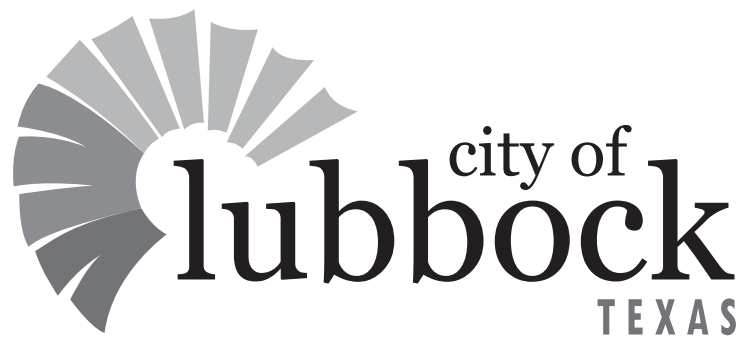


2010
Lubbock Senior Games
August 11-15, 2010
Lubbock, Texas



Lubbock Senior Games



**SANCTIONED BY TEXAS SENIOR GAMES ASSOCIATION AND
NATIONAL SENIOR GAMES ASSOCIATION**

**This event is a qualifying site for the 2010 Texas Senior Games
to be held in Houston, Oct 17-31, 2010**

LUBBOCK SENIOR GAMES

AUGUST 11th-15th 2010

LUBBOCK, TEXAS

SCHEDULE OF EVENTS **WEDNESDAY, AUGUST 11TH**

9:00AM-4:00PM CHECK IN & PACKAGE PICK-UP - Lubbock Senior Center, 2001 19th St
12:00 NOON BOWLING-MIXED DOUBLES - South Plains Bowl, 5150 69th Street
2:00PM HORSESHOES COMPETITION (SINGLES)- MacKenzie Park Outdoor Center
4:00PM WASHERS COMPETITION (SINGLES)- MacKenzie Park Outdoor Center

THURSDAY, AUGUST 12TH

7:30AM GOLF-Men's/Women's SINGLES- Meadowbrook 601 Municipal Dr. McKenzie
9:00AM-10:00AM BASKETBALL – AROUND THE WORLD TX/Tech Rec Center Indiana & Main
10:00AM-11:00AM BASKETBALL – FREE THROW- TX/Tech Rec Center Indiana & Main
12:00PM BOWLING-MEN'S/WOMEN'S DOUBLES - South Plains Bowl, 5150 69th St
2:00PM TABLE TENNIS – Maggie Trejo Community Center 3200 Amherst St
6:00PM WEST TEXAS DANCE SOCIAL- Lubbock Senior Center, 2001 19th St

FRIDAY, AUGUST 13TH

9:00AM CYCLING TIME TRIALS & ROAD RACE – 10K & 20K – Ransom Canyon
8:00 AM-1:00PM PICKLEBALL – DOUBLES – Leroy Elmore Park - 66th St and Quaker
12:00 - NOON SWIMMING-WARM-UPS- Pete Ragus Aquatic Center, 2004 14th St
1:00PM-5:00PM SWIMMING EVENTS – Pete Ragus Aquatic Center, 2004 14th St
12:00PM BOWLING- MEN'S/WOMEN'S SINGLES - South Plains Bowl, 5150 69th St
3:00PM SHUFFLEBOARD- Lubbock Senior Center 2001 19th St

SATURDAY, AUGUST 14TH

9:00AM CYCLING TIME TRIALS & ROAD RACE 5K & 40K – Ransom Canyon
7:00AM-11:00AM TRACK EVENTS- Coronado High School 3307 Vicksberg (TBA)
50M, 100M, 200M, 400M, 800M, 1500M- Order of events to be announced
11:00AM- 4:00PM FIELD EVENTS- Coronado High School 3307 Vicksberg (TBA)
High Jump, Pole Vault, Running Long Jump, Discus, Shot Put, Javelin .

SUNDAY, AUGUST 15TH

8:00AM RUNNING ROAD RACE 5K & 10K- Mackenzie Park –Outdoor Center

REGISTRATION FORM

PLEASE MAIL ENTRY FORM, SIGNED WAIVER (ON BACK), AND PAYMENT TO:
2010 LUBBOCK SENIOR GAMES, C/O LUBBOCK SENIOR CENTER
2001-19TH STREET, LUBBOCK, TEXAS 79401

NAME _____ PHONE: _____

AGE A/O 12/31/10 _____ Male Female BIRTH DATE: _____

MM/DD/YYYY

MAILING ADDRESS: (APT/LOT#) _____

CITY _____ STATE _____ ZIP CODE _____

COUNTY _____ Is this a new address or telephone? Yes

Have you participated in Lubbock Senior Games before? Yes No

(Circle Shirt Size)

PARTICIPANT T-SHIRT SIZE (INCLUDED IN REGISTRATION) (3) M (4) L (5) XL (6) XXL

PLEASE MARK ALL EVENTS YOU ARE ENTERING: PLUS \$1.00 PER EVENT

BOWLING: \$6.75 per event.

