

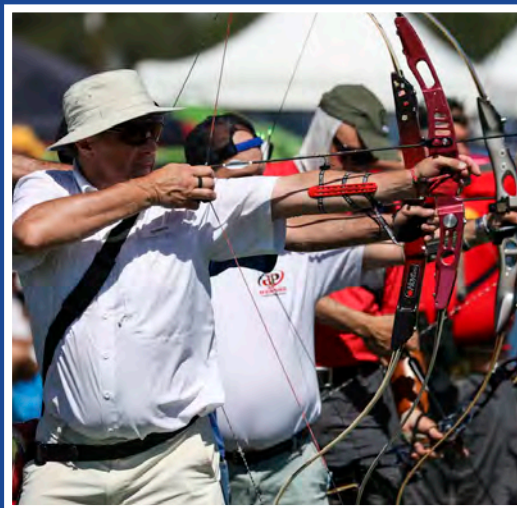
ENTRY PACKET



California Senior State Championships

25+ competitive sports for men & women age 50+

Hosted by - **SAN DIEGO**
Senior Games



August - November, 2021

Register Online at:
SDSeniorGames.org



SAN DIEGO
Senior Games



Presenting the 2021 California Senior State Championships hosted by the San Diego Senior Games

We made it!

Welcome to our 34th year as San Diego's only multi-sport event for amateur athletes aged 50 years and older. Our longstanding success as a member of the *National Senior Games Association (NSGA)* is thanks to our amazing sponsors, partners, volunteers and YOU - the inspirational participants. This is an especially exciting year for the *San Diego Senior Games Association (SDSGA)* as we proudly host the California State Championships, the biennial qualifying games for national competition.

Together, We All Win!

As a global community of active older adults, we want to express our sympathy to those who lost teammates, friends and family members during the pandemic. The value that our community brings is even more visible after the changes we all experienced to our daily lives, social connections -- and to our fitness and sports training routines. Thanks to the collective movement, we are back this year to meet in person for healthy competition and much-needed camaraderie!

Registration is Rolling!

We've adapted to the challenges in securing local venues by creating a rolling registration process. This means that we will open online registration for each sport as reservations are finalized, rather than for all events at once. Watch your email and check our website for the latest updates!

Participation Has So Many Benefits!

Your participant contribution for the 2021 *San Diego Senior Games / California Senior State Championships* will be a one-time Individual Fee plus a Sport Fee for each event you choose. (Each sport has its own fee and multi-sport registration is encouraged to get the most out of our annual Senior Games experience!)

In addition to the memories made in San Diego while connecting and competing with your community of age 50+ athletes, participation benefits include:

- 2021 *San Diego Senior Games* "Together, We All Win" Collectible T-Shirt!
- Qualifying opportunity for the *National Senior Games (NSGA)* competition, being held in Florida in May 2022!
- Giveaways at vendor tables (at most venues)!

HOW TO REGISTER

ONLINE – Go to SDSeniorGames.org and click on a Registration button or image to access the online system.

- Make sure all fields are filled in accurately
- Select any sport(s) of your choice in 2021 - no limit to how many events can join!
- Submit registration fees online by credit card

If you don't receive a confirmation email in a timely manner, contact us by email at info@sdseniorgames.org or phone 858-292-5812.

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.

MAIL IN

Download and print the registration forms from our website (SDSeniorGames.org) or call our office (858-292-5812) to request a registration form be mailed to you.

- Complete the registration form and mail it with payment (personal or company check, money order or cashier's check payable to "SDSGA" or credit card authorization form) to:

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

If you don't receive a confirmation letter in a timely manner, contact us by email at info@sdseniorgames.org or phone 858-292-5812.

REGISTRATION FEES

There is a one-time Registration Fee of \$35.00 due upon registering. There is also a Sport Fee for every event. These additional Sport Fees are based on the cost to run that event such as officials and facilities. Note: "Team Fees" have been discontinued.

