

WELCOME!

Wake County Senior Games (WCSG) promotes the health, well-being and enjoyment of people 50 years of age and older through friendly competitions in athletics and the arts. Our motto is “Don’t quit. Stay fit”. Athletes and Artists participate for their love of the game, activity/art, the fun and friendly competition, camaraderie as well as their own personal achievement.

WCSG is open to people ages 50 and up who live throughout the Triangle region and beyond. All participants must be a North Carolina resident for a minimum of 3 consecutive months of the year.

Events take place each year in March and April. Competitions are held throughout Wake County including Apex, Cary, Fuquay-Varina, Garner, Morrisville and Raleigh.

Inside this guide, is the information and registration forms you will need to compete in this year’s Athletic and SilverArts events. Whether you are an individual or team, you can register online or by US mail. Should you have questions or need assistance with registration, please visit our website at www.wcseniorgames.org or contact the Wake County Senior Games Local Coordinator. Contact info for WCSG may be found on the previous page.

Wake County Senior Games is sanctioned by the North Carolina Senior Games (NCSG). NCSG is sponsored statewide by the North Carolina Division of Aging.

MAJOR CHANGES FOR 2020

- WCSG is now an open games! Wake County residency is not required to participant in any athletic or art events, including team sports.
- New events: Chair Volleyball, Mini Golf and Power Walking
- SilverArts: Soloist with accompanist will be judged as a soloist, not a small group.
- Register online at wcseniorgames.org anytime between January 28 – March 10 and pay the early bird rate of \$15.

PARTICIPATION

Wake County Senior Games requests that every participating athlete/artist/performer consult his or her physician to evaluate their physical condition and determine a safe level of competition. To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete. Each event is rated as either high or medium risk. Participants may enter as many sports as their schedule will allow, with the exception of swimming events.

Here’s what you need to know:

HIGH-RISK PARTICIPATION

These events require an extensive level of physical fitness and training. Do not engage in these events unless:

1. You are actively participating in an event of this nature on a regular basis (a minimum of three times a week for at least one year).
2. Your doctor’s consent has been given if you have been diagnosed as having high blood pressure, heart disease, respiratory conditions or orthopedic disorders. You can participate in just two high-risk events per day, except in swimming and track and field.

MEDIUM-RISK PARTICIPATION

These events require less extensive physical conditioning but have some risk due to their highly competitive nature. Do not engage in an event of this caliber unless:

1. You have been actively involved in a similar event for the past six months.
2. You have your doctor’s consent if you have been diagnosed as having high blood pressure, heart disease, respiratory conditions, or orthopedic disorders.

AGE GROUPS

Gender and age group competitions will be conducted in men’s and women’s divisions in each of the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+. If participant numbers are insufficient, age groups may be combined for competition purposes. However, medals will be awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2020. Photo identification and verification of birth date will be required at all event sites. WCSG reserves the right to cancel or combine age groups for any event due to insufficient registration.

TEAM SPORTS COMPETITION

The Wake County Senior Games offers various team sports, in the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+. A player may compete on one team per sport. In doubles events, the age of the youngest player is used to determine age group for competition. In team events, the age of the youngest player on team roster determines age group for competition. Indicate all team members, non-playing coaches and bench personnel on the team roster. Roster substitutions should be made prior to the registration deadline.

REGISTRATION

Registration for the 2020 WCSG is open January 28 – March 10, 2020. Register online or by US postal mail by February 10 and receive the early bird rate of \$15. February 25 - March 10 register online and receive the early bird rate of \$15, registration by mail increases to \$20. No registrations will be received after March 10 and no on-site registrations will be accepted – no exceptions will be made.

The registration fee includes entry into any 3 athletic events and/or SilverArts entries and a souvenir t-shirt. Participation in 4 or more events is an additional \$2 fee per event. The following athletic events have an additional facility fee, as indicated on the registration form: Basketball, Bowling, Golf, Pickleball, Mini Golf Tournament, SilverArts (Performing Arts only) and 5K Run. All entry fees and donations are used to pay for expenses, including equipment, rental of facilities, insurance, t-shirts, medals, event officials, printing and postage.

TEