



# Gaston County Senior Games

# Entry Packet

## March 14 – April 28, 2012

**Early Bird Entry Deadline – February 3, 2012**  
**Final Entry Deadline Feb. 10, 2012**

PRESENTED BY:



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### For More Information Contact

Gaston County Senior Games  
 Mike Hotze, Coordinator  
 Gaston County Parks & Rec  
 PO Box 1578  
 Gastonia, NC 28053  
 Phone 704.922.2163  
 Fax 704.922.2166  
[mike.hotze@co.gaston.nc.us](mailto:mike.hotze@co.gaston.nc.us)

Ellen Fenters 704.922.2165  
 Silver Arts Coordinator  
 Janice Summey 704.866.6842  
 Events Manager

**Lincoln County Now Participating in Gaston County Senior Games**



# Gaston County Senior Game Entry Packet 2012

*... Believe in Yourself...*

*In 1983 Senior Games began with a vision for North Carolinians 55 years of age or better—To be more active  
-- To learn new skills --To renew old talents – To live better and healthier – To have more FUN!*

*Twenty-nine years later the vision continues. In 2011 over 60,000 older adults participated in the 54 local Senior Games  
program serving all 100 North Carolina counties.*

*Join the Gaston County Senior Games for fun and fitness  
and celebrate yourselves!*

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## GENERAL INFORMATION

GAME DATES – March 14, 2012 – April 28, 2012

See the Schedule of Events on page 15 for more specific information

*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.*

### ELIGIBILITY INFORMATION

In order to participate in the Gaston County Senior Games you must:

- Be 55 years of age or older by December 31, 2012
- Be able to show proof of NC residency (3 consecutive months)

### VERIFICATION OF ELIGIBILITY

Participants are required to bring a photo ID for check-in at all events

### AGE CATEGORIES

Age categories are determined by participant's age on December 31, 2012. Men & women compete in separate categories in the following 5 year increments: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, +100.

In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player. Competition in the arts will be based on sub categories not by age.

### ENTRY PROCEDURES

- Complete and sign the Entry Form
- Complete the Silver Arts Information Form (if you are entering Visual, Heritage, or Literary Arts categories).
- Performing Arts and Cheerleaders entrants should complete one Silver Arts Information Form per act or group.
- Return forms and payment no later than 12 p.m. on February 10, 2012 to:

**Gaston County Parks & Recreation  
Gaston County Senior Games  
PO Box 1578  
Gastonia, NC 28053**

**GENERAL INFORMATION CONTINUED ON NEXT PAGE**

# GENERAL INFORMATION CONTINUED

## PLANS FOR INCLEMENT WEATHER

The decision to continue, delay or reschedule an event due to inclement weather will be made by the Gaston County Games Events Director or Silver Arts Coordinator. Unless conditions are hazardous to the safety of volunteers and participants, events will continue. Call 704.922.2163 to check for updates. If there is no message regarding cancellation or delay, participants should report to their event site as scheduled. Event Managers will have the latest information.

## FEES FOR THE GAMES

There are 5 types of fees:

- **ENTRY** fee \$15 if paid by February 3, 2012
- **LATE** fee \$20 if paid after February 10, 2012
- **EVENT** fee for bowling, golf and 5K
- **\$1.00 extra** for each of the following: Lunch for Silver Arts/Follies/Cheerleaders (Participants only), Social for Performing Follies/ Cheerleaders, Lunch For Opening Ceremonies and Dinner for Closing Ceremonies
- **GUEST** fee (as listed on page 11) - Lunch for Silver Arts/ Follies/Cheerleaders, Social for performing follies/ cheerleaders, lunch for Opening Ceremonies and dinner for Closing Ceremonies.

As a **participant** your entry fee includes:

- Participation in athletic and/or arts events
- T-shirt

**Fees are NON-REFUNDABLE**

## AWARDS

In **athletic events**, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each Age group, male and female, will receive gold, silver, or bronze medals. Medals will be presented at the event.

In **Silver Arts**, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each sub-category will receive gold, silver or bronze medals. Medals not picked up at events will be available at closing ceremonies. There will be a Luncheon for all Silver Arts and Follies participants at the Gaston County Senior Center on Friday March 23, 2012 at 11:00. Silver Arts awards will be given out. Follies participants will receive their medals the night of the Follies Showcase.

## STATE FINALS INFORMATION

### Silver Arts

Heritage and Visual Arts gold, silver, and bronze advance to state.

Literary entries gold and silver advances to state.

Performing Arts Overall winner advances to state.

Athletic events gold, silver, and bronze qualify to advance to the state by age category.

## ADDRESS OF EVENTS & ACTIVITY VENUES

- **AMF Gastonia Bowling Lanes**  
2201 E. Franklin Ave Gastonia NC 28054
- **Bessemer City Park & Recreation - Tennis**  
220 S. 14<sup>th</sup> St Bessemer City NC 28016
- **Bradley Center**  
1200 N Modena St Gastonia NC 28054
- **Cramer Mountain Golf Course**  
102 Hidden Pastures Dr Cramerton, NC 28032
- **Ferguson Park**  
1401 Golf Course Lane Gastonia NC
- **Forestview High School**  
5545 Union Rd Gastonia NC 28056
- **Gaston County Senior Center & Dallas Park**  
1303 Dallas-Cherryville Hwy Dallas NC 28034
- **Gastonia Adult Recreation Center**  
519 W Franklin Ave Gastonia NC 28052
- **George Poston Park**  
1101 Lowell-Spencer Mtn Rd Gastonia NC 28056
- **Lowe's Motor Speedway - Cycling**  
5555 Concord Parkway S Concord NC
- **Phillips Center**  
2031 Echo Lane Gastonia NC 28052
- **Run For The Money**  
128 W Main Ave Gastonia NC 28053
- **Sims Legion Park**  
1001 N Marietta St Gastonia NC 28053
- **Stowe YMCA**  
196 YMCA Drive Belmont NC 28012
- **Tuckaseege Community Center (Tuckaseege)**  
105 Sport Lane Mt Holly NC 28120

*To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.  
High intensity types of activities are offered primarily for the conditioned, trained athlete.*

# EVENT RULES & INFORMATION

## INFORMATION FOR ALL EVENTS-

Report directly to your event site 15 minutes prior to the event start time. (Exception: golfers should report 30 minutes prior to start time.) Events will begin on time.

