



**COMPETING
NEVER GETS OLD**

RACE WALK

WATERPOLO

TRACK & FIELD

POWERWALK

TENNIS

BADMINTON

ARCHERY

GOLF

VOLLEYBALL

SWIMMING

TRIATHLON

5K ROAD RACE

BASKETBALL

PICKLEBALL

TABLE TENNIS

2024 Bay Area Senior Games Registration

General Information - Welcome to the registration package for the 18th Annual Bay Area Senior Games (BASG). The BASG started in 2006, to promote healthy, active lifestyles for adults over the age of 50. We look forward to another great year!

Eligibility - All participants must be at least 50 years of age on or before December 31, 2024. (except waterpolo) There is no upper age limit. Proof of age is required at event check-in.

Age Divisions - Age divisions are in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and up. A participant's competition age will be based on his/her age as of Dec. 31, 2024. Age division for doubles and team competitions will be determined by age of the youngest player as of Dec. 31, 2024.

We reserve the right to combine age groups in any event due to insufficient entries or other conditions. Some sports may be conducted in ten-year increments.

How to Enter - Registration is available online at www.bayareaseniorgames.org. Athletes may enter any sport or event subject to the entry limitations of that sport. All Athletes pay a registration fee plus an event fee for each individual event in which they compete. Team entry fees may be required and team sports may pay an additional fee, based on team numbers, facility rental and other expenses. Please see payment summary page for more fee details.

If you do not have a computer, please ask a friend or neighbor to print this and fill out this Entry Form, sign the Liability Release and mail it to: **Bay Area Senior Games Headquarters • 2450 Agnes Way Palo Alto, CA 94303. Note: Please add an additional processing fee of \$15 for paper registration. We are unable to process your registration without the \$15 paper registration fee.**

Please make sure not to register for overlapping events especially in Track & Field. No schedule changes will be made to accommodate participation in multi-sport or multi-event entrants. **Refunds will not be given.**

Each partner in a doubles competition must submit an Individual Entry Form and enter the full name of his/her partner.

Team captains for volleyball & waterpolo are required to submit one Team Roster Form. In order to complete registration, all athletes must sign the Waiver Form presented online or they will not be eligible to participate.

Medals

Gold, Silver and Bronze medals will be awarded after the expiration of a 30-minute protest period. Medals will not be mailed unless award winner pays postage and handling fee in advance (\$7.00).

Benefits

Registration and event fees include: Event administration and organization, venue rental, officials and scorekeepers, permits and sanctions, emergency medical personnel, event staff, medals, security, liability insurance, entry confirmation, commemorative event gift, potential records documentation, posting on website and results administration.

Equipment and Uniforms

Participants are required to provide their own equipment, except as specified under the sport description. All athletes must wear the athletic apparel and shoes usual and customary for the sport in which they are competing. Team sports require like color and style numbered uniforms. Inappropriate clothing, shoes or equipment may be cause for disqualification. Please mark your personal items and do not leave them unattended. The Bay Area Senior Games is not responsible for the loss or damage of any athlete's personal belongings.

Food and Transportation

Athletes are responsible for their own food and transportation. For venue information, see each sport landing page. www.bayareaseeniorgames.org/sports

Sportsmanship

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification without any refund of fees paid. Sports Commissioners and event staff reserve the right to disqualify any competitor.

Insurance

The Bay Area Senior Games has a General Liability Policy for the event. This insurance covers medical costs only when an accident or injury is caused by negligence. It is expressly understood that this insurance does not cover: property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from competition. Each participant is responsible for his or her own medical insurance.

Medical Assistance

If you must be transported by ambulance, it will be at your expense.

Volunteering

Athletes, friends and families are invited to volunteer at the event. For details, including job description and benefits, please visit www.bayareaseeniorgames.org. Please register on line when volunteer registration opens. Volunteers will receive the official Volunteer Tee-shirt, and community service documentation for students if requested.