\$1.00 per event

Singles (1)

Doubles* (2)

***Partner** _____

Mixed Doubles* (3) []

***Partner** _____

BOWLING each x \$ 6.75 _____

***Partner's name must be included.**

PICKLE BALL: (4) Doubles []

(5) Mixed []

SHUFFLEBOARD (6) []

CYCLING TIME TRIALS: (7) 5K (8) 10K

(39) [] 20K (40) [] 40K

FIELD EVENTS

(9) Discus (10) High Jump (11) Javelin

(12) Pole Vault (13) Shot put

(14) Running Long Jump

TRACK (USE SPECIAL FORM TO INDICATE EVENTS)

GOLF-18 HOLES (15)

(COST INCLUDES CART) **GOLF** \$15.00 \$ _____

BASKETBALL (43) **AROUND WORLD**

(44) **Free Throw**

SWIMMING (USE SPECIAL FORM TO INDICATE EVENTS)

RUNNING ROAD RACE (29) [] 5K

(30) [] 10K

TABLE TENNIS

Singles (45) []

Doubles (46) []

HORSESHOES (16)

WASHERS (38)

ADDITIONAL T-SHIRTS \$10.00 each

Please circle choice

(32) M (42) L (52) XL (62) XXL

Each \$ 10.00 \$ _____

REGISTRATION FEE (1) \$ 26.00

TOTAL \$1.00 EVENTS SELECTED + \$ _____

TRANSFER FROM SPECIAL FORM + \$ _____

TOTAL OTHER EVENTS SELECTED + \$ _____

DONATION TO LUBBOCK SG (11) + \$ _____

Thank You !

GRAND TOTAL \$ _____

ALL ENTRIES MUST BE POSTMARKED NLT **Aug 2nd**

NUMBERS IN () FOR OFFICE USE)

WAIVER AND RELEASE OF LIABILITY

THE FOLLOWING MUST BE COMPLETED AND SIGNED BY EACH APPLICANT

ENTRY DEADLINE: ENTRY FORMS MUST BE POSTMARKED NO LATER THAN August 2, 2010

It is strongly urged that individuals participate only in those events for which they are in good physical condition to take part. It is strongly recommended that participants consult their doctors regarding practice, preparation and competition in the Sports Classic.

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN THE 2010 LUBBOCK SENIOR GAMES AND RELATED EVENTS AND ACTIVITIES:

I agree that prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will immediately advise the event coordinator of such conditions 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 that severe social and economic losses might result not only from actions, or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonable at this time.

I release, waive, discharge and covenant not to sue The Lubbock Senior Games, The City of Lubbock, Texas Tech University, The Lubbock Bicycle Club, The Lubbock EMS, Burgess Rushing Tennis Center, The West Texas Running Club, Meadowbrook Golf course, Pete Ragus Aquatic center, Coronado High. SPATO track officials. The Texas Senior Games Association and the National Senior Games Association. The Lubbock Bowling Association, or any of its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organizations, any other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners, lessors and lessees of premises used to conduct the event, all of which are hereafter referred to as "releases," from any and all liability to each, of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise.

I grant the Lubbock Senior Games the right to use any photograph or video taken of me during the games to be held August 11th -15th, 2010 without remuneration. Writers give permission for the Lubbock Senior Games to read their works during the events and to use all writings for publication and promotion without remuneration.

I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected. The Lubbock Senior Games has my permission to have a physician treat me if needed during my participation in any event of the Lubbock Senior Games.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGNS IT VOLUNTARILY.