**Failure to report at the event start time WILL result in forfeit.**

Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for the NC Senior Games Rule Book. Confirmations will be mailed Mon. Feb. 27. If you do not receive your confirmation by Fri. March 2, please call 704-922-2163. Make sure your confirmation is correct, if not please call 704.922.2163 as soon as possible

**\*\*\*NO LATE ENTRIES WILL BE ACCEPTED & ONLY REGISTERED PARTICIPANTS WILL BE ALLOWED TO PARTICIPATE IN THE EVENT\*\*\* NO WALK UPS!!!**

For Locations and specific dates and times of events, see Schedule of Events on page 15 - 16.

### **\*\*Indicates events NOT offered at NCSG State Finals**

**BADMINTON -- Singles-- Monday April 2, 70 yr. & older 8:30 am 55yr - 69yr. 10:30 -- Doubles & mixed Doubles -- Tuesday April 3, 8:30 am -- Stowe YMCA 196 YMCA Drive Belmont NC 28012 -- Singles, Doubles and Mixed Doubles. USBA rules apply. Single matches will be best 2 of 3, 11-point games. In Doubles and Mixed Doubles, matches will be best 2 of 3, 15-point games. Age of youngest participant will determine age of group. Team members must qualify together to compete at State Finals.**

**BASKETBALL SHOOT --Wednesday April 4, Men 8:30 am, Women 10:30 am -- Bradley Center 1200 N Modena St Gastonia NC 28054 -- 3 shots will be taken from each of 6 specific locations for a total of 18 shots. Each basket counts for 1 point.**

**BILLIARDS -- Wednesday April 4, Women 8:30 am, Men 10:30 am -- Bradley Center 1200 N Modena St Gastonia NC 28054 -- Eight ball. NCSG billiards rules apply. The player pocketing his/her group of balls first, and then legally pocketing the eight ball, wins. Competition will consist of best 2 of 3 games. 15 minute time limit per game **except for medal matches the time limit will extend to 25 minutes.** First shot is determined by coin toss.**

**BOCCE -- Monday April 16, Women 70 & older 8 am -- Phillips Center 2031 Echo Lane Gastonia NC 28052 - 55yr - 69yr 8am --Gaston County Senior Center 1303 Dallas Cherryville Hwy Dallas NC 28034 Tuesday April 17, Men 70 & older 8 am --Phillips Center 2031 Echo Lane Gastonia NC 28052 -- 55yr - 69yr 8am --Gaston County Senior Center 1303 Dallas Cherryville Hwy Dallas NC 28034 Singles. Bocce Standards**

Association rules will govern play with some NCSG modifications. Each game is divided into a maximum of 9 frames or first person to score 12 points, whichever comes first. Local exception: competition will be best 2 of 3 games.

**BOWLING -- Friday April 13, 9:00 am -- AMF 2201 E. Franklin Ave Gastonia NC 28054 -- Singles, Doubles & Mixed Doubles. An additional fee of \$2 per game & \$2 for shoes is required. American Bowling Congress rules will govern play. Competition will consist of the scratch total of 3 games bowled. In Doubles & Mixed Doubles, the score will be determined by the combined scratch total for the team. Age of the youngest participant will determine age group of team. Partners must qualify together to play at State Finals.**

**CROQUET -- Wednesday April 11, 2:00 pm -- George Poston Park 1101 Lowell-Spencer Mtn Rd Gastonia NC 28056 --Singles. NCSG rules will apply.**

**CYCLING -- Tuesday May 1, 10:00 am -- Lowe's Motor Speedway 5555 Concord Parkway S Concord NC -- 1 Mile, 5K, 10K. Participants must provide their own equipment (non-motorized bicycle, protective helmet -- required). Start will be 1 minute intervals (time trial start/participants race clock). Volunteers will assist with course direction.**

**\*\* 5K RUN --RUN FOR THE MONEY Saturday April 21, 8 am --128 W. Main Ave Gastonia NC -- Registration for the race is \$15 prior to April 6, 2012. The Senior Games Local Coordinator will pick up your registration packet and you can pick them up at the Parks and Recreation Booth the morning of the race.**

## EVENT RULES & INFORMATION CONTINUED

**GOLF -- Thursday April 12, 9 am Men & Women-- Cramer Mountain 102 Hidden Pastures Dr Cramerton Nc28032--** An additional event fee of \$25 is required. USGA and local course rules will apply. Equipment is responsibility of player. Golfers will play 18 holes and are on their honor to play ethically. Low gross score will determine winners. Minimum performance score (listed below) and top 3 in age group are required for State Finals qualifications.

Male 55-59 (88)	Female 55-59 (97)
60-64 (91)	60-64 (99)
65-69 (93)	65-69 (102)
70-74 (95)	70-74 (105)
75-79 (99)	75-79 (109)
80-84 (103)	80-84 (113)
85-89 (108)	85-89 (118)
90+ (114)	90+ (123)

**HORSESHOES -- Men & Women Friday, April 20 8:30 am -- Poston Park 1101 Lowell-Spencer Mtn Rd Gastonia NC 28056 --** Singles. National Horseshoe Pitcher's Association rules will govern play with some NCSG Modifications. 2 of 3 games, 20 shoes or 21 points, which ever comes first. The cancellation method of scoring will be used. Pitching distances: 40 feet –men 55-59, 30 feet – men 70+, 30 feet - women 55-74, 20 feet – women 75+.

