



**Dallas Park and Recreation Department
Senior Games
2019 Registration Packet**

EVENT DATES: February 28 -March 10, 2019 |Cycling March 16,2019
REGISTRATION DATES: January 2, 2019- February 8, 2019
ORGANIZING AGENCY: Dallas Park & Recreation Department, Senior Program Division
CONTACT: 214-671-1602 | pkrseniorprograms@dallascityhall.com
WEBSITE: www.dallasparks.org



WELCOME

The Dallas Park and Recreation Department, Senior Program Division, is excited to host the 2019 Dallas Senior Games. This event was last held in 2018 and we are thrilled to be bringing this competition back to Dallas! Senior Games is an opportunity for adults over the age of 50 to compete in a variety of sports and games. Participants will have the opportunity to advance to the state competition; however, 2020 is a qualifying year but Dallas Area games is not a qualifying location. San Antonio is the state qualifying site for Texas.

In addition to Senior Games, the Dallas Senior Program Division is actively providing programs across the City of Dallas. The Dallas Park and Recreation Department is committed to enhancing the quality of lives of Active Seniors and Adults over the age of 55 by providing recreation and leisure activities to complement your rich and rewarding lifestyle.

Various activities are offered at our recreation centers Monday - Thursday, 9am - 2pm. Activities focus on 5 core areas: Competition, Special Events, Health/Fitness, Socialization, and Special Interests.

Example of activities: Aerobics, Walking Clubs, Weight Training, Bridge, Dominoes, Arts & Crafts, Book Clubs, Day Trips, Fitness and Nutrition Classes, Volunteer Opportunities and much more!

Stop by one of our 43 Recreation centers, or contact us at the Senior Program Division to find the perfect recreation activities for you!

Senior Program Division
3012 S. Hampton | Dallas, TX | 75224
214-671-1602
pkrseniorprograms@dallascityhall.com



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REGISTRATION INFORMATION

ONLINE REGISTRATION

Visit www.dallasparks.org and click on the Senior Games logo at the bottom of the homepage. Once you are on the Senior Games information page you will click on the “Register Here” link. Information can also be found by visiting <https://dallas.fusesport.com/registration/1033/>

IN-PERSON REGISTRATION

Bring your completed registration form, and payment in the form of Visa or Mastercard, to the Senior Program Office located at: 3012 S Hampton Rd., Dallas, TX 75224 between 9:00am-4:00pm

PACKET PICK-UP | Packet’s may be picked up February 18-22 between 9:00am and 4:00pm at the Senior Program Division office located at: 3012 S. Hampton Rd., Dallas, TX 75224. Or, you may pick them up the day of your event competition.

GENERAL INFORMATION

ELIGIBILITY | All Athletes must be at least 50 years old. Athlete’s competition age will be based on his/her age on or before Dec. 31, 2019.

AGE CATEGORIES | Participants will compete in one of the following age categories for both individual and/or doubles sports: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 and over. Team Sports are divided in to the following brackets: 50-59, 60-69 and 70+. Partner and team age groups will be determined by the age of the youngest partner/team member.

PROOF OF AGE | All athletes may be required to show proof of age during the Senior Games. Any athlete unable to prove age will be disqualified. Any individual on a team sport who is not of the minimum age or whose age is listed on the roster incorrectly and causes the team to play in the wrong age division will be disqualified.

REFUNDS | Refunds (less a \$25 administrative fee) may be requested no later than February 8, 2019 and will only be issued with a written medical reason by a medical professional. Any refund request submitted after February 8, 2019 will result in a partial refund.

RULES | All events will be conducted in accordance with both the Texas Senior Games Association Official Rules and the 2017 National Senior Games Association Rules unless otherwise specified.



EQUIPMENT | Athletes are required to provide their own equipment, unless otherwise specified by sport.

INCLEMENT WEATHER/UNUSUAL CIRCUMSTANCES | The City of Dallas Senior Games reserves the right to cancel any event due to insufficient registration, weather or events beyond their control. In the event of a venue change or cancelation, athletes will be notified by email or phone. Every effort will be made to contact athletes prior to the start of the event.

PHYSICAL CONDITION | It is recommended that athletes consult with their personal physician prior to this event. It is also recommended that athletes prepare and train accordingly.

HOW MANY SPORTS/EVENTS CAN I ENTER? | Athletes are encouraged to enter more than one event, if events are not held at conflicting times. Scheduling cannot be done to accommodate other events. You must be a member of a team to enter the team events; teams/doubles will not be assigned. It is your responsibility to be at each scheduled event in which you are registered. No refunds will be given if you miss a scheduled event due to participation in another event scheduled for the same day.

