

2010 NORTH IDAHO SENIOR GAMES – INFORMATION

REGISTRATION FEES:

One (1) sport - \$15.00 (Track & Field considered 1 sport). Two (2) or more sports - \$25.00 (Track & Field and Horseshoes are considered 2 sports). The fee must be included with entry form with a check or money order payable to:

**WA-ID Volunteer Center
1424 Main Street
LEWISTON, ID 83501**

Bowling, Golf, and Putting, require an additional fee which should be included with entry as follows:

Bowling	\$6.00 per 3 game set and shoes
Golf	\$25.00 includes green fees for 18 holes and ½ cart rental \$11.50 for season ticket holders includes ½ cart rental \$0.00 for season ticket holders with own carts
Putting	\$4.00
Tennis	\$5.00
Racquetball	\$5.00

REGISTRATION DEADLINE: Please have registrations in as close to **June 1, 2010** as possible

We encourage all game participants to register by the deadline date. Individual registration form and fees apply for each team member. Tennis, Golf, Bowling, Trap Shoot, Pickleball, and Racquetball sports will be filled on first-come basis. (Sign up for as many sports as your time and sport schedule will allow) **NO WALK-ONS will be permitted for any sporting event..** Limit of six events in track and field.

REQUIRED CHECK-IN: All participant packets will be available at: Lewiston Community Center, 1424 Main Street Street, Lewiston, Idaho from 7:30 a.m. – 6:00 p.m. **Monday June 1, 2010.** Packets include participant numbers, t-shirt, and other game related information. If you are unable to pick up your packets at this time, they will be available at the **Kick-Off Picnic on Monday, June 7, 2010 from 5:00 p.m. – 7:00 p.m.** You must have and wear (if at all possible) an official contestant number to participate in any sport. Contestant number is to be worn on the front or back of the shirt. **All participants check in at least fifteen (15) minutes prior to the sport event.**

CANCELLATIONS: North Idaho Senior Games officials reserve the right to cancel any sport due to insufficient registration. Request for refunds must be made in writing and postmarked five days prior to the event.

RULES, REGULATIONS AND EQUIPMENT: Recognized official rules for each sport will be followed; consult the Idaho Senior Games rules for specific rules. Rules are available at any sport event tables or at our office (208) 746-2313. North Idaho Senior Games officials reserve the right to combine age groups if less than four (4) participants sign up in any age group. You will still be competing within your own age group. Judge's decisions are final.

Golf Golfers must provide their own clubs and golf balls. Participant's wishing to be paired up with specific people must indicate that on their registration form. **NO WALK-ONS.**

Tennis Participants may enter any of the following events: singles, doubles or mixed. Participants may not duplicate any event in another age group. Participants should expect to play at least one match per event. **NO WALK-ONS**

Track & Field: Each participant may participate in up to 6 events. Field events will be run in an open pit format. Some running events will be run together if there is no competition within an age group. **NO WALK-ONS**

Racquetball: Eye protection is mandatory. Players must also provide their own racquet with wrist tie and gloves. **NO WALK-ONS**

Cycling: Helmets required. **NO WALK-ONS**

Archery: Participants must furnish their own equipment. Hells Gate is an Idaho State Park and will charge the standard \$4.00 to park. **NO WALK-ONS**

Pickleball: NO WALK-ONS

2010 NORTH IDAHO SENIOR GAMES – REGISTRATION FORM – PART 1

NOTE: You may enter more than one sport if they do NOT overlap. See the enclosed tentative schedule for details.
Tennis and Bowling are limited to two of three categories.

