

California Senior State Championships

Registration Book

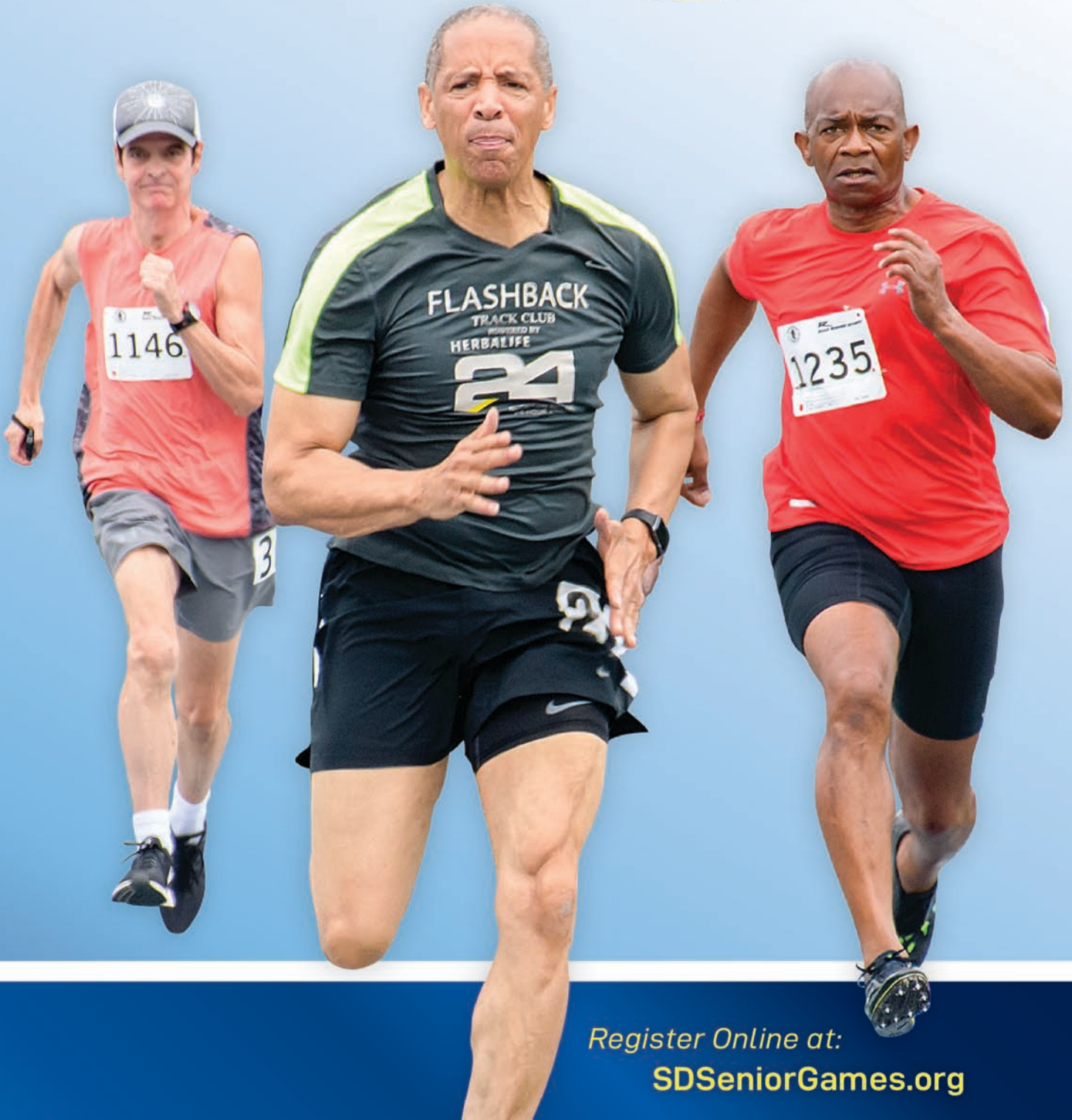
August 17 - October 6, 2019



25+ competitive sports for men & women age 50+

Hosted by -

SAN DIEGO
Senior Games



Register Online at:

SDSeniorGames.org

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This is a solicitation of insurance. A licensed insurance agent/producer may contact you.

CALL A LICENSED INSURANCE AGENT/PRODUCER AT THE TOLL-FREE NUMBER SHOWN IN THIS ADVERTISEMENT TO RECEIVE COMPLETE INFORMATION (INCLUDING OUTLINES OF COVERAGE) SHOWING BENEFITS, COSTS, ELIGIBILITY REQUIREMENTS, EXCLUSIONS AND LIMITATIONS.

You must be an AARP member to enroll in an AARP Medicare Supplement Plan.

My latest project is me.

front porch

We each have our own unique story. And we're ready to embrace new adventures. Wherever you're coming from, whatever you'd like to explore next, there's a Front Porch community to call home. A place where you can be exactly who you are.
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Meet the neighbors. Find your future Front Porch retirement community.



All communities are licensed in California





Parks and Recreation Department

Congratulations to all athletes!
We are proud to support
the 2019 San Diego Senior Games!

We invite you to participate in our programs at the Balboa Park Senior Lounge
and our new facility at Park De La Cruz:

- Walking Group
- Art Philosophy
- Watercolor Painting
- Mah Jongg
- Educational Classes
- Talent Show
- Poetry
- Bingo
- Dances
- Sports and Fitness
- Art & Photography Contests
- Music
- Travel Club
- Needlecrafts
- Drama
- Dance lessons
- Yoga
- Craft Sale
- Classic Movies
- Health and Wellness
- Out of Town Trips
- Local Trips
- Lunch Program

To receive our free quarterly newsletter, The Scroll, call (619) 236-6905.

Additional Information:

Marla Davis, CTRS

Supervising Recreation Specialist

202 C St., MS-1A, San Diego, CA 92101

(619) 236-6910, MarlaD@sandiego.gov

<https://www.sandiego.gov/park-and-recreation/activities/seniorservices/>

Balboa Park Senior Lounge, 1650 El Prado, Room 105 San Diego, 92101

Park De La Cruz, 3901 Landis St., San Diego, 92015



Welcome to the 2019 California Senior State Championships!