DOUBLES EVENTS | Athletes must have a partner to enter doubles events. During registration, you must enter your partners name when asked, doubles will not be assigned.

OPENING CEREMONY | All participants and their guest are invited to attend the Opening Ceremony February 28, 2019. 5k run and fun walk starts at 9am. Opening Ceremony will begin at 10am at the Embarcadero Building located at Fair Park, 1229 Admiral Nimitz Circle, Dallas, TX 75210. You do not need a ticket to attend. There will be entertainment, food, and lots of fun for everyone!



COMPETITIVE EVENTS

5K RACE

Location: Fair Park | Thursday, February 28, 2019

- **5K road race** | All ages time trial.

BASKETBALL

Location: Beckley Saner Recreation Center | Friday, March 01, 2019

- **Men's Free Throw** | Men 50-69 - Best 25 Shots from Standard Free Throw Line (15ft); Men 70+ - Best of 25 shots from adjusted 11ft free throw line.
- **Women's Free Throw** | Women 50-59 - Best of 25 Shots from Standard Free Throw Line (15ft); Women 60+ - Best of 25 shots from adjusted 11ft free throw line.
- **Men's Around the World** | Men 50+ Shoot 3 shots per shooting location (5 shooting locations around 3pt line) each person gets 3 shots per location, 3 minutes per person.
- **Women's Around the World** | Women 50+ Shoot 3 shots per shooting location (5 shooting locations around 3pt line) each person gets 3 shots per location, 3 minutes per person.
- **Men's 3 on 3** | 50-74 will play two 15 minute halves, score to 21 wins. Each team will consist of 3 players on court and no more than 8 players on team roster. 75+ will play two 12-minute halves; team clothing must be of like design and color. 50-59,60-69 etc. age divisions. Each player must pay a \$25.00 registration fee. **Only the Team Captain will pay the team fee of \$ 80.00.**
- **Women's 3 on 3** | 50-74 will play two 15 minute halves, score to 21 wins. Each team will consist of 3 players on court and no more than 8 players on team roster. 75+ will play two 12-minute halves; team clothing must be of like design and color. 50-59,60-69 etc. age divisions. Each player must pay a \$25.00 registration fee. **Only the Team Captain will pay the team fee of \$ 80.00.**

BOWLING

Location: USA Bowl | Friday, March 01, 2019

- Singles, doubles, and mixed doubles. Tournament format will be scratch scores. Each participant will bowl one series of three games with a final total score determining place within age category. Partner must register at same time, Fee is per bowler.

CYCLING

Location: Texas Motor Speed Way | Saturday, March 16, 2019

- 5K and 10K time trials 20K. Cyclists must provide their own bicycles and helmets, which must be certified by race officials prior to competition. All events will have a recumbent category. No aero bars on the road race. Numbers will be distributed at event check-in. For more information please contact Dean Wilkerson 214-957-2195.

CORNHOLE

Location: Fretz Recreation Center | Monday & Tuesday, March 04 – 05, 2019

Singles, Men's, Women's, Mixed Doubles

- For Men 70+ and Women 50-84, Boards shall be measured to be 20' apart (front of board to front of board)
 - Men 50-69, boards shall be measured to be 24' apart (front of board to front of board).
 - Women 85+, the boards shall be measured 15' apart (front of board to front of board).
 - Matches will be best 2 out of 3 games
 - Each game is divided into a max of 7 frames OR first team to score 21 points. If score is tied after 7 frames, one additional frame will be played to determine winner.
 - Scoring- 1 point per bag on board, 3 points per bag in hole. Note: Bag cancellation method will apply
 - A bag that meets the ground before the board is not a legal throw
 - Fouls-
 1. Thrower stepping over the plane of the front of the board extended
 2. Thrower throwing out of turn



GOLF

Location: Steven's Park Golf Course | Wednesday & Thursday March 06- 07, 2019

- 36 Holes of Scratch Play event held over two days. Medals Awarded based on 36-hole total. USGA rules apply.
- 18 Holes of Scratch Play for athletes 85+ held over two days, range balls will be provided for both events.

PICKLEBALL (INDOOR)

Location: Harry Stone Recreation Center | Thursday & Friday, March 07-08, 2019

- Doubles and Mixed Doubles. Ball provided, players must provide own racquet. Doubles players must register with a partner. The first side scoring eleven point and by leading by a two-point margin wins. Double Elimination style play.

