

# DOWN EAST SENIOR GAMES 2024 Registration Packet



Registration Deadline:

**March 15, 2024**

Game Dates: April 23rd — May 28th

## Contact Information:

**DeVonte Speller**

**Local Coordinator**

**Registration and Donations**

Rocky Mount Senior Center

252-467-6483

**Conner Lee**

**SilverArts Coordinator**

Nash County Senior Center

252-462-2730 or

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ROCKY MOUNT  
SENIOR CENTER



**WILSON** Parks & Recreation



Nash County  
Recreation & Senior Services



Wilson  
County  
North Carolina



*"This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state wide by the North Carolina Division of Aging and Adult Services."*

# GENERAL INFORMATION



In 1983 Senior Games began with a vision for North Carolinians 50 years of age or better to be more active, to learn new skills, to renew old talents, to live better and healthier, and to have more FUN! Today, there are over 60,000 participants in 51 local games programs that serve all 100 counties across the state. Our Down East Senior Games program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state wide by the North Carolina Division of Aging and Adult Services. The Down East Senior Games program relies heavily on the generosity of the individuals and businesses in our community to sponsor our efforts. We would like to thank all of our donors and sponsors for your continued support of our local senior games program.

## PLATINUM SPONSOR:



## GOLD SPONSOR:



## BRONZE SPONSOR:



## APPLICATION LOCATIONS

### Rocky Mount Senior Center

(MAIN LOCATION)

427 S. Church St., Rocky Mount, NC

### Nash County Senior Center

103 N. Alston St., Nashville, NC

### Southern Nash Senior Center

8180 Stoney Hill Church Rd., Bailey, NC

### Recreation Park Center

500 Sunset Rd NW, Wilson, NC

### Reid Street Center

901 E. Reid St., Wilson, NC

### Wilson County Senior Activity Center

1808 Goldsboro St S., Wilson, NC

### E.L. Roberson Center

305 W. Baker St., Tarboro, NC

### Hattie P. Staton Senior Center

1403 Church St., Scotland Neck, NC

Please make  
all checks  
payable to:  
The City of  
Rocky Mount

# GENERAL INFORMATION

## ELIGIBILITY INFORMATION

- ◇ Participation in the Senior Games is limited to persons ages 50 and over. Proof of age will be required. Participants must be a North Carolina resident for a minimum of 3 consecutive months of the year. Competition will be by age and sex divisions as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
- ◇ Your age as of December 31, 2024, will determine the age category in which you will compete.
- ◇ No event will be delayed for latecomers. No shows = no refunds. Check-in for all events starts 15 minutes prior to the listed start time. Picture ID is required.
- ◇ Safety and sportsmanlike conduct are paramount. Down East Senior Games officials have the authority to disqualify, and/or remove anyone who exhibits inappropriate behavior or a condition of medical concern.
- ◇ Remember: In doubles events, the age of the younger player is used to determine age group for competition. In team events, the age of the youngest player on team roster determines age group for competition.
- ◇ For SilverArts Participants: All entries must be original works of the artist. Work must be created after age 50, and within the last 2 years. Entries are only eligible for judging or display if they have never been entered in any SilverArts competition before: records are kept and your piece will be disqualified if recognized.

State Finals qualification criteria returns to pre-covid with the exception of open events. The Full qualification policy is as follows: The top three male and female qualifiers in each official North Carolina Senior Games sport/event in each age category will be eligible to participate in State Finals except:

1. Bowlers: places 1-6
2. Golfers must meet a minimum performance score (MPS) and finish 1, 2 or 3 to qualify.
3. All participants who complete a Local Games Fun Walk, Football Throw, Softball Throw and Basketball Shooting will qualify.
4. Teams: The first, second and third place teams per the team sport age category will qualify.

## GOLF & CYCLING

**Golf:** Registration for Golf is a flat \$25.00, and the event will be hosted on Tuesday, April 9, 2024 at Wedgewood Golf Course in Wilson, NC. If you are only participating in Golf then you only have to pay the \$25.00 fee. If you are interested in participating in other events then the \$20.00 registration fee for our Down East Senior Games applies. For questions, please contact Devonte Speller at 252-467-6483

**Cycling:** Down East Senior Games is partnering with Johnston County Senior Games and Wake County Senior Games for our 1K, 5K and 10K Cycling Events. If you are interested in participating in Cycling, be sure to mark down Landfill Loop in Green Hills County Park (9300 Deponie Dr, Raleigh, NC) on April 16, 2024, on your calendar. For questions, please contact Devonte Speller at 252-467-6483.

# SPECIAL EVENTS

ALL ARE WELCOME!

