

Schedule of Events

MONDAY, SEPTEMBER 20

Golf: 8:30 a.m. -- \$19/player at LinRick Golf Course, 356 Campground Road, 754-6331 **(Everyone plays their own ball, no Captain's Choice).**

NEW Billiards: 11:30 a.m.-1:30 p.m. Woodland Park, 6500 Olde Knight Parkway

Bingo: 10:00 a.m.-12:00 p.m. Eau Claire Print Building, 3902 Ensor Avenue (Players must be registered to participate)

TUESDAY, SEPTEMBER 21

Tennis: 9:00 a.m. Singles & Doubles at Southeast Park, 951 Hazelwood Road

Bowling: 9:30 a.m.-1:00 p.m. Singles & Doubles, \$4.50/3 games; Royal Z Bowling Lanes, 8512 Two Notch Road, 788-9208 **(No Refunds)**

NEW Badminton: 1:00 p.m. Trenholm Park, 3900 Covenant Road, 787-0216

WEDNESDAY, SEPTEMBER 22

Track & Field: 9:00 a.m.-12:00 p.m. 50, 100, and the **NEW** 400 meters, shot-put, discus, standing jump, softball throw

Indoor Events: basketball free throw, basketball spot shooting, table tennis. Meadowlake Park, 600 Beckman Road, 754-4463

Swimming: 3:30 p.m., (50 & 100 yard freestyle, back, & breaststroke) Drew Wellness Center, 2101 Walker Solomon Way

THURSDAY, SEPTEMBER 23

All events will be held at Maxcy Gregg Park, 1651 Park Circle and the Capital Senior Center, 1650 Park Circle

PLAYERS MUST ARRIVE AT EACH EVENT 5 MINUTES BEFORE START TIME!

Fitness walk, horseshoes, frisbee golf, spinning, 9:00 a.m.-12:00 p.m.

Showcase of sponsors and blood pressure screenings.

Closing Ceremony & Awards Luncheon, 12:00 p.m. Special Guest Speaker

MIDLANDS  AREA

Senior Games

September 20-23, 2010

REGISTER BY SEPTEMBER 1, 2010

General Information: Please Read Carefully

ELIGIBILITY:

Persons 50 years and older as of September 1, 2010.

AGE GROUP CATEGORIES:

Participants compete in their gender & age groups: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84, & 85+.

REGISTRATION/FEES:

There is a \$13/person fee that covers registration in all events, a T-shirt, the closing awards luncheon, and most event equipment and supplies. All participants must register for the games to play bingo!
No registration allowed on day of the event!

EXTRA FEES REQUIRED:

Bowling: Singles, \$4.50/3 games; doubles, \$4.50/3 games
Golf: \$19/player for an 18-hole round

Late Registration Fee: The registration fee will increase to \$15/person if paid after September 1. Late registrants' names will not appear in the program booklet and T-shirts and bags are not guaranteed.

AWARDS:

Awards will be presented to the 1st, 2nd, and 3rd place finishers in all age categories in each event. The awards ceremony and luncheon is scheduled for Thursday, September 23, at the Capital Senior Center, 1650 Park Circle, immediately following the events.

EQUIPMENT:

Golfers must bring own clubs and balls. Tennis players should bring their own racquets. Balls will be provided. **(Everyone plays their own ball, no Captain's Choice).**

CANCELLATIONS/ POSTPONEMENTS:

Midlands Area Senior Games officials reserve the right to cancel any event due to insufficient registration and/or combine age groupings if less than five sign up in any age group. If an event is cancelled, every effort will be made to contact all persons affected prior to the start of the Games. In the event of inclement weather or unusual circumstances, Senior Games officials reserve the right to cancel or postpone events to a later time or day than originally scheduled.

STATE GAMES

The next South Carolina Senior Sports Classic is set for May 18-21, 2011 at Francis Marion University, Florence, SC.

