

# California Senior State Championships

## Registration Book

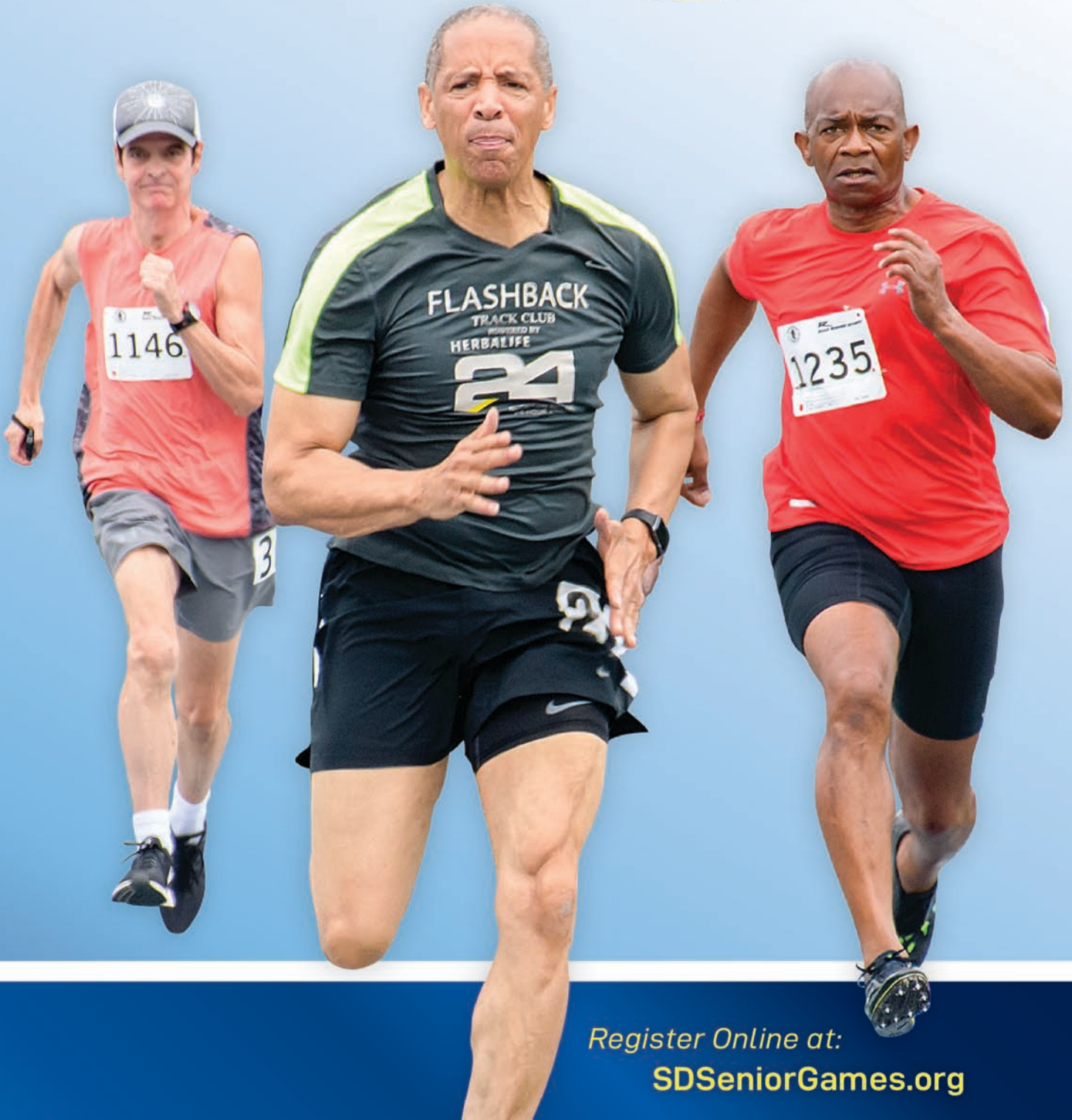
August 17 - October 6, 2019



25+ competitive sports for men & women age 50+

Hosted by -

**SAN DIEGO**  
*Senior Games*



Register Online at:

[SDSeniorGames.org](http://SDSeniorGames.org)



## Introducing At Your Best by UnitedHealthcare™

At Your Best by UnitedHealthcare™ — available at no additional cost to you starting January 1, 2020 — gives you more than you expected as an insured member of an AARP® Medicare Supplement Insurance Plan, insured by UnitedHealthcare Insurance Company (UnitedHealthcare). The offering includes health and wellness resources, discount programs and support services to help you live better.