Refund Policy - NO refunds will be made if an entrant fails to compete for whatever reason including: event rescheduling, or event cancellation due to inclement weather, war, terrorism, or an act of God. Games officials or the Bay Area Senior Games Board of Directors reserve the right to cancel or postpone events to a later time. All times and venues are subject to change. Refunds of entry fees are subject to a processing fee and may occur only for:

- 1) Entries received over event capacity
- 2) Insufficient entries in event
- 3) Entries of non-qualified participants
- 4) Injury, if occurs at least 10 days prior to event

Sports Rules

Competition format and rules for each sport are posted online at www.bayareaseeniorgames.org/sports consistent with NSGA Rules. (www.nsga.com)

Confirmation

Athlete confirmations will be e-mailed when the sport online registration is closed. Athletes will also receive a final event information e-mailing just prior to the event. (Please check your email inbox and spam folder)

Check-In

All athletes must report to the check-in table/tent at their competition venue. The exact location, address and start times will be included in the final confirmation e-mailing. You need to provide your photo ID.

Athlete Registration

Please complete all information and sign the Liability Release. NOTE: athletes will **not** be able to complete online registration until liability release is accepted and the box checked. **PRINT PLEASE!**

Last Name: _____

First Name: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Home Phone: _____ Cell: _____

Email: _____

Birth Date: _____ Age on Dec. 31, 2024: _____

Shirt Size- S M L XL XXL (circle one)

Male ☐ Female ☐

Person to contact in case of emergency: (PRINT PLEASE)

Name: _____ Cell Phone: _____

Liability Release - Must be signed in order to complete registration.

I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the 2024 Bay Area Senior Games Local Organizing Committee, City of Palo Alto, College of San Mateo, Chabot College, Fremont High School, California Badminton Academy, Fremont and all other venue locations, sponsors, and any and all persons and organizations affiliated therewith, for any and all injuries suffered by me while traveling to and from, or participating in the 2024 Bay Area Senior Games. I also give my permission for the free use of my name, likeness, voice and/or photograph in any broadcast, telecast, newsprint, website, marketing material or any other account of these events. I further state that I am physically fit and sufficiently trained for the events in which I will participate. I have read and understand the 2024 Bay Area Senior Games Information.

Signature: _____ PRINT Name: _____

Date: _____

Sport(s): _____

Individual Sports

ARCHERY

April 20-21 - Location: Black Mountain Bowman Range- Ave. Espana San Jose, CA 95139 Registration Fee: \$40.00 per person plus \$8 per event/day. **REGISTRATION DEADLINE: April 12, 2024**

Bow Divisions:

- Compound Release with sights (Freestyle, Bowhunter Freestyle)
- Compound Fingers with sights (Freestyle Limited, Bowhunter Freestyle Limited)
- Compound Barebow no sights (Bowhunter)
- Recurve (sights)
- Recurve Barebow no sights (Traditional)

Dress code:

Comfortable but appropriate. Clean, neat attire--acceptable to public view. No sandals (open toes or heels)/flipflops.

Saturday, April 20 - Double 300 round – 30 arrows at 20 yards (3 arrows, 10 ends).

Ends are timed--2 minutes allowed. The first 300 round will be followed by a short break and then the second 300 round.

8:00 am check-in – Shoot 9:00 am

Sunday April 21 - American 900 Round – 30 arrows at each distance of 60, 50 and 40 yards on 122 cm target face.

Ends are timed--4 minutes allowed.

8:00am check-in – Shoot 9:00 am.

Water, soda and snacks are available for purchase. Lunch will be provided to those archers registered for the Sunday event.

BADMINTON

TBD at California Badminton Academy 46049 Warm Springs Drive Fremont.

Athlete Registration \$40.00 + \$7.00 per event

☐ Men's Singles ☐ Women's Singles ☐ Men's Doubles _____

☐ W's Doubles _____ ☐ Mixed Doubles _____

REGISTRATION DEADLINE:

Women's BASKETBALL- Sunday, November 10th

Cubberley Community Center 4000 Middlefield Road, Palo Alto Fee \$55.00 per athlete Check in is 8 AM First game 9:00 AM. Deadline to register is November 4th 5pm. This event is a qualifier for the 2025 National Senior Games.

BASKETBALL Men's- TBD -Registration deadline. Cubberley Community Center 4000 Middlefield Road Palo Alto Fee \$55.00 per player.

GOLF

Event date- Sunday, April 28 Baylands Golf Links, 1875 Embarcadero Road, Palo Alto (fee \$65.00 per golfer event fee includes cart, range balls, golf, awards plus standard \$70 Sr.Games registration fee) TOTAL \$135.00

Multiple flights by age groups: 50-54, 55-59, 60-64, etc. Cost Includes: golf green fees, cart, range balls & Awards: Gold, Silver and Bronze Olympic-style Medals for each age flight (gross and net scores). Men and Women flights. (Players must have an established handicap to participate in the low net competition.)

- ☐ 18-hole individual stroke play. Please include your GHIN # handicap/index when registering GHIN # _____.
REGISTRATION DEADLINE: is Friday, April 19th 5pm. This is a qualifier for the 2025 National Senior Games in Des Moines, Iowa

PICKLEBALL

May 24,25,26,27 - Palo Alto Pickleball Courts- East Meadows Drive and Middlefield Rd. Mitchell Park- Palo Alto. DEADLINE to register May 15th

Friday, May 24th - Men's and Women's MINI Singles

Saturday, May 25th - Men's Doubles & Women's FULL Singles

Sunday, May 26th - Mixed Doubles

Monday, May 27th - Women's Doubles & Men's Full Singles

<https://pickleballbrackets.com/lnkHdlr.aspx?eid=6d6475f4-6a02-48e3-9da0-e8420a9700ce>

POWERWALK Sunday, June 2,2024 (part of Track & Field event) Register at Track & Field College of San Mateo- 1700 W. Hillsdale Ave. San Mateo REGISTRATION deadline is May 20th 5pm

- ☐ 1500 M- on the track 11:30 a.m. est.

RACEWALK Sunday, June 2,2024 (Part of Track & Field event) Register at Track & Field

College of San Mateo- 1700 W. Hillsdale Ave. San Mateo

- ☐ 1500M – Track 10:20 a.m. **REGISTRATION DEADLINE:** is Monday, May 20th 5pm

5K ROAD RACE (on the track) Register at Track & Field (Fee \$7.00 per event + \$80 athlete registration fee) ☐ 5K 9:00 am start

College of San Mateo 1700 W. Hillsdale Ave. San Mateo (listed under track events)

REGISTRATION DEADLINE: Is Monday May 20th 5pm .

SWIMMING (Short Course yards)

Date Sunday March 24, - 8:00 AM check in – Rinconada Pool- 777 Embarcadero Rd. Palo Alto- (Fee \$7 per event plus \$60.00 athlete registration fee) – 6 event maximum Register here at Club Assistant link: https://www.ClubAssistant.com/club/meet_information.cfm?c=2501&smid=18056

- | | |
|---|--|
| Event #1 <input type="checkbox"/> 100 Butterfly _____ | Event #2 <input type="checkbox"/> 200 Free _____ |
| Event #3 <input type="checkbox"/> 50 Breastroke _____ | Event #4 <input type="checkbox"/> 100 Back _____ |
| Event #5 <input type="checkbox"/> 400 IM _____ | Event #6 <input type="checkbox"/> 100 Breastroke _____ |
| Event #7 <input type="checkbox"/> 200 Back _____ | Event #8 <input type="checkbox"/> 100 IM _____ |
| Event #9 <input type="checkbox"/> 50 Free _____ | Event#10 <input type="checkbox"/> 200 Butterfly _____ |
| Event #11 <input type="checkbox"/> 50 Back _____ | Event #12 <input type="checkbox"/> 200 IM _____ |
| Event #13 <input type="checkbox"/> 50 Butterfly _____ | Event #14 <input type="checkbox"/> 100 Free _____ |
| Event #15 <input type="checkbox"/> 200 Breastroke _____ | Event #16 <input type="checkbox"/> 500 Free _____ |

