Registration Deadline is August 8, 2014

Register for free Swim Clinics at Orchard Mesa Pool: Starts, turns, and wall touches. 7/21 & 8/1 at 8:30am 970-254-3866 or gjparksandrec.org
GENERAL INFORMATION

RECRUIT A NEW ATHLETE PROMOTION
- Participants are encouraged to get new athletes involved in the Western Colorado Senior Games. As a reward, the recruiting athlete will receive $5.00 off their registration cost.
- The new athlete’s registration form and the recruiting athlete’s registration form must be turned in together.
- $5.00 is the maximum an athlete may take off their registration fees.

AGE
- Participants should register according to their age as of 8/23/14.
- The age groups are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
- Events will be conducted by age group except when it is necessary to combine for competition.
- All team members must submit an individual entry form and entry fee. A partner/teammate(s) must be indicated on the entry form where required.

HOTEL INFORMATION
- Hotels offering special event rates are posted on our website at www.gjcity.org/senior_games.aspx. You may also call the Grand Junction Visitor and Convention Bureau at 1-800-962-2547 or visit their website at www.visitgrandjunction.com for more information.
- To ensure availability, we suggest you make your reservations early.

CHECK-IN TIMES & EVENT SCHEDULING
- Participants can check-in at the Grand Junction Parks and Recreation office (1340 Gunnison Ave.) prior to participation. This can be done August 22–29, week days only from 8:00 a.m. – 5:00 p.m.
- A T-shirt, goodie bag, schedule, map, and other important information will be provided at check-in.
- Participants should be at the event venue at least 15 minutes prior to the starting time, as listed on the schedule.
- Participants are allowed and encouraged to enter more than one event, but do so at their own risk as schedule changes cannot be made to accommodate sports that occur simultaneously. Please plan accordingly.

CANCELLATIONS/POSTPONEMENTS/REFUNDS
- In the event of inclement weather or unusual/extenuating circumstances, Senior Games Officials reserve the right to change the format of the competition, postpone events, or cancel. Refunds will not be given due to weather.
- Refunds will only be granted if requested prior to August 8, 2014.

AWARDS INFORMATION
- Medals will be presented to the 1st, 2nd, and 3rd place finishers in each age category at the event venue.
- The Western Colorado Senior Games are “OPEN” to out-of-state residents.
- Competition must take place to determine an award winner. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to receive a medal. That athlete will be placed in the closest age category with, but not against, those athletes.

Call (970) 254-3866 for more Western Colorado Senior Games information

Online Information www.gjcity.org/senior_games.aspx

Coming in 2015
All competitors will receive a participation medal and pins will be awarded for 1st, 2nd, 3rd place! Wear your medal and collect your pins!

Recruit a New Athlete!
Turn your registration forms in together and you will receive a $5 discount.
SATURDAY/SUNDAY

Pickleball
DATE/TIME: Saturday, August 23: Men’s & Women’s Doubles
8:30am: 3.5 – below
12:30pm: 4.0 + above
Sunday, August 24: Mixed Doubles
8:30am: 3.5 – below
12:30: 4.0 + above
LOCATION: Lincoln Park Courts, 1340 Gunnison Avenue

MONDAY

Bocce Ball
DATE/TIME: Monday, August 25, 9:00am
LOCATION: Hawthorne Park, 400 Gunnison Ave

Billiards 8 Ball (Jack & Jill, Men’s, Women’s)
DATE/TIME: Monday, August 25, 9:00am
LOCATION: Senior Recreation Center, 550 Ouray Avenue

TUESDAY

5k Run/Walk
DATE/TIME: Tuesday, August 26, 8:30am
LOCATION: Canyon View Park, 730 24 Road
COURSE: Trail, meet at Tennis Shelter on east side

Dance Competition
DATE/TIME: Tuesday, August 26, 2:00pm
LOCATION: Lincoln Park Barn, 1340 Gunnison Avenue

Golf: 2 Person Scramble Co-Ed
DATE/TIME: Tuesday, August 26, Tee times begin at 3:00pm
LOCATION: Lincoln Park Golf Course, 1340 Gunnison Avenue
FEE: $9.00 per person (Clubs are provided if needed.)
Carts are available for $9.00 per person

WEDNESDAY

Golf: Longest Drive
DATE/TIME: Wednesday, August 27, 7:30am
LOCATION: Lincoln Park Driving Range, 1340 Gunnison Ave.

Golf: Chip/Putt
DATE/TIME: Wednesday, August 27, 9:00am
LOCATION: Lincoln Park Golf Course, 1340 Gunnison Ave.