With the newly expanded services, insured members will have access to an extensive network of participating gyms and fitness locations\* at no additional cost, a hearing program, 24/7 Nurse line, and more.

**Call UnitedHealthcare now to request information about AARP Medicare Supplement Plans and to learn more about At Your Best by UnitedHealthcare.**

**1-844-275-9037**

**atyourbestbyuhc.com**



**WELLNESS**



**DISCOUNTS**



**SUPPORT**

**At Your Best by UnitedHealthcare™**



**Medicare Supplement Plans**  
insured by **UnitedHealthcare Insurance Company**

\* Availability of fitness program may vary by area. Fitness program network only includes participating facilities and locations.

**These are additional insured member services apart from the AARP Medicare Supplement Plan benefits, are not insurance programs, are subject to geographical availability, and may be discontinued at any time.** None of these programs should be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. Note that certain services are provided by Affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare.

AARP endorses the AARP Medicare Supplement Insurance Plans, insured by UnitedHealthcare Insurance Company. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. AARP does not employ or endorse agents, brokers or producers.

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

AARP Medicare Supplement Insurance Plans insured by UnitedHealthcare Insurance Company, Horsham, PA. Policy Form No. GRP 79171 GPS-1 (G-36000-4).

**In some states, plans may be available to persons under age 65 who are eligible for Medicare by reason of disability or End-Stage Renal Disease.**

**Not connected with or endorsed by the U.S. Government or the federal Medicare program.**

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

THESE PLANS HAVE ELIGIBILITY REQUIREMENTS, EXCLUSIONS AND LIMITATIONS. FOR COSTS AND COMPLETE DETAILS (INCLUDING OUTLINES OF COVERAGE), CALL A LICENSED INSURANCE AGENT/PRODUCER AT THE NUMBER SHOWN.

AS3072ST

# 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.  
**Front Porch retirement communities.**



Carlsbad By The Sea  
Carlsbad, CA  
800-255-1556  
carlsbadbythesea.org

Fredericka Manor  
Chula Vista, CA  
800.310.4696  
frederickamanor.org

Casa de Mañana  
La Jolla, CA  
800-959-7010  
casademanana.org

Wesley Palms  
San Diego, CA  
858-274-4110  
wesleypalms.org



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@sandigo.gov](mailto:MarlaD@sandigo.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 BONUSSES

### HOW TO REGISTER

**ONLINE** – Go to [SDSeniorGames.org](http://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](http://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](mailto: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 20 - Celebration of Athletes

**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](mailto: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
<b>Badminton</b>	50+	Sept. 14	<b>Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101</b>	<b>Joe Long linejudge1996@gmail.com</b>	<b>Sept. 1</b>
Basketball (mens)	50+	Sept. 21	Balboa Municipal Gym 2111 Pan American Plaza San Diego, CA 92191	Jerry Sullivan JerrySullivan@cox.net	Sept. 14
<b>Basketball (womens)</b>	40+	Sept. 14 & 15	<b>Corky's Gymnasium 274 Pico Ave. San Marcos, CA 92069</b>	Jackie Luzak JackieLuzak@gmail.com	<b>Sept. 2</b>
Basketball Shooting (mens)	40+	Sept. 21	Balboa Municipal Gym 2111 Pan American Plaza San Diego, CA 92191	James Pauley CoachPauley@mail.com	Sept. 21
<b>Basketball Shooting (womens)</b>	40+	Sept. 14	<b>Corky's Gymnasium 274 Pico Ave. San Marcos, CA 92069</b>	<b>James Pauley CoachPauley@mail.com</b>	<b>Sept. 14</b>
Bowling	50+	Aug. 24 & 25	Kearny Mesa Bowl 7585 Clairemont Mesa Blvd. San Diego, CA 92111	Kelly Ferguson kferguson8@yahoo.com	Aug. 10
<b>Fitness</b>	50+	Sept. 22	<b>Fitness Quest 10 9972 Scripps Ranch Blvd. San Diego, CA 92131</b>	<b>Stan Williams stanwill1@gmail.com</b>	Sept. 15
Golf	40+	Oct. 6	RiverWalk Golf Course 1150 Fashion Valley Rd. San Diego, CA 92108	Debbie Williams dwilliams@SDSeniorGames.org	Sept. 28
<b>Horseshoes</b>	40+	Sept. 8	<b>Balboa Park Horseshoe Juniper St. (6th Ave) San Diego, CA 92101</b>	<b>Jay Bishop and Jim Knotts jayhawker60@aol.com</b>	<b>Sept. 4</b>