SIGNATURE: _____ **DATE:** _____

PERSON TO CONTACT IN AN EMERGENCY: (MANDATORY)

NAME: _____ **PHONE ()** _____

RELATIONSHIP: _____

For Games Registrar Use Only

Entry No. _____ **Amount** _____

Check No. _____ **Date Rec'd.** _____

REGISTRATION FORM FOR TRACK AND SWIMMING EVENTS

Name: _____ Date of Birth: _____

SWIMMING

Master Swimming Number (if applicable): _____

EVENT CODE	EVENT (You may enter no more than 6 events) (EVENTS WILL BE COMPETED IN THE ORDER LISTED BELOW)	BEST TIME (Last 12 months)	ENTER √	FEE (\$1.00 per Event)
(26)	FREESTYLE 200 Y			
(17)	BACKSTROKE 50 Y			
(28)	INDIVIDUAL MEDLEY 100 Y			
(21)	BREASTSTROKE 100 Y			
(24)	FREESTYLE 50 Y			
(23)	BUTTERFLY 100 Y			
(19)	BACKSTROKE 200 Y			
(22)	BUTTERFLY 50 Y			
(25)	FREESTYLE 100 Y			
(20)	BREASTSTROKE 50 Y			
(42)	INDIVIDUAL MEDLEY 200 Y			
(18)	BACKSTROKE 100 Y			
(41)	BREASTSTROKE 200 Y			
(27)	FREESTYLE 500 Y			
		Total Fees		

TRACK ENTRY FORM

EVENT CODE	EVENT	BEST TIME (Last 12 months)	ENTER √	FEE (\$1.00 per Event)
(32)	50 M			
(33)	100 M			
(34)	200 M			
(35)	400 M			
(36)	800 M			
(37)	1500 M			
		Total Fees		

TRANSFER FEE AMOUNT TO REGISTRATION FORM AND ATTACH THIS FORM TO THE REGISTRATION FROM.

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN AUG 2, 2010. LATE ENTRIES WILL NOT BE PROCESSED.

LUBBOCK SENIOR GAMES

INFORMATION AND PROCEDURES

AGE: All participants must be 50 years of age or older as of December 31, 2010. Ages will be verified at registration. Age categories for men and women in most events will be divided in five- year intervals. Doubles teams will play in the age division of the younger player.

AWARDS: Medals will be awarded to first, second, and third place finishers upon completion of the event.

CANCELLATIONS: The Lubbock Senior Games Management reserves the right to cancel any event due to insufficient registration, inclement weather, or any events beyond our control. If an event is cancelled, the information will be available at the Lubbock Senior Center, 2001 19th Street, and every effort will be made to contact people prior to the start of the games. Games officials reserve the right to combine more than one age group in conducting an event. Medals will be awarded by age group.

ENTRIES: Entries and signed waivers must be postmarked no later than Monday, August 2, 2010.

CONFIRMATION OF ENTRY: A confirmation of registration will be mailed to each participant. Please allow 7 to 10 days for processing.

REFUNDS: No refunds will be made for an event unless the Director cancels it or a refund request is received before August 1, 2010. Refunds will be issued after completion of the games.

FINAL RULES DECISION: EVENT DIRECTOR'S DECISION IS FINAL.

WEATHER: LUBBOCK SENIOR GAMES OFFICIALS RESERVE THE RIGHT TO MODIFY RULES AND FORMATS OR CANCEL EVENTS.

EQUIPMENT: Participants are required to provide their own equipment for events entered, except golf carts, horseshoes, washers, javelin, discus, and shot-put. Personal equipment must be of regulation size and weight and will be subject to examination by officials.

REGISTRATION PACKETS:

Your registration package will be available 9:00 AM - 4 :00 PM August 11th through 15th at the 19th Street Lubbock Senior Center, 2001 19th Street. If golf is your only event, or if your only events are Saturday and Sunday your registration package will be available at the events' locations.

Lubbock Senior Games contact person: Paula Brown
2001 19th St Lubbock, Texas 79401
Telephone number of the headquarters is 806-767-2710

HOW MANY EVENTS OR SPORTS MAY I ENTER? You may enter as many sports/events as you desire as long as the events are not held at conflicting times. The only exception is swimming, in which no contestant may enter more than six events. Check the schedule of events carefully for the dates and sites of the sports you wish to enter. It is the responsibility of the athlete to make sure that there are no schedule conflicts in the sports he/she enters.

SPECIAL EVENTS

LUBBOCK SENIOR DANCE SOCIAL

THURSDAY- August 12th, 2010

6:00 p.m. - 9:30 p.m.

Lubbock Senior Center, 2001-19th Street

(Headquarters of the Lubbock Senior Games)

Come and enjoy great entertainment, and dance the night away to a live band. Cost is \$5.00 per person, and like they say in West Texas, "Dress is casual or formal, as the mood strikes you." No alcohol or smoking permitted. Snacks will be provided.