Welcome to our 32nd year as one of the largest and longest-running Senior Games in the country. We are very proud of our longstanding history and very thankful to our amazing sponsors, partners, volunteers, and inspirational participants – like YOU – for helping to make our event such a long-term success.

Bigger and Better than Ever!

This is an especially exciting year for the *San Diego Senior Games* as we proudly host the *California Senior State Championships!* We've added more sports, more events, and more venues to handle the greater number of athletes. And, with that, we expect bigger and better competitions, and more FUN and FRIENDSHIPS to be had by all!

More Athlete Benefits

Last year, we upgraded our registration process and streamlined our pricing so participants can compete in more events for less money. We also increased the benefits included with each registration.

Only \$35 per player* includes:

- One Sport/Event
- 2019 San Diego Senior Games **Collectible T-Shirt**
- **NEW!** Restaurant Savings Card - save \$\$\$ at local restaurants
- Fun and Games in Sunny San Diego!
- PLUS, Some Sports Have Additional BONUSES

HOW TO REGISTER

ONLINE – Go to SDSeniorGames.org.

You can register for any of the 23 sports in this year's Games. Online registration requires payment by credit card. If you are playing in a Team sport, make sure your team Manager/Captain has registered your team before registering. Once registered, you will receive an email confirmation.

MAIL IN – Complete the registration form in this booklet, and mail it with a check made out to SDSGA:

SDSGA
Attn: Registration
P.O. Box 600007
San Diego, CA 92160

You can also download and print the registration forms at: SDSeniorGames.org. Or, call our office to request a registration form be mailed to you at: 858-292-5812.

Payment may be made by check, money order, cashier's check, OR credit card. SDSGA cannot be responsible for lost or misdirected mail. If you don't receive a confirmation letter in a timely manner, please call the SDSGA office.

Questions? Contact the SDSGA office at: info@SDSeniorGames.org or (858) 292-5812.
Or, contact the Sport Commissioner(s) listed in the Schedule of Events.

REGISTRATION AND FEES

There is a one-time Athlete/Registration fee of \$35. This fee includes one event. Additional events are only \$5 each.

There are also some sports that have an additional "Sport Fee" to cover the higher costs associated with that sport. Everyone registers individually now, so there are no longer any team fees.

TEAM REGISTRATION

Teams must be registered by a coach or Captain/Manager. Once a team is registered, then each member will be able to register themselves onto their team.

REGISTERING FOR MULTIPLE SPORTS

You may register for as many sports/events as you'd like as long as the dates/times don't conflict. One event is included with your \$35 Player/Registration fee. Each additional sport/event is only \$5 – with the exception of those sports with Sport Fees. Please see *Understanding the Fee Structure of the Games* on Page 7.

You must show up on time to compete, as no event will be held for any athlete. You must complete an event to qualify for an award, including individual and team tournaments. Medals will be presented at the conclusion of the event and will not be mailed.

SCHEDULING

Note: It is your responsibility to make sure the sports you choose don't have time conflicts. Refunds are not provided for time conflicts due to overlapping events.

August 17-18 - Men's Softball

August 24-25 - Bowling

September 6, 7, 8 - Pickleball

September 7 - Shuffleboard

September 7-8 - Power Walk, Road Race Run, Race Walk, Women's Soccer, Women's Volleyball

September 8 - Horseshoes, Lawn Games, Men's Volleyball

September 14 - Badminton, Basketball Shooting, Racquetball

September 14-15 - Women's Basketball, Women's Softball, Tennis, Track & Field (September 14 Throws only)

September 21 - Men's Basketball, Basketball Shooting, Table Tennis

September 22 - Fitness

September 29 - Paddleball, Swimming

October 6 – Golf

REFUNDS

Refunds for the *San Diego Senior Games* are handled as follows:

- 30+ days of event(s) – 100% refund
- 15+ days of event(s) – 50% refund
- 0+ days of event(s) – No refund

Understanding the Fee Structure of the Games

To help keep the Games as affordable as possible, we start with a single **REGISTRATION fee**, then we add **SPORT fees** and **EVENT fees** based on each sport.

To clarify how this works:

- **REGISTRATION fee** – All athletes pay a single Registration fee of \$35.
For example, whether you play in one sport or five sports, you only pay one Registration fee.
- **SPORT fee** – Some sports have an additional “Sport fee” to help offset the costs of that particular sport.
For example, BASKETBALL, BOWLING, and TRACK & FIELD all have a Sport Fee of \$10 to help offset the courts, lanes, and fields costs.
- **EVENT fee** – Each event within a sport has a separate “Event fee” of \$5 per event.
For example, if you play TENNIS singles, doubles, and mixed doubles, you are playing in 3 separate events.
- **ONE EVENT FREE** – Your Registration fee of \$35 includes one event for free.
For example, if you play TENNIS singles, doubles, and mixed doubles, the cost would be \$45. That would include the \$35 Registration fee, plus 2 Event fees of \$5 each (since one event is included with the Registration fee).
- **ALL EVENTS INCLUDED** – In some cases, the Sport fee includes all the Event fees.
For example, in BADMINTON, BOWLING, and FITNESS the Sport Fee includes all the events within that sport at no additional charge.
- **MULTIPLE SPORTS ONLY \$5 Each** – One of the greatest things about our new pricing structure (which began in 2018), is that athletes can play in multiple sports for only \$5 each (plus any associated Sport or Event Fees, of course).
For example, if you’re a SOCCER player, you could also play SOFTBALL for only \$5 more. Or, if you’re a BOWLER, you could also play HORSESHOES for only \$5 more.

Separating the Registration fee from the Sport fees and Event fees allows us to keep the overall Games fees as low as possible for all our athletes. It also gives our athletes added incentive to play in multiple sports.