Basketball Free-Throw/Hot Shot/3 Point
DATE/TIME: Wednesday, August 27, 1:30pm
LOCATION: Bookcliff Activity Center, 540 ½ 29 ¼ Road

Cards: Cribbage
DATE/TIME: Wednesday, August 27, 2:00pm
LOCATION: Senior Recreation Center, 550 Ouray Avenue

Cards: Black Jack
DATE/TIME: Wednesday, August 27, 6:00pm
LOCATION: Senior Recreation Center, 550 Ouray Avenue

THURSDAY

Swimming
DATE: Thursday, August 28
WARM UP: 8:30am – 9:30am
RACE TIME: 8:45am -event starts with 500 yard swim
LOCATION: Orchard Mesa Pool, 2736 Unaweep Avenue

Billiards 9 Ball (Jack & Jill, Men’s Women’s)
DATE/TIME: Thursday, August 28, 9:00am
LOCATION: Senior Recreation Center, 550 Ouray Avenue

Horseshoes
DATE/TIME: Thursday, August 28, 9:00am
LOCATION: Canyon View Horseshoe Pits, 730 24 Road

Bowling (Singles)
DATE/TIME: Thursday, August 28, 1:00pm
LOCATION: Orchard Mesa Lanes, 295 27 Rd.
FEE: $5.00

Banquet
DATE/TIME: Thursday, August 28, 4:30pm
LOCATION: Ale House, 2531 North 12th Street
FEE: $6.00 for banquet, $11.00 per guest

FRIDAY

Track & Field
DATE: Friday, August 29
FIELD EVENTS: 7:30am
TRACK EVENTS: 9:00am
LOCATION: Lincoln Park Track, 1340 Gunnison Avenue

Cards: Pinochle
DATE/TIME: Friday, August 29, 1:00pm
LOCATION: Senior Recreation Center, 550 Ouray Avenue

HEALTH FAIR
Friday - 9am – 12pm
Lincoln Park Barn
Visit with vendors such as:
AARP 211
Rimrock Chiropractic (massages)
Grand Mesa Medical
Rocky Mountain Health Plans
Grand Junction Senior Recreation Center
Join Us for a Celebration!

Thursday Evening Banquet
at the Ale House
2531 North 12th Street

$6.00 per registered athlete
$11.00 per guest
(Please mark on registration form)

August 28, 2014
4:30 (Cash Bar) and Social
Banquet begins at 5:00pm
**ENTRY FORM – 2014 Western Colorado Senior Games**

Complete all information on the front and back of this form. Please print or type.

<table>
<thead>
<tr>
<th>Last Name:</th>
<th>First Name:</th>
<th></th>
<th></th>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
</table>

| Street Address: |  |  |  |  |  |  |
| City: | State: | Zip: |  |  |  |  |

<table>
<thead>
<tr>
<th>Phone:</th>
<th>Email Address:</th>
<th>Date of Birth:</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact Name:</th>
<th>Phone:</th>
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<th></th>
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</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Age Group (as of 8/23/14):</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>50-54</td>
<td>65-69</td>
<td>80-84</td>
<td>95-99</td>
<td>55-59</td>
<td>70-74</td>
<td>85-89</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>T-Shirt Size:</th>
<th>None</th>
<th>X-Large</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>Medium</td>
<td>XX-Large</td>
<td>Large</td>
<td>XXX-Large</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Age Division Events:**

**5K Run/Walk**
- Run
- Walk

**Basketball Shooting**
- Free Throw
- Hot Shot
- 3 Point

**Field Events (Starting at 7:30 am)**
- Discus
- Football Throw (Men’s)
- Shotput
- Softball Slugfest
- Softball Throw (Women’s)
- Standing Long Jump

**Golf**
- Chip
- Putt
- Longest Drive (Competed in 10 year age groups)

**HorsehoeS**
- Horseshoes (Competed in 10 year age groups)

**Swimming**
- 25 Meter Backstroke
- 25 Meter Breaststroke
- 50 Meter Backstroke
- 50 Meter Breaststroke
- 50 Meter Freestyle
- 100 Meter Freestyle
- 100 Meter Indiv. Medley
- 500 Meter Freestyle

**Track Events (Starting at 9:00am)**
- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1600 Meter Run
- 400 Meter Walk
- 800 Meter Walk
- 1600 Meter Walk

