

Idaho Senior Games



2018 Registration Booklet



**Qualifying Year for
2019
National Senior
Games
In Albuquerque,
New Mexico**



Welcome to your 29th Annual Idaho Senior Games!

“Promoting Healthy Idaho Lifestyles”

August 2 - 26, 2018

2018 Official Registration Booklet

www.idahoseniorgames.org

The Idaho Senior Games has been an important part of active seniors' lives since 1989. Idaho Senior Games is a social and recreational experience designed to encourage health and fitness of men and women age 50 and over on all levels of fitness. We encourage participation and gold, silver, and bronze medals are awarded to the top three participants in each age category in each event. There are more than 50 events, with competition in 11 different age categories.

Idaho Senior Games is a member of the National Senior Games Association. All events and activities are coordinated by the Idaho Senior Games Board of Directors, staff and volunteers. We are dedicated to putting on the best State Senior Games in the country. Do not hesitate to contact one of the Idaho Senior Games coordinators if you have any questions or concerns. Your Coordinator for the 2018 Idaho Senior Games is:

Mike Thornton

PO Box 45464 Boise, ID 83711

idahoseniorgamesinfo@gmail.com

(208) 861-8000

Important Dates:

Registration – May 1st – August 2nd

Registration ends – Thursday, August 2nd at the BBQ

Celebration BBQ & packet pickup – Thursday, August 2nd

at Julia Davis Park in the Ag Pavilion across from the Zoo

Softball Draft Party – Wednesday, August 8th at 5 - 8 p.m.

at Crescent Bar & Grill, 5500 Franklin Rd., Boise.

ONLINE Registration - www.idahoseniorgames.org

MAIL-IN Registration :

- Complete and mail forms postmarked by Thursday, August 2nd.
- A **\$10 late fee** will be assessed to registrations received from August 3rd up until the day before the event for all sports.
- There will be no “day of” registrations.

Mail forms and payment to: Idaho Senior Games, PO Box 45464, Boise, ID 83711

Registration Fees

This year's sports have been broken down into 2 levels of participation – Gold & Silver.
Silver registration may participate in 2 Silver level sports.
Gold registration may participate in 1 Gold level and 1 Silver level or 2 Gold level sports.
There are also Stand Alone sports with separate fees.

Regular registration May 1 – August 2 \$40 (Gold) \$30 (Silver)
Breakdown of Gold and Silver sports is on the individual registration form.
For sports with doubles, all partners must also be registered.

Eligibility

All athletes must be 50 years of age as of December 31, 2018 to be eligible to compete.

Age Group Divisions

Age divisions are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
All athletes must participate in their own age group except in tournament doubles, mixed doubles and team events when the youngest player's age will determine the age group.

Rules

Recognized official rules for each event will be followed. See individual sport listings in this booklet or consult the National Senior Games rulebook (www.idahoseniorgames.org) for specific rules. Idaho Senior Games officials reserve the right to combine age groups if less than four participants sign up in any age group. Medals will still be awarded to the top three participants in each age group.

Scheduling Limitations

Some strenuous events are scheduled and overlap with other events due to time limitations; therefore athletes must make a choice. Please recheck your times, as events will not be delayed due to scheduling conflicts. If your event overlaps with another event and you are late, you will risk disqualification. It is the athlete's responsibility to check the schedule at check-in desks and report at designated starting times.

Registration Help

Get the help you need to register online or complete the manual forms at our annual Age 50+ Fun Walk & Run event on June 23, from 10 a.m. – 1 p.m. at Julia Davis Park in the Ag Pavilion across from the Zoo.

Celebration BBQ and Packet Pick-up!

Thursday, August 2nd - 5:00 - 7:00pm
Julia Davis Park in the Ag Pavilion, 70 S. Capitol Blvd., Boise
Across from the Zoo

Come meet our sponsors!

