

**RELEASE AND WAIVER OF LIABILITY  
PLEASE READ & SIGN**

To the best of my knowledge, information and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected in the Lancaster Senior Games.

I have prepared myself for the event(s) which I have entered by practicing prior to these Senior Games.

I am participating in these events voluntarily and at my own risk; I agree not to sue the Lancaster County Office of Aging/Lancaster Recreation Commission and any other cosponsoring organizations or any other representatives for any injuries or other damages to me resulting from my participation in the Lancaster Senior Games to be held June 2-6, 2008 at the aforementioned locations.

I execute this release in consideration for the sponsoring of these Senior Games by the Lancaster County Office of Aging/Lancaster Recreation Commission and any other cosponsoring organizations.

If a lawsuit is initiated on my behalf against the Lancaster County Office of Aging/Lancaster Recreation Commission or any other cosponsoring organization and it results in a monetary award of damages to me or any other person or legal entity, I agree to reimburse the Lancaster County Office of Aging/Lancaster Recreation Commission or any other cosponsoring organizations for any moneys required to be paid by them.

The Lancaster County Office of Aging/Lancaster Recreation Commission has my permission to have a physician attend to me if it is deemed necessary for my health, welfare and safety.

I acknowledge that I was, prior to the date of the release, advised that the Lancaster County Office of Aging/Lancaster Recreation Commission strongly recommends that each participant consult his/her doctor in regard to practice, preparation, and competition in this program or any similar activity.

I, the undersigned participant, hereby waive the right to any interest in pictures taken of me during the Lancaster Senior Games to be held June 2-6, 2008, at the aforementioned locations.

Registration Fee \$ 5                      Total Fee Enclosed: \_\_\_\_\_  
Golfing Fee                      \$\_\_

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

Please return this signed waiver with your registration form.

1/08

**Official Registration Form**



**Registration Deadline  
Friday, May 9, 2008**

**Instructions**

**Please check each event in which you wish to compete. Use only one form per person. A \$5 registration fee must accompany each registration. Make checks payable to the LRC. Return this entire form with the appropriate fee to:**

**Lancaster Recreation Commission  
626 Fairview Avenue, Lancaster, PA 17603**

**For questions please call either  
717-392-2115 or 717-299-7979**

**[www.lancseniorgames.org](http://www.lancseniorgames.org)**

# SENIOR GAMES REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Street # or Apt. # \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Age \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_  
E-mail Address \_\_\_\_\_

Please  
print

Are you attending the Games as a Spectator ONLY?  Yes  
T-Shirt size (circle one) S M L XL XXL  
 Yes, I want lunch at F & M College on Monday, June 2  
 Yes, I want lunch at F & M College on Tuesday, June 3  
 Yes, I want lunch at F & M College on Wednesday, June 4

Please  
sign  
back

## MONDAY, JUNE 2 All Events Held At F&M College

### Day-Long Events 9:30 a.m. - 2 p.m.

Foul Shooting  Home Run Derby  Darts

Badminton (Age 55-69) 9:30 a.m.

Bocce (Age 70+) 9:30 a.m.

Chinese Checkers (exhibition) 9:30 a.m.

Easy-Does-It Exercise 9:30 a.m.

Pilates 10:15 a.m.

Wii Interactive Video Program  10:30 a.m. or  1:30 p.m.

Checkers 12:30 p.m.

Bocce (Age 55-69) 1 p.m.

Badminton (Age 70+) 1 p.m.

Aerobics 1:30 p.m.

Bridge Tournament 2:30 p.m.

### Running 6 p.m.

100m  200m  400m  1600m  3000m  5000m

Pickleball  
Demo  
11 a.m. - 1 p.m.

## TUESDAY, JUNE 3 All Events Held At F&M College

### Day-Long Events 10 a.m. - 2 p.m.

Softball Throw  Football Throw  Shot Put

Hotshot Basketball  Frisbee Throw

Walking 7:15 a.m.

Tai Chi 9:30 a.m.

Horseshoes (Age 70+) 10 a.m.

## TUESDAY CONTINUED, JUNE 3

Table Tennis (Age 55-69) 10 a.m.

Line Dance Clinic 10:30 - 11:30 a.m.

Weightlifting 11 a.m. - 2 p.m.

Table Tennis (Age 70+) 12:30 p.m.

Horseshoes (Age 55 - 69) 1 p.m.

Line Dance Team Contest 2 p.m.

2:30 p.m. - Swimming  25 yd. freestyle  50 yd. freestyle

100 yd. freestyle  50 yd. backstroke  25 yd. breast stroke

100 yd. indiv. medley  200 yd. medley relay

Shuffleboard Ages (55-69) 6 p.m.

## WEDNESDAY, JUNE 4

### Day-Long Events 9 a.m. - 2 p.m. Held At F&M College

Soccer Penalty Kick  Frisbee Golf

Shuffleboard  (Age 70-79) 8 a.m.  (Age 80+) 12:30 p.m.

Tennis 5 p.m.

### 5 p.m. Held at Evergreen Golf Course

\*\$6.25  Pitch n' Putt (18 hole) Tee Times Given

(Attach name(s) if wishing to golf with others)

**\*GREENS FEES MUST BE PAID WITH REGISTRATION**

## THURSDAY, JUNE 5 All Events Held at Leisure Lanes

Golf Longest Drive  (Age 70+) 7 a.m.  (Age 55-69) 8 a.m.

Putting Contest  8:30 a.m. or  10:45 a.m.

Billiards  (Age 70+) 9 a.m.  (Age 55-69) 11 a.m.

Modified Bowling - 11 a.m.

Bowling Tournament 1 p.m.

## FRIDAY, JUNE 6

### 7:30 a.m. (Attach name(s) if wishing to golf with others)

\*\$18  18-Hole Golf - Overlook Golf Course (Shot Gun)

\*\$12  9-Hole Golf - Willow Valley Golf Course (Tee Times Given)

**\*GREENS FEES MUST BE PAID WITH REGISTRATION**

9 a.m.  Pinochle Tournament - St. Peters Lutheran Church

1 - 4 p.m.  Celebration Dance - Overlook Activities Center

Please return this ENTIRE form. The "Release and Waiver of Liability" statement found on the back of this registration form must be read and signed.