

Long Island Senior Games 2013

Founded by Eleanor Scott

Entry Registration Form

For 50+ Active Adults

Wednesday, May 22 through Sunday, June 2

Half Hollow Hills High School West
Commack Vets Bowl, Commack
Heartland Golf Park, Brentwood
House of Lords Billiards, Hicksville
Timber Point County Golf Course, Great River

COMPETITIVE EVENTS:

Medal

Badminton
Basketball 3 on 3
Billiards
Bocce

Bowling
Golf – 18 Hole
Golf – Pitch & Putt
Pickleball
Shuffleboard

Swimming
Table Tennis
Tennis
Track & Field

RECREATIONAL EVENTS:

Ribbon

Basketball Hot Spot
Basketball Shootout
Bocce
Darts

Football Distance Toss
Frisbee Golf
Ladderball
Miniature Golf
Obstacle Race

Rainbow Toss
Rolling Crazy Bocce
Softball Throw
Washer Toss

ACTIVITIES:

Line Dancing
Shuffleboard
Table Tennis

Proudly presented by Long Island Senior Games, Inc.
A 501-C-3 not-for-profit corporation
P.O. Box 2682, Huntington Station, New York 11746 Phone: (631) 239 -5741
www.longislandseniorgames.org

Long Island Senior Games 2013

General Information

Event Sites:

Half Hollow Hills High School West ~ Centrally located in Dix Hills at 375 Wolf Hill Road with ideal facilities for sports, games and parking, and is the main venue for the "Games".

House of Lords Billiards ~ Located at 612 South Oyster Bay Road in Hicksville, and will be the site for billiards.

Commack Vets Lanes ~ Located at 2183 Jericho Turnpike in Commack, and will be the site for bowling singles, doubles and mixed doubles competition.

Heartland Golf Park ~ Located in Brentwood at 1200 Long Island Avenue, and it will be the site for pitch & putt golf.

Timber Point County Golf Course ~ Located at 15 Great River Road in Great River, and it will be one of the sites for the 18 hole golf tournament.

Who is Qualified to Participate?

Anyone who is at least 50 years of age on or before May 22, 2013, or any team sport participant who will be 50 years of age between January 1, 2013 and December 31, 2013. There are no geographical restrictions. (You do not have to live on Long Island or in New York State to participate.)

Competitive Divisions:

Competition in most medal activities are divided by gender and age groups that are set up in 5 year increments (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). Brackets will be specified within each team sport when necessary. Ribbon events are divided by gender only. There will be no age group distinction.

Teams:

The word **TEAM** refers only to Basketball 3 on 3. The age of the youngest participant on each team will determine the age bracket for that team. Individual registration will not be allowed. Only complete teams can register.

Doubles/Mixed Doubles:

Doubles refers to two persons of the same gender; mixed doubles refers to a man and a woman. The age of the younger participant will determine the age bracket in both doubles and mixed doubles.

Awards:

Medals are awarded to the top three place winners in each category, including ties. Participants in any age group may be combined for competition in case there is an insufficient number of players. Ribbons will be awarded to the top three place male and female winners in each event. Medal winners of contests taking place at Half Hollow Hills High School West may pick up their awards at the Awards Table in the auditorium after the scores have been posted. Track and Field medals will be awarded at the track after the events are completed. Golf awards may be picked up at the Awards Table at the high school starting on Saturday, June 1. Other off campus venue winners will be given their awards immediately upon conclusion of their competition. All ribbon awards will be given out at 3:30 PM on Saturday, June 1 in the cafeteria. No medals or ribbons will be sent to winners.

How to Register:

ALL MEDAL COMPETITORS (except for Billiards and Pitch and Putt) **MUST** complete and return an entry application **POSTMARKED NO LATER THAN WEDNESDAY, MAY 22, 2013**. Billiards and Pitch and Putt competitors **MUST** complete and return an entry application **POSTMARKED NO LATER THAN MONDAY, MAY 20, 2013**.

Send to: Mildred Wilcox
Long Island Senior Games Registration Director
52 Oleander Drive
Northport, NY 11768

Questions?
(631) 239 - 5741
milnwil@optonline.net

PLEASE NOTE:

There will be no on-site registration for medal events. Those who have registered for medal events may, and are encouraged to participate in all ribbon events.

ALL RIBBON COMPETITORS: There will be on-site registration, although early registration is preferred.

Attention Tennis Players: If you intend to sign up for **TENNIS** please note that the tournament takes place over a two day period. Second or third round matches cannot be scheduled until the first round matches are completed. If your tennis schedule conflicts with some other event for which you have registered you will have to forfeit one of them. The coordinator will not reschedule any contests if a player is absent because they are participating in another activity.

Medal Events

Registration is required for all medal events.

The registration fees are listed on page 7.

Applications must be post marked by Wednesday, May 22, 2013
(except for Billiards and Pitch & Putt which must be post marked by Monday, May 20)

Badminton: HHHHSW main gymnasium (#9), Sunday, June 2, 11:00 AM to completion *Provide your own racket.*

Basketball 3 on 3: HHHHSW auxiliary gymnasium (#11), Saturday, June 1, 3:00 PM

Billiards: House of Lords Billiards, Hicksville, Thursday, May 23, 10:00 AM to completion

Bocce: HHHHSW fields, Sunday, June 2, 11:00 AM

Bowling: Commack Vets Bowl, Saturday, June 1 (Singles) and Sunday, June 2 (Doubles & Mixed Doubles). Both days start at 9:00 A.M. *sharp.*

Golf – 18 Hole: Timber Point County Golf Course, Great River, Thursday, May 30, 8:00 AM *shot gun start; 7:30 AM sign in time.* Play scored as low gross and low net.

Golf – Pitch & Putt: Heartland Golf Park, Wednesday, May 22, 9:00 AM (8:30 AM sign in)

Pickleball: HHHHSW main gymnasium (#9), Sunday, June 2, 9:00 AM to completion

Shuffleboard: HHHHSW auxiliary gymnasium (#11), Saturday, June 1, 9:00 AM (women), 11:00 AM (men)

Swimming: HHHHSW pool (#5), Saturday, June 1, 2:00 PM

Table Tennis: HHHHSW main gymnasium (#9), Saturday, June 1, 9:00 AM. *Bring your own paddle.*

Tennis: HHHHSW outdoor courts (#13), Saturday, June 1 and Sunday, June 2, 9:00 AM to completion. *You will be advised of your playing time.* **REMINDER:** Those athletes intending to sign up for tennis please note that the tournament takes place over a two day period. Second or third round matches cannot be scheduled until the first round matches are completed. *If your tennis schedule conflicts with some other event for which you have registered you will have to forfeit one of them. The coordinator will not reschedule any contests if a player is absent because they are participating in another activity.*

Track & Field: HHHHSW track (#4), Saturday, June 1 and Sunday, June 2 (for times see page 5)

Note: Refer to the site diagram of Half Hollow Hills High School West on page 10 of this application to see where the main venue activities are taking place. The numbers (#) denote the site of the activity.

Ribbon Events

The schedule of ribbon events is listed on page 6. If you have registered for any medal event you can, and are encouraged to participate in any and all ribbon events. Register now or sign up at the event. Winners in each gender group will receive ribbons at the Awards Table at 3:30 PM in the cafeteria.

Basketball Hot Spot: Try your luck and skill. You have 10 tries to shoot a basketball and score points from a variety of spots on the floor. The choice of which spots to use is up to you. The value of the spots is as follows: 1 point – lay-up (from anywhere), 2 points – free throw line, 3 points - behind 3 point area, and 5 points – from bases (Hot Spots). High score wins. You must retrieve your own ball. (#11)

Basketball Shootout: How many baskets can you make in 30 seconds? You have 2 tries of 30 seconds each. Volunteers keep the score, but you must retrieve your own ball. (#11)

Bocce: This is an outdoor game played with 8 large bocce balls and one small target ball, the “pallino”. The object of the game is to see how close you can roll your bocce balls to the “pallino”. (#12)

Darts: Throw 3 darts into the target for 5 rounds. Score will be kept for you. You will be given practice time. High score wins. The darts and target are provided.