## **Opening Ceremony**

Tuesday, April 23, 2024

Location: Rocky Mount Senior Center

427 S. Church St., Rocky Mount, NC

Celebrate the opening of the Down East Senior Games with family, friends and fellow athletes! 9:00 am –12:00 pm

## **SilverArts Showcase**

Monday, April 29—May 28, 2024

Location: Rocky Mount Imperial Centre for the Arts and Sciences

270 Gay St, Rocky Mount, NC

Come and see the talents of our area Silver Artists on display. OPEN to the public for viewing.

## **Closing Ceremonies Food Truck Dinner**

Tuesday, May 28, 2024

Location: Rocky Mount Imperial Centre for the Arts and Sciences

270 Gay St, Rocky Mount, NC

All participants are invited to eat dinner from the food truck to close out the games and thank all of our sponsors for their support. The cost of food is on your own. Food truck will be available from 5:00 pm - 6:45 pm. You can also pick up your medals.

## **Silver Follies and Awards Show**

Tuesday, May 28, 2024

Location: Rocky Mount Imperial Center for the Arts and Sciences

270 Gay St, Rocky Mount, NC

All participants are invited to enjoy the talents of the Silver Arts performers, and to cheer on our winners of the 2024 Down East Senior Games! Show begins at 7:00 pm!

# 2024 ENTRY FORM

Name (Print): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Gender: (Circle) MALE FEMALE

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size (Circle): S M L XL 2XL 3XL I DON'T WANT A SHIRT

I AM A FIRST TIME PARTICIPANT (PLEASE CIRCLE) YES NO

Date of Birth: \_\_\_\_\_ Ethnicity: \_\_\_\_\_

Health Concerns: \_\_\_\_\_

## Emergency Contacts

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

### STATEMENT OF RELEASE/LIABILITY WAIVER FOR DOWN EAST SENIOR GAMES

**\*\*\*This Section Must Be Signed by all Participants In Order To Compete - No Exceptions\*\*\***

I, the undersigned participant, hereby agree to indemnify, safe and hold harmless the Down East Senior Games and/or their sponsors, promoters, managers, and operators for my health, safety, or any injury resulting from my participation in and travel to or from the Games.

I have prepared myself for the events which I have entered, by practicing prior to the Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by Down East Senior Games that it would be in my best interest to consult my physician prior to my preparation in the Games. The Down East Senior Games has my permission to have a physician attend me if it is deemed necessary during my participation in the Games. I am covered by hospitalization or medical insurance through a private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury from my participation in the Senior Games.

I, the undersigned participant, grant to Down East Senior Games, the right to use any pictures taken of me during the Games to be held April 23-May 28, 2024 without any remuneration. I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry packet. My State Finals Entry Form must be received in the NCSG office in Raleigh by August 1. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

Signature \_\_\_\_\_

Date \_\_\_\_\_



# SPORTING EVENTS

Please place an "X" in the box next to the event that you are registering for.

	Open Events		Pickleball		Swimming (Limit 5 per participant)
	Basketball Shooting		Doubles Partner:		Backstroke
	Football Throw				50 Yards
	Softball Throw				100 Yards
	Silver Striders Fun Walk		Mixed Doubles Partner:		200 Yards
	<b>Track Events (Limit 5 per participant)</b>				<b>Breaststroke</b>
	50 M Dash		<b>Bowling (\$15.00 Each)</b>		50 Yards
	100 M Dash				100 Yards
	200 M Dash		Singles		200 Yards
	400 M Dash				<b>Butterfly</b>
	800 M Dash		Doubles Partner:		50 Yards
	1500 M Run				100 Yards
	1500 M Race Walk				200 Yards
	1500 M Power Walking				<b>Freestyle</b>
	<b>Field Events</b>		Mixed Doubles Partner:		50 Yards
	Running Long Jump				100 Yards
	Standing Long Jump				200 Yards
	Shot Put				500 Yards
	Discus		<b>Cornhole</b>		<b>Individual Medley</b>
			Singles		100 Yards
	Billiards				200 Yards
	Bocce		Doubles Partner:		<b>Cycling</b>
	Croquet				1K
	Horseshoes				5K
	Shuffleboard		Mixed Doubles Partner:		10K
	5K Run				Golf (\$25.00)
	5K Race Walk				

**Registration Fee** ..... **\$20.00** \_\_\_\_\_

**Golf** ..... **\$25.00** \_\_\_\_\_

**Bowling (per category)** ..... **\$15.00** \_\_\_\_\_

**Donation** ..... \_\_\_\_\_

**Make checks payable: City of Rocky Mount**                      **Total Amount Enclosed** \_\_\_\_\_

# SILVERARTS

## LITERARY ARTS

Categories: Essays, Short Stories, Life Experiences and Poems

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

## VISUAL ARTS

Categories: Acrylics, Digital Art, Drawing, Mixed Media, Oil, Pastels, Photography (Digital), Photography (Film), Sculpture, and Watercolor

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

## HERITAGE ARTS

Basket Weaving, Crocheting, Jewelry, Knitting, Needlework, Quilting (Hand Stitched), Quilting (Machine Stitched), Stained Glass, Toile/Decorative Painting, Pottery, Weaving, Woodcarving, Woodturning, and Woodworking.