**\*\* PICKLEBALL -- Doubles Only-- Thursday April 5, 8:30 am Phillips Center 2031 Echo Ln. Gastonia NC 28052 --** This combination game of Badminton and Tennis is played with a partner. We will play standard Pickleball rules. [www.pickleball.com](http://www.pickleball.com)

**OPENING CEREMONIES & GAMES -- Saturday March 31, 9 am-1pm -- Sims Legion Park 1001 N. Marietta St Gastonia NC 28054 --** Fun Walk, Football Throw, Softball Throw, Spin Casting, and **\*\*Social Corn Hole** (will not qualify you for the state games).

**\*Lunch will be served at completion of games\***  
**If Raining -- Call 704.922.2163 --**moved to **Bradley Center 1200 N Modena St Gastonia NC 28054** Only Corn Hole and football throw - Fun Walk will be moved to Tuesday April 10, 8 am at Forestview High School 5545 Union Rd Gastonia NC 28056 - Softball throw and Spin Casting will be moved to Friday April 20, 10am at George Poston Park 1101 Lowell-Spencer Mtn Rd Gastonia NC 28056

**Fun Walk** – A non-competitive 1-mile walk. ALL participants completing the event will qualify for the NCSG State Finals Fun Walk. (Must sign up in advance)

**Football Throw**- 5 throws will be taken from 2 different distances for a total of 10 throws. Football must pass through the target to count. Each successful throw from the lesser distance will count 10 points, from the greater distance 20 points. Distances are: 10 & 15 yards – men 55-69, 5 & 10 yards – men 70+, 5 & 7.5 yards – all women.

**Softball Throw**- 5 throws will be taken. The score for each will be the distance minus the accuracy (distance away from marked line). Best throw will count as final score.

**Spin Casting**- 5 casts will be taken towards 3 targets at different distances for a total of 15 casts. 3 points will be awarded for a weight that hits the target and 5 points for a weight passing through the target. Distances are: 30 feet, 40 feet and 50 feet.

**\*\* Non-competitive Corn Hole**- Singles. Corn Hole Association rules will govern play. Each participant will play one ten frame game. One frame consists of four bags. Each participant will have a cumulative score and this will determine the top three winners in each age category.  
(will not qualify you for the state games)

**SHUFFLEBOARD Women Wednesday April 18 70yr. & older 8am 55yr-69yr 10:30am Men Thursday April 19 70yr. & older 8am 55yr.—69yr. 10:30am Tuckaseege Community center 105 Sport Ln. Mt. Holly NC --** NCSG rules will govern play. For Preliminary and Medal rounds the amount of matches and length of frames will be determined at a later date.

**SWIMMING -- Wednesday April 4, 3pm Men's & Women's -- Stowe YMCA 196 YMCA Drive Belmont NC 28012 --** 50, 100, 200 yard Backstroke; 50, 100, 200 yard Butterfly; 50, 100, 200, 500 yard Freestyle; 50, 100, 200 yard Breaststroke; 100, 200 yard Individual Medley. US Swimming rules will govern events. Swimmers are limited to 5 events. In all events, except backstroke, swimmers have their choice of “in-water” or “diving” start. All backstroke swimmers must start in the water.

# EVENT RULES & INFORMATION CONTINUED

**COMPETITIVE CORN HOLE -- Wednesday April 25, 8:30am Gaston County Senior Center 1303 Dallas Cherryville Hwy Dallas NC 28034 .** Rules for State games were not approved by the time this was printed.

**TABLE TENNIS -- Wednesday April 11, 8:30 am Men's & Women's -- Bradley Center 1200 N Modena St Gastonia NC 28054 --** Singles, Doubles, Mixed Doubles. US Table Tennis Association rules will govern play. Participants must avoid wearing white or distracting multi-colored shirts. Matches will be best 2 of 3 OR 3 of 5 games to 11 points. **Knowledge of a legal serve is mandatory.** If unsure, request observation of service motion prior to first match. In Doubles and Mixed Doubles, age of youngest participant will determine age group of team. Partners must qualify together to compete at State Finals.

**TEAM SPORTS --** Age of youngest participant will determine age group in which the team will compete. Team members must qualify together in order to compete at NCSG State Finals. Team members must provide personal equipment. Tournament pairing will be posted after the entry deadline on February 10, 2012.

**Basketball - Thursday April 12, 6:00 pm -- Bradley Center 1200 N Modena St Gastonia NC 28054 --**NCSG rules will govern play accordance with normal basketball rules. Game will be played half court with 2 teams of 3 players each and will consist of two 10 minute halves with a running clock, except during last 2 minutes of game when clock will stop in accordance with normal basketball rules.

**Softball**-American Softball Association (ASA) rules will govern play with some NCSG modifications: Minimum number of players per team: Men 55-65 must have 9 players, Men 66-90+ must have 10 players. All women's teams must have 10 players. All games will be 7 innings or 1 hour and 15 minutes.

**TENNIS --Doubles & Mixed Doubles Monday April 23, 8:30 am Men's & Women's --Singles Tuesday April 24, 8:30 am -- Bessemer City 220 S. 14<sup>th</sup> St Bessemer City NC 28016 --** Singles, Doubles and Mixed Doubles. USTA rules will govern play with some NCSG modifications. Matches will be best 2 of 3 sets. The 12 point tiebreaker will be in effect when the set is tied and 6-all. In Doubles and Mixed Doubles, the age of the youngest participant will determine age group of team. Teams must qualify together to compete at State Finals.

**TRACK & FIELD EVENTS -- Tuesday April 10, Forestview High School 5545 Union Rd Gastonia NC 28056 --** Discus, Shot Put, Running Long Jump, Standing Long Jump, 100, 200, 400 meter Dashes; 800, 1500 meter runs & 1500M race walk. USA Track & Field rules will govern competition with some NCSG modifications.