If you have any questions about the fees associated with your specific sports, please feel free to e-mail or call us at:

- Registration@SDSeniorGames.org or call (858) 292-5812

2019 California Senior Games Schedule of Events

Held in Conjunction with the San Diego Senior Games

Sport	Age	Date	Location	Commissioner	Deadline
Archery	50+	TBD	TBD	Linda Frodesen frodesen@aol.com	TBD
Badminton	50+	Sept. 14	Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101	Joe Long linejudge1996@gmail.com	Sept. 7
Basketball (mens)	50+	Sept. 21	Balboa Municipal Gym 2111 Pan American Plaza San Diego, CA 92191	Jerry Sullivan JerrySullivan@cox.net	Sept. 14
Basketball (womens)	40+	Sept. 14 & 15	Corky's Gymnasium 274 Pico Ave. San Marcos, CA 92069	Jackie Luzak JackieLuzak@gmail.com	Sept. 2
Basketball Shooting (mens)	40+	Sept. 21	Balboa Municipal Gym 2111 Pan American Plaza San Diego, CA 92191	James Pauley CoachPauley@mail.com	Sept. 21
Basketball Shooting (womens)	40+	Sept. 14	Corky's Gymnasium 274 Pico Ave. San Marcos, CA 92069	James Pauley CoachPauley@mail.com	Sept. 14
Bowling	50+	Aug. 24 & 25	Kearny Mesa Bowl 7585 Clairemont Mesa Blvd. San Diego, CA 92111	Kelly Ferguson kferguson8@yahoo.com	Aug. 10
Fitness	50+	Sept. 22	Fitness Quest 10 9972 Scripps Ranch Blvd. San Diego, CA 92131	Stan Williams stanwill1@gmail.com	Sept. 15
Golf	40+	Oct. 6	RiverWalk Golf Course 1150 Fashion Valley Rd. San Diego, CA 92108	Debbie Williams dwilliams@SDSeniorGames.org	Sept. 28
Horseshoes	40+	Sept. 8	Balboa Park Horseshoe Juniper St. (6th Ave) San Diego, CA 92101	Jay Bishop and Jim Knotts jayhawker60@aol.com	Sept. 4

2019 California Senior Games Schedule of Events

Held in Conjunction with the San Diego Senior Games

Sport	Age	Date	Location	Commissioner	Deadline
Lawn Games	40+	Sept. 8	Balboa Park Horseshoe Juniper St. (6th Ave) San Diego, CA 92101	Jay Bishop and Jim Knotts jayhawker60@aol.com	Sept. 4
Paddleball	40+	Sept. 29	Pacific Paddleball Club 9391 Broadview Ave. San Diego, CA 92123	Len Sonnenberg lens@sonnenbergcpas.com	Sept. 21
Pickleball	50+	Sept. 6, 7 & 8	Melba Bishop Rec Center 5306 North River Road Oceanside, CA 92057	Jenae Alms almsjenae@gmail.com	Aug. 23
Power Walk	50+	Sept. 7 & 8	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121	Gary MacDonald coachgmac@cox.net	Aug. 31
Race Walk	50+	Sept. 7 & 8	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121	Gary MacDonald coachgmac@cox.net	Aug. 31
Racquetball	40+	Sept. 14	San Diego State University 21 Peterson Gym San Diego, CA 92182	Len Sonnenberg lens@sonnenbergcpas.com	Sept. 11
Road Race Run	50+	Sept. 7 & 8	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121	Gary MacDonald coachgmac@cox.net	Aug. 31
Shuffleboard	50+	Sept. 7	Park Avenue Community Center 210 East Park Avenue Escondido, CA 92025	Jim Travers info@SDSeniorGames.org	Sept. 7
Soccer (Womens)	50+, 60+, 65+ & 70+ only	Sept. 7 & 8	Hourglass Park 10301 Black Mountain Rd. San Diego, CA 92126	Deb Mowry deborah.mowry@cox.net	Sept. 1
Softball (Mens)	40+	Aug. 17 & 18	Sports Complex USA 12349 Mclvers Ct. Poway, CA 92064	Nathaniel Hines nhinesjr@gmail.com	Aug. 10

2019 California Senior Games Schedule of Events

Held in Conjunction with the San Diego Senior Games

Sport	Age	Date	Location	Commissioner	Deadline
Softball (Womens)	50+	Sept. 14 & 15	Hourglass Park 10301 Black Mountain Rd. San Diego, CA 92126	Mary Knapik knapikm@yahoo.com	Sept. 6
Swimming	50+	Sept. 29	Mission Valley YMCA 5505 Friars Road San Diego, CA 92110	Kenton Jones kerujo@aol.com	Sept. 22
Table Tennis	45+	Sept. 21	Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101	Steve McGrew stevemcgrw00@gmail.com	Sept. 14
Tennis	50+	Sept. 14 & 15	Balboa Tennis Center 2221 Morley Field Dr. San Diego, CA 92104	TBD Tennis@SDSeniorGames.org	Sept. 7
Track & Field	50+	Sept. 15 (Sept. 14 - Throws only)	San Diego Mesa College 7250 Mesa College Drive San Diego, CA 92111	Gary MacDonald coachgmac@cox.net	Sept. 2
Volleyball (Mens)	50+	Sept. 8	Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101	Patsy and Farid Karimi prcortez@aol.com	Aug. 23
Volleyball (Womens)	45+	Sept. 7 - 50+ Sept. 8 - 45+	Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101	Patsy Cortez-Karimi prcortez@aol.com	Aug. 23

2019 California Senior State Championships

REGISTRATION FORM

Archery – Online Registration only or call (858) 292-5812

Badminton Sport Fee \$10 _____ (Sport Fee includes all 3 events listed below)

Age: 50+ **Date:** September 14 **Location:** Balboa Park Activity Center **Deadline:** September 7

- Singles (\$0)
 Doubles (\$0) Partner _____
 Mixed Doubles (\$0) Partner _____

Basketball - Men's Sport Fee \$10 _____

Age: 50+ **Date:** September 21 **Location:** Municipal Gym, Balboa Park **Deadline:** September 14

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

Basketball - Women's Sport Fee \$10 _____

Age: 40+ **Date:** September 14-15 **Location:** Corky's Gym, San Marcos **Deadline:** September 2