# 2019 California Senior Games Schedule of Events

*Held in Conjunction with the San Diego Senior Games*

<b>Sport</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>	<b>Commissioner</b>	<b>Deadline</b>
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
<b>Paddleball</b>	40+	Sept. 29	<b>Pacific Paddleball Club</b> 9391 Broadview Ave. San Diego, CA 92123	<b>Len Sonnenberg</b> 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
<b>Power Walk</b>	50+	Sept. 7 & 8	<b>Lake Miramar</b> 10710 Scripps Lake Drive San Diego, CA 92121	<b>Gary MacDonald</b> 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
<b>Racquetball</b>	40+	Sept. 14	<b>San Diego State University</b> 21 Peterson Gym San Diego, CA 92182	<b>Len Sonnenberg</b> 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
<b>Shuffleboard</b>	50+	Sept. 7	<b>Park Avenue Community Center</b> 210 East Park Avenue Escondido, CA 92025	<b>Jim Travers</b> 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
<b>Softball (Mens)</b>	40+	Aug. 17 & 18	<b>Sports Complex USA</b> 12349 Mclvers Ct. Poway, CA 92064	<b>Nathaniel Hines</b> nhinesjr@gmail.com	Aug. 10

# 2019 California Senior Games Schedule of Events

*Held in Conjunction with the San Diego Senior Games*

<b>Sport</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>	<b>Commissioner</b>	<b>Deadline</b>
Softball (Womens)	50+	Sept. 14 & 15	Hourglass Park 10301 Black Mountain Rd. San Diego, CA 92126	Mary Knapik knapikm@yahoo.com	Sept. 6
<b>Swimming</b>	<b>50+</b>	<b>Sept. 29</b>	<b>Mission Valley YMCA</b> <b>5505 Friars Road</b> <b>San Diego, CA 92110</b>	<b>Kenton Jones</b> <b>kerujo@aol.com</b>	<b>Sept. 22</b>
Table Tennis	45+	Sept. 21	Balboa Park Activity Center 2145 Park Blvd. San Diego, CA 92101	Steve McGrew stevemcgrw00@gmail.com	Sept. 14
<b>Tennis</b>	<b>50+</b>	<b>Sept. 14 &amp; 15</b>	<b>Balboa Tennis Center</b> <b>2221 Morley Field Dr.</b> <b>San Diego, CA 92104</b>	<b>Rick Beltran</b> <b>RickBeltran@gmail.com</b>	<b>Sept. 7</b>
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
<b>Volleyball (Mens)</b>	<b>50+</b>	<b>Sept. 8</b>	<b>Balboa Park Activity Center</b> <b>2145 Park Blvd.</b> <b>San Diego, CA 92101</b>	<b>Patsy and Farid Karimi</b> <b>prcortez@aol.com</b>	<b>Aug. 23</b>
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 1

- 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+) (\$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, Scripps Ranch, **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:** 50+ **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><b>Make checks payable to:</b> <b>SDSGA</b></p> <p><b>Mail Entry Form, Waiver &amp; Check for Fees to:</b> <b>SDSGA attn: Registration PO</b> <b>BOX 600007</b> <b>San Diego CA 92160</b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>QUESTIONS</b></p> <p>Contact the sport's commissioner shown on the Schedule of Events page or call 858-292-5812</p>	<p><b>Please Circle T-shirt Size</b></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><b>How did you hear about us?</b> _____</p>	<p><b>Main Sport</b> - (write name of main sport)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;"><b>Total Sports You're Playing -</b></td> <td style="width: 20%;"></td> </tr> <tr> <td><b>1. Registration Fee</b></td> <td style="text-align: right;"><b>\$35</b></td> </tr> <tr> <td><b>2. Sport Fees</b> (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><b>3. Event Fees</b> (if applicable): <small>Include the Event Fees of ALL the events you're playing.</small></td> <td style="text-align: right;">+</td> </tr> <tr> <td><b>4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5</b> (since 1 event fee is included with your Registration Fee)</td> <td style="text-align: right;">-</td> </tr> <tr> <td><b>5. Other Donation to SDSGA</b> <small>Deductible IRS 501(c)(3) <i>Thank You!</i></small></td> <td style="text-align: right;">+</td> </tr> <tr> <td><b>6. Your TOTAL</b></td> <td style="text-align: right;">=</td> </tr> </table> <p style="text-align: center;"><b>"THANK YOU FOR YOUR PARTICIPATION"</b></p>	<b>Total Sports You're Playing -</b>		<b>1. Registration Fee</b>	<b>\$35</b>	<b>2. Sport Fees</b> (if applicable) <small>Include the Sport Fees for ALL the sports you're playing.</small>	+	<b>3. Event Fees</b> (if applicable): <small>Include the Event Fees of ALL the events you're playing.</small>	+	<b>4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5</b> (since 1 event fee is included with your Registration Fee)	-	<b>5. Other Donation to SDSGA</b> <small>Deductible IRS 501(c)(3) <i>Thank You!</i></small>	+	<b>6. Your TOTAL</b>	=
<b>Total Sports You're Playing -</b>																
<b>1. Registration Fee</b>	<b>\$35</b>															
<b>2. Sport Fees</b> (if applicable) <small>Include the Sport Fees for ALL the sports you're playing.</small>	+															
<b>3. Event Fees</b> (if applicable): <small>Include the Event Fees of ALL the events you're playing.</small>	+															
<b>4. IF YOUR MAIN SPORT has Event Fees, Subtract \$5</b> (since 1 event fee is included with your Registration Fee)	-															
<b>5. Other Donation to SDSGA</b> <small>Deductible IRS 501(c)(3) <i>Thank You!</i></small>	+															
<b>6. Your TOTAL</b>	=															

