

2009 FLAGSTAFF SENIOR OLYMPICS REGISTRATION PACKET



Welcome to the 2009 Flagstaff Senior Olympics!

The City of Flagstaff Recreation Services Division is excited to offer this year's games! Thanks to all of you who have participated the last five years, we had a great time & hope you did too!

Great News for this year!! We are now having the main events held Friday, September 18th through Monday, September 21st! Hopefully this adjustment will allow more opportunities to participate in the games. We hope that this will give you more time to enjoy the cooler climate and wonderful mountain scenery of Flagstaff and Northern Arizona.

Schedule

Saturday, September 12th

9:00 a.m. 5 & 10 K Run Buffalo Park

Friday, September 18th

9:00 a.m. Bowling Starlite Lanes
9:00 a.m. Basketball Free Throw/3 point Thorpe Park Courts
9:00 a.m. Strength Training Thorpe Park Community & Senior Center

Saturday, September 19th

9:00 a.m. Table Tennis Aquaplex
8:00 a.m. Archery Fort Tuthill Archery Range
8:00 a.m. Volleyball Sinagua High School
8:00 a.m. Contract/Party Bridge Thorpe Park Community & Senior Center
7:00 a.m. Track & Field NAU Lumberjack Stadium

Sunday, September 20th

9:00 a.m. Badminton Aquaplex
9:00 a.m. Tennis Thorpe Park Tennis Courts
9:00 a.m. Swimming Flagstaff High School Pool

Monday, September 21nd

1:00 p.m. Billiards Uptown Billiards
TBD Golf Elden Hills Country Club

How to contact us

Entries should be mailed to:

Senior Olympics
Thorpe Park Community & Senior Center
245 N. Thorpe Road
Flagstaff, AZ 86001

Tel: (928) 774-1068 or (928) 773-3848
Fax: (928) 773-3846



FEES & ELIGIBILITY

Fees, age & gender

REGISTRATION & FEES

Each sport is \$10.00. You may choose as many events w/in a particular sport for the \$10.00 fee. There is no registration fee.

AGE & GENDER DIVISIONS

Medals will be offered for age categories in five-year increments: ages 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. In team sports the age of the youngest team member decides the age category in which the team will compete.

To ensure adequate participation and competition, certain events may have to be combined into ten-year increments. In these cases, medals will still be awarded in the announced five-year increments.

For all activities, excluding coed sports, men and women will compete separately.

ELIGIBILITY

All seniors, all events, 50 years of age as of September 5th, 2009.

We value your input! Please let us know which events you'd like to see added to our Senior Olympics.

TABLE TENNIS

Saturday, September 19

Flagstaff Aquaplex

1702 N. 4th St.

Time: 9:00 a.m.

Entry Fee: \$10.00



EVENTS

Men's Intermediate Singles

Women's Intermediate Singles

Men's Advanced Singles & Women's Advanced Singles

Men Doubles

Women Doubles OR Mixed Doubles (1 woman/1 man)

RULES

FORMAT

1. Singles and Doubles 1st Round Matches are Round Robin.
2. All matches are best of 5 games, 11 point Games. Serve change every 2 points. If score is tied at 10, serve changes after each point. Game must be won by 2 points.

EQUIPMENT

1. Player's Paddles must meet USATT rules, with approved Red and Black Rubber. (<http://usatt.org>)
2. 40mm Three Star Orange Balls provided.
3. Non-marking indoor court shoes ONLY.

SPORT RULES

1. USATT/NSGA rules apply except as noted here
2. USATT members must put USATT rating on Entry Form.
3. Players must wear solid color shirts. No orange.
4. 3 minute maximum for pre-game warm-up. Two minute maximum break between games.
5. Legal Service. The server must come to a complete stop, with the ball resting on the flat, open palm of their hand, ball and hand being visible above the table surface, behind the back line. The ball must be lofted at least higher than the net, or six inches, be visible at all times, and struck only in its descent.

GENERAL REGISTRATION INFORMATION

Game Dates:

Friday, September 18 thru Monday, September 21

5 & 10 K Races:

Saturday, September 12

Age & Gender Divisions & Eligibility, see P.2

Confirmation

Specific start times, etc. will be mailed to you prior to events.

Entry Information

For both individual and doubles/partner events, each individual must submit a separate, completed entry form with applicable fees paid in full.

Entry Deadline

Last date to enter is Friday, September 4. There will be no on-site entries accepted.

Equipment

The following equipment will be provided: Shuttlecocks, Tennis balls. Discus and Shot Puts will be available; however participants may opt to use their own with prior approval on event day. Participants must bring all personal equipment.

Medical

There will be medical personnel on-site at many of the events. If you must be transported by ambulance, fees apply. Flagstaff is at an altitude of 7,000 feet. **It is strongly recommended that participants secure their physician's approval to compete at this elevation.**

Participant Scheduling

Please do not select two events that run concurrently. Review the event schedule and select events that do not conflict. Be sure to allow enough time to travel between events. Plan to arrive and check in at least thirty minutes before your event begins.

Registration Fees

There are no registration fees this year. Each sport will have an entry fee of \$10.00 and will include any events within the sport. Please make all checks payable to "City of Flagstaff". You will also be able to pay by credit card (see authorization form at the end of your registration form).

Refunds

In the event you are unable to participate in the Flagstaff Senior Olympics after you have officially registered, please notify us in writing no later than **Monday, September 7th** if you wish to receive a refund. Failing to do so or deciding not to show for an event or events will not warrant a refund.

For 2010 Games information please contact the Thorpe Park Community & Senior Center and request to keep your name on our mailing list if you choose not to compete this year.

FAQ's

Q. When will the medals be awarded?

A. All medals will be awarded on site immediately following competition. Olympic style medallions will be awarded to 1st, 2nd & 3rd place finishers in each competitive category.

Q. Are Spectators and guests welcome?

A. Of course! The more the merrier! Family, friends and the general public are encouraged and invited to attend and support all participants.

Q. Are there state and national games?

A. The Arizona state games began in 1984 and are held every year. Along with the yearly competition, the committee has developed year round programs for senior athletes to continue training. For more information on the state games visit www.seniorgames.org. The National Senior Games have been held every two years beginning in 1984. For more information on the national games visit www.nsga.com.

**2009 CITY OF FLAGSTAFF SENIOR OLYMPICS
OFFICIAL ENTRY APPLICATION**

NAME _____ AGE _____
Last First
MAILING ADDRESS _____
Street and APT # City State Zip
PHONE NUMBER _____ EMAIL _____
EMERGENCY CONTACT NAME _____ PHONE NUMBER _____
GENDER _____ MALE _____ FEMALE _____

RELEASE FROM LIABILITY AGREEMENT

For participation in the events and activities referred to as the Senior Olympics, and in consideration for the use of the buildings, facilities, services and property of the City of Flagstaff, Arizona ("City"), or any other properties or facilities located throughout the City which may accommodate the events comprising the Senior Olympics, the undersigned person (s) hereby fully releases, discharges and holds harmless the City, its officials, officers, employees, agents and volunteers, from all liability for any claims, demands, damages, causes of action, or proceedings, brought by anyone and in any way arising from personal injury, losses or property damage resulting from participation in said events and activities, and even if resulting from the acts or omissions of other participants in the Senior Olympics.

I hereby declare that I am physically fit and fully capable of participating in the Senior Olympics at the level I choose. I fully understand that it is my personal responsibility to learn, comprehend and obey the rules for each activity or event. I fully understand that I am free to remove myself from participation in any event or activity at any time I choose to do so.

I hereby consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by medical personnel or other personnel associated with the events and activities of the Senior Olympics. I acknowledge, fully understand and voluntarily assume all risks associated with my participation in the events and activities of the Senior Olympics, which risks include serious physical injury, permanent disability and death.

I hereby grant to the City full permission to own and to use my photograph, picture, likeness and /or voice transmission or recording in any official documentary, promotional representation (including any and all advertisement), television, radio, or film coverage of the Senior Olympics without monetary compensation therefore.

I hereby acknowledge that the City is located at 7,000 feet in elevation. I fully understand that physical activity and athletic competition at such an elevation can be unusually strenuous. I further acknowledge and understand that the City recommends that all participants consult a qualified physician prior to practice and preparation for, and participation in the Senior Olympics.

I, the undersigned, have FULLY READ THIS AGREEMENT, AND FULLY UNDERSTAND AND AGREE TO RELEASE THE CITY FROM LIABILITY FOR PERSONAL INJURY, and WRONGFUL DEATH OR PROPERTY DAMAGE.

SIGNATURE _____ DATE _____



SATURDAY, SEPTEMBER 19, 2009

TABLE TENNIS \$10.00

___ Men's Intermediate Singles

___ Men's Advanced Singles

___ Women's Intermediate Singles

___ Women's Advanced Singles

___ Mixed Doubles/Partner's name

___ Men's Doubles/Partners name

___ Women's Doubles/Partners name

\$ _____

GRAND TOTAL \$ _____

Please make checks payable to the ***"City of Flagstaff"***.

Mail to: 245 N. Thorpe Rd., Flagstaff, AZ 86001

Credit Card Authorization

☐ **Visa** ☐ **Mastercard**

Credit Card #

Expiration Date

Signature

Call the Thorpe Park Community & Senior Center, (928) 774-1068 with any questions.