- Team Play (Age 40-64) (\$0) Team Name: _____
 Mixed League Tournament (Age 65+) (\$0)
 Rookie Tournament (Age 50+) (\$0)

Basketball Shooting - Men's No Sport Fee (\$0)

Age: 40+ **Date:** September 21 **Location:** Municipal Gym, Balboa Park **Deadline:** September 21

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

Basketball Shooting - Women's No Sport Fee (\$0)

Age: 40+ **Date:** September 14-15 **Location:** Corky's Gym, San Marcos **Deadline:** September 14

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

Basketball Shooting - Women's No Sport Fee (\$0)

Age: 40+ **Date:** September 14-15 **Location:** Corky's Gym, San Marcos **Deadline:** September 14

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

Bowling Sport Fee \$20 _____ (Sport Fee includes all 3 events listed below) **Age:** 50+

Date: August 24-25 **Location:** Kearny Mesa Bowl **Deadline:** August 10

- Singles (\$0)
 Doubles (\$0) Partner _____
 Mixed Doubles (\$0) Partner _____

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

Age: 50+ **Date:** September 22 **Location:** Fitness Quest 10, Rancho Santa Fe **Deadline:** September 15

- | | |
|---|---|
| <input type="checkbox"/> Kettlebell Box Squat (\$0) | <input type="checkbox"/> 300 Yard Shuttle Run (\$0) |
| <input type="checkbox"/> Bar Bell Bench Press (\$0) | <input type="checkbox"/> Concept Row Machine (\$0) |
| <input type="checkbox"/> Chin Ups (\$0) | <input type="checkbox"/> Jump Rope (\$0) |
| <input type="checkbox"/> Farmer's Walk (\$0) | <input type="checkbox"/> Prowler Push (\$0) |
| <input type="checkbox"/> Keg Toss (\$0) | <input type="checkbox"/> Movement Shuttle (\$0) |

*For a description of the exercises, please see Fitness Instructions on page 2?

Golf Sport Fee \$55 _____ (Sport Fee includes all 3 events listed below)

Age: 40+ **Date:** October 6 **Location:** River Walk Golf Course, San Diego **Deadline:** September 28

- Individual Play (Check ONE Only)
_____ Scratch
_____ Handicap – GHIN Number Required _____
- Longest Drive (\$0)
 Closest to the Pin (\$0)

Horseshoes No Sport Fee (\$0) Add \$5 Event Fee if this is not your main sport _____

Age: 40+ **Date:** September 8 **Location:** Balboa Horseshoe Park **Deadline:** September 4

- Singles (\$0)
 Doubles (\$0) Partner _____
 Mixed Doubles (\$0) Partner _____

Lawn Games No Sport Fee (\$0) Add \$5 Event Fee if this is not your main sport _____

Age: 40+ **Date:** September 8 **Location:** Balboa Horseshoe Park **Deadline:** September 4

- Corn Hole (\$0)
 Ladder Golf (\$0)
 Washers (\$0)

Paddleball No Sport Fee (\$0) Add \$5 Event Fee if this is not your main sport _____

Age: 40+ **Date:** September 29 **Location:** Pacific Paddleball Club **Deadline:** September 21

- Singles (\$0)
 Doubles (\$0) Partner _____
 Mixed Doubles (\$0) Partner _____

Pickleball Sport Fee \$20 _____

Age: 50+ **Date:** September 6 - 8 **Location:** Melba Bishop Park **Deadline:** August 23

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

*If Pickleball is your only sport/event, please fill out the Pickleball Form on page 23

Powerwalk No Sport Fee (\$0)

Age: 50+ **Date:** September 7 - 8 **Location:** Lake Miramar **Deadline:** August 31

- 5K (\$5)
- 10K (\$5)

Race Walk No Sport Fee (\$0)

Age: 50+ **Date:** September 7 - 8 **Location:** Lake Miramar **Deadline:** August 31

- 5K (\$5)
- 10K (\$5)

Racquetball No Sport Fee (\$0)

Age: 40+ **Date:** September 14 **Location:** San Diego State University **Deadline:** September 11

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

Road Race No Sport Fee (\$0)

Age: 50+ **Date:** September 7 - 8 **Location:** Lake Miramar **Deadline:** August 31

- 5K (\$5)
- 10K (\$5)

Shuffleboard No Sport Fee (\$0) Add \$5 Event Fee if this is not your main sport _____

Age: 50+ **Date:** September 7 **Location:** Park Avenue Community Center **Deadline:** September 7

- Singles (\$0)
- Doubles (\$0) Partner _____
- Mixed Doubles (\$0) Partner _____

Soccer - Women's Sport Fee \$15 _____

Age: 50+ **Date:** September 7 - 8 **Location:** Hourglass Park, Mira Mesa **Deadline:** September 1

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

Softball - Men's Sport Fee \$20 _____

Age: 45+ **Date:** August 17 - 18 **Location:** Sports Complex USA, Poway **Deadline:** August 10

Team Play (\$0) Team Name: _____

Softball - Women's No Sport Fee (\$0) Add \$5 Event Fee if this is not your main sport _____

Age: 50+ **Date:** September 14 - 15 **Location:** Hourglass Park, Mira Mesa **Deadline:** September 6

Team Play (\$0) Team Name: _____

Swimming Sport Fee \$15 _____ (Sport Fee includes maximum of 6 events)

Age: 50+ **Date:** September 29 **Location:** Mission Valley YMCA **Deadline:** September 22

- | | |
|---|--|
| <input type="checkbox"/> 50 Backstroke (\$0) | <input type="checkbox"/> 200 Butterfly (\$0) |
| <input type="checkbox"/> 100 Backstroke (\$0) | <input type="checkbox"/> 50 Freestyle (\$0) |
| <input type="checkbox"/> 200 Backstroke (\$0) | <input type="checkbox"/> 100 Freestyle (\$0) |
| <input type="checkbox"/> 50 Breaststroke (\$0) | <input type="checkbox"/> 200 Freestyle (\$0) |
| <input type="checkbox"/> 100 Breaststroke (\$0) | <input type="checkbox"/> 500 Freestyle (\$0) |
| <input type="checkbox"/> 200 Breaststroke (\$0) | <input type="checkbox"/> 100 Individual Medley (\$0) |
| <input type="checkbox"/> 50 Butterfly (\$0) | <input type="checkbox"/> 200 Individual Medley (\$0) |
| <input type="checkbox"/> 100 Butterfly (\$0) | <input type="checkbox"/> 400 Individual Medley (\$0) |