TENTATIVE SPORTS FEE'S (*subject to change once event reservations are confirmed):

*Archery – \$10

*Badminton – \$10

*Basketball - Men's – \$10

Basketball - Women's – \$10

*Basketball Shooting - Men's – \$10

Basketball Shooting - Women's – \$10

*Beach Volleyball - Men's – \$10

*Beach Volleyball - Women's – \$10

*Bowling – \$10

Fitness – \$15

*Golf – \$55

*Horseshoes – \$10

*Lawn Games – \$10

Paddleball – \$10

*Pickleball – \$30

*Power Walk – \$5

*Race Walk – \$5

*Racquetball – \$10

Road Race, 5K and 10K – \$5

*Soccer - Women's – \$25

Softball - Men's – \$15

Softball - Women's – \$15

*Swimming – \$15

*Table Tennis – \$10

*Tennis – \$15

*Track and Field – \$10 (plus an Event Fee of \$5 per Track and Field event)

*Volleyball - Men's – \$20

*Volleyball - Women's – \$20

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 GUIDELINES

Registration is first come, first served. Online and mail-in registrations are handled as they are received. SDSGA cannot be held responsible for lost or misdirected mail or technical difficulties in online registration. If you are playing in a Team Sport, such as soccer or basketball, confirm that your team Manager / Team Captain has registered your team before you begin your sport registration.

You may register for as many sports/events as you'd like. 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.

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 events and will not be mailed.

REFUNDS

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

Cancellation of Event(s) – 100% refund

30+ days of event(s) – 100% refund

15-29 days of event(s) – 50% refund

0-14 days of event(s) – No refund

SCHEDULING (effective July 12, 2021)

2021 Games Schedule – by Date

August 21-22 – Softball (Men's)

September 4 – Lawn Games

September 5 – Horseshoes

September 11 – Road Race Running 5K

September 11 -12 - Softball (Women's)

Volleyball (Women's) TBD

Volleyball (Men's) TBD

Road Race Running 10K

September 18 – Badminton

September 18-19 – Basketball (Women's)

September 18-19 – Bowling

September 19 – Basketball Shooting

September 19 – Fitness

September 25 – Table Tennis

September 26 – Paddleball

Dates TBD – Basketball (Men's)

Dates TBD – Beach Volleyball

Dates TBD – Golf

Dates TBD – Power Walk

Dates TBD – Race Walk

Dates TBD – Racquetball

Dates TBD – Soccer (Women's)

Dates TBD – Swimming

Dates TBD – Tennis

Dates TBD – Track & Field

2021 Games Schedule – Alphabetical

Archery – TBD

Badminton – September 18

Basketball (Men's) – TBD

Basketball (Women's) – September 18-19

Basketball Shooting (Men's) – September 19

Basketball Shooting (Women's) TBD

Beach Volleyball (Men's) – TBD

Beach Volleyball (Women's) – TBD

Bowling – September 18-19

Fitness – September 19

Golf – TBD

Horseshoes – September 5

Lawn Games – September 4

Paddleball – September 26

Pickleball – September 17-19

Power Walk – TBD

Race Walk – TBD

Racquetball – TBD

Road Race Running 5K – September 11

Road Race Running 10K – September 12

Soccer (Women's) – TBD

Softball (Men's) – August 21-22

Softball (Women's) – September 11 -12

Swimming – TBD

Table Tennis – September 25

Tennis – TBD

Track and Field – TBD

Volleyball (Men's) - TBD

Volleyball (Women's) – TBD

Understanding the Fee Structure of the 2021 Games

The San Diego Senior Games makes every effort to keep the Games as affordable as possible. Each participant contributes a single **Registration Fee** and a **Sport Fee** for each sport. For Track and Field only, an **Event Fee** will be added.

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.