Football Distance Toss: Toss a football 3 times for accuracy and distance; highest number wins. Footballs are provided. (#12)

Frisbee Golf: Toss your Frisbee toward the first hole (a designated circle or basket on the ground.), and count how many tosses it takes to land your Frisbee in that hole. Repeat the process for 4 holes. Low total score wins. Volunteers keep score. The Frisbees are provided. (#12)

Ladderball: Throw a “bolo” (2 balls connected by a cord) toward a ladder with 3 colored rungs. Each rung is worth a different amount. The high score wins. (#11)

Miniature Golf: Try your luck and skill on a charming course at HHHHSW. Lowest score wins. Clubs and golf balls are provided. (#12)

Obstacle Course: Navigate a series of challenges while being timed. Low score wins. (#7)

Rainbow Toss: Toss weights onto a rug with a rainbow design. Each ring on the rainbow has a numerical value. Highest score wins. Weights are provided. (#3)

Rolling Crazy Bocce: Roll your ball and get it into a ring on the wooden bocce board. Each ring is worth a certain amount of points. Highest score wins. (#11)

Softball Throw: You have 3 tries to throw a softball as far as you can. The longest throw wins. Softballs are provided. (#12)

Washer Toss: Try your hand at this fun game. Toss washers down a wooden platform, aiming at the holes in the platform. Each hole has a numerical value. Highest score wins. Washers are provided. (#3)

Medal Event Coordinators

For sport specific questions contact the appropriate coordinator from the list below:

SPORT	COORDINATOR	ADDRESS	TEL. NO.
Badminton	Madeline Maffetore	334 Emory Rd., Mineola 11501	(516) 746 - 3523
Basketball 3 on 3	Carol Bozek	1040 Grand Blvd.. Westbury 11590	(516) 333 - 9681
Billiards	Helen Belden	187-23 87 th Rd., Jamaica 11432-2425	(718) 454 - 0998
Bocce	Paula Luparello		(516) 759-8798
Bowling	Mildred Wilcox	52 Oleander Dr., Northport 11768	(631) 261 - 9114
Golf:	Patricia Karas	236 Old Willets Path, Smithtown 11787	(631) 724 - 7738
Golf: Pitch & Putt	Carol Bozek	1040 Grand Blvd.. Westbury 11590	(516) 333 - 9681
Pickleball	Linda Van Valkenburg	2104 Holland Ave. #5F Bronx 10462	(718) 823 - 6875
Shuffleboard	Mary Glaser	3563 Raven St., Levittown 11756	(516) 731 - 8841
Swimming	Tami DeRose	145 New York Ave., Bay Shore 11706	(631) 666 - 8835
Table Tennis	Tom Lucca	19 Newfoundland Ave., Huntington 11743	(631) 486 - 2004 (727) 866 - 2421 Sept.-April
Tennis	Sue Kubelle	64 Pine St., Sayville 11782	(631) 394 - 8922
Track & Field	Karen Jensen	331 Babylon St., Islip Terrace 11752	(516) 330 - 4037

~ IMPORTANT INFORMATION~

Vouchers: All participating athletes will receive a voucher for a tee shirt. You **must** have your voucher **with you** to receive your tee shirt. This voucher **will not** be reissued or replaced, nor can it be purchased at the Games. There are no exceptions to this rule, and it will be strictly enforced. Unfortunately we can not furnish lunch. Please feel free to bring your own lunch.

Donations: The Long Island Senior Games, Inc. is a 501-C-3 non-profit corporation dedicated to providing competition for seniors who are 50 years of age or more. *We function solely on registration fees and donations, and are staffed entirely by volunteers.* If you would like to make a tax-deductible donation to the LISG, it would be greatly appreciated. Please make the check out to: *Long Island Senior Games, Inc.*

A copy of the Long Island Senior Games, Inc. 990EZ federal tax form is available upon request.

