

Official Registration Form



Lancaster Senior Games

Exercising Body, Mind & Spirit

Registration Deadline
Friday, March 30, 2018

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 2–13, 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

SENIOR GAMES REGISTRATION FORM

Name _____

Address _____
Street # or Apt. #
City
Zip
Township/Borough

Phone _____ Age on May 7, 2018 _____ Gender: M___ F___

**PLEASE
PRINT**

E-mail Address _____ Spectator Only? Yes First time participant Yes

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

MONDAY, May 7		DROP-IN EVENTS 9:30 a.m.–2:30 p.m.			
<input type="checkbox"/> Bench Press <input type="checkbox"/> Bicup Curl <input type="checkbox"/> Dead Lift <input type="checkbox"/> 3-Point Shooting <input type="checkbox"/> Darts <input type="checkbox"/> Foul Shooting <input type="checkbox"/> Wii					
MONDAY EVENTS	9:30 a.m.	<input type="checkbox"/> Badminton Age 55-69	<input type="checkbox"/> Bocce Age 75-79	<input type="checkbox"/> Easy-Does-It Exercise	
	10:15 a.m.	<input type="checkbox"/> Educational Session	<input type="checkbox"/> Bocce Age 70-74	<input type="checkbox"/> Tai Chi	
	11:30 a.m.	<input type="checkbox"/> Badminton Age 75+	<input type="checkbox"/> Bocce Age 80+	<input type="checkbox"/> Technology for Fitness	
	12:30 p.m.	<input type="checkbox"/> Pinochle Tournament	<input type="checkbox"/> Geri Fit	<input type="checkbox"/> Chair Yoga	
	1 p.m.	<input type="checkbox"/> Educational Session	<input type="checkbox"/> Tai Chi		
	1:30 p.m.	Swimming <input type="checkbox"/> 25-yd Free <input type="checkbox"/> 25-yd Breast <input type="checkbox"/> 50-yd Free <input type="checkbox"/> 50-yd Back <input type="checkbox"/> 100-yd Free <input type="checkbox"/> 100-yd Free Relay			
	1:45 p.m.	<input type="checkbox"/> Badminton Age 70-74	<input type="checkbox"/> Bocce Age 55-69		

TUESDAY, May 8		DROP-IN EVENTS 9 a.m.–2 p.m.			
<input type="checkbox"/> Frisbee Throw <input type="checkbox"/> Football Throw <input type="checkbox"/> Hotshot Basketball <input type="checkbox"/> Ladder Golf <input type="checkbox"/> Softball Throw					
TUESDAY EVENTS	7:30 a.m.	<input type="checkbox"/> Walking-Men			
	8 a.m.	<input type="checkbox"/> Walking-Women			
	9 a.m.	<input type="checkbox"/> Table Tennis Age 55–69	<input type="checkbox"/> Horseshoes Age 70–74	<input type="checkbox"/> Chair Yoga	
	10:15 a.m.	<input type="checkbox"/> Horseshoes Age 75+	<input type="checkbox"/> Technology for Fitness		
	Noon	<input type="checkbox"/> Table Tennis Age 70+			
	12:30 p.m.	<input type="checkbox"/> Horseshoes Age 55–69	<input type="checkbox"/> Bridge Tournament	<input type="checkbox"/> Zumba	
	2 p.m.	<input type="checkbox"/> Shuffleboard Age 55-69			

WEDNESDAY, May 9		DROP-IN EVENTS 9 a.m.–2 p.m. (unless otherwise noted)			
<input type="checkbox"/> Javelin Throw (8–11 a.m.) <input type="checkbox"/> Shotput <input type="checkbox"/> Frisbee Golf <input type="checkbox"/> Home Run Derby <input type="checkbox"/> Soccer Penalty Kick					
WEDNESDAY EVENTS	8 a.m.	Running <input type="checkbox"/> 100m <input type="checkbox"/> 200m		1 p.m.	<input type="checkbox"/> Pickleball Age 55–64
		<input type="checkbox"/> 400m <input type="checkbox"/> 1600m <input type="checkbox"/> 3000m		3:30 p.m. <input type="checkbox"/> \$5.50 Pitch ‘n Putt 18-hole* SHOTGUN START Evergreen Golf Course. <i>*Attach names if wishing to golf with others.</i>	
	9 a.m.	<input type="checkbox"/> Shuffleboard Age 80+			
	9:30 a.m.	<input type="checkbox"/> Pickleball Age 70+			
	10 a.m.	<input type="checkbox"/> Cornhole Age 80+	<input type="checkbox"/> Cornhole Age 55-64		
	11:30 a.m.	<input type="checkbox"/> Pickleball Age 65-69	<input type="checkbox"/> Shuffleboard Age 70-79		
12:30 p.m.	<input type="checkbox"/> Cornhole Age 65-79			GOLF FEES MUST BE PAID WITH REGISTRATION	

THURSDAY, May 10		Pay at Leisure Lanes
7–9:30 a.m.	<input type="checkbox"/> Golf Longest Drive	
8:30 a.m.	<input type="checkbox"/> Putting Contest	
9 a.m.	<input type="checkbox"/> Billiards Age 70+	
10:45 a.m.	<input type="checkbox"/> Putting Contest	
11 a.m.	<input type="checkbox"/> Billiards Age 55-69	
1 p.m.	<input type="checkbox"/> Singles Bowling Tournament <input type="checkbox"/> Modified Bowling	
9 a.m.	<input type="checkbox"/> \$5.00 Tennis Doubles	
Pay with registration		Racket Club West

FRIDAY, May 11	
7:30 a.m.	<input type="checkbox"/> \$28.00 18-Hole Golf* SHOTGUN START Overlook Golf Course <input type="checkbox"/> \$8.00 9-Hole Golf* SHOTGUN START Evergreen Golf Course <i>*Attach names if wishing to golf with others.</i>
9 a.m.	<input type="checkbox"/> \$7.00 9 Pin No Tap Bowling Pay at Rocky Springs Entertainment Center
1-3:30 p.m. Drop in	<input type="checkbox"/> Celebration Dance at Chautauqua Hall at Willow Valley Communities. Manor Campus 30 Providence Park Drive, Lancaster, Pa 17602

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 7–11, 2018 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 7-11, 2018, at the aforementioned locations.

Registration Fee: \$10/participant
Late Registration: \$15 (after March 30)
Golfing Fee: \$ _____
Tennis Fee: \$ _____

TOTAL FEES ENCLOSED:
\$ _____
Couples can send one check.

Signature

Date

Please return this signed waiver with your registration form.