*If swimming is your only sport/event, please fill out the Swimming Form on page 20

Table Tennis No Sport Fee (\$0)

Age: 45+ **Date:** September 21 **Location:** Balboa Park Activity Center **Deadline:** September 14

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

Tennis Sport Fee \$15 _____

Age: 45+ **Date:** September 14 -15 **Location:** Balboa Tennis Club **Deadline:** September 7

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



Track and Field Sport Fee \$10 _____

Age: 50+ **Location:** Mesa College

Date: September 14 (Throws only), September 15 (all other events) **Deadline:** September 2

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"/> Grandparent/Grandchild Relay (\$5) |
| <input type="checkbox"/> 1500m Run (\$5) | |

Field Events

- High Jump (\$5)
- Pole Vault (\$5)
- Long Jump (\$5)
- Triple Jump (\$5)
- Discus Throw (\$5)
- Shot Put (\$5)
- Hammer Throw (\$5)
- Javelin (\$5)



Volleyball - Men's Sport Fee \$10 _____

Age: 50+ **Date:** September 8 **Location:** Balboa Park Activity Center **Deadline:** August 23

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

Volleyball - Women's Sport Fee \$10 _____ Add \$5 Event Fee if you are playing BOTH days _____

Age: 45+ **Date:** September 7 (50+ teams only), September 8 (45+ teams only)

Location: Balboa Park Activity Center **Deadline:** August 23

- Team Play (Age 50+) (\$0) Team Name: _____
- Team Play (Age 45+) (\$0) Team Name: _____

2019 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 12/31/19: _____

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 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 sprt'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>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">Main Sport - (write name of main sport)</td> </tr> <tr> <td>Total Sports You're Playing -</td> <td style="text-align: center;"> </td> </tr> <tr> <td>1. Registration Fee</td> <td style="text-align: center;">\$35</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: center;">+</td> </tr> <tr> <td>3. Event Fees (if applicable): <small>Include the Event Fees of ALL the events you're playing.</small></td> <td style="text-align: center;">+</td> </tr> <tr> <td>4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5 (since 1 event fee is included with your Registration Fee)</td> <td style="text-align: center;">-</td> </tr> <tr> <td>5. Other Donation to SDSGA <small>Deductible IRS 501(c)(3) Thank You!</small></td> <td style="text-align: center;">+</td> </tr> <tr> <td>6. Your TOTAL</td> <td style="text-align: center;">=</td> </tr> </table> <p style="text-align: center; margin-top: 10px;">"THANK YOU FOR YOUR PARTICIPATION"</p>	Main Sport - (write name of main sport)		Total Sports You're Playing -		1. Registration Fee	\$35	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 playing.</small>	+	4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5 (since 1 event fee is included with your Registration Fee)	-	5. Other Donation to SDSGA <small>Deductible IRS 501(c)(3) Thank You!</small>	+	6. Your TOTAL	=
Main Sport - (write name of main sport)																		
Total Sports You're Playing -																		
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3. Event Fees (if applicable): <small>Include the Event Fees of ALL the events you're playing.</small>	+																	
4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5 (since 1 event fee is included with your Registration Fee)	-																	
5. Other Donation to SDSGA <small>Deductible IRS 501(c)(3) Thank You!</small>	+																	
6. 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 _____

2019 TEAM Registration Form

FOR OFFICE USE ONLY

Date Rec'd _____

Check No. _____

Check Amt. _____

COMPLETE ALL INFORMATION (PLEASE PRINT CLEARLY) & PLEASE SIGN WAIVER

CAPTAINS MUST COMPLETE ONE TEAM REGISTRATION FORM AND ROSTER PER TEAM.

List all players, non-players, and captains/coaches on the roster along with other information.

Name of Team: _____

CAPTAIN or PERSON REGISTERING TEAM: *(Don't forget to put yourself on the roster)*

FIRST NAME: _____ LAST NAME: _____ MI: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ CELL: (____) _____

BIRTH DATE (mm/dd/yyyy): _____ AGE as of 12/31/19: _____

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

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

CO-CAPTAIN (if applicable): *(Don't forget to put this person on the roster)*

FIRST NAME: _____ LAST NAME: _____ MI: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ CELL: (____) _____

BIRTH DATE (mm/dd/yyyy): _____ AGE as of 12/31/19: _____

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

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

PLEASE CHECK YOUR SPORT DEADLINE!

REGISTRATION DEADLINE FOR EACH SPORT IS DIFFERENT. See details in Schedule of Events.

Each player **MUST** register individually. Team Coach or Manager/Captain must create the team before each player can register themselves.

2019 San Diego Senior Games Team Tournament Roster

PRINT **ALL** PLAYERS on the ROSTER and INFORMATION LEGIBLY and FILL OUT ALL DETAILS

Team Name: _____

AGE: 40+ 45+ 50+ 55+

60+ 65+ 70+ 75+

80+ 85+

SPORT and minimum age:

Men's Basketball (min. 50)

Men's Softball (min. 45)

Men's Volleyball (min. 50)

Women's Basketball (min. 40)

Women's Softball (min. 50)

Women's Volleyball (min. 45)

Women's Soccer (min.50)

Player Status: C = Captain CC = Co-Captain P = Player NP = Non Player

	Player's Name (first and last)	Date of Birth	Email (needed for player registration)	T-Shirt Size	Player Status
1	Team Captain				C
2	Co-Captain (if applicable)				CC
3					
4					
5					
6					
7					
8					
9					
10	Basketball Maximum				
11					
12					
13					
14					
15	Volleyball Maximum				
16					
17					
18					
19					
20	Softball and Soccer Maximum				
21	Coach Non-Player				
22	Extra Team Non-Player				



2019 CALIFORNIA SENIOR STATE CHAMPIONSHIPS
32nd Annual San Diego Senior Games
& Bill Earley Memorial Short Course Yards Swim Meet
September 29, 2019 - USMS Recognition #449-R001



Meet Information

Recognition: Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #449-R001.