To clarify how this works:

- **Registration Fee** – All athletes pay an individual Registration Fee of \$35.00 at the time of registration. *For example, whether you play in one sport or five sports, you only pay one Registration Fee.*
- **Sport Fee** – All sports have an additional “Sport Fee” to help offset the costs of that particular sport. *For example, BASKETBALL, RACQUETBALL, and TRACK & FIELD all have a Sport Fee of \$10 to help offset the courts, lanes, and fields costs.*
- **Event Fee** – Only Track and Field will have an additional “Event Fee” of \$5 per event. Your Registration Fee of \$35 includes one event. *For example, if you are competing in five events, you will pay for four events of \$5 each.*

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 – One of the greatest things about our pricing structure (which began in 2018), is that athletes can play in multiple sports for only the Sport Fee (plus any associated Event Fees for Track and Field). *For example, if you’re a SOCCER player, you could also play SOFTBALL for only \$15 more. Or, if you’re a BOWLER, you could also play HORSESHOES for only \$10 more.*

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





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.

2021 BOARD OF DIRECTORS

- James Pauley
- Suzie Korth
- Charles Johnson

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 the 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 2021 *Celebration of Athletes* will be announced to all athletes via email and website. **RSVP is required.** Call (858) 292-5812 or email info@SDSeniorGames.org.

SPONSORSHIP OPPORTUNITIES

The *San Diego Senior Games Association* is devoted to the community of San Diego athletes and their businesses. If you are an athlete and would like to promote your business through our Sponsor Packet, please let us know. All athletes will have a discounted rate. Email us at info@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

COVID-19 GUIDELINES

The safety of our participants is our priority. We are committed to following the state and local COVID-19 guidelines and policies. Check our website for the most up-to-date health and safety protocols we plan to endorse at the 2021 California Senior State Championships. Please check regularly as updates may be made that affect your participation.

QUALIFIERS FOR NATIONAL SENIOR GAMES

The 2021 California Senior State Championships, hosted by the San Diego Senior Games Association serves as the qualifying site for the 2022 National Senior Games to be held May 10-23, 2022 in Fort Lauderdale, Florida. Due to the cancelation of the Games in 2020, the NSGA has issued a qualifying adjustment amendment. If you wish to see if you have qualified in either 2016 or 2018, access our website. If you are new or have never qualified, you may use this event to qualify provided you have met the sport/event qualification standards.



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

COVID-19 General and Sport -Specific Guidelines for Participants and Guests at the 2021 *California Senior State Championship* hosted by the *San Diego Senior Games*

We are thrilled to be back after a year-long absence. We look forward to seeing each of you again, and hopefully some new faces as well! Although state restrictions have been partially lifted, we still need to take precautions and focus on the safety of our participants. We are committed to following the state and local COVID guidelines and policies. Below you will find the health and safety protocols we will endorse at the 2021 Games. Keep in mind, updates may be issued, so check back with us regularly.

General Guidelines for All Participants and Guests:

- All participants will sign a waiver with Covid- 19 verbiage as part of the registration process.
- All participants will need to verify their current email or cell phone number at check in that can be used for contact tracing.
- All participants need to bring their own mask. Masks are not required, but are encouraged.
- Although water will be available at all events, participants are encouraged to bring their own water bottles.
- Physical distancing will be encouraged throughout the Games.
- Washing hands often will be encouraged.
- Hand sanitizer will be made available, but participants should also bring their own.
- Signs will be posted at all venues to remind everyone to watch for symptoms, wear a mask, stay 6- feet apart and wash hands regularly.
- Using cash for purchases is discouraged. Instead, plan to use a credit or debit card.
- Sport- specific guidelines will be available below and on individual sport pages.
- In an effort to keep our athletes, volunteers, staff and community safe and due to a lack of venue space for social distancing, the Games has not yet scheduled a Celebration of Athletes this year.

Keep in Mind:

- San Diego is currently a moderate- transmission area.
- Travel for at- risk individuals is currently discouraged.
- Large group gatherings without mask are also discouraged.
- No one will be allowed to compete or attend competitions if they are exhibiting symptoms or feeling ill. Please stay home if you do not feel well.