Your Games registration includes one BBQ dinner and official Senior Games T-shirt
Additional dinner tickets available for \$10

Thank you Idaho Senior Games Sponsors!

We appreciate your support of the 2018 Idaho Senior Games! Your help opens new opportunities for seniors locally and across the country to compete and participate in healthy Idaho lifestyles. For information on how your company can benefit the Idaho Senior Games, please give Mike Thornton a call at (208) 861-8000. Thank you!

Presenting Sponsor



Platinum Sponsor



Gold Sponsors



Silver Sponsors



Bronze Sponsors



Ribbon Sponsors and Friends



2018 IDAHO SENIOR GAMES: SCHEDULE OF EVENTS

Friday, August 3rd

8:00 a.m.	Swimming Warm-Up	Borah Pool 801 Aurora, Boise
8:30 a.m.	Swimming - Competition	Borah Pool 801 Aurora, Boise

Saturday, August 4th

8:00 a.m.	Bocce	Municipal Park 500 S. Walnut, Boise
9 a.m.	Cycling - 5k Time Trial	Kuna S. Cole Rd. & Hubbard/10 Mile Creek Rd
10 a.m.	Cycling - 40k Road Race	
9:00 a.m.	10k Run/Walk	Boise Greenbelt at Glenwood & Marigold Behind the Library
9:15 a.m.	5k Run/Walk	
1:00 p.m.	Table Tennis	Crunch Fitness 875 S. Plaza Drive, Eagle

Sunday, August 5th

9:00 a.m.	Cycling - 10k Time Trial	Kuna S. Cole Rd. & Hubbard/10 Mile Creek Rd
10 a.m.	Cycling - 20k Road Race	

Wednesday, August 8th

5 - 8 p.m.	Softball Draft Party	Crescent Bar & Grill 5500 Franklin Rd., Boise
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Thursday, August 9th

8:00 a.m.	Golf	Boise Ranch Golf Course 6501 S. Cloverdale Rd. Boise
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Saturday, August 11th

8:00 a.m.	Softball	Willow Lane Athletic Complex 623 Willow Lane, Boise
9:00 a.m.	Basketball	Ft. Boise Community Center 700 N. Robbins Rd., Boise
9:00 a.m.	Shuffleboard	Meadow Lake Village Meridian
11 a.m.	Billiards	The Pocket 1487 N. Curtis Rd., Boise

Sunday, August 12th		
8:00 a.m.	Softball	Willow Lane Athletic Complex 623 Willow Lane, Boise
9:00 a.m.	Shuffleboard	Meadow Lake Village Meridian
Friday, August 17th		
6:00 p.m.	Racquetball	Crunch Fitness 1450 E. Fairview, Meridian
Saturday, August 18th		
8:00 a.m.	Track & Field	Mountain View High School 2000 S Millennium Way, Meridian
8:30 a.m.	Power Walk	
9:00 a.m.	Racquetball	Crunch Fitness 1450 E. Fairview, Meridian
9:00 a.m.	Badminton	Ft. Boise Community Center 700 N. Robbins Rd., Boise
1:00 p.m.	Bowling	Emerald Lanes 4860 W. Emerald, Boise
Sunday, August 19th		
1:00 p.m.	Bowling	Emerald Lanes 4860 W. Emerald, Boise
Friday, August 24th		
8:00 a.m.	Pickleball - Men's Singles Women's Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
Saturday, August 25th		
8:00 a.m.	Pickleball - Mixed Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
8:00 a.m.	Tennis	Eagle Tennis Club 1650 E Riverside Dr, Eagle
Sunday, August 26th		
8:00 a.m.	Pickleball - Women's Singles Men's Doubles (all levels)	Settlers Park 3245 N. Meridian Rd., Meridian 83646
8:00 a.m.	Tennis	Eagle Tennis Club 1650 E Riverside Dr, Eagle

TRIATHLON COMPETITORS PLEASE NOTE: The Emmett Triathlon is not being held this year due to the loss of their sponsor.