CHECK SPORTS: **ABSOLUTELY NO WALK-ONS IN ANY SPORT**

- ARCHERY** _____ Men's Traditional _____ Men's Compound
_____ Women's Traditional _____ Women's Compound
- BOWLING** (Singles) _____ 10 Pin _____ Men's or _____ Women's AVERAGE _____
 BOWLING (Mixed Doubles) _____ 10 Pin _____ Men's or _____ Women's AVERAGE _____
Partner's Name _____ Date of Birth _____
- CYCLING** _____ Men's _____ Women's _____ 10 Mile
- 5K FUN RUN** _____ Men's or _____ Women's
 5K FUN WALK _____ Men's or _____ Women's
- GOLF** _____ Men's or _____ Women's
18 Hole Handicap (_____) or Social (_____) My Golf Handicap is (_____) or Social (_____)
- HORSESHOES** _____ Men's or _____ Women's
- PICKLEBALL** _____ Men's or _____ Women's
_____ Singles _____ Doubles _____ Mixed Doubles _____ Open Doubles
(Doubles) Partner's Name _____ Partner's Date of Birth _____
(Mixed Doubles) Partner's Name _____ Partner's Date of Birth _____
(Open Doubles) Partner's Name _____ Partner's Date of Birth _____
- RACQUETBALL** _____ Men's or _____ Women's
- SWIMMING IS AT THE ASOTIN COUNTY FAMILY AQUATIC CENTER
AT 1603 DUSTAN LOOP CLARKSTON WASHINGTON 99403**
_____ Men's or _____ Women's
Freestyle _____ 50M _____ 100M _____ 200M
Backstroke _____ 50M _____ 100M
Breaststroke _____ 50M _____ 100M
Butterfly _____ 50M
Individual Medley _____ 100M
- Lee Thach Table Tennis Tournament NISG'S**
- TABLE TENNIS** _____ Men's or _____ Women's / _____ Singles _____ Doubles
- TENNIS** (Singles) _____ Men's or _____ Women's
 TENNIS (Doubles) _____ Men's or _____ Women's
(Partner's Name _____ Date of Birth _____)
- TENNIS** (Mixed Doubles) (Partner's Name _____ Date of Birth _____)
- TRACK & FIELD** _____ Men's or _____ Women's
You may sign up for up to 6 events – check your times – There will be NO holding up events due to any overlaps)
_____ Shot Put _____ Discus Throw _____ Javelin _____ Softball Throw
_____ Long Jump _____ Standing Long Jump _____ High Jump _____ 100 M
_____ 200M _____ 60M _____ 400 M Run _____ 800M Run _____ 1600M Run
_____ 5K Race walk
- PUTTING** _____ Men's or _____ Women's
- OPENING PICNIC** _____ YES _____ NO

2010 NORTH IDAHO SENIOR GAMES – REGISTRATION FORM – PART 2

Please Print Legibly: First Name _____ MI _____ Last Name _____ Street: _____ City: _____ State: _____ Zip: _____ Home Phone: _____ WorkPhone: _____ E-Mail: _____ Emergency Contact: _____ Relationship: _____ Phone#: _____	Gender: _____ Male _____ Female Birth-date _____/_____/_____ Age as of 6/1/2010 _____ Shirt Size ___S ___M ___L ___XL ___XXL Will you be attending the Picnic? _____Yes _____No Will you be bringing guest(s)? _____Yes _____No																																																										
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PERSONAL INFORMATION:

Have you participated in any Senior Games or Senior Olympics in the Past? _____

(If yes, please list) _____

Do you regularly exercise or compete in any sport? _____

Are you active in, or do you volunteer with any community organizations? _____

Would you like to volunteer for the North Idaho Senior Games? _____

Would you be willing to appear on television or radio news shows to be interviewed and to talk about your sport or activity? _____

PARTICIPANT WAIVER

I the undersigned, enter into this agreement in consideration of being permitted to participate in North Idaho Senior Games and/or enter into for any purpose any restricted area (herein defined as the area to which admission by general public spectators is prohibited and in addition consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in anyway in the North Idaho Senior Games. By entry of this agreement, I represent warrant and covenant as follows:

1. I warrant and represent that I am in good physical health and condition and I am physically able to compete in any events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events I have selected. I am of sound mind, free of legal disability and capable of binding entry into this agreement. I have been advised that it would be in my best interest to consult my physician prior to my preparation in regard to participation in the North Idaho Senior Games. I recognize and understand that the preparation and completion may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical conditions including but not limited to cardiovascular disorder which I may have, thereby resulting in serious or life threatening harm to me.
2. I hereby release, waive, discharge, covenant not to sue, agree to indemnify and hold harmless the North Idaho Senior Games and promoters, sponsors, advertisers, hosts, operators, officials, other participants and any persons in a restricted area, owners and lessees of premises used to conduct the events and each of them, their respective administrators, officers, directors, and employees (collectively referred to herein as "released parties") from any and all actions, causes of action and any claim or demand whatsoever of any kind or nature on account of injury to person or property or resulting in death of, or injury to the undersigned which I, my representatives, heirs, from any and all actions, causes of action and any claim or demand whatsoever of any kind or nature on account of injury to person or property or resulting in death of, or injury to the undersigned which I, my representatives, heirs, next of kin or assigns may have or at anytime in the future have as a result of my participation in the North Idaho Senior Games, whether caused by the negligence of the released parties or other wise while the undersigned is in or upon the restricted area and/or competing, officiating, observing, or working for, or for any other purpose participating in the North Idaho Senior Games. I further agree that I shall hold the released parties harmless from and indemnify each of them from any loss, liability, damage, or costs including attorney fees that they may incur arising from claim made by or through the undersigned.
3. I hereby assume full responsibility for and risk of bodily injury, death or property damage due to the negligence of the parties released or otherwise while in or upon the restricted area and/or while competing, officiating, observing or working for, or any purpose participating in the North Idaho Senior Games. I expressly acknowledge and agree that the activities at the North Idaho Senior Games and entry into the restricted areas involved an element of danger and risk of serious and/or property damage. I have or will immediately upon entering any of such restricted areas, and will continuously thereafter inspect such restricted area or areas and all portions thereof which I enter and with which I have contact, and further warrant that my entry upon such restricted areas and participation, if any, in the event constitute an acknowledgment that I have inspected such areas, find and accept same to be safe and reasonable suited for the purpose of my use. I further agree and warrant that if at anytime while in or about restricted areas or participation in any event, I feel anything to be unsafe, I will immediately advise the officials of such and will leave the restricted area or cease participation in the event.
4. In the event that I sustain injury or illness while participating in the North Idaho Senior Games or while being in a restricted area, I hereby authorize and permit any emergency, first aid, medication, medical treatment or surgery deemed necessary by licensed medical personnel. I also give my permission for attending medical personnel to execute on my behalf any permission forms or other necessary medical documents and to act on my behalf if I am not immediately available to do so. The name and phone number of the person whom I wish to have contacted in such an emergency is listed below.
5. I hereby give my permission to the North Idaho Senior Games, its sponsors and agents, to use or publish photography taken of me during the North Idaho Senior Games, or to use my name in connection therewith, without any remuneration, in any advertising promotional materials they may prepare and utilize in the promotion of the North Idaho Senior Games.
6. This waiver, release and indemnification agreement specifically embraces each and every sport event sanctioned, authorized or promoted by the released parties during the entire North Idaho Senior Games and applies to each and every sport or activity and has the same effect as if executed after each and every activity or sport in which the undersigned so as the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every such sport.

THIS AGREEMENT CONTAINS A RELEASE AND SHOULD NOT BE SIGNED UNTIL FULLY READ AND UNDERSTOOD

The undersigned has read and voluntarily signed this release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Participant's Signature: _____

Date: _____

Emergency Contact: _____

Relationship: _____ **Phone:** _____

2010 NORTH IDAHO SENIOR GAMES – SCHEDULE

Please re-check your times, as sporting events will not be delayed due to scheduling conflicts. If your sport event overlaps another sport event and you are late, you will risk disqualification. Be sure to look ahead to determine when you could be competing if you advance in the tournament. A match may be scheduled at any time during the hours listed.

It is the Participant's responsibility to check the schedule at check-in information desks, or at tourney sites.

Participant's MUST report at designated starting times.

MONDAY JUNE 7th, 2010		
TIME	SPORT	LOCATION
7:00am to 12:00pm	Golf	Bryden Canyon Golf Course
12:00pm to 5:00pm	Archery	Hells Gate State Park
5:00pm to 7:00pm	Picnic	Lewiston Community Center
TUESDAY JUNE 8th, 2010		
8:00am to 12:00pm	Table Tennis	Jennifer Jr. High School
5:00pm to 7:00pm	Putting	Gateway Golf Center, Clarkston
WEDNESDAY JUNE 9th, 2010		
9:00am to 4:00pm	Tennis	LCSC Tennis Courts
1:30pm to 5:00pm	Bowling	Lewiston Orchards Lanes
THURSDAY JUNE 10th, 2010		
9:30am to 11:30am	Horseshoes	LCSC Horseshoe Pits on 11th Avenue
12:00pm to 2:00pm	Racquetball	Adcope Athletic Club
7:00pm to 9:00pm	5K Run/Walk	Gazebo at Kiwanis Park on the Levee
FRIDAY JUNE 11th, 2010		
7:00am to 2:00pm	Pickleball	Lewiston High School Tennis Courts
5:30pm - 8:00pm	Cycling	Meet at the north end of Red Wolf Bridge
SATURDAY JUNE 12th, 2010		
8:00am to 4:00pm	Pickleball	Lewiston High School Tennis Courts
8:00am to 12:00pm	Track & Field	Vollmer Bowl, Lewiston High School
MONDAY JUNE 14th, 2010 (new day/time)		
8:00am to 12:00pm	Swimming	Asotin County Family Aquatic Center

2010 will not be a qualifying year for the National Senior Games. Qualifying for the National Senior Games will be at the Idaho State Senior Games in Boise, Idaho in September 2010.

Deadline to register for the NISG's is June 1, 2010.