- It is strongly recommended that if possible, you get vaccinated for COVID- 19 before you attend the Games.

ATHLETE CONSIDERATIONS:

Prepare to Play

- Arrive dressed and prepared to play.
- Arrive as close as possible to when the activity begins but be mindful of the tournament's check-in policies and plan accordingly.
- Bring individual hand sanitizer for sole use.
- Bring enough water and snacks for individual use throughout the event.
- Don't attend if you or a member of your household doesn't feel well.

During Play

- Follow directions for spacing and other outlined social distancing instructions.
- Avoid handshakes, high fives and other contact related encouragement.
- Avoid touching your face.
- Do not share personal equipment such as paddles or bats.
- If equipment must be shared i.e. javelins or balls, they must be sanitized after each use.
- If utilizing benches, encourage social distancing and disinfect frequently.
- Avoid sharing food, drinks, towels and other personal care items.
- Wash and sanitize hands often.
- During warm-up players should spread out and maintain physical distances.

After Play

- Wash hands thoroughly or use a hand sanitizer after activity.
- Leave facility as soon as reasonably possible after activity finishes.
- Shower and change at home.
- Disinfect all personal equipment.
- Wash all clothing worn after each day.

In addition to the above general guidelines, some sports have additional requirements in order to comply with sanctioning guidelines or additional safety requirements. All guidelines are subject to change.

Basketball:

- Vaccination is required for all players, officials and volunteers.
- Spectators not allowed unless they show proof of Vaccination.
- Athletes must submit proof of vaccination before tournament.

Beach Volleyball:

- Vaccination is not required.
- Spectators allowed but must maintain social distancing.
- Mask is requested when not playing.

Fitness:

- Mask are requested but not required for those not vaccinated.

Golf:

- Mask are requested unless both golf cart partners are vaccinated.

Horseshoes and Lawn Games:

- Mask are requested but not required unless vaccinated.
- Pick up your own horseshoe only.
- Maintain social distancing.

Paddleball and Racquetball:

- Vaccination required.
- Bring your own towel and do not share.
- Spectators not allowed.

Pickleball:

- Mask requested but not required when not playing.

Power Walk/Race Walk:

- Group starts and/or finishes may need to be adjusted depending on Covid- 19 circumstances.

Road Race Running:

- Group starts and/or finishes may need to be adjusted depending on Covid- 19 circumstances.

Softball:

- Mask requested but not required when not playing.

Soccer:

- Vaccination not required. Non vaccinated players, officials and spectators requested to wear masks.

Swimming:

- Volunteers will monitor meet warm-up and post-race cool down to maintain social distancing with a limited number of swimmers in each lane starting from opposite ends.
- At the end of each race, swimmers will clear the area quickly to avoid crowding behind the blocks.
- Swimmers will be instructed not to ask timers for their times.
- Swimmers in the next heat will be positioned at least 6 feet behind the timers and will not move up to the blocks until instructed to do so.
- All officials and timers will abide by USMS, local and state safety protocols.
- All officials will be equipped with radios for DQs.
- There will be 2 timers per lane to accommodate swimmers who use a longer event for more than one time. However, social distancing will be maintained and masks will be worn.

Table Tennis:

- SINGLES play will be allowed without masks, but only while in the court.
- All DOUBLES will require masks unless all four (4) participants have had a COVID- 19 Vaccine. (Proof will be required, so cards should be available for viewing.)
- Each player will need to bring a pen/pencil each day.
- Towels will be allowed but must be kept in a personal bag. The towel cannot be laid on the barriers/table rungs, etc.
- Practice balls will NOT be provided. Players should bring practice ball(s) with them.

Tennis:

- Masks are requested when not playing.

Track and Field:

- If you use shared equipment i.e. javelins, shot puts, etc, please make sure to sanitize the implement thoroughly after your turn and wash your hands and/or use hand sanitizer for yourself.
- Group starts and/or finishes may need to be adjusted depending on Covid- 19 circumstances.
- Participants waiting for their next event are requested to wear their mask.