If your goal is to complete a Triathlon and qualify for the 2019 National Senior Games, you may enter any qualifying triathlon and submit your results to us. You must register with Idaho Senior Games in order for us to report your results to NSGA.

For more information, please check our website, www.idahoseniorgames.org, choose "2018 Idaho Games" > "2018 Schedule by Event" > "Triathlon"; or call Mike Thornton, 208 861-8000.

2018 Idaho Senior Games – Individual Athlete Registration Form #1



Last Name, First Name

Address

E-mail Address

City

State

Zip

Phone

Gender: Male Female

Date of Birth

Age

Emergency Contact Name

Relationship

Phone

Have you participated in the Idaho Senior Games before? Yes No

Sub-Total From Form #2

\$ _____

Your registration fee includes ISG T-Shirt and BBQ.

T-Shirt Size (check one)

S M L XL XXL

Additional Items

Celebration BBQ Dinner @ \$10 ea \$ _____

Golf Lunch @ \$10 ea \$ _____

T-shirts @ \$10 ea \$ _____

Size/s: _____

Tax Deductible Donation, thank you! \$ _____

***Late Registration Fee: \$10 (From August 2 until the day before an event for all sports).** \$ _____

Pay with check to: **TOTAL** \$ _____

Idaho Senior Games, PO Box 45464, Boise, ID 83711

Pay with credit/debit card

Card type: Visa MasterCard Discover

Name on card

Card number

Expiration date _____

Security Code (on back) _____

Release and Waiver of Liability

The IDAHO SENIOR GAMES provides many recreational activities to the public. IDAHO SENIOR GAMES participants understand that recreational activities do involve inherent risks which are beyond the control of the Idaho Senior Games and their staff, volunteers, and members. I, the undersigned, do understand that upon using the facility and/or services that I hereby assume all risks for the behavior, actions, and safety for myself while involved in the activities. Therefore, I assume full responsibility for personal injury to myself or for loss or damage to my personal property and expenses thereof that are caused by my actions or the actions of my family participating in said activities.

I hereby agree that in the consideration of the IDAHO SENIOR GAMES allowing me to participate in IDAHO SENIOR GAMES activities, except for the negligent or intentional actions of IDAHO SENIOR GAMES staff, I do hereby waive liability, release, forever discharge and covenant not to sue the IDAHO SENIOR GAMES, its officers, agents, and employees of, from, and for any and all claims, demands, rights and causes of actions of whatever kind of nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and the consequences thereof, including death, resulting from my voluntary participation in or in any way connected with IDAHO SENIOR GAMES activities.

I have read and understand this agreement and release of liability, and do voluntarily agree to sign. I also give the IDAHO SENIOR GAMES permission to utilize pictures of me and/or my family in IDAHO SENIOR GAMES marketing, promotions, and print media.

While on the premises of any IDAHO SENIOR GAMES facility or enrolled in any IDAHO SENIOR GAMES programs, I agree to act with Caring, Honesty, Respect and Responsibility.

Refunds may be given for family or medical emergencies only. A \$5.00 administrative fee will be charged for all refunds.

Participant Signature:

X _____

Date _____

2018 Idaho Senior Games - Individual Athlete Registration Form #2



Check each box for the sports you'll participate in, write-in the subtotal at bottom, then carry the sub-total to the "Check Out" box on Form #1 and complete your registration form.

Silver Sports
Registration May 1 – August 2 \$30

1500 m Power Walk - **NEW EVENT!**

Archery

Badminton
 Singles Doubles Mixed Doubles
 Partner Name: _____

Billiards 8-Ball
 Partner Name: _____

Bowling
 Singles Doubles Mixed Doubles
 Partner Name: _____

Shuffleboard
 Singles Doubles
 Partner Name: _____

Table Tennis
 Singles Doubles Mixed Doubles
 Partner Name: _____

Stand Alone Sports
Additional fees for all other sports.