**The following field events will start at 8:30 am.**

**Shot Put**- 3 "puts" will be taken from within the shot put circle. The best "put" will count as final score. Weights are: 3 Kg – all women, 4 Kg – men 70+, 5 Kg - men 60-69, 6 Kg men 55-59.

**Discus**- 3 throws will be taken from within the discus circle . The best throw will count as final score. Weights are: 1 Kg – all women, 1 Kg – men 60+, 1.5 Kg men 55-59

**Standing Long Jump**- 3 jumps will be taken from a 2-foot stationary take off from behind a 2-in scratch line to the nearest point in which any body part breaks sand. Longest jump is final score.

**Running Long Jump**- 3 jumps will be taken from a 1-foot running take off board. Measurements -- back of scratch line to nearest point in which any body part breaks sand. Longest jump is final score.

**The following track events will start at 10:00am**

**100, 200, 400 meter dash & 800, 1500 meter runs -** Places are determined at the finish in the order in which any part of the participants' bodies reaches the finish line. Each participant will be allowed one false start and will be disqualified on a second false start. A waterfall start will be used for the 800, 1500 meter runs; lanes will not be utilized. For all other events, lane assignments will be used and runners must remain in their lanes during the race.

**1500M Race Walk**– USA Track & Field rules will apply. Race walking is a progression of steps taken so that unbroken contact with the ground is maintained. **Race Walkers must wear attire that leaves the knee exposed or enables the judges to see knee extension.** Disqualification will occur if, in the opinion of 3 judges, a competitor fails to comply with race walking definition.



# Gaston County Senior Games Entry Form

**The Gaston County Senior Games are right around the corner and we are so excited about your participation and all we want you to do is ...Believe In Yourself...**

**There are events for everyone in the Senior Games -- from arts to sports and dancing. Enjoy the opportunity to develop and enjoy the celebration of yourselves.**

**BEFORE** you submit your Entry Form please make sure you have:

1. Completed the ENTRY and MEDICAL INFORMATION FORMS (please print)
2. Check ALL the ACTIVITIES in which you want to participate.
3. If you are a Literary, Visual or Heritage Artists, Performing Arts group leader or Cheerleader, you must submit the required SILVERARTS INFORMATION FORM **with** this Entry Form by Feb. 10, 2012.

**\*\* IMPORTANT for Doubles and Mixed Doubles events: your partner's name MUST be Written on your form and your name MUST be Written on your partner's form.**

**NO Exceptions\*\* \*\*ALL FEES ARE NON-REFUNDALBE\*\***

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ (used only for senior games communication)

Date of Birth \_\_\_\_\_ Age (as of 12/31/2012) \_\_\_\_\_ Gender (Please check)  Male  Female

T-shirt Size (please Circle)    S    M    L    XL    XXL (These are men's sizes)

Please provide this info to help us. It will be kept confidential. Thank you!

- My ethnicity:  White  Black  Asian  American Indian or Alaska Native  Pacific Islander  
 Unknown/Refused.
- My annual Household income is less than \$10,890 (1 person in household)   
Household income is less than \$14,710 (2 people in household)   
No response

**\*\*\*\*\*See Page 8 & 11 before filling in amounts below\*\*\*\*\***

**EVENT & SOCIAL EVENT FEES:**

Entry Fee:	\$15.00 (if paid by February 3)	\$20.00(after February 10)	= _____
Event Fees:	Bowling	\$2 per game/\$2 for shoes	= _____
	5K Run	\$15.00(prior to April 8)	= _____
	Golf	\$25.00	= _____
Meals for Luncheon, Follies, Opening and Closing Ceremonies	<b>Totals from page 11</b>		= _____
<b>TOTALS</b>			= _____

*Make checks payable to Gaston County Parks and Recreation and mail to PO Box 1578 Gastonia NC 28053.  
Do NOT send cash and credit cards are not accepted.*

# GASTON COUNTY SENIOR GAMES ENTRY FORM

Gaston County Senior Games is committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his or her doctor in regard to preparation for, and competition in, Senior Games or any similar activity.

Mark each event with an "X". Complete ALL pages. --- \*\*Events NOT offered at NCSG State Finals

**Important Doubles and Mixed Doubles events: Your partner's name MUST BE WRITTEN on your form and your name MUST BE WRITTEN ON YOUR PARTNER'S FORM NO Exceptions**

## INDIVIDUAL SPORTS

- Basketball Shooting
- Bowling - Singles (\$2 per game/\$2 shoe rental)
- Bowling – Doubles **Partner** \_\_\_\_\_  
(\$2 per game/\$2 shoe rental)
- Bowling – Mixed Doubles **Partner** \_\_\_\_\_  
(\$2 per game/\$2 shoe rental)
- Cycling – 1 mile
- Cycling – 5K
- Cycling 10K
- Football Throw
- Softball Throw
- Spin Casting

## FIELD EVENTS

- Discus
- Shot Put
- Running Long Jump
- Standing Long Jump

## SWIMMING (Limit 5 Events)

- 50 yard Backstroke
- 100 yard Backstroke
- 200 yard Backstroke
- 50 yard Breaststroke
- 100 yard Breaststroke
- 200 yard Breaststroke
- 50 yard Butterfly
- 100 yard Butterfly
- 200 yard Butterfly
- 50 yard Freestyle
- 100 yard Freestyle
- 200 yard Freestyle
- 100 yard Individual Medley
- 200 yard Individual Medley

## TRACK EVENTS

- 100M Dash
- 200M Dash
- 400M Dash
- 800M Run
- 1500M Run
- 1500M Race Walk
- \*\*5K Run (Run For The Money) \$15.00
- Fun Walk

## TOURNAMENT EVENTS

- Badminton – Singles
- Badminton – Doubles **partner** \_\_\_\_\_
- Badminton - Mixed Doubles **partner** \_\_\_\_\_
- Basketball (attach team roster/9 player maximum)
- Billiards
- Bocce – Singles
- Corn Hole  Non-Competitive or  Competitive
- Croquet
- Golf (Average Score \_\_\_\_\_) \$25.00
- Horseshoes
- \*\*Pickleball **partner** \_\_\_\_\_
- Shuffleboard
- Softball (attach team roster/20 players maximum)
- Table Tennis – Singles
- Table Tennis – Doubles **partner** \_\_\_\_\_
- Table Tennis – Mixed Doubles **partner** \_\_\_\_\_
- Tennis – Singles
- Tennis – Doubles **partner** \_\_\_\_\_
- Tennis – Mixed Doubles **partner** \_\_\_\_\_

## SILVER ARTS (Attach complete Silver Arts Form)

- Cheerleader Showcase
- Heritage Arts
- Literary Arts (include all entries with SA Info Form)
- Performing Arts (only allowed 3 performances)
- Visual Arts

**NOTE:** In doubles, mixed doubles and team events (Badminton, Basketball, Bowling, Softball, Tennis, and Table Tennis) and Cheering and Performing Arts, partners or team members qualifying for NCSG State Finals must compete together.

**NO SUBSTITUTIONS WILL BE ALLOWED**

# MEDICAL INFORMATION FORM

Name (print) \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_ Phone \_\_\_\_\_

## HEALTH INFORMATION FOR ALL PARTICIPANTS (Optional)

This information may be shared with medical providers for your care during the games.

Name of Medications	Your Medical Conditions	Your Allergies
_____	_____	_____
_____	_____	_____
_____	_____	_____

Have you been practicing the events you are entering? \_\_\_\_\_ If yes, how many times per week \_\_\_\_\_

Please provide this information to help us. It will be kept confidential. Thank You! (OPTIONAL)

My Ethnicity: \_\_\_\_\_ African American \_\_\_\_\_ American Indian \_\_\_\_\_

Hispanic \_\_\_\_\_ White \_\_\_\_\_ Other \_\_\_\_\_

My annual household income is less than \$10,830 (1 person in household)  Yes  No Response

My annual household income is less than \$14,570 (2 persons in household)  Yes  No Response

## WAIVER (Required)

In consideration of being allowed to participate in any of the Gaston County athletics/sports programs, and related events and activities, I, the undersigned, agree that prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will advise my coach or supervisor of such condition(s) and refuse to participate. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only in my actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or any other equipment used. Further, I acknowledge that there may be other risks not known to us or nor reasonable foreseeable at this time and I assume all the forgoing risk and accept personal responsibility for the damages following such injury, permanent disability or death. I release, waive discharge and covenant not to sue Gaston County, participating agencies, coaches, other participants, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases", from any and all liability to myself, my heirs and next of kin for any claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I agree to give Gaston County the right to use any photographs or video taken of me, or quote made by me in order to promote the Gaston County programs.

Finally, I agree that it is my responsibility to check with my Local Senior Games Coordinator immediately to determine if I qualified for State Finals and to get and complete a State Finals Entry Packet. My State Finals Entry Form must be received in the NCSG office in Raleigh by 5:00 pm on August 1<sup>st</sup>. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

**I have read the above waiver and release, understand that I have given up substantial rights by signing it, and signed voluntarily. Furthermore, all information is correct to the best of my knowledge and I will follow the mission of Gaston and North Carolina Senior Games and their rules.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# SILVER ARTS INFORMATION FORM

Please read ALL Silver Arts information & rules on pages 13 & 14 before completing.  
Silver Artist must complete this page and return with the Entry Form by February 10, 2012  
Copy and Complete additional pages as needed.

Name (print) \_\_\_\_\_

**VISUAL ARTS:** Include all information below. See Visual Arts rules/guidelines on pages 14.

Visual Arts entry(ies) MUST be submitted Wednesday March 14, 2012 1pm-4pm.

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

**LITERARY ARTS:** Include all information below. See Literary Arts rules/guidelines on pages 14.

Literary Arts entry(ies) MUST be submitted Wednesday March 7, 2012 8am-8pm

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

**HERITAGE ARTS:** Include all information below. See Heritage Arts rules/guidelines on pages 13 & 14.

Heritage Arts entry(ies) MUST be submitted Wednesday March 14, 2012 1pm-4pm

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Description \_\_\_\_\_

## PERFORMING ARTS / CHEERLEADERS:

\*\*You are only allowed to enter 3 Performing Arts acts\*\*

EACH member of the group must complete an Entry Form and pay the entry fee. All GROUP LEADERS and SOLO performers must complete the information below. See Performing Arts/Cheerleader guidelines on page 13.

NAME of act #1 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group (attach roster \_\_\_\_\_)

NAME of act #2 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group (attach roster \_\_\_\_\_)

NAME of act #3 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group (attach roster \_\_\_\_\_)

**IMPORTANT:** Attach a description of group/act for the emcee to use as an introduction -- interesting facts about members, awards received, places performed, number of years together.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# **\*\*\*Important\*\*\***

In order to have an accurate count on attendance and how much food to order, we need the following information to be checked and totals to be included on Page 7:

**\*\* ALL FEES ARE NON-REFUNDABLE \*\***

\*\* **I AM** a participant performing in the Follies or have entered an entry in the Silver Arts.  
I will be attending the Luncheon and Awards Ceremonies for Follies and Silver Arts  
Participants at \$1.00 charge (Non Refundable)  
Friday, March 23 at 11am Gaston County Senior Center (Dallas) \$ \_\_\_\_\_

\*\* **I WILL** have \_\_\_\_\_ guest(s) attending the Luncheon and Awards Ceremonies  
for the Silver Arts and Follies @ \$5.00 **each** (Non Refundable) # of guests \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

\*\* **I AM** attending the Performing Arts Follies @ \$1.00 charge (Non Refundable)  
Saturday, March 24 at 6:00pm - Gastonia Adult Recreation Center \$ \_\_\_\_\_

\*\* **I WILL** have \_\_\_\_\_ guest(s) for the Performing Arts Follies  
@ \$2.00 **each** (Non Refundable) # of guest \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