Date/Time: Sunday, September 29, 2019. 9:00 am Warm-Up; 10:00 am Start

Location: Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110 - Outdoor, 25-yd, 6 lanes
 The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Officials times may be submitted for USMS records and USMS Top 10 consideration. Meet management provided by San Diego Swim Masters.

Entry & Deadlines: \$50 Online & Mail Entry closes at 6:00 pm on Sunday, September 22, 2019. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and Celebration of Athletes event.

Web Entry: www.SDSeniorGames.org

Program & Results: Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.

Host: San Diego Senior Games Association (www.SDSeniorGames.org)

Contact: SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

Swimmer Information

Name: _____ **Birthdate:** _____

Gender: Male [] Female [] **Age (on 09/29/2019):** _____

E-Mail: _____ **USMS (or Foreign Masters) #:** _____

Phone: () - _____ **Masters Club:** _____

Address: _____ **City, State & Zip:** _____

Schedule of Events

Events:	Event	Entry Time	Event	Entry Time
Entry times are required in order to place you in the proper heat and lane	#1 500 Freestyle	: .	#9 100 Individual Medley	: .
	#2 50 Breaststroke	: .	#10 100 Butterfly	: .
	#3 200 Backstroke	: .	#11 50 Freestyle	: .
	#4 200 Individual Medley	: .	#12 100 Breaststroke	: .
	#5 50 Butterfly	: .	#13 100 Backstroke	: .
	#6 100 Freestyle	: .	#14 200 Butterfly	: .
	#7 200 Breaststroke	: .	#15 200 Freestyle	: .
	#8 50 Backstroke	: .	#16 400 Individual Medley	: .

Enter up to 6 individual events; provide accurate times; do not omit a time; do not provide "no time."

Additional Information

T-Shirt: A T-Shirt is included; please indicate your size or "No Thanks" **Size:** _____

Meet is Open to the Public: This meet is open to the public. A United States Masters Swimming registration is not required. Masters swimmers providing a USMS number & USMS card copy will have times submitted for USMS National Top Ten. USMS members must list their Masters Club Affiliation; leave blank if a non-member.

Event Order: Events will be swum in the order listed above.

Awards: Gold, silver, and bronze medals will be awarded by gender age group for each event.

Entry By Mail: Mail (1) this completed form, (2) the below signed liability waiver, and a (3) check or money order payable to "SDSGA" to: SDSGA, Attn: Registration, P.O. Box 600007, San Diego, CA 92160. Please do not send cash. Additional donations are welcome and tax deductible; SDSGA is an IRS 501(c)(3) non profit corporation.

2019 CALIFORNIA SENIOR STATE CHAMPIONSHIPS

32nd Annual San Diego Senior Games & Bill Earley Memorial Short Course Yards Swim Meet

September 29, 2019 - USMS Recognition #449-R001

Release Of Liability

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.**

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Print Full Name

Signature

Date

2019 CALIFORNIA SENIOR STATE CHAMPIONSHIPS

32nd Annual San Diego Senior Games & Bill Earley Memorial Short Course Yards Swim Meet

September 29, 2019 - USMS Recognition #449-R001

- Recognition:** Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #449-R001.
- Date/Time:** Sunday, September 29, 2019. 9:00 am Warm-Up; 10:00 am Start
- Pool/Location:** Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110 - Outdoor, 25-yd, 6 lanes
- Location:** The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Officials times may be submitted for USMS records and USMS Top 10 consideration. Meet management provided by San Diego Swim Masters.
- Entry & Deadlines:** \$50 Online & Mail Entry closes at 6:00 pm on Sunday, September 22, 2019. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and Celebration of Athletes event.
- Web Entry:** www.SDSeniorGames.org
- Program & Results:** Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.
- Eligibility:** Open to swimmers age 50 or over as of 9/29/2019. USMS membership is NOT required. This is a USMS recognized meet. Times will be submitted to USMS Top Ten if a USMS number is included and a USMS card copy is attached to the entry form.
- Rules:** USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.
- Warm-Up & Warm-Down:** NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane where forward and backstroke starts can be practiced. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes, and forward and backstroke starts are NEVER permitted in warm-up and warm-down lanes.
- Events:** Swimmers may enter up to 6 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time". Entry times are required in order to place you in the proper heat
- Age Groups:** Swimmer competition age is age as of 9/29/2019 (date of meet). Individual age groups are 50-54, 55-59, 60-64, 65-69, 70-74, ... in five year increments.
- Relays:** No relays.
- Awards & Notes:** Gold, silver, and bronze medals will be awarded for each 5-year gender age group in each event. Violation of stroke, turn, start, and swim suit rules will result in disqualification. Remember, volunteers are running the meet; your cooperation is appreciated.
- Seeding & Check-In:** Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.
- Timers:** Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. Volunteers (and clubs and participants if needed) will assist with backup stopwatch/button timing during
- Directions:** To Mission Valley Y, 5505 Friars Rd. from I-5 South: Take exit 21 for Sea World Drive toward Tecolote Rd; turn right at Sea World Dr; turn left at Friars Rd; go past Napa St. to 5505 Friars Rd.
To Mission Valley Y, from I-5 North: Take I-8 east exit toward El Centro; follow signs for Morena Blvd; merge onto Morena Blvd; bear right at Linda Vista Rd; turn right at Napa St & left at Friars Rd. From I-8 West: Exit onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd.
- Parking:** Free parking is adjacent to the complex on both the east and west sides.
- SI Meeting:** A San Diego-Imperial LMSC meeting will take place during or following the meet.