Bocce Ball: Open Doubles 50+ \$15

Golf
 \$60 – 18 holes, cart, lunch
 \$45 – 18 holes, lunch
 \$35 – (With Boise Ranch Pass)
 18 holes, cart, lunch
 \$20 – (With Boise Ranch Pass)
 18 holes, lunch
 \$10 – Non-playing person to attend lunch

Softball Metal Bat Draft Tournament:
 Individual Fee: \$30
 (Note: Fill out Draft Registration Form #4 below)

Triathlon: \$20 - For more info see p. 7 in the
 Registration Booklet

Gold Sports
Registration May 1 – August 2 \$40

5K Run / Walk 10K Run / Walk

Basketball (fee includes all 3 events)
 Free Throw Hot Shot 3-on-3 Team
**Complete team options on Form #3, next page*

Cycling (fee includes all 4 events)
 5k TT 10k TT 20k RR 40k RR

Pickleball - Experienced Players
 USAPA # (required) _____
 Singles Doubles Mixed Doubles
 Partner Name: _____

Racquetball
 Singles Doubles Mixed Doubles
 Partner Name: _____

Swimming*

Tennis
 Singles Doubles Mixed Doubles
 Partner Name: _____

Track & Field*

** If you checked Basketball, Swimming, or Track & Field, please complete appropriate section of Form #3 on next page.*

Please Note:

- Silver registration may participate in 2 silver level sports. (\$10 for each additional sport)
- Gold registration may participate in 2 gold level sports or 1 gold level sport and 1 silver level sport. (\$10 for each additional sport)
- Stand Alone sports are NOT Gold or Silver.

SUBTOTAL: Please carry your subtotal to Form #1 and complete your registration form.
 \$ _____

2018 Idaho Senior Games - Individual Athlete Registration Form #3



For those who checked Basketball, Swimming or Track & Field on the previous page (Form #2), please complete the appropriate section below.

BASKETBALL - Please indicate team preference below.

Age group 50 - 59 60+

Register as an individual and be assigned to a team at the competition.

Register as a team (*Each team member must complete own registration forms & payment*)

Team Captain _____ Team Name _____

Team Members _____

SWIMMING - Please choose a maximum of 6 events

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

TRACK & FIELD - Please choose a maximum of 6 events

- | | |
|---|---|
| <input type="checkbox"/> Javelin | <input type="checkbox"/> 50m Run |
| <input type="checkbox"/> Hammer Throw | <input type="checkbox"/> 1500m Run |
| <input type="checkbox"/> Pole Vault | <input type="checkbox"/> 1500m Power Walk |
| <input type="checkbox"/> Long Jump | <input type="checkbox"/> 1500m Race Walk |
| <input type="checkbox"/> High Jump | <input type="checkbox"/> 100m Run |
| <input type="checkbox"/> Shot Put | <input type="checkbox"/> 400m Run |
| <input type="checkbox"/> Softball Throw | <input type="checkbox"/> 800m Run |
| <input type="checkbox"/> Triple Jump | <input type="checkbox"/> 200 m Run |
| <input type="checkbox"/> Football Throw | |
| <input type="checkbox"/> Discus | |
| <input type="checkbox"/> Standing Long Jump | |

2018 Idaho Senior Games Metal Bat Softball Draft Tournament: Form #4



Please complete this form so that you can be drafted on Wednesday, August 8th at Crescent Bar & Grill, 5500 Franklin Rd., Boise, from 5 - 8 p.m.

Player _____
Last Name First Name

Phone # _____ Email Address: _____

Date of Birth _____

Age 60+ [Note: You must be age 60+ by December 31, 2018]

Please rate yourself as follows:

Batting: Right Left

Throwing: Right Left

Please rate your skill level: (Circle) **1** **2** **3** **4** **5**
Beginner Average Advanced

Coordinator:

Mike Thornton
(208) 861-8000
idahoseniorgamesinfo@gmail.com