\*\* **I AM** attending the Open Ceremonies Lunch @ \$1.00 charge (Non Refundable)  
Saturday, March 31 from 9:00 am - 1:00 pm Sims Legion Park (Gastonia) \$ \_\_\_\_\_

\*\* **I WILL** have \_\_\_\_\_ guest(s) for lunch at the Opening Ceremonies  
@ \$5.00 charge **each** (Non Refundable) # of guest \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

\*\* **I AM** attending the Closing Ceremonies @ \$1.00 charge (Non Refundable)  
Saturday, April 28 at 6:00pm - Gaston County Senior Center (Dallas) \$ \_\_\_\_\_

\*\* **I WILL** have \_\_\_\_\_ guest(s) for the Closing Ceremonies  
@ \$10.00 charge **each** (Non Refundable) # of guest \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

**Total = \$ \_\_\_\_\_**  
Please List on Page 7 of Entry Form

**Please remember we will be using the numbers on this form  
when placing orders for luncheons and dinners.**

**Meals will not be available for purchase at the door.**

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



# SILVER ARTS RULES & INFORMATION

See page 3 for North Carolina Senior Games State Finals qualifying information.  
For locations and specific dates and times of events, see Schedule of Events on page 15 & 16.

\*\* Not a State Games Sanctioned Category

## PERFORMING ARTS & CHEERLEADER SHOWCASE Saturday March 24, 2012 at 6pm - Gastonia Adult Recreation Center - 519 W Franklin Ave, Gastonia NC

**Sub-Categories-** Comedy/Drama, Dance, Instrumental, Line dance, Vocal.

**Format/Rules:** Performing entries may be the following:

- Soloist
- Small Group (2-4 performers)
- Large Group (5+ performers)

### YOU MAY ONLY ENTER 3 ACTS TOTAL

- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Cheerleader acts will be allowed a maximum of 4 minutes of performance time
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 55 as of Dec. 31<sup>st</sup> will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the Silver Arts Manual for a stage diagram.
- If recorded music is used, the artist/group leader must provide to NCSG by August 1<sup>st</sup> (with *State Finals Entry Form* and *Silver Arts Information Form*) a high-quality CD for their performance. No recorded instruction is permitted. Artists should pick up their music after the performance it will not be mailed/returned. Their music/song should be the only music on the CD.
- At State Finals, NCSG can provide the following items: Microphone(s), Piano, Sound system, and CD player. The act is responsible for all other props and equipment (including music stands, chairs, etc) and must get NCSG advance approval for use at Show.

- Voice presentations must be a *live* performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant, must complete the *Silver Arts Information Form* for the group and submit it with their *State Finals Entry Form*, and each member of the group must submit their own personal *State Finals Entry Form* by the August 1<sup>st</sup> deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals
- Guest tickets for the Follies will be \$ 2.00 and will be available for purchase on the Senior Games Entry Form, at the Gaston County Senior Center (Dallas) or at the door.
- Follies Rehearsal will be held Friday March 23 at 2:00 pm at the Gastonia Adult Recreation Center **this is MANDATORY**

**SILVERARTS SHOWCASE --Monday March 19 through Friday March 23 (Mon-Thurs 8-5 & Friday 8-11) -- Gaston County Senior Center -- 1303 Dallas-Cherryville Hwy Dallas NC 28034 --** Entries must have been completed in the last 2 years. Entries for Visual and Heritage Arts must be checked in at the Gaston County Senior Center on Wednesday March 14, between 1pm-4pm. All Literary Arts entries must be dropped off by Wednesday March 7 by 8:00 pm. All entries must be picked up on March 23 from 2-5.

### HERITAGE ARTS

**Sub-Categories:** Basket Weaving, \*\* Ceramics, China Painting, Crocheting, \*\* Doll Making, Jewelry, Knitting, \*\*Miscellaneous, Needlework, Pottery (hand built or thrown), Quilting, Rugs (hooked, braided, woven), Stained Glass, Tatting & Needlelace, Tole & Decorative Painting, Weaving, Woodcarving, Woodturning, and Woodworking.

- Heritage Art must be an original work.
- Entries must be the work of the individual and not a group.

# SILVERARTS RULES & INFORMATION CONTINUED

- Patterns may be used, but no stamped pieces will be accepted.
  - Pottery must be hand built or thrown.
  - Latch hook rugs and pieces from ceramic molds will not be accepted.
  - All framed work must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
  - Framed works can be no larger than 36" x 42", including matting and frame.
  - Entries can be no heavier than 50 pounds.
  - All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
  - Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
  - Artist's name and title of entry must appear on, or be attached to, entry for identification.
  - Artist must send a photo of entry with *State Finals Entry Form* and *Silver Arts Information Form*. Photos cannot be returned.
  - Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
  - The heritage arts piece entered at State Finals must be the same piece that won at the Local Games.
  - An artist may only submit one entry per sub-category at State Finals
- **VISUAL ARTS**  
**Sub-categories:** Acrylics, Drawing, Mixed Media, Oil, Pastels, Photography, Sculpture, Watercolor
  - All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
  - Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
  - Entries can be no heavier than 50 pounds.
  - Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
  - Mixed media may be a freestanding piece.
  - Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (Height)
  - Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
  - If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
  - The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
  - Artist must send a photograph of entry with *State Finals Entry Form* and *Silver Arts Information Form*. Photos cannot be returned.
  - The visual arts piece entered at State Finals must be the same piece that won at the Local Games.
  - An artist may only submit one (1) entry per sub-category at State Finals.
- **LITERARY ARTS**  
**Sub-category:** Essay, Life Experience, Poem, Short Story-Fiction
  - All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-point type.
  - Poems can be no longer than 40 lines.
  - Short stories, essays, and life experiences can be no longer than 8 pages.
  - All entries must have a title page, which includes title of work, sub-category, and name of artist.
  - Artist's name should not appear on the content pages.
  - A ***display-quality copy*** of the winning Literary Arts entries, and three (3) additional photocopies, should be submitted to NCSG by the artist with their official *State Finals Entry Form* and *Silver Arts Information Form*. No framed or matted entries will be accepted.
  - The original and all copies will be retained by NCSG, Inc.
  - The literary arts piece entered at State Finals must be the same piece that won at the Local Games.
- **SILVER ARTS, FOLLIES, & CHEERLEADERS PARTICIPANTS LUNCH & AWARDS --Friday March 23 at 11am -- Gaston County Senior Center -- 1303 Dallas-Cherryville Hwy Dallas, NC 28034 Guests tickets see page 11.**