SWIMMING

Location: Greenhill School | Sunday, March 10, 2019

- 50y, 100y and 200y Backstroke. 50y, 100y, and 200y Breaststrokes. 50y; 100y; and 200y Butterfly. 50y; 100y; 200y; and 500y Free. 100y and 200y Individual Medley. All swimming events will be timed finals; swimmers must provide their own suits, caps, goggles, towels, etc.

TABLE TENNIS

Location: T Bar M Racquet Club | Saturday, March 09, 2019

- Singles, Doubles, and Mixed Doubles competition. Balls will be provided. The number of entries will determine tournament format. Doubles Players must register with a partner.

TENNIS

Location: Fair Oaks Tennis Center | Thursday & Friday, March 07-08, 2019

- Singles, Doubles, Mixed Doubles. Best 3 Sets with regular scoring. Balls will be provided. Doubles players must register with partner, if you enter more than one event, you may have to play a match each day in each event. Please mark entry form.

TRACK AND FIELD

Location: Greenhill School | Saturday, March 09, 2019

- 50m, 100m, 200m, 400m, 800m, and 1500-meter races.
- Discus, Shotput, High Jump, Long Jump, Triple Jump (competitors must provide own equipment.)



EVENT SCHEDULE

EVENT CHECK IN BEGINS ONE HOUR PRIOR TO LISTED EVENT START TIME.

THURSDAY, February 28th

9AM	5K RUN	FAIR PARK EMBARCADERO BUILDING
9AM	1K FUN WALK	FAIR PARK EMBARCADERO BUILDING
10AM	THE OPENING CEREMONY	FAIR PARK EMBARCADERO BUILDING

FRIDAY, MARCH 1st

9AM	BOWLING (SINGLES & DOUBLES MIXED DOUBLES)	USA BOWL
9AM	BASKETBALL 3 ON 3 (MEN'S & WOMEN'S)	BECKLEY SANER REC. CENTER
9AM	BASKETBALL FREE THROW (MEN'S & WOMEN'S)	BECKLEY SANER REC. CENTER
9AM	BASKETBALL AROUND THE WORLD (MEN'S & WOMEN'S)	BECKLEY SANER REC. CENTER

MONDAY, MARCH 4th / TUESDAY, MARCH 5th

9AM	CORNHOLE	FRETZ RECREATION CENTER
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WEDNESDAY, MARCH 6TH /THURSDAY, MARCH 7TH

9AM	GOLF	STEVENS PARK GOLF CLUB
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THURSDAY, MARCH 7TH

9AM	TENNIS	FAIR OAKS TENNIS CENTER
9AM	PICKLEBALL (MEN'S AND WOMEN'S DOUBLES)	HARRY STONE RECREATION CENTER

FRIDAY, MARCH 8TH

9AM	TENNIS	FAIR OAKS TENNIS CENTER
9AM	PICKLEBALL (MIXED DOUBLES)	HARRY STONE RECREATION CENTER

SATURDAY, MARCH 9TH

9AM	TRACK & FIELD	GREENHILL SCHOOL
9AM	TABLE TENNIS	T BAR M RAQUET CLUB

SUNDAY, MARCH 10

9AM	SWIMMING	GREENHILL SCHOOL
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SATURDAY, MARCH 16

9AM	CYCLING	TEXAS MOTOR SPEEDWAY
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EVENT LOCATIONS

ALL EVENTS, DATES, AND TIMES SUBJECT TO CHANGE

Opening Ceremony

Fair Park Embarcadero Building
1229 Admiral Nimitz Circle
Dallas, TX 75210

Bowling

USA Bowl
10920 Composite Dr.
Dallas TX 75220

Basketball - Men & Women

Beckley Saner Rec. Center
114 W Hobson Street
Dallas TX. 75224

Cycling

Texas Motor Speedway
3645 Lone Star Circle
Ft. Worth, TX 76177

Golf

Stevens Park Golf Course
1005 N Montclair Ave
Dallas, TX 75208

Pickleball

Harry Stone Recreation Center
2403 Millmar Rd.
Dallas, TX 75228

Swimming - Men & Women

Greenhill School
3815 Spring Valley Rd
Addison, Texas
TX 75001

Table Tennis

T Bar M Racquet Club
6060 Dilbeck Ln,
Dallas, TX 75240

Tennis

Fair Oaks Tennis Center
7501 Merriman Pkwy
Dallas TX 75223

Track

Greenhill School
3815 Spring Valley Rd
Addison, Texas
TX 75001

5k Run/Walk

Fair Park Embarcadero
Building
1229 Admiral Nimitz Circle
Dallas, TX 75210

Cornhole

Fretz Recreation Center
6994 Beltline Rd.
Dallas, Texas 75240



REGISTRATION FORM

NAME: _____ GENDER: _____

E-MAIL ADDRESS: _____ Driver License # _____

DATE OF BIRTH: _____ AGE AS OF DEC. 31, 2019: _____ ADULT T-SHIRT SIZE (S - XXXL): _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

