

**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 and any other co-sponsoring 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 May 1–5, 2017 at the aforementioned locations.

I execute this release in consideration for the sponsoring of these Senior Games by the Lancaster County Office of Aging and any other co-sponsoring organizations.

If a lawsuit is initiated on my behalf against the Lancaster County Office of Aging or any other co-sponsoring 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 or any other co-sponsoring organizations for any moneys required to be paid by them.

The Lancaster County Office of Aging 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 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 May 1-5, 2017, at the aforementioned locations.

**Registration Fee: \$10/participant**

**Late Registration: \$15 (after March 31)**

**Golfing Fee: \$ \_\_\_\_\_**

**TOTAL FEES ENCLOSED:**

**\$ \_\_\_\_\_**

**Couples can send one check.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Please return this signed waiver with your registration form.**

# Official Registration Form



**Lancaster  
Senior Games**  
Exercising Body, Mind & Spirit

**Registration Deadline**  
**Friday, March 31, 2017**

## Instructions

Please check each event in which you wish to compete. Use only one form per person. A \$10 registration fee must accompany each registration. Late registrations will be accepted April 3–14, if space permits. Late registration fee is \$15.

**Make checks payable to Lancaster County Office of Aging**

Return this entire form with the appropriate fee to:  
**Lancaster County Office of Aging**  
150 North Queen Street, Lancaster, PA 17603 • (717) 299-7979

–OR–

drop off form at  
**Groff Funeral and Cremation Services**  
528 West Orange Street, Lancaster, PA 17603  
Monday–Friday, 9 a.m.–4:30 p.m.

No credit cards will be accepted at either location and exact cash or check is required. **Couples may send one check (payable to Lancaster County Office of Aging).**

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

## SENIOR GAMES REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_ Street # or Apt. # \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Township/Borough \_\_\_\_\_

Phone \_\_\_\_\_ Age on May 1, 2017 \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_

E-mail Address \_\_\_\_\_ Spectator Only?  Yes  No First time participant  Yes

T-Shirt size (circle one): S M L XL XXL Lunch (circle days): Monday Tuesday Wednesday

PLEASE  
PRINT

**MONDAY, May 1**  
 Bench Press  Dead Lift  3-Point Shooting  Darts  Foul Shooting  Wii  
**9:30 a.m.**  Badminton Age 55-69  Bocce Age 75-79  Easy-Does-It Exercise  
**10:15 a.m.**  Educational Session  Bocce Age 70-74  
**11:30 a.m.**  Badminton Age 75+  Bocce Age 80+  
**12:30 p.m.**  Pinochle Tournament  Tappercize  
**1 p.m.**  Zumba  Educational Session  
**1:30 p.m.**  Badminton Age 70-74  Bocce Age 55-69  
**1:30 p.m.** Swimming  25-yd Free  25-yd Breast  50-yd Free  50-yd Back  
 100-yd Free  100-yd Free Relay

**DROP-IN EVENTS 9:30 a.m.–2:30 p.m.**

**TUESDAY, May 2**  
 Frisbee Throw  Football Throw  Hotshot Basketball  Softball Throw  
**7:30 a.m.**  Walking-Men  
**8 a.m.**  Walking-Women  
**9 a.m.**  Table Tennis Age 55–69  Horseshoes Age 70–74  
**10 a.m.**  Horseshoes Age 75+  Tai Chi  
**Noon**  Table Tennis Age 70+  Fencing  
**12:30 p.m.**  Horseshoes Age 55–69  Bridge Tournament  
**2 p.m.**  Shuffleboard Age 55-69

**DROP-IN EVENTS 9 a.m.–2 p.m.**

**WEDNESDAY, May 3**  
 Javelin Throw (**8–11 a.m.**)  Shotput (**8–11 a.m.**)  Frisbee Golf  Home Run Derby  Soccer Penalty Kick  
**8 a.m.** Running  100m  200m  400m  1600m  3000m  
**9 a.m.**  Shuffleboard Age 80+  
**9:30 a.m.**  Pickleball Age 70+ **List Partner if known:**  
**11:30 a.m.**  Shuffleboard Age 70–79  Pickleball Age 65–69 **List Partner if known:**  
**1 p.m.**  Pickleball Age 55–64 **List Partner if known:**  
**3:30 p.m.**  \$5.50 Pitch 'n Putt 18-hole\* SHOTGUN START  
 Evergreen Golf Course. \*Attach names if wishing to golf with others.

**DROP-IN EVENTS 9 a.m.–2 p.m. (unless otherwise noted)**

**THURSDAY, May 4 Leisure Lanes**

**7–9:30 a.m.**  Golf Longest Drive

**8:30 a.m.**  Putting Contest

**9 a.m.**  Billiards Age 70+

**10:45 a.m.**  Putting Contest

**11 a.m.**  Billiards Age 55-69

**1 p.m.**  Singles Bowling Tournament  
 Modified Bowling

---

**FRIDAY, May 5**

**7:30 a.m. GOLF FEES MUST BE PAID WITH REGISTRATION**

\$28 18-Hole Golf\* SHOTGUN START  
 Overlook Golf Course

\$8.00 9-Hole Golf\* SHOTGUN START  
 Evergreen Golf Course  
*\*Attach names if wishing to golf with others.*

**9 a.m.**  \$5.00 9 Pin No Tap Bowling  
 Rocky Springs Entertainment Center

**1–4 p.m.**  Celebration Dance in Gamber Auditorium  
 Drop in  
 VIVA Building at Woodcrest Villa,  
 2001 Harrisburg Pike, Lancaster, PA 17601.