 Butterfly | <input type="checkbox"/> 400 Individual Medley |

*If swimming is your only sport/event, please request a Swimming Form

Table Tennis Sport Fee \$10 _____

Age: 45+ **Date:** September 25 **Location:** Balboa Park Activity Center **Deadline:** September 17

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

Tennis Sport Fee \$20 _____

Age: 50+ **Date:** September 18-19 **Location:** Balboa Tennis Club **Deadline:** September 10

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

Track and Field Sport Fee \$15 _____ Event Fee \$5 _____

Age: 50+ **Location:** Mesa College **Date:** September 18 **Deadline:** September 9

Track Events

- | | |
|--|---|
| <input type="checkbox"/> 50m Dash (\$5) | <input type="checkbox"/> 3000m Run (\$5) |
| <input type="checkbox"/> 100m Dash (\$5) | <input type="checkbox"/> 1500m Race Walk (\$5) |
| <input type="checkbox"/> 200m Dash (\$5) | <input type="checkbox"/> 80m/100m High Hurdles (\$5) |
| <input type="checkbox"/> 400m Dash (\$5) | <input type="checkbox"/> 300m/400 Inter. Hurdles (\$5) |
| <input type="checkbox"/> 800m Run (\$5) | <input type="checkbox"/> 1500m Power Walk (\$5) |
| <input type="checkbox"/> 1500m Run (\$5) | <input type="checkbox"/> Grandparent/Grandchild Relay (\$5) |

Field Events – no hammer throw

- | | |
|--|---|
| <input type="checkbox"/> High Jump (\$5) | <input type="checkbox"/> Discus Throw (\$5) |
| <input type="checkbox"/> Pole Vault (\$5) | <input type="checkbox"/> Shot Put (\$5) |
| <input type="checkbox"/> Long Jump (\$5) | <input type="checkbox"/> Javelin (\$5) |
| <input type="checkbox"/> Triple Jump (\$5) | |

Volleyball - Men's Sport Fee \$15 _____

Age: 45+ **Date:** August 28 **Location:** Genuine Volleyball **Deadline:** August 15

Team Play Team Name: _____

Volleyball - Women's Sport Fee \$15 _____ Add \$5 Event Fee if you are playing BOTH days _____

Age: 45+ **Date:** August 27-28 **Location:** Genuine Volleyball **Deadline:** August 15

Team Play (Age 50+) Saturday Team Name: _____

Team Play (Age 45+) Sunday Team Name: _____