SPECIAL RECOGNITION

The Lubbock Senior Games is coordinated by the City of Lubbock's Parks & Recreation Department and the Texas Senior Games Association. We thank Texas Tech University for the use of its sport facilities, Texas Tech Student Recreation Center, R. P. Fuller Field. We also thank South Plains Bowl for the use of the bowling alley. We thank Coronado High School for the use of their track and field facilities. Meadowbrook Golf Course for their support and special rate given to the games; Pete Ragus Aquatic Center for the use of their pool facilities. We also want to thank Lance Slack and the cycling club for their assistance in the cycling event at Ransom Canyon. South Plains Area Track Officials for taking the time to officiate. West Texas Running Club for their assistance in the Road Race. The many clubs and volunteers whose dedication and time makes this event possible. We also congratulate all of our athletes who have shown such dedication to sports and a healthy lifestyle. You make our lives more meaningful, and contribute greatly to the success of the Lubbock Senior Games.



SPECIFIC EVENT DESCRIPTIONS

INDIVIDUAL SPORTS WILL BE DIVIDED BY 5-YEAR INTERVAL AGE DIVISIONS: (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89, AND 90+). Rules will be available at each sports venue.

BASKETBALL: AROUND THE WORLD & FREE THROW – Specific rules will be included in competitors' registration confirmation packet.

BOWLING: Each competitor will bowl a three game series. Scratch scores only will be used to determine places. No Handicaps. Select time preference for each game. (Please note that all games begin promptly at designated times, so arrive about ½ hour earlier.)

CYCLING EVENTS: The 5K and 10K will be time trial events. Safety equipment is required including helmets. National rules state that aerobars are not permitted in the race events. Qualifiers in either the 5K or 10K time trial will qualify for both events in the Texas State Games. The 20K and 40K will be road race events.

TABLE TENNIS: SINGLES, DOUBLES

FIELD EVENTS: Discus, High Jump, Running Long Jump, Shot put, Javelin and Pole Vault. Pole Vault competitors must provide their own pole.

GOLF: One 18 Hole round will be played. Green and cart fees are covered in Entry Fee. U.S.G.A. rules will apply in all instances. Scratch golf score will be entered in each age category. Please arrive at Meadowbrook Golf Course 30 minutes prior to start of tournament. Collared shirts and soft spikes or spikeless shoes are required.

HORSESHOES: Singles competition.

PICKLEBALL: Must bring own paddle to participate.

RUNNING ROAD RACE : 5K and 10K Road Race.

SHUFFLEBOARD: Shuffleboard equipment will be furnished.

SWIMMING: ALL EVENTS IN YARDS AAU rules will govern all swimming events. Games Management reserves the right to modify and combine age groups to assist participants. A second false start disqualifies contestant. Starting blocks will be available. All swimmers must complete the supplemental swimming registration form. Heat sheets will be available at registration.

TENNIS: Singles, Doubles and Mixed competition

TRACK EVENTS: Approximate scheduled times for races will be available at check-in and package pick-up. All track events will be electronically timed.

WASHERS: Men and women division. 5-year age groups. (Washers is not offered at the national senior games.)

QUALIFICATION FOR STATE AND NATIONAL SENIOR GAMES: In order to compete in the Texas State Senior Games in an event that is offered by the National Senior Games an individual must qualify in that event at a Texas Regional Games site. The Lubbock Senior Games is sanctioned as a Texas State Games qualifying site. Anyone who participates in the Lubbock Senior Games qualifies to participate in the same events in which he/she participated in Lubbock at the 2010 Texas State Games in Houston. In addition, individuals may qualify in certain track and swimming events, and golf by meeting a minimum standard time or score. These minimum standards are set by the National Senior Games Association (NSGA) and can be found at their web site, www.NSGA.org. The State Games will be held in Houston, October 17– 31, 2010. Qualification is not required to participate at the Texas State Games in events not offered at the national games, e.g. dominoes, billiards, washers.

ADDITIONAL INFORMATION: Telephone assistance is available 9:00 am to 5:00 pm Monday through Friday. Contact the Lubbock Senior Games Office at 806-767-2710, or by e-mail at pjbrown@mail.ci.lubbock.tx.us.
Paula Brown



**Thanks! We are looking forward
to showing you the best of
Lubbock, Texas.**



Lubbock Senior Center
2001 19th Street

Lubbock, Texas 79401
(806) 767-2710
Director - Paula Brown