**\*\*\* 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](http://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](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://www.USMS.org).

**Host:** San Diego Senior Games Association ([www.SDSeniorGames.org](http://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.**

**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 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](http://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](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://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+

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

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

Doubles: \_\_\_\_\_

Mixed: \_\_\_\_\_

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
- Gwendolyn Smith

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](mailto: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 20<sup>th</sup>, from 6:30-8:30pm. **RSVP is required.** Call (858) 292-5812 or email [info@SDSeniorGames.org](mailto: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](mailto:Kirsten@SDSeniorGames.org)

Questions? Contact the SDSGA office [info@SDSeniorGames.org](mailto: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](mailto:info@SDSeniorGames.org) Website: [SDSeniorGames.org](http://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](http://CaliforniaSeniorGames.org)

### February 7-10, 2019

Palm Desert Senior Games  
Contact: Ashley Fread  
Phone: 760.568.9697  
Email: [afread@drd.us.com](mailto:afread@drd.us.com)

### April 20 - June 8, 2019

Bay Area Senior Games  
Contact: Anne Warner Cribbs,  
Director Email:  
[info@bayareaseiniorgames.org](mailto:info@bayareaseiniorgames.org)  
Phone: 650.323.9400  
[www.bayareaseiniorgames.org](http://www.bayareaseiniorgames.org)

### May 31 - June 15, 2019 & June 29

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

### April 27 - July 20, 2019

Pasadena Senior Games  
Contact: Annie Laskey  
Email:  
[AnnieL@Pasadenaseniiorcenter.org](mailto:AnnieL@Pasadenaseniiorcenter.org)  
Phone: 626.685.6702  
[www.pasadenaseniiorcenter.org](http://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](mailto:info@sdseniorgames.org)  
[www.sdseniorgames.org](http://www.sdseniorgames.org)

### September 20 - October 5, 2019

Inland Empire Games  
Contact: Lakeisha Jackson  
Email: [Jackson\\_La@sbcity.org](mailto:Jackson_La@sbcity.org) Phone:

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

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



*Thank You!*

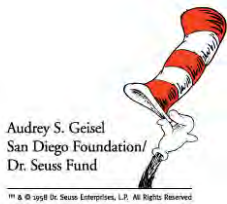
**COMMUNITY PARTNERS & SPONSORS**



Medicare Supplement Plans  
insured by **UnitedHealthcare  
Insurance Company**



**Park &  
Recreation**



**Carlsbad By The Sea  
Casa de Mañana  
Fredericka Manor  
Wesley Palms**

**Paradise Point**  
San Diego's Island Resort



A  **Sempra Energy utility**®

Thank You!

FOR YOUR SUPPORT....



**DeborahGoss.com**  
Graphic Design & Illustration



*Basketball For Life!*



increase your reach



By Max Morgan Design



# SAN DIEGO SENIOR GAMES

PO BOX 600007  
SAN DIEGO, CA • 92160  
(858) 292-5812

[info@SDSeniorGames.org](mailto:info@SDSeniorGames.org) • [www.facebook.com/SanDiegoSeniorGames](http://www.facebook.com/SanDiegoSeniorGames)

In Partnership with:

The City of  
**SAN DIEGO**  
Park and Recreation Department



**AARP** Medicare Supplement Plans  
insured by **UnitedHealthcare**  
Insurance Company



[fpretirement.net](http://fpretirement.net)

Carlsbad By The Sea  
Casa de Mañana  
Fredericka Manor  
Wesley Palms



*Badminton • Basketball • Bowling • Golf • Horseshoes • Paddleball  
Pickleball • Raquetball • Road Race & Walk • Shuffleboard • Soccer  
Softball • Swimming • Track & Field • Volleyball • And More!*