REGISTRATION DEADLINE: is **March 20th 5PM.**

RICK MILAM MEMORIAL TRACK & FIELD MEET- Sunday, June 2,2024

College of San Mateo -1700 W. Hillsdale Ave. San Mateo- 9:00 AM (Fees \$7.00 per event + \$80.00 athlete registration fee) Maximum 6 events. Deadline to register is: Monday, May 20th 5pm

(Event Times are estimates only) This event is a qualifier for the 2025 National Senior Games in Des Moines, Iowa.

Javelin -11:00 am
Shot Put- 9:00am
Pole Vault -9:30 am
Hammer- 8:30 am
Long Jump -9:00 am
Discus -10:00 am
High Jump- 9:30 am
Triple Jump – 11:30 am

5k Race- 9:00am
50m- 9:30am
800m- 9:45 am
100m- 10:00am
1500 m- 10:20 a.m. RACEWALK
400m- 10:35 am
1500m- 10:50 am
200m-11:10 am
4x100m Relays- 11:45 am
1500m- POWERWALK 11:20 am

Tennis-April 25,26,27, Rinconada Tennis Courts – age divisions 50,55,60,65,70,75,80,85.
Singles & Doubles, mixed doubles. \$70.00 singles, \$40.00 doubles per player
Tennis Registration is located here- [USTA / Tournaments - ustanorcal.info/2024srgames](https://ustanorcal.info/2024srgames)

5K Race Against PH- Stanford Campus Pac-12 Plaza- TBD. Special event entry as part of *Stanford Race Against PH*. Register directly at <https://med.stanford.edu/raceagainstp.html> . MUST also register at Bay Area Senior Games athlete registration so we have your athlete information. Small administration fee of \$10.00.

Triathlon- Stanford Treeathlon- March 3, 2024 MUST Register at www.stanfordtreeathlon.com to race. Pay Separate registration fee to Stanford race.
****MUST also Register at Bay Area Senior Games athlete registration so we have your athlete information. Small administration fee of \$10.00.**

Team Sports (VOLLEYBALL, BASKETBALL, WATER POLO)

All events will feature both men and women's competition.

There may be team fees. (Note: Teams not fielding the minimum number of athletes will incur a surcharge.) However, captains must submit a roster for their team by the entry deadline and confirm that each athlete has registered and signed the insurance waiver. During athlete on-line registration, the competitor can designate his/her team from the drop-down online menu.

Captains, please submit your team name/your name as captain as early as possible, so individual competitors can select their team. The Team name and captain will be listed on the on-line registration drop down menu. Send team roster to hmendel@basoc.org

NOTE REGISTRATION DEADLINES FOR EACH SPORT.

Water Polo: (Men and Women) AGE 40+- May 4 & 5 - REGISTRATION DEADLINE: April 25. team fee \$250 (4 games) \$80 individual athlete registration fee. Team fee \$250 paid by check only and mail to Bay Area Senior Games (2450 Agnes Way Palo Alto, CA 94303)

Volleyball: (Men and Women) DATE, **TBD** MEN'S and May 21 (WOMEN) REGISTRATION DEADLINE: **TBD** . (athlete registration \$50.00- no team fee). Fremont High School 575 W. Fremont Ave. Sunnyvale

Enter your TEAM NAME & age bracket and the CAPTAIN'S NAME below. Team must be named and cannot be changed.