PRIMARY PHONE: _____ ALTERNATE PHONE: _____

EMERGENCY CONTACT NAME: _____ RELATIONSHIP: _____

DAY PHONE: _____ NIGHT PHONE: _____

DOCTORS NAME: _____ PHONE: _____

MEDICATIONS: _____

ALLERGIES/MEDICAL CONDITIONS: _____

WAIVER

1. By registering in the Dallas Senior Games, which is sponsored by the Park and Recreation Department of the City of Dallas, I hereby release, waive, discharge, covenant not to sue, and agree to hold harmless for any and all purposes the City of Dallas, its City Council and its members, its boards and commissions and their members, its officers, employees, servants, agents, volunteers, successors, assigns, and any other person acting under its permission and authority (collectively herein referred to as "CITY") from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorney's fees and expenses, that I may sustain while participating in the activity, while traveling to and from the activity, while on the premises owned or leased by the CITY, or otherwise in the care of the CITY, **including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of the CITY.** I understand this waiver does not apply to injuries caused by intentional or grossly negligent conduct.
2. I expressly give and grant to the CITY the unqualified right, privilege, and permission to reproduce, publish, and circulate in every manner or form (including radio, television, newspapers, magazines, and the internet) video tapes, films, photographs, transparencies, and other images and likenesses of me, my child(ren), family, and/or property and audio recordings of my and their voices (collectively referred to as "video and audio recordings"), and I hereby grant, assign and transfer to the CITY all rights and interest therein at no charge. I specifically authorize and empower the CITY to cause any such video and audio recordings, to be copyrighted or in any other manner to be legally registered in the name of the CITY. I, for myself, my family, my child(ren), my heirs, executors, administrators and assigns, hereby remise, release, and discharge the CITY from any and all claims of any kind due to the use of such video and audio recordings, including all claims for damages or injunctive relief for libel, slander and invasion of the right of privacy.

NAME: _____ SIGNATURE: _____ DATE: _____



2019 SENIOR GAMES ENTRY FORM

City of Dallas Senior Games registration fee is \$25 plus an additional cost per event. **Fees are per event, per person.** Athletes must have a partner to enter doubles events. During registration, you must enter your partners name when asked, doubles will not be assigned. **Each partner or team member must complete their own registration form.**

BASKETBALL \$6 EACH

AROUND THE WORLD

MENS 50-69

MENS 70+

WOMEN'S 50-59

WOMEN'S 60+

FREE THROW

MENS 50-69

MENS 70+

WOMEN'S 50-59

WOMEN'S 60+

3 ON 3 \$80 TEAM FEE

MEN'S

WOMEN'S

BOWLING \$6 EACH

SINGLES

DOUBLES

MIXED DOUBLES

PARTNER NAME: _____

CORNHOLE \$6 EACH

SINGLES

DOUBLES

MIXED DOUBLES

PARTNER NAME _____

CYCLING \$20 TOTAL

5K TIME TRIAL

10K TIME TRIAL

20K ROAD RACE

5k RECUMBENT

10K RECUMBENT

20K RECUMBENT

GOLF \$60 TOTAL

50-84

85+

PICKLEBALL \$6 EACH

DOUBLES

MIXED DOUBLES

PARTNER NAME: _____

RUNNING \$6 EACH

5K ROAD RACE

SWIMMING \$6 EACH

50 BACKSTROKE

100 BACKSTROKE

200 BACKSTROKE

50 BREASTSTROKE

100 BREASTSTROKE

200 BREASTSTROKE

50 BUTTERFLY

100 BUTTERFLY

50 FREESTYLE

100 FREESTYLE

200 FREESTYLE

500 FREESTYLE

100 INDV MEDLEY

200 INDV MEDLY

TABLE TENNIS \$6 EACH

SINGLES

DOUBLES

MIXED DOUBLES

PARTNER NAME: _____

TENNIS \$6 EACH

SINGLES

DOUBLES

MIXED DOUBLES

PARTNER NAME: _____

TRACK & FIELD \$6 EACH

50M

100M

200M

400M

800M

1500M

\$25 Registration Fee

MEN

DISCUS

SHOTPUT

HIGH JUMP

LONG JUMP

TRIPLE JUMP

WOMAN

DISCUS

SHOTPUT

HIGH JUMP

LONG JUMP

TRIPLE JUMP

Total _____