GENERAL MEETING
Wednesday, June 26, 2013
(time and place to be announced)

2013 Long Island Senior Games

Medal Events

Starting Times	May 22 Wed.	May 23 Thurs.	May 30 Thurs.	June 1 Sat.	June 2 Sun.
8:00 A.M.			Golf <i>Timber Point</i> Sign-in: 7:30 A.M.	Discus (m) Shot Put (w) Triple Jump (m) 1500 M Run	Long Jump (m) Javelin (w) High Jump (w) Hammer (m) 5,000 M Run 5,000 M Walk
9:00 A.M.	9 Hole Pitch & Putt Heartland (8:30 AM)sign-in			Bowling - Singles Tennis Table Tennis Shuffleboard (w) 100 M Dash	Bowling - Doubles Mixed Doubles Pickleball Tennis
9:30 A.M.					200 M Dash High Jump (m) Javelin (m)
10:00 A.M.		Billiards		Discus (w) Shot Put (m) Triple Jump (w) 1500 M Walk	
10:30 A.M.				400 M Dash	800 M Run Long Jump (w)
11:00 A.M.				Shuffleboard (m)	Bocce Badminton
11:15 A.M.					Hammer (w)
2:00 P.M.				Swimming	
3:00 P.M.				Basketball 3 on 3	

(m) refers to men (w) refers to women

Ribbon Events

Just sign up for the event and play!

The events will go on continuously from 10:30 A.M. to 3:00 P.M. on Saturday, June 1.

PLACE:	EVENT:
Auxiliary Gym	Basketball Hotspot, Basketball Shootout
Outdoors Between Main Building & Pool	Bocce, Frisbee Golf, Miniature Golf
Hallway Near Main Gym	Darts
Registration Area or Cafeteria	Ladderball, Obstacle Course, Rainbow Toss, Rolling Crazy Bocce, Washer Toss
Outdoors Near Tennis Courts	Football Toss, Softball Throw

ON-GOING ACTIVITIES – *No Medals – No Ribbons – Just Fun!!!*

Come and join our line dancing demonstration and instruction class by Dance R Us in the cafeteria (14) starting at 11:00 AM on Saturday, June 1. This is an ongoing activity, and everyone is encouraged to dance.

Play shuffleboard in the auxiliary gym after the medal event ends, and/or play table tennis in the main gym after medal table tennis ends.

Announcements

We will not be furnishing lunch. Please feel free to bring your own.

Raffles will be drawn on Saturday, June 1 at 2:00 PM in the cafeteria (#14) at Half Hollow Hills High School West.

Ribbons will be awarded at 3:30 P.M. in the cafeteria.

After we receive and process your Entry Registration Form, you will receive a packet containing: a map of the high school interior and outdoor areas ~ specific sport information about the events for which you have registered ~ a tee shirt voucher.

General Rules for Competition

1. Register as early as possible. ***Entry Registration Forms must be postmarked no later than Wednesday, May 22, 2013, except for Billiards & Pitch & Putt Golf which must be post marked no later than Monday, May 20, 2013.***
2. All contests are open to men and women separately (with the exception of Mixed Doubles).
3. Athletes competing in medal events will be divided into groups within their own gender and age bracket, numbers permitting. Ribbon event participants will be divided by gender only.
4. The number of entries in an event will determine the type of tournament to be played.
5. After you send in your registration, the event coordinators will set up the tournament brackets and times of play.
6. Anyone entering a doubles or mixed doubles event without a partner will be placed in a random pool and assigned a partner based on availability.
7. You must bring your own equipment for all medal events (racquets, bats, paddles, protective equipment, etc., unless otherwise noted)
8. Each sport will be conducted under the Official Senior Games Rules.
9. Arrive at your event early. If you are not present by the conclusion of the roll call by the event coordinator, you will forfeit your competition. **NO EXCEPTIONS!**
10. In the event of inclement weather, we will try to move certain events indoors. **Unfortunately, some events may be cancelled. There is no rain date scheduled. Fees are non-refundable and non-transferable.**
11. Medal winners of contests taking place at HHHHSW can pick up their awards at the school after the scores have been *posted*. Track and Field medals will be awarded at the track after the events are completed. Golf awards can be picked up at the school starting on Saturday, June 1, 2013. Ribbon winners can pick up their ribbons June 1 at 3:30 PM in the cafeteria.