REGISTRATION FORM

California Senior State Championships Pickleball Tournament



September 6-8, 2019

Melba Bishop Rec Center, 5306 River Rd. Oceanside, CA 92057

Schedule: Fri. Sept 6 - Women's DBLS & Men's Singles; Sat. Sept 7- MXD; Sun. Sept 8 - Men's DBLS & Women's Singles

Entry Deadline: Aug 23 Note: Entries received after Aug 20th may be assessed a \$10 late fee.

Entry Fee: \$55 includes first event. Each additional event - \$5 Contact Information: Jenae Alms (949) 378-5073

Format of Play: Double elimination. Some events may be merged. Larger age brackets may be split by skill level.

Gender (M or F): _____ Please circle desired (men's) T-shirt size: S M L XL XXL

Name: _____ Last First middle initial

Address: _____

Phone #: _____ Cell Phone #: _____ Birth Date: _____

Email Address: _____ Skill Level _____

Emergency Contact: _____ Phone #: _____

Total money enclosed with your entry: \$ _____ Payable to SDSGA (see mail to address below)

Mail payment and form to: Jenae Alms, 5558 Nanday Court, Oceanside, CA 92057-1914

I APPLY FOR ENTRY IN THE FOLLOWING EVENTS (PLEASE CHECK and CIRCLE)

- [] Senior Singles 50+ 55+ 60+ 65+ 70+ 75+ 80+
[] Senior Mixed 50+ 55+ 60+ 65+ 70+ 75+ 80+
[] Senior Doubles 50+ 55+ 60+ 65+ 70+ 75+ 80+

Partner's Name Partner's Phone Partner's Birth Date

Doubles: _____

Mixed: _____

Entrants DO NOT need to be USAPA members to participate. This is not a qualifying year for Nationals.

RELEASE, PERMISSION, AND INDEMNITY AGREEMENT

Release. In consideration of being permitted to participate in any way in the San Diego Senior Games ("the Tournament"), I, for myself, my heirs or assigns, hereby release, waive, discharge and covenant not to sue the San Diego Senior Games as well as: Jenae Alms, Tournament Director, MBPBA board members, all volunteers, Melba Bishop staff, the City of Oceanside, their officers, employees and agents from liability from any and all claims resulting in personal injuries, accidents or illnesses (including death) and property loss arising from, but not limited to, participation in the Tournament.

Assumption of Risk. Participation in the Tournament carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary but include 1) minor injuries such as bruises, sprains and dehydration, 2) major injuries such as eye injuries, joint or back injuries, heat stroke, heart attacks, and concussions, and 3) catastrophic injuries such as paralysis and death. I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in playing pickleball. I assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless. I also agree to indemnify and hold the SDSGA and all named above harmless from any and all claims, actions, suits, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the Tournament.

Use Permission. I also give the SDSGA and its agents and designees permission to use or distribute, without limitation or obligation, my image, name, voice, and words for any purpose connected with the Tournament, including promotional, marketing, training, informational, and archival uses.

Signature of Participant

Print Name of Participant

Date



2019 California Senior State Championships Fitness Exercise Description

1. **Kettlebell box squat** (single attempt for max reps; choose 8 or 12 kg for females, 16 or 20 kg for males; stand facing wall, toes 6 inches or less from wall; squat down touch buttocks to box with knees breaking 90 degrees; box height will be adjusted for each contestant)
2. **Barbell bench press** (single attempt for max reps; choose 33lb or 45lb for females, 65lb or 95lb for males; touch bar to chest and lock out elbows)
3. **Chin ups** (single attempt for max reps; extend elbows all the way, chin above bar)
4. **Farmers walk** (single attempt for distance in yards; half of bodyweight; can use kettlebells or dumbbells)
5. **Keg toss** (3 attempts for distance in yards; use Dynamax balls; 8 lb for women and 12 lb for men)
6. **300 yard shuttle run** (single attempt for time; 25 yard marker; sprint down and back 6 times for a total of 300 yds)
7. **Concept 2 rower** (single attempt, row 500 meters for time at level 10)
8. **Jump rope** (single attempt; jump rope 1 minute as many clear rotations as possible)
9. **Prowler push** (single attempt for time; 1 plate (45 lbs) on each side for females, 2 (45 lbs) plates on each side for males; 50 yard push, push down to past the 25 yard line turn around and push back)
10. **Movement shuttle** (single attempt for time, bear crawl 5 yards and back, shuffle 10 yards and back, sprint 15 yards and back.

List of Events created by Fitness Quest 10



MISSION STATEMENT

The San Diego Senior Games Association (SDSGA) is a California non-profit corporation committed to encouraging adults, age 50 and over, to carry on vigorous lives by developing and maintaining adequate personal physical fitness through regular participation in recreational activities, sports, physical fitness activities and educational programs.

2019 BOARD OF DIRECTORS

- James Pauley
- Suzie Korth
- Charles Johnson
- Susanne Carvalho

Executive Director/Games Commissioner

- Kirsten Cummings

AGE FOR COMPETITION

Participants will register according to their age as of December 31, 2018. Age categories for both men and women are 50-54, 55-59, 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95+ and 100+. Age categories for doubles and teams will be determined by the age of the youngest player as of December 31, 2018. Swimming age is determined by the day of event. Some sports offer 40-44 and 45-49 age divisions. See Schedule of Events to learn more.

PARTNERS

A partner should be indicated on the registration form by full name, birthdate, and age. If you are a player looking for a Doubles Partner, please contact the Sport Commissioner or call 858 292-5812. You may only participate in one doubles and one mixed doubles per event. The age of the youngest partner will determine the age category. All partner changes must be made one week before the competition. Partner changes are not allowed on site.

AWARDS

Gold, Silver, and Bronze medals will be awarded in each sport by gender and age division. Medals will be presented at the conclusion of the event and will not be mailed.

EQUIPMENT

Participants are required to provide their own equipment for the events entered (except as specified under the sport description). Please be sure to mark your personal items and do not leave valuables unattended. SDSGA is not responsible for the loss or damage of any athlete's personal equipment.