FOR MORE INFORMATION:

462-9995

Melissa K. Holman
Senior Games Coordinator
Richland County Recreation
Commission

545-3083

Joan Sorensen
District Supervisor
Columbia Parks & Recreation
Department

23rd Annual MIDLANDS AREA
Senior Games

REGISTRATION FORM

Early registration deadline is September 1, 2010. **FORM MUST BE SIGNED.**

Name	
Address	
City/State/Zip	Email
Phone:	County:
AGE AS OF SEPTEMBER 1, 2010:	<input type="checkbox"/> Male <input type="checkbox"/> Female
T-shirt Size: (Circle Only One) <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL	
Emergency Contact Person (Required):	
Emergency Contact Person Phone:	

Registration Fee: \$13 + \$1 Bingo (if applicable)
Includes event participation, a T-shirt, and closing awards luncheon.
After September 1, the fee will be \$15. Make checks payable to Richland County Recreation Commission. Additional fees are required for golf, bowling, & bingo. These fees are to be paid at each site at the time of the event. **NO REFUNDS unless event is cancelled. PARTICIPANTS MAY NOT SIGN UP FOR ADDITIONAL EVENTS ON THE DAY OF THE GAMES. NO REGISTRATIONS WILL BE TAKEN ON THE DAY OF THE EVENT!**

BINGO: Only participants registered to compete in the Games are eligible to play bingo. Prizes will be awarded. Fee: \$1/person with registration; \$2/person payable at the door.

PARTICIPANTS ARE STRONGLY ADVISED TO CONSULT THEIR PHYSICIAN BEFORE COMPETING IN THE GAMES.

LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify, save and hold harmless event sponsors, the Richland County Recreation Commission, the City of Columbia Parks & Recreation Department, and any of their sponsors, employees, or representatives for my health, safety or any injury resulting from my participation in the Midlands Area Senior Games. I have prepared myself for the event(s) that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the event(s) that I have selected. The Senior Games officials have my permission to have a physician attend me if deemed necessary during my participation in the activities. I have read and understand this liability waiver and therefore release the above-named sponsors from any and all liabilities. I understand photographs of my participation in this program may be used by the Recreation Commission to promote the Commission's events and facilities, without compensation and without additional approval.

Signature: _____

Date: _____


PLAYERS MUST ARRIVE AT EACH EVENT 5 MINUTES BEFORE START TIME!

Check the activities listed below that you plan to enter or attend. Do not enter events that are scheduled for the same time. **You may not sign up for additional events on the day of Games.**

Monday, September 20

Golf, 8:30 a.m., LinRick, \$19/player
 List your foursome: _____

Place me with a group.


Billiards, 11:30 a.m.-1:30 p.m. 
 Woodland Park

Bingo, 10:00 a.m.-12:00 p.m.
 Eau Claire Print Building

Tuesday, September 21


Tennis, 9:00 a.m., Southeast Park
 Singles Doubles
 Partner: _____

Bowling, 9:30 a.m. (*practice*)-2:00 p.m.
 Royal Z Bowling Lanes, \$4.50
 Singles (*11 a.m.*) Doubles (*10 a.m.*)
 Partner: _____

Badminton, 1:00 p.m., Trenholm Park 

Wednesday, September 22

Track & Field Events
 9:00 a.m.-2:00 p.m.
 Meadowlake Park

- 400 meter dash, 9:00 a.m. 
- Discus, 9:00 a.m.
- Standing jump, 9:45 a.m.
- Softball throw, 9:45 a.m.
- 100 meter dash, 10:15 a.m.
- Shot-put, 10:15 a.m.
- 50 meter dash, 11:00 a.m.
- Basketball free throw, 11:30 a.m.
- Basketball spot shooting, 11:45 a.m.
- Table tennis, 12:00 p.m.

Swimming @ Drew Wellness Center

Swimming, 3:30 p.m.
 (50 & 100-yard freestyle, backstroke, breaststroke)

Thursday, September 23

Maxcy Gregg Park & the
 Capital Senior Center

- Fitness Walk, 8:30 a.m.
- Horseshoes, 9:00 a.m.
- Spincasting, 9:00 a.m.
- Frisbee Golf, 10:00 a.m.
- Awards Luncheon, 12:00 p.m.