I Want to Attend. What are the Fees?

Registration Fees: (Non-refundable and non-transferable)

1. **\$35.00:** This entry fee covers any and all events. Additional activity fees must be paid, if applicable. When planning the events in which you hope to participate, be aware of possible time/day conflicts (see pages 5 & 6 for schedule).
2. **Senior Special:** There is a **\$15.00 entry fee for athletes aged 80-89. This entry fee covers any and all events. Anyone aged 90 or older may register for free.** Any Additional Activity Fees must be paid by all, if applicable.

Additional Activity Fees:

1. **Billiards:** \$8.00 per person for tournament play
2. **Bowling:** \$8.00 per person, per event (Singles - \$8.00, Doubles - \$8.00, Mixed - \$8.00)
3. **Golf:** \$40.00 Greens Fee (includes the golf cart fee)
4. **Pitch and Putt Golf:** \$9.00

Also included in the registration fee:

- . Tee Shirt
- . Souvenir Program
- . Results Booklet on our website only ~ longislandseniorgames.org
- . Earned Medals and Ribbons

FOR OFFICE USE ONLY:		
Date Postmarked: _____	Event(s): _____, _____, _____	
Date of Confirmation: _____	Gen. Fee: _____	Activity Fee(s): _____
I.D. No. _____ Donation: _____	Sr. Gen. Fee: _____	TOTAL AMT. _____
Team Name: _____	Golf Handicap: _____	Bib No.: _____

Registration Form – Part 1

This form may be duplicated if desired. Remember to fill out the entire form (Parts 1 & 2- pgs. 8 & 9).

REGISTRATION DEADLINE: Scheduling for medal events requires entry forms to be *postmarked* no later than **May 22, 2013**, except for Billiards and Pitch & Putt which must be postmarked by **May 20, 2013**.

There will be No On-Site Registration for medal events.

Detach this form and mail it to:
Mildred Wilcox, LISG Director of Registration, 52 Oleander Dr., Northport, N.Y. 11768

(please print)

LAST NAME: _____ FIRST NAME: _____ COUNTY: _____

STREET: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: () _____ E-MAIL ADDRESS: _____

CIRCLE: FEMALE or MALE DATE OF BIRTH: ___/___/___ AGE AS OF 5/22/2013 _____

EMERGENCY CONTACT: Name: _____ Cell Phone #: () _____

Will this person be at the "Games"? Yes No

FEES: *Registration Fees are non-refundable & non-transferable. Please include activity fees, if applicable*

Senior Special: There will be NO REGISTRATION FEE for participants who are 90+ years old. There will be a \$15.00 fee for those aged 80 – 89. Activity Fees will apply to all, and must be submitted with the application.

REGISTRATION FEE:	\$35.00 -----	\$ _____
	\$15.00 (ages 80 – 89) -----	\$ _____
ADDITIONAL ACTIVITIES FEES:		
Bowling (Singles, 3 games)	\$8.00 -----	\$ _____
Bowling (Doubles, 3 games)	\$8.00 -----	\$ _____
Bowling (Mixed Doubles, 3 games)	\$8.00 -----	\$ _____
Billiards Tournament	\$8.00 -----	\$ _____
Golf Greens Fees	\$40.00 (per day inc. cart) -----	\$ _____
Pitch & Putt Golf	\$9.00 -----	\$ _____
DONATION TO LISG (tax-deductible) -----		\$ _____
TOTAL (Enclose Check or Money Order) -----		\$ _____
Please make checks payable to LONG ISLAND SENIOR GAMES, INC.		