# 2012 SCHEDULE OF EVENTS

**Good Sportsman Like Conduct is Expected at All Times.**

**It is required to be able to wait for your activity/turn with out getting angry or upset.**

**Good Luck and Believe in Yourself**

**Important:** Report directly to your event site at least 15 minutes prior to the event start time. (Exception: golfers should report 30 minutes prior to start time.) Events will begin on time.

**Failure to report at the event start time WILL result in forfeit**

## WEDNESDAY, MARCH 7

8:00am – 8:00pm.....Literary Entries Due –  
Gaston County Senior Center (Dallas)

## WEDNESDAY, MARCH 14

1:00pm – 4:00pm.....Drop off all Arts – Gaston  
County Senior Center (Dallas)

## FRIDAY, MARCH 23

2:00pm.....Mandatory Rehearsal for Follies –  
Gastonia Adult Recreation Center

## MONDAY, MARCH 19 – FRIDAY, MARCH 23

Silver Arts Showcase -- Gaston  
County Senior Center (Dallas)

8:00am - 5pm Monday –Thursday

8:00am - 11am Friday

## FRIDAY, MARCH 23

11:00am.....Luncheon for Silver Arts, Follies,  
& Cheerleader Participants Only and paid  
guest only -- Gaston County Senior Center  
(Dallas)

2:00pm – 5:00pm ....Silver Arts pick -up -- Gaston  
County Senior Center (Dallas)

## SATURDAY, MARCH 24

6:00pm.....Silver Arts Follies Performance –  
Gastonia Adult Recreation Center

## SATURDAY, MARCH 31

9:00am.....Opening Ceremonies & Games --  
Sims Legion Park **\*Lunch will be served at  
the completion of games\***  
See page 5 for inclement weather info.

## MONDAY, April 2

Badminton Singles  
8:30am 70yr - Older  
10:30am 55yr - 69yr 10:30  
Stowe YMCA

## TUESDAY, APRIL 3

8:30am.....Badminton Doubles & Mixed  
Doubles -- Stowe YMCA

## WEDNESDAY, APRIL 4

8:30am.....Men's Basketball Shoot -- Bradley  
Center  
8:30am.....Women's Billiards -- Bradley Center  
10:30am .....Women's Basketball Shoot --  
Bradley Center  
10:30am .....Men's Billiards -- Bradley Center  
2:30pm - 3pm Swimming practice Stowe YMCA  
3:00pm Swimming Stowe YMCA

## THURSDAY, APRIL 5

8:30am.....Pickleball -- Phillips Center

## TUESDAY, APRIL 10

8:00am....Rain Make Up from Opening Day (if  
needed) - Forestview High School  
Funwalk  
8:30am....Field Events (shot put, discus, long  
jump) Forestview High School  
10:00am...All Track Events -- Forestview  
High School

# 2012 SCHEDULE OF EVENTS

## WEDNESDAY, APRIL 11

- 8:30am.....Table Tennis -- Men's & Women's --  
Bradley Center  
2:00pm.....Croquet -- Men's & Women's --  
Poston Park

## THURSDAY, APRIL 12

- 9:00am..... Golf -- Cramer Mt Golf Course  
6:00pm..... Basketball Tournament --  
Bradley Center

## FRIDAY, APRIL 13

- 9:00am.....Bowling Men & Women—  
AMF Gastonia Bowling Lanes

## MONDAY, APRIL 16

- 8:00am..... Women's Bocce --  
70yr & Older -- Phillips Center  
55yr-69yr -- Gaston County Senior  
Center

## TUESDAY, APRIL 17

- 8:00am.....Men's Bocce  
70yr & Older --Phillips Center  
55yr-69yr -- Gaston County Senior  
Center

## WEDNESDAY, APRIL 18

- 8:00am... Women's Shuffleboard 70yr & Older  
Tuckaseege  
10:30am... Women's Shuffleboard 55yr - 69yr  
Tuckaseege



## THURSDAY, APRIL 19

- 8:00am...Men's Shuffleboard 70yr & Older  
Tuckaseege  
10:30am...Men's Shuffleboard 55yr - 69yr  
Tuckaseege

## FRIDAY, APRIL 20

- 8:30am.....Men's & Women's Horseshoes  
Poston Park  
10:00 am...Rain Make Up from Opening Day (if  
needed) Softball Throw, Spin Casting  
-- Poston Park

## SATURDAY, APRIL 21

- 8:00am .....Run For The Money 5K --  
Gastonia Pavilion

## MONDAY, APRIL 23

- 8:30am.....Tennis Doubles - Mixed Doubles --  
Bessemer City Parks & Recreation

## TUESDAY, APRIL 24

- 8:30am.....Tennis singles (M & W)--  
Bessemer City Parks & Recreation

## WEDNESDAY, APRIL 25

- 8:30am.....Competitive Corn Hole  
(state qualifier)  
Gaston County Senior Center

## SATURDAY, APRIL 28

- 6:00pm.....Closing Ceremonies Dinner & Dance  
Gaston County Senior Center (Dallas)

## TUESDAY, MAY 1

- 10:00am....Cycling – Lowes Motor Speedway

# SENIOR GAMES SPECIAL EVENTS

Gaston County Senior Games is more than just participating in athletics and the arts!!!