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

Title: \_\_\_\_\_ Category: \_\_\_\_\_

## MISCELLANEOUS

Non-Sanctioned and Non-Qualifying for State Finals. Examples: Floral Arrangements, Wreaths, Wine/Design, Door Hangers, Colored Pictures, DIY Crafts, & any unique non-traditional pieces.

Title: \_\_\_\_\_ Title: \_\_\_\_\_

Title: \_\_\_\_\_ Title: \_\_\_\_\_

## PERFORMING ARTS AND CHEERLEADING

Categories: Comedy/Drama, Dance, Instrumental, Vocal, Line Dance & Cheerleading

Name of Act: \_\_\_\_\_ Category: \_\_\_\_\_

Name of Act: \_\_\_\_\_ Category: \_\_\_\_\_

Name of Act: \_\_\_\_\_ Category: \_\_\_\_\_

Name of Act: \_\_\_\_\_ Category: \_\_\_\_\_

# 2024 SCHEDULE OF EVENTS

**Tuesday, April 9, 2024**

**Golf (\$25.00) at 8am**

Wedgewood Golf Course  
(3201 Statonsburg Rd SE., Wilson)

**Tuesday, April 16, 2024**

**Cycling at 9am**

Landfill Loop in Green Hills County Park  
(9300 Deponie Dr., Raleigh)

**Tuesday, April 23, 2024**

**Football Throw, Softball Throw &  
Basketball Shoot from 9am-10:45am**

**Opening Ceremonies at 11am**

**Silver Striders Fun Walk: 11:15am**

Rocky Mount Senior Center  
(427 S. Church St, Rocky Mount)

**Wednesday, April 24, 2024**

**SilverArts Drop Off from 1pm-2:30pm**

Rocky Mount Imperial Centre  
(270 Gay St, Rocky Mount, NC)

**Wednesday, April 24, 2024**

**1500 Meter Run, 1500 Meter Race Walk &  
1500 Meter Power Walk at 9am**

**Standing Long Jump, Running Long Jump,  
Discus and Shot Put from 10 am-11 am**

**800 M Run at 11:00 am**

**400 M Dash at 11:20 am**

**200 M Dash at 11:40 am**

**100 M Dash at 12:00 pm**

**50 M Dash at 12:15 pm**

Fike High School  
(500 Harrison Dr N, Wilson)

**Thursday, April 25, 2024**

**Cornhole Singles at 9am**

**Cornhole Doubles/Mixed Doubles 1pm**

Recreation Park (500 Sunset Rd NW., Wilson)

**Tuesday, May 28, 2024**

**Silver Arts Exhibit, Health Expo & Food Truck Dinner from 5pm-6:45pm**

**SilverFollies, Cheer Showcase & Awards Ceremony at 7:00pm**

Rocky Mount Imperial Centre for the Arts and Sciences (270 Gay St, Rocky Mount, NC)

**Monday, April 29, 2024**

**Bowling Singles at 9am**

Rocky Mount Bowling Alley  
(3250 N. Church St., Rocky Mount)

**Tuesday, April 30, 2024**

**Swimming Events at 9am**

Harrison Family YMCA  
(1000 Independence Dr., Rocky Mount)

**Bocce (Men) at 9am**

**Shuffleboard (Women) at 9am**

**Bocce (Women) at 1pm**

**Shuffleboard (Men) at 1pm**

E. L Roberson Center  
(305 W. Baker Street, Tarboro)

**Wednesday, May 1, 2024**

**5K Run & 5K Race Walk at 9am**

Indian Lake Sports Complex  
(3300 Western Blvd, Tarboro)

**Croquet at 1pm**

**Horseshoes at 2:15pm**

Rocky Mount Senior Center  
(427 S. Church St., Rocky Mount)

**Thursday, May 2, 2024**

**Pickleball Doubles at 9am**

**Pickleball Mixed Doubles at 11:30am**

Greater Wilson Rotary Park  
(1901 Branch St NW., Wilson)

**Monday, May 6, 2024**

**Bowling Doubles at 9am**

**Bowling Mixed Doubles at 11:30am**

Rocky Mount Bowling Alley  
(3250 N. Church St., Rocky Mount)

**Billiards at 1pm**

Nash County Senior Center  
(103 N. Alston St, Nashville NC)