Team Name: _____ **Captain Name:** _____

Age of youngest player (as of 12/31/24): **Check the sport box below!**

☐ **Women's BASKETBALL- Sunday, November 10th** Registration Deadline- November 4th 5pm
Cubberley Community Center 4000 Middlefield Road, Palo Alto Fee \$55.00 per athlete (Qualifier for 2025 National Senior Games)

☐ **MEN's Basketball-date TBD** Cubberley Community Center 4000 Middlefield Road, Palo Alto. Deadline to register is TBD Fee \$55.00 per athlete.

☐ **Alexis Bryce Memorial Volleyball Classic TBD MEN - WOMEN** 8:00 AM – Fremont High School 575 W Fremont Ave. Sunnyvale (15 members max.) athlete registration fee \$55 per person (no team fee)

☐ **Water Polo- Andy Burke Memorial Classic MAY 4&5** Soda Aquatic Center- Campolindo High School 300 Moraga Rd. Moraga, CA Registration deadline TBD -8:00 AM warm ups- 9:00 am start – (15 members max per team) All players must register individually. Age 40+ and must include USA Waterpolo number. Team fee \$250 payable by check only to BASOC- 2450 Agnes Way Palo Alto, CA 94303

FEE SUMMARY

ITEM	FEES	# of Events Entered	Amount Due
Basic Athlete Registration Per athlete	\$70.00 (unless otherwise noted)		\$
SPORTS	Plus PER EVENT FEE		+++
Archery	\$40 athlete fee+ \$8.00 per event fee		
Badminton	\$40 athlete fee + \$7.00 per event		
Basketball	\$55.00 per athlete		
Golf	\$70.00 athlete fee + \$65.00 golfer event fee		\$135.00 total
Pickleball	\$60 athlete fee +\$15 per event		\$60 registration plus \$15.00 event fee ROLLING REGISTRATION https://pickleballbrackets.com/lnkHdlr.aspx?eid=6d6475f4-6a02-48e3-9da0-e8420a9700ce
Powerwalk	\$80 athlete registration \$7 event fee		Register at Track & Field
Racewalk	\$80 athlete registration \$7 event fee		Register at Track & Field
Road Race (5K on track)	\$80 athlete registration + \$7 event fee		Register at Track & Field
Swimming	\$60 registration fee +\$7 per event MAX 6 events		https://www.ClubAssistant.com/club/meet_information.cfm?c=2501&smid=18056
Tennis	\$70 singles \$40 Doubles per player Separate registration		USTA / Tournaments link to regitser

ITEM	FEES	# of Events Entered	Amount Due
Table Tennis	\$55.00 per athlete + \$7.00 per event		
Track & Field	\$80.00 registration fee + \$7 per event		
Triathlon	https://www.trisignup.com/Race/CA/RedwoodCity/StanfordTreeathlon		\$10.00 registration with Senior Games + direct registration with Treeathlon
Volleyball	\$55.00 athlete registration fee		No team fee
Water Polo	\$250 team fee. Team fee paid by check to BASOC only (not online) All athletes must register and pay \$80 fee online		Team fee check mail to BASOC 2450 Agnes Way Palo Alto, CA 94303
GRAND TOTAL Of Registration & Events fees			

PAYMENT INFORMATION

Basic Athlete Registration Fee: \$ 70.00 (unless otherwise noted for each sport)

PLUS Individual Sport Event Fees: \$ _____

(Multiply number of checked boxes x \$ event fees)

Additional if mailed paper registration fee \$15.00 \$ _____

Donation to Bay Area Senior Games (non-profit) \$ _____

GRAND TOTAL: \$ _____ (2-27-24)

THANK YOU!

Credit Card: ☐ VISA ☐ MasterCard (ONLY Please)

Card Number: _ _ _ _ _

Expiration Date: _ _ / _ _ Security code _ _ _ _ Billing Zip Code _ _ _ _

Contact Information: Bay Area Senior Games Headquarters hmendel@basoc.org 650.323.9400 or 510-506-1874

ALL COMPETITION TIMES ARE APPROXIMATE - CHECK WEBSITE FOR UPDATES!