

GENERAL INFORMATION

RECRUIT A NEW ATHLETE PROMOTION:

- Participants are encouraged to get new athletes involved in the Nebraska Senior Games. As a reward, the recruiting athlete will receive \$10.00 off their registration cost.
- \$10.00 is the maximum an athlete may take off their registration fees.

AGE:

- Participants should register according to their age as of 12/31/10.
- 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.
- The age group for doubles teams and 3-on-3 basketball teams will be determined by the youngest player. All team members must submit an individual entry form and entry fee. A partner/teammate(s) must be indicated on the entry form to be eligible for the tournament.

CONFIRMATION:

- A confirmation will be sent to you after your entry form is received. Please allow 2-4 weeks for processing.

HOTEL INFORMATION:

- The official Nebraska Senior Games hotel is Best Western Mid Nebraska Inn & Suites. A special Senior Games rate will be available.
- To ensure availability, we suggest you make your reservations early. Phone: 308-237-4512

CHECK-IN TIMES & EVENT SCHEDULING:

- Participants must check-in at the Nebraska Senior Games Headquarters (Kearney Visitors Bureau, 1007 2nd Ave.) prior to participation. This can be done at the following times:
 - Wednesday, Aug. 11, from 3:00 p.m. - 6:00 p.m.*
 - Thursday, Aug. 12, from 6:30 a.m. - 7:00 p.m.*
 - Friday, Aug. 13, from 6:30 a.m. - 5:00 p.m.*
 - Saturday, Aug. 14, from 6:30 a.m. - 5:00 p.m.*
 - Sunday, Aug. 15, from 6:30 a.m. - 1:00 p.m.*
- A commemorative T-shirt, goodie bag, schedule, map and other important information will be provided at check-in.
- Participants should be at their 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 2, 2010.

AWARDS INFORMATION:

- Medals will be presented to the 1st, 2nd, and 3rd place finishers in each age category at the event venue.
- The Nebraska 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.

NATIONAL SENIOR GAMES INFORMATION:

- 2010 is a qualifying year for advancement to the National Senior Games.
- All first through fourth places finishers in all individual sports (except golf and tennis) are now eligible to compete.
- The 2011 National Senior Games will be in Houston, TX, June 19—July 5.



➔ **Call (308) 237-4644 for more
Nebraska Senior Games
information.**

www.nebraskaseniorgames.com
Senior Games information, 2009 Games
results, and links to Kearney Visitors Bureau
and sponsor information. ←



EVENING SOCIAL

Friday, August 13, 2010

6:30 p.m.

Peterson Senior Activity Center

\$12.00 per person

Buffet dinner

Featuring Grandmas on the go

Sharing Old-Fashioned Music With
Unusual Instruments and Uncommon Joy!

GOLF:

DATE/TIME: Thursday, August 12, 8:00 a.m. (shot gun start)
 LOCATION: Meadowlark Hills Golf Course, 3300 30th Avenue.
 FACILITY INFORMATION: 18 Hole layout, par 71/men & 72/ women, water, sand & pot bunkers, undulating fairways, clubhouse.

1. In accordance with NSGA rules, men will tee off of the white tees. This is based upon the minimum slope rating required. Women will stay at the red tees.
2. The tournament will be conducted in accordance with USGA rules.
3. Golfers will play 18 holes. (scratch play)
4. Golfers must provide their own equipment. (carts provided)

DISC (Frisbee) GOLF:

DATE/TIME: Thursday, August 12, 1:30 p.m.
 LOCATION: Centennial Park, 11th Street & 7th Avenue

1. P.D.G.A. rules apply.
2. The lowest score through 18 "holes" determines the winner.
3. Discs are available for use by participants.

TRACK & FIELD:

DATE/TIME: Thursday, August 12, *4:30 p.m., and Friday, August 13, *8:30 a.m. (*see event times on registration form)
 LOCATION: Kearney High School, 3610 6th Avenue
 FACILITY INFORMATION: Polyurethane track surface.

1. All track and field events will be governed in general by standard recommended rules by USA Track & Field.
2. Up to 1/4" spikes allowed.
3. Shot puts, discus, and softballs will be supplied as needed. Athletes must provide their own javelin.
4. The following are the required age group implement weights:
 Discus: M50/1.5kg; M60+/1.0kg; W50+/1.0kg; W80+/.75kg
 Javelin: M50/700gm; M60/600gm; M70/500gm;
 M80+/400gm; W50/500gm; W60+/400gm.
 Shot Put: M50/6kg; M60/5kg; M70/4kg; W50+/3kg
5. All track events will be timed finals.
6. Athletes who participate in a track event and a field event that occur at the same time, should compete in the track event first and then report directly back to their field event.
7. Disqualification can occur for improper race walking techniques.

WELLNESS WALK:

DATE/TIME: Thursday, August 12, 8:00 p.m.
 LOCATION: Start/Finish at Kearney High School, Joe Greeno Field, 3610 6th Avenue.
 COURSE: Easy walking course circling Harmon Park. Approximately 2 miles in length.

1. This is a participatory event. A medal will be given to everyone.

TAI CHI (NEW & FREE EVENT):

DATE/TIME: Friday, August 13, 1:00 p.m.
 LOCATION: Peterson Senior Activity Center, 202 W. 11th St.

1. There will be a brief "How To" session before starting.
2. Participants will learn a variety of tai chi movements.
3. This is a FREE participatory event. Medals will not be given at this event.
4. People participating only in the free tai chi will not receive a t-shirt, but do need to fill out a registration form.

5 & 10 KILOMETER ROAD RACE:

DATE/TIME: 5K: Saturday, August 14, 7:30 a.m.
 10K: Sunday, August 15, 7:30 a.m.

LOCATION: Cottonmill Park
 COURSE: Relatively flat, asphalt/concrete trail.

1. Road race will be conducted in accordance with USAT&F rules.

Thank You to our Facility Sponsors:

Big Apple Fun Center
 Meadowlark Hills Golf Course
 Great Platte River Archway Monument
 Kearney Public Schools
 Buffalo County Fairgrounds

TENNIS (Singles, Doubles & Mixed Doubles):

DATE/TIME: Singles: Fri., August 13, 1:00 p.m. & Sat., August 14, 8:30 a.m.; Doubles: Sat., August 14, 11:00 a.m.; Mixed Doubles: Sat., August 14, 3:00 p.m. & Sun., August 15, 8:30 a.m. if necessary.

LOCATION: Harmon Courts, 5th Ave. & 33rd St.

FACILITY INFORMATION: Outdoor, hard surface courts

1. All tennis matches will be conducted in accordance with the US Tennis Association rules except as noted.
2. Athletes must provide their own racquets.
3. Format will be based on the number of players.
4. Attempts will be made to schedule in such a manner to avoid conflicts for players competing in singles and doubles.
5. Matches shall consist of two sets using regular scoring. Ties will be broken using a "match" tie-breaker (first to 10, win by 2).
6. Tennis balls will be provided for matches.

BOWLING (Singles, Doubles & Mixed Doubles):

DATE/TIME: Mixed Doubles: Fri., August 13, 3:00 p.m.;
 Women's & Men's Doubles: Sat., August 14, 10:00 a.m.;
 Women's & Men's Singles: Sat., August 14, 2:00 p.m.

LOCATION: Big Apple Fun Center, 500 W. 4th Avenue.

1. This tournament will be governed by the American Bowling Congress and Women's International Bowling Congress rules.
2. Scratch format for mixed and singles.
3. Singles, Doubles, and Mixed Doubles participants will bowl one set of three games. Winners determined by total pins in three games.
4. Age division is determined by the youngest partner.
5. House balls/shoes will be available at competitor's expense.

SWIMMING:

DATE/TIME: Sat., August 14, 9:00 a.m. (warm-up 8:30 a.m.)

LOCATION: Harmon Pool, 7th Avenue & 31st Street

FACILITY INFORMATION: Outdoor pool, heated, 50 meters, seven lanes, starting blocks, non-turbulent lane ropes.

1. US Master Swimming rules will govern this meet.
2. All swimming events will be timed finals.
3. Any swimmer who uses improper methods in order to gain advantage will be disqualified from that event.

BASKETBALL FREE-THROW & HOT SHOT:

DATE/TIME: Saturday, August 14, 11:00 a.m.—12:30 p.m.

LOCATION: Sunrise Middle School, 4611 Avenue N

1. Free-throw shooters will take 25 shots.
2. Free-throw ties will be broken by who made the most consecutive shots.
3. Females, 70 & over, will shoot one foot closer.
4. Hot Shot has a one minute time limit. Two attempts per person.
5. Four hot shot spots ranging from 2-5 points. Points correspond with the distance of the shot. Seven bonus points for making a shot from all four spots.
6. Hot shot ties will be broken according to who made the most fives, and secondly by the most fours, etc...

3-ON-3 HALF COURT BASKETBALL:

DATE/TIME: Saturday, August 14, 1:00 p.m.

LOCATION: Sunrise Middle School, 4611 Avenue N

1. NCAA rules apply except as modified.
2. Teams must be all of one gender.
3. Age divisions determined by the youngest team member.
4. Tournament format based on the number of teams. Two games guaranteed.
5. Games shall consist of two 12-minute halves, running clock, except for the last two minutes.
6. A complete list of game rules available upon request.



The Nebraska Senior Games is a member of the National Senior Games Association. For more information, please visit the NSGA's website at www.nsga.com.

LIABILITY AND PRESS RELEASE WAIVER

Affidavit: I, the undersigned intending to be legally bound, hereby, for myself, my heir, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Kearney, the Kearney Visitor's Bureau, sponsors, and their representatives and assigns for any and all injuries suffered by me in said events. I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 2010 Nebraska Senior Games. The City of Kearney and the Kearney Visitor's Bureau has my permission to have a physician attend to me if it is deemed necessary during my participation in the Games. I hereby give the City of Kearney and the Kearney Visitor's Bureau the absolute right and permission to copyright and/or publish, or use photographic portraits or pictures of me, or in which I am included in whole or in part, or composite or distorted in character or form, in conjunction with my own or fictitious name, or reproduction thereof in color or otherwise, made through any media or art, advertising, or any lawful purpose whatsoever.

SIGNATURE: _____ DATE: _____

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

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

<input type="radio"/> Received entry form directly <input type="radio"/> From a past participant <input type="radio"/> Television	<input type="radio"/> Newspaper Advertisement <input type="radio"/> Misc. Promotion (Website, promo cards, poster, etc.) <input type="radio"/> Other: _____
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EVENT AND SOCIAL REGISTRATION FEES
 registration fee includes first event and T-shirt

EARLY REGISTRATION FEE: (\$20.00 if registered by Friday, July 16, 2010) \$ _____

LATE REGISTRATION FEE: (\$25.00 if registered after Friday, July 16, 2010)..... _____

\$2.00 FOR EACH ADDITIONAL EVENT..... _____
 (example: if you register for the 100m dash, 200m dash, and badminton; a \$2.00 fee for additional events
 is required for both the 200m dash and badminton)

FRIDAY EVENING DINNER & SOCIAL: (\$12.00 per person)..... _____

Become a "FRIEND OF THE NEBRASKA SENIOR GAMES"
by contributing an extra amount that will help enhance the games!..... _____

RECRUITED A NEW ATHLETE DISCOUNT: (\$10 discount maximum).....-(_____)

FINAL DEADLINE: Wednesday, July 28, 2010

TOTAL AMOUNT ENCLOSED: \$ _____

FACILITY FEES: (payable AT THE EVENT SITE prior to each event)
 Bowling: \$1.00 per game
 Golf: \$28.50 plus tax (green fees, lunch, cart and range balls included)

Checks payable to:
 Nebraska Senior Games / KACF

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. For 3-on-3 Basketball, teammates were indicated.
- Signed and dated the liability and press release waiver.
- Enclosed the total payment including additional event fees, social fees, and discounts.
- Reminded team partners, as applicable, to submit their entry form and fee.
- Check made payable to: Nebraska Senior Games / KACF
- Mailed your entry form and payment prior to Wednesday, July 28, 2010 to:



Nebraska Senior Games
P.O. Box 1180
Kearney, NE 68848



For Office Use Only

Date Received: _____
 Date Confirmation Mailed: _____
 Other: _____

Amount Paid: _____
 Underpaid: _____
 Overpaid: _____
 Date Fee Corrected: _____

TABLE TENNIS (Singles, Doubles & Mixed Doubles):

DATE/TIME: Saturday, August 14

Singles: 6:00 p.m.; Doubles: 7:30 p.m.; Mixed Doubles: 8:30 p.m. (Times may be slightly adjusted)

LOCATION: Horizon Middle School, 915 W. 35th Street

1. All table tennis matches will be conducted in accordance with US Table Tennis Association rules.
2. Play shall consist of a three game match. The winner shall be the first player to win two games.
3. Tournament format based on the number of entries.
4. Players must provide their own paddles. Sand paper paddles are not allowed. Balls will be provided.
5. White shirts or jackets are not permitted.

CYCLING (5k & 10k Time Trials, 20k Road Race):

DATE/TIME: Sunday, August 15

5K: 7:30 a.m.; 10K: 8:15 a.m.; 20K: 9:30 a.m. (Times for 10k & 20k may be slightly adjusted depending on number of participants.)

LOCATION: 5 & 10K: Great Platte River Archway Monument
20K: W Rd. (south of Kearney on Hwy 44)

1. U.S.C.F. rules apply. (exception—no fixed gear bicycles)
2. Helmets are required. (Must conform with USA Triathlon regulations)
3. Starting times for time trials will be at equal intervals.
4. Road race will be mass start with intervals by age division.

BADMINTON (Singles, Doubles, & Mixed Doubles):

DATE/TIME: Sunday, August 15

Singles: 8:30 a.m.; Doubles: 10:30 a.m.; Mixed: 11:30a.m. (Times may be slightly adjusted)

LOCATION: Horizon Middle School, 915 W. 35th St.

1. The tournament is governed by USBA rules.
2. Natural feathered shuttlecocks will be provided.
3. Tournament format based on number of entries. Two games guaranteed.

HORSESHOES:

DATE/TIME: Sunday, August 15, 12:30 p.m.

LOCATION: Buffalo County Fairgrounds, 35th St. and Ave. N

1. All matches will be conducted in accordance with the National Horseshoe Pitching Association rules except as modified herein.
2. Some horseshoes will be available for use but competitors are encouraged to provide their own.
3. A round robin format will be utilized.
4. Pitching distance will vary for age groups.

Classic Sponsors

**New West Sports Medicine and
Orthopaedic Surgery**

**Best Western Mid Nebraska
Inn & Suites**

Good Samaritan Hospital

**Family Physical Therapy &
Sports Center, P.C.**

Vintage Sponsors

Kearney Orthopedic and Fracture Clinic

Farmers and Merchants Bank

Nebraska Recreation and Park Association

Competition Never Gets Old!



RETURN SERVICE REQUESTED

**Nebraska Senior Games
P.O. Box 1180
Kearney, NE 68848**