

PARKS AND RECREATION DEPARTMENT

Recreation Division



Orangeburg Senior Games

City of Orangeburg Parks and Recreation Department

Orangeburg County Council on Aging

October 15 & 17, 2019

General Information

Goals: The goals of this event are to maintain and improve the health and wellness of older adults; to provide a competitive athletic and recreational experience that focuses attention on the importance of exercise in every individual's personal plan of health; to provide an opportunity for socialization for older adults in our state; and to enhance the quality for senior citizens. The program is as much for the recreational athlete as it is for the competitive athlete. We will offer passive events along with the active events so that there will be something offered for all senior adults.

Location: All events will be held at the Orangeburg County Council on Aging, 2570 St. Matthews Road Orangeburg, South Carolina 29118

Eligibility: Any person 50 years old as of October 15, 2019 and older is eligible. We will break down the groups in 10-year increments and will separate men and women if there are enough participants in each event.

Rules: Senior Games officials reserve the right to cancel an event due to insufficient registration and/or combine age groups if less than five sign up in an age group. If age groups are combined, standings and awards will also be combined. If an event is canceled, every effort will be made to contact all persons impacted prior to the start of the Senior Games. In the event of inclement weather, Senior Games officials reserve the right to cancel or reschedule the event.

Registration: All participants must fill out a Registration Form and Liability Waiver. A non-refundable Registration Fee of \$10 must be included with the entry form.

All Participants who register on or before Friday, September 20, 2019 will receive a Registration Packet including a t-shirt and other items. Persons who register after September 20 will receive the Registration Packet on a first-come, first-served basis while supplies last.

Awards: Medals will be presented to the first, second, and third place finishers in each athletic event. Prizes are awarded for fun game activities.

Lunch: A hot lunch is available to participants on Tuesday, October 15 and Thursday, October 17 at the Council on Aging. The cost is \$8.00 for seniors who are not a part of the Council on Aging.

A lunch reservation must be made by calling Janet Antley by Wednesday, October 9th at (803) 531-4663.

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Registration Form

\$10 Registration Deadline (to guarantee t-shirt): Friday, September 20, 2019

Checks can be made payable to The City of Orangeburg.

Please return your form and registration fee to 367 Green Street, open Monday-Friday 8am-5pm.

Name _____ Date of Birth _____
First Last Month/day/year

Address _____ Age _____
Street City Zip code

Telephone (Home) _____ (Cell) _____

Sex: Male _____ Female _____ T-Shirt Size: M L XL 2XL 3XL 4XL
 (Circle One)

Please Check All the Events You Plan To Participate In

Tuesday, October 15, 2019

- | | | |
|---|--|-------------|
| <input type="checkbox"/> Fun Games
(Bingo & Cake Walk) | | 9:30 a.m. |
| <input type="checkbox"/> Men's Power & Race Walk | <input type="checkbox"/> Women's 50m Dash | 10:30 a.m. |
| <input type="checkbox"/> Men's Long Jump | <input type="checkbox"/> Women's Long Jump | 11:00 a.m. |
| <input type="checkbox"/> Men's Shot Put | <input type="checkbox"/> Women's Shot Put | After Lunch |
| <input type="checkbox"/> Men's Discus | <input type="checkbox"/> Women's Discus | After Lunch |

Thursday, October 17, 2019

- | | | |
|--|---|------------|
| <input type="checkbox"/> Men's Softball Throw | <input type="checkbox"/> Women's Softball Throw | 10:00 a.m. |
| <input type="checkbox"/> Men's Basketball Free Throw | <input type="checkbox"/> Women's Free Throw | 10:00 a.m. |
| <input type="checkbox"/> Men's Horseshoes | <input type="checkbox"/> Women's Horseshoes | 11:00 a.m. |
| <input type="checkbox"/> Men's Corn Hole | <input type="checkbox"/> Women's Corn Hole | 11:00 a.m. |



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The Orangeburg Senior Games Committee Strongly Recommends That Participants Consult Their Physicians In Regard To Practice, Preparation, And Competition In The Senior Games.

Pertinent Medical Information (Special Medications, Allergies, Other):

Emergency Contact

Name: _____ Relationship: _____

Phone: _____

Liability Wavier

I, the undersigned participant, hereby agree to indemnify, save, and hold harmless the sponsors or any of their employees or representatives for my health, safety, or any injury resulting from participation in the 2019 Orangeburg Senior Games.

I have prepared myself for the event(s) which I have entered prior to the Senior Games. To the best of my knowledge and belief, I have no physical restriction that would prohibit my participation in the events that I have selected. The Senior Games officials have my permission to have a medical technician attend me if deemed necessary during my participation in the activities.

I have read and understand the above liability waiver and therefore release the above sponsors from any and all liabilities.

Signature of Participant

Date

Check here if you wish to make a lunch reservation: _____

Lunch: A hot lunch is available to participants. The cost for lunch will be \$8.00 for seniors who are not a part of the Council on Aging.

To make a lunch reservation, call Janet Antley at the Council on Aging at (803) 531-4663.