Volleyball:

- Masks are requested when not playing.

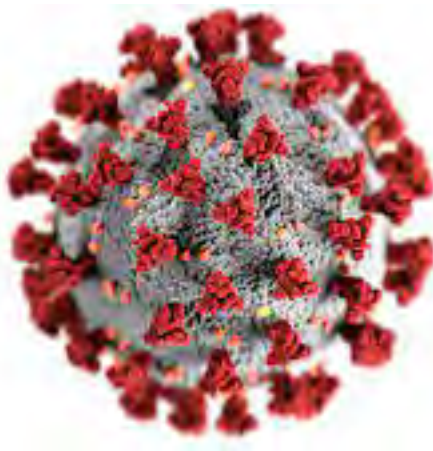
Additional Resources and References:

<https://swuhealth.org/covid/>

<https://coronavirus.utah.gov/utah-health-guidance-levels/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

I have read the "COVID-19 General and Sport-Specific Guidelines for Participants and Guests at the 2021 California Senior State Championships hosted by the San Diego Senior Games" and agree to comply.



"Together, We All Win"



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



2021 California Senior Games Calendar

The National Senior Games will be in Fort Lauderdale, Florida in May of 2022. The qualifying sites for California will be in San Diego and the Bay Area in 2021

For more information, please visit: CaliforniaSeniorGames.org

Palm Desert Senior Games

Contact: Ashley Fread

Phone: 760.568.9697

Email: afread@drd.us.com

San Diego Senior Games

Contact: Kirsten Cummings, Executive

Director, Phone: 858.292.5812 Email:

info@sdseniorgames.org

www.sdseniorgames.org

Bay Area Senior Games

Contact: Anne Warner Cribbs,

Director Email:

info@bayareaseeniorgames.org

Phone: 650.323.9400

www.bayareaseeniorgames.org

Inland Empire Games

Contact: Lakeisha Jackson

Email: Jackson_La@sbcity.org Phone:

Visalia Senior Games Dates Website:

VisaliaSeniorGames.com Email:

Recreation@Visalia.City Contact:

Visalia Parks and Recreation
Department,

www.liveandplayvisalia.com,

(559)713-4365

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

Pasadena Senior Games

Contact: Annie Laskey

Email:

AnnieL@Pasadenaseniiorcenter.org

Phone: 626.685.6702

www.pasadenaseniiorcenter.org



Thank You!

COMMUNITY PARTNERS & SPONSORS

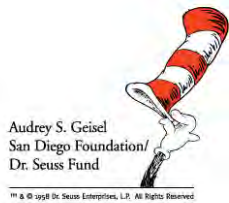
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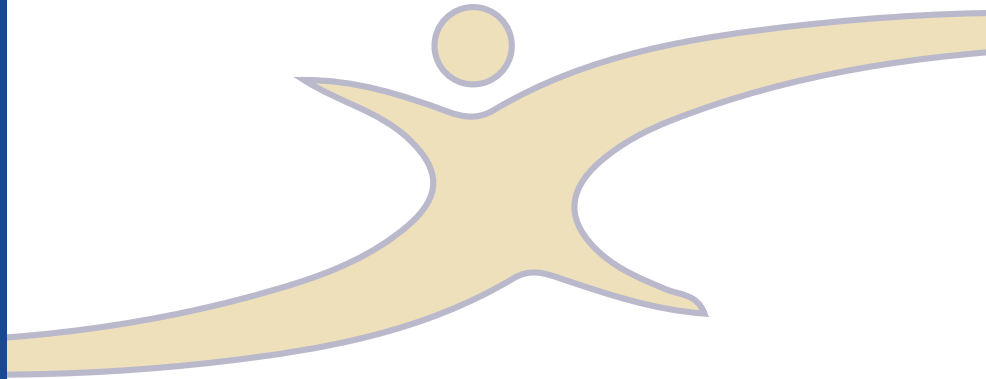




SAN DIEGO SENIOR GAMES

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