WAIVER: I certify I am physically fit and have trained for competition, and a licensed medical doctor has verified my physical condition. I consent to allow my picture, likeness, or talents to appear on any official documentation, sponsor advertisement, promotional activity, or exclusive television coverage of the Senior Games, in any manner incidental to my participation in the Senior Games, and without compensation to me. I agree to assume all responsibility for all risk, damage, or injury to me as a participant or observer. I release and discharge, for myself, my heirs, executives, and administrators of Long Island Senior Games, Inc., its employees, agents, volunteers, officials and sponsors, and all persons associated with the Senior Games from all claims, damages, rights of action present or future which may arise in connection with my participation in the Senior Games.

Signature: _____ Date: _____

TURN THE PAGE & FILL OUT PART 2 on page 9 ►

Registration Form – Part 2

Medal Event Selection

Directions: Select a sport(s) by filling in the square in front of the sport(s) in which you want to participate. Some sports require you to fill in additional squares to let us know which phase(s) of the sport you wish to enter.

Example: to participate in Tennis singles & doubles fill in the squares as follows: ■ Tennis ■ Singles ■ Doubles □ Mixed Doubles

Before selecting your activities check on page 5 to see when they are offered. It is not possible for you to register for more than one medal event in the same time frame. It is your responsibility to arrive at your activity on time.

The fee to register for one or more of the sports listed below is \$35 or \$15 (ages 80-89), plus any applicable additional activity fees.

TEAM SPORT

BASKETBALL 3 on 3 Team Name: _____

Basketball players must sign up as a member of a team. No individual sign ups are allowed.

INDIVIDUAL SPORTS

BADMINTON

Singles

Doubles

Partner's name & age (print): _____

Mixed Doubles

Partner's name & age (print): _____

BILLIARDS (\$8.00 Activity Fee)

BOCCE

BOWLING

Singles (\$8.00 Activity Fee)

Doubles (\$8.00 Activity Fee)

Partner's name & age (print): _____

Mixed Doubles (\$8.00 Activity Fee)

Partner's name & age (print): _____

GOLF Callaway Handicap

GHIN Handicap? Index: _____

PITCH & PUTT 9 HOLE, PAR 3 (\$9.00 Activity Fee)

PICKLEBALL

Doubles

Partner's name & age (print): _____

Mixed Doubles

Partner's name & age (print): _____

TRACK & FIELD

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

1500 Meter Run

5,000 M Run 5,000 M Walk (*Choose only one*)

1500 Meter Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

Triple Jump

SHUFFLEBOARD

SWIMMING (choose 6 or less) List your best time below:
(if unknown mark NT)