**Events not competed by Age Division:**

**Billiards**
- Jack & Jill 8 Ball (Partners will be drawn)
- Jack & Jill 9 Ball (Partners will be drawn)
- Men’s 8 Ball
- Men’s 9 Ball
- Women’s 8 Ball
- Women’s 9 Ball

**Bocce Ball (Partners will be drawn at the event)**
- Bocce Ball

**Bowling ($5 extra fee)**
- Singles
- Average: ____________

**Cards**
- Black Jack
- Cribbage
- Pinochle

**Dance Competition**
- Couple Team Name (2):
- Partner’s name: ____________
- Large Team Name (9-18):
- Captain’s Name: ____________
- Small Team Name (3-8):
- Captain’s Name: ____________

**Golf: 2 Person Scramble ($9 extra fee)**
- Doubles
- Partner: ____________
- Individual (Partner will be drawn at the event)
- Golf Cart ($9 extra fee)

**Pickleball (The highest level partner determines play level for team)**
- Men’s Doubles 2.5-
- Women’s Doubles 2.5-
- Men’s Doubles 3.0-3.5
- Women’s Doubles 3.0-3.5
- Men’s Doubles 4.0+
- Women’s Doubles 4.0+
- Mixed Doubles 2.5-
- Mixed Doubles 3.0-3.5
- Mixed Doubles 4.0+

Doubles Partner Name: ____________
Mixed Doubles Partner Name: ____________

Doubles Partner Name: ____________
Mixed Doubles Partner Name: ____________
LIABILITY AND PRESS RELEASE WAIVER

Affidavit: I will not hold the City of Grand Junction Parks and Recreation Department or any cosponsoring agency, responsible for injury incurred while participating in any program. I understand that I will indemnify the City and its officers and employees from any injury claims. I am aware that participating in any sport/activity can be a dangerous activity involving many risks of injury, including crippling injury or death. I AUTHORIZE, ALLOW AND RELEASE the unlimited publication, broadcast, transmission, re-transmission and or other form of reproduction of any and all audio, video and photographic images without payment of compensation or royalties.

SIGNATURE:______________________________ DATE:______________________________

Each participant should consult his/her doctor in regard to practice, preparation and competition in this event or any similar physical activity.

EVENT AND SOCIAL REGISTRATION FEES

(Registration fee includes all events and a t-shirt – except where listed below)

REGISTRATION IS CLOSED ON AUGUST 15, 2014 at 5:00pm

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>EARLY REGISTRATION FEE (If registration is received on or before August 8, 2014 T-Shirt guaranteed)</td>
<td>$24.00</td>
</tr>
<tr>
<td>LATE REGISTRATION FEE (If registration is received after August 8, 2014 (No T-Shirt)</td>
<td>$29.00</td>
</tr>
<tr>
<td>RECRUIT A NEW ATHLETE DISCOUNT  New Athlete Name: ____________________________ (New athlete’s registration form and recruiting athlete’s form must be turned in together)</td>
<td>($5.00)</td>
</tr>
<tr>
<td>BANQUET FEE</td>
<td>$6.00</td>
</tr>
<tr>
<td>BRING A GUEST TO THE BANQUET</td>
<td># Guests _________ per Guest $11.00</td>
</tr>
<tr>
<td>BOWLING FEE</td>
<td>$5.00</td>
</tr>
<tr>
<td>GOLF: 2 PERSON SCRAMBLE</td>
<td>$9.00</td>
</tr>
<tr>
<td>GOLF CART</td>
<td>$9.00</td>
</tr>
<tr>
<td>Become a “FRIEND OF THE WESTERN COLORADO SENIOR GAMES” by contributing an extra amount that will help enhance this year’s games!</td>
<td>$</td>
</tr>
</tbody>
</table>

Please review your entry form to make sure you did the following:

- Completed the general information entirely and marked all the events in which you are planning to participate. For doubles events, a partner was included if necessary.
- Signed and dated the liability and press release waiver.
- Enclosed the total payment including additional event fees, banquet fees, and discounts.
- Reminded team partners, as applicable, to submit their entry form and fee.
- Check made payable to Grand Junction Parks and Recreation.
- Mailed your entry form and payment in time to be received by August 8, 2014

Grand Junction Parks and Recreation
1340 Gunnison Ave.
Grand Junction, CO 81501
970-254-3866

How did you hear about the Western Colorado Senior Games? (please mark all that apply)

- Received entry form directly
- From a past participant
- Activity Guide
- Beacon
- Misc. Promotion (website, Promo cards, poster, etc.)
- Other: ____________________________