Questions? Contact the SDSGA office info@SDSeniorGames.org or Call 858 292-5812
Or contact your Sport Commissioner listed in the Schedule of Events

UNIFORMS

All athletes must wear the appropriate athletic type of clothing and shoes for the sport(s) in which they are competing. Team sports require like color and style numbered uniforms. Equipment, clothing or shoes that are inappropriate or in violation of the sports rules will be cause for disqualification. The SDSGA Sport Commissioners have been authorized to make this determination. If you have any questions, please contact the Commissioner.

SPORTSMANSHIP/CONDUCT

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

INSURANCE

The SDSGA has a General Liability Insurance Policy for the Games. This insurance does not cover property loss, damage to the participant, or medical cost if an accident or injury occurs during the normal routine of competition or during travel to and from the competition. **Each participant is responsible for his or her own medical insurance.** Prior to competition, each athlete MUST SIGN a waiver, or the athlete will not be eligible to participate.

MEDICAL ASSISTANCE

The SDSGA will attempt to have qualified athletic trainers and/or medical personnel on site. Participants are responsible for any emergency fees, ambulance fees, or otherwise.

EVENT CANCELLATION

In the event of inclement weather or unusual extenuating circumstances, Games Officials or SDSGA Board of Directors or Games Commissioners reserve the right to cancel or reschedule events.

During the Games, call your Commissioner, the SDSGA Games office at (858) 292-5812, or check the website if the weather looks uncertain. There will be no refunds for events cancelled due to weather, war or an act of God.

The SDSGA also reserves the right to combine age divisions and cancel any event due to insufficient entries. Cancellations due to insufficient entries will be given refunds.

CELEBRATION OF ATHLETES

All Sponsors and Athletes are invited to attend the Opening Ceremonies. There is a limit of 100 spots available so reservations are being taken on a first-come, first-served basis. The 2019 *Celebration of Athletes* will be held at the War Memorial Building in Balboa Park, September 20th, from 6:30-8:30pm. **RSVP is required.** Call (858) 292-5812 or email info@SDSeniorGames.org.

SCHOLARSHIP PROGRAM

The *San Diego Senior Games Association* and *Front Porch* have created a scholarship program that encourages participation in the San Diego Senior Games. If you are a participant in the Wounded Warriors Program or are in need of fee assistance in order to register, please contact us at (858) 292-5812. You may also email Kirsten@SDSeniorGames.org

Questions? Contact the SDSGA office info@SDSeniorGames.org or Call 858 292-5812
Or contact your Sport Commissioner listed in the Schedule of Events



Volunteer Application CALIFORNIA SENIOR STATE CHAMPIONSHIP



Date: _____

Thank you for your interest in volunteering with the San Diego Senior Games. In an effort to see how your ability, interest, and talents might be put to best use, please complete the following information and return this form to our office. There is a great need for volunteers and your help will be most appreciated by all. We are looking forward to seeing you this year.

Please PRINT clearly:

First Name: _____ Last Name: _____ MI: _____

Address: _____ APT#: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Cell Phone: _____ Birthdate: _____

Email: _____ Gender: Male Female

Agency Group/Club: _____ T-Shirt Size: _____

Interest: (PLEASE CHECK ALL THAT APPLY)

- | | | |
|--|--|--|
| <input type="checkbox"/> Participate in games | <input type="checkbox"/> Marketing | <input type="checkbox"/> Sponsor an Event |
| <input type="checkbox"/> Help organize an Event | <input type="checkbox"/> Computer Work/Skills | <input type="checkbox"/> Donate a Prize |
| <input type="checkbox"/> Medical Volunteer | <input type="checkbox"/> Help with Luncheons | <input type="checkbox"/> Be A Board Member |
| <input type="checkbox"/> Photo/Video Work | <input type="checkbox"/> Clerical/Phone Skills | <input type="checkbox"/> General Office Work |
| <input type="checkbox"/> Help with Certain Sport _____ | | |

Other Areas of Interest / Suggestions:

How did you hear about us?

Contact: Office 858-292-5812 Email: info@SDSeniorGames.org Website: SDSeniorGames.org

SDSGA - attn: volunteer

PO BOX 600007

San Diego CA 92160



2019 California Senior Games Calendar

The 2021 National Senior Games will be in Fort Lauderdale, Florida. To qualify, you must compete in a California Qualifying event. The Californian sites in 2020 will be in San Diego and the Bay Area.

For more information, please visit: CaliforniaSeniorGames.org

February 7-10, 2019

Palm Desert Senior Games
Contact: Ashley Fread
Phone: 760.568.9697
Email: afread@drd.us.com

April 20 - June 8, 2019

Bay Area Senior Games
Contact: Anne Warner Cribbs,
Director Email:
info@bayareaseiniorgames.org
Phone: 650.323.9400
www.bayareaseiniorgames.org

May 31 - June 15, 2019 & June 29

Sonoma Wine Country Games
Contact: Leigh Galten
Email: lgalten@councilonaging.com
Phone: 707.525.0143 x121
Council on Aging
30 Kawana Springs Rd.
Santa Rosa, CA 95404
www.winecountrygames.com

April 27 - July 20, 2019

Pasadena Senior Games
Contact: Annie Laskey
Email:
AnnieL@Pasadenaseniiorcenter.org
Phone: 626.685.6702
www.pasadenaseniiorcenter.org

August 17 - October 6, 2019

San Diego Senior Olympics
Contact: Kirsten Cummings, Executive
Director, Phone: 858.292.5812 Email:
info@sdseniorgames.org
www.sdseniorgames.org

September 20 - October 5, 2019

Inland Empire Games
Contact: Lakeisha Jackson
Email: Jackson_La@sbcity.org Phone:

March 23 & 24, and March 30 & 31, 2019

2017 Visalia Senior Games Dates
Website: VisaliaSeniorGames.com
Email: Recreation@Visalia.City
Contact: Visalia Parks and Recreation
Department,
www.liveandplayvisalia.com,
(559)713-4365



Thank You!

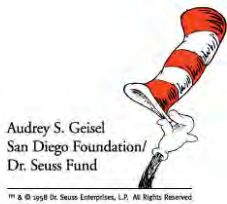
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