**... BELIEVE IN YOURSELF!!! ...**

Enjoy the opportunity to develop and enjoy the celebration of yourselves.

## SILVERARTS SHOWCASE

**Monday, March 19 – Friday March 23 --Gaston County Senior Center (Dallas)**

Come and see the talents of our area Silver Artists on display. Categories include visual, heritage and Literary Arts. OPEN to the public for viewing Monday – Thursday 8:00am-5:00pm & Friday 8:00am-11:00am.

## SILVERARTS LUNCH & AWARDS CEREMONY

**Friday March 23 – 11:00am -- Gaston County Senior Center (Dallas)**

All Silver Arts & Follies participants will be honored at a Luncheon. Silver Arts medals will be given out. Follies participants will receive their medals the night of the Follies Showcase. *Participant tickets are \$1.00 and guest tickets may be purchased for \$5.00 on the Entry Form*

## SILVERARTS FOLLIES & CHEERLEADERS

**Saturday, March 24– 6:00pm -- Gastonia Adult Recreation Center**

Enjoy the talents of the Silver Arts performers (singers, dancers, comedians, cheerleaders etc). *Games Participant tickets are \$1.00 and guest tickets may be purchased for \$2.00 on the Entry Form*

## OPENING CEREMONIES

**Saturday March 31, 9 am-1pm -- Sims Legion Park Gastonia --** Celebrate the opening of the Gaston County Senior Games with family and friends, watch the games and enjoy lunch. \*\*Fun Walk, Softball Throw, Football Throw, Spin Casting and Corn Hole will take place at the Opening Ceremonies. *Participant tickets are \$1.00 and guest tickets may be purchased for \$5.00 on the Entry Form. See page 5 for inclement weather information*

## CLOSING CEREMONIES & SENIOR GAMES DINNER DANCE

**Saturday, April 28 at 6:00pm -- Gaston County Senior Center (Dallas)**

All participants are invited to dinner and dancing to the tunes of our favorite DJ to officially close out the games. *Participant tickets are \$1.00 and guest tickets may be purchased for \$10.00 on the Entry Form or at the Gaston County Senior Center in Dallas until Friday, April 13<sup>th</sup> at 12:00.*

## 2012 STATE FINALS DATES

TBA Raleigh/Cary North Carolina

# THANKS TO OUR EVENT SPONSORS

**Gaston County**



**Parks & Recreation**





**Forestview  
High School**



## 2012 Gaston/Lincoln County Senior Games Practice Schedule

Practices are voluntary - "No" phone calls will be made

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No Practice</b> <b>January 16th</b></p> <p>Senior Center (Dallas) 8:00 am - 8:00 pm</p> <p>Bocce (Outside-No Lights) Tennis (Lighted Courts)</p> <hr/> <p>Bradley Center 10:00 am - 12:00 noon</p> <p>Basketball - Table Tennis - Billiards</p> <p>(Weather permitting for outside) Softball Throw</p> <hr/> <p>George Poston Park All Day - Horseshoes (Must take own horseshoes)</p> <hr/> <p>Block Smith Gym Lincolnton 8:30 am - 10:30 am 1:00 pm - 2:00 pm</p> <p>Football Throw - Badminton Shuffleboard - Basketball Table Tennis</p> <hr/> <p><b>No Practice -</b> <b>January 16th</b></p>	<p>Gastonia Adult Recreation Center - 11:45 am - 1:30 pm</p> <p>Football Throw - Billiards - Shuffleboard - Corn Hole - Table Tennis - Spin Casting (Weather permitting for outside at Central YMCA lot)</p> <p>Softball Throw - Croquet</p> <hr/> <p>Senior Center (Dallas) 5:30 pm - 8:00 pm</p> <p>Table Tennis - Corn Hole 8:00 am - 8:00 pm</p> <p>Bocce (Outside-No Lights) Tennis (Lighted Courts)</p> <hr/> <p>George Poston Park All Day - Horseshoes (Must take own horseshoes)</p>	<p>Phillips Center 10:00 am - 1:00 pm</p> <p>Pickleball - Billiards - Table Tennis - Bocce</p> <hr/> <p>George Poston Park All Day - Horseshoes (Must take own horseshoes)</p> <hr/> <p>Senior Center (Dallas) 8:00 am - 8:00 pm</p> <p>Bocce (Outside-No Lights) Tennis (Lighted Courts)</p> <hr/> <p>Block Smith Gym Lincolnton 8:30 am - 10:30 am 1:00 pm - 2:00 pm</p> <p>Football Throw - Badminton Shuffleboard - Basketball Table Tennis</p> <hr/> <p>Bessemer City Central Gym - Washington St. - 6:30 pm Pickleball</p>	<p>Tuckaseege (Mt Holly) 10:00 am - 12:00 noon</p> <p>Shuffleboard (Outside)</p> <hr/> <p>George Poston Park All Day - Horseshoes (Must take own horseshoes)</p> <hr/> <p>Senior Center (Dallas) 8:00 am - 8:00 pm</p> <p>Bocce (Outside-No Lights) Tennis (Lighted Courts)</p> <hr/> <p>Block Smith Gym Lincolnton 8:30 am - 10:30 am 1:00 pm - 2:00 pm</p> <p>Football Throw - Badminton Shuffleboard - Basketball Table Tennis</p>	<p>AMF Gastonia Lanes 1:00 pm</p> <p>Bowling</p> <hr/> <p>Stowe YMCA (Belmont) 12:00 noon - 3:00 pm</p> <p>Swimming 9:00 am - 11:00 am</p> <p>Badminton</p> <hr/> <p>George Poston Park All Day - Horseshoes (Must take own horseshoes)</p> <hr/> <p>Block Smith Gym Lincolnton 8:30 am - 10:30 am 1:00 pm - 2:00 pm</p> <p>Football Throw - Badminton Shuffleboard - Basketball Table Tennis</p>