50 Yd. Backstroke _____

100 Yd. Backstroke _____

200 Yd. Backstroke _____

50 Yd. Breaststroke _____

100 Yd. Breaststroke _____

50 Yd. Butterfly _____

100 Yd. Butterfly _____

50 Yd. Freestyle _____

100 Yd. Freestyle _____

200 Yd. Freestyle _____

100 Yd. Individual Medley _____

200 Yd. Medley _____

TABLE TENNIS

Singles

Doubles

Partner's name & age (print): _____

TENNIS

Singles

Doubles

Partner's name & age (print): _____

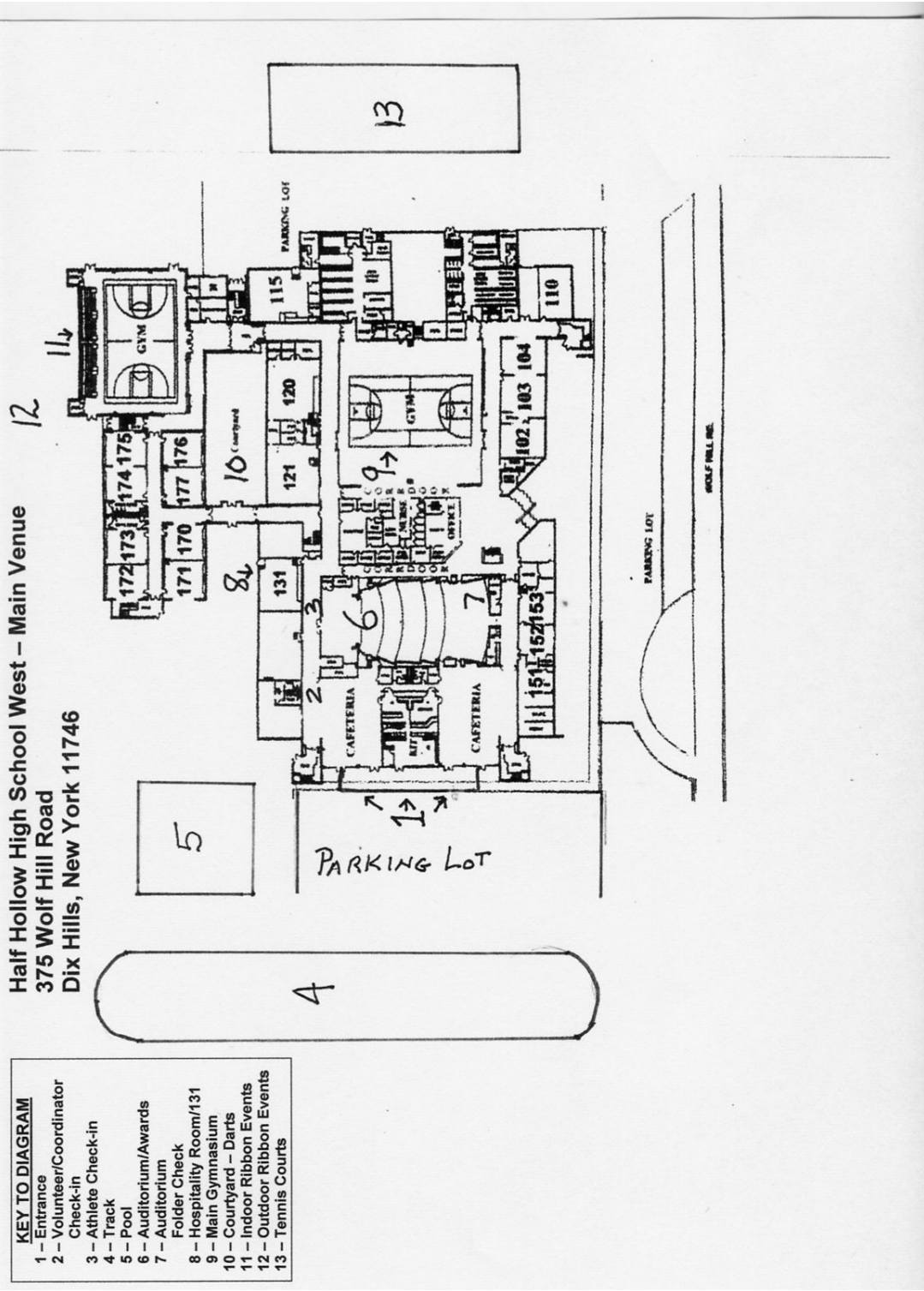
Mixed Doubles

Partner's name & age (print): _____

RIBBON EVENTS

Check here if you are registering for Ribbon Events only

Half Hollow High School West – Main Venue
 375 Wolf Hill Road
 Dix Hills, New York 11746



- KEY TO DIAGRAM**
- 1 – Entrance
 - 2 – Volunteer/Coordinator
 - 3 – Athlete Check-in
 - 4 – Track
 - 5 – Pool
 - 6 – Auditorium/Awards
 - 7 – Auditorium
 - 8 – Hospitality Room/131
 - 9 – Main Gymnasium
 - 10 – Courtyard – Darts
 - 11 – Indoor Ribbon Events
 - 12 – Outdoor Ribbon Events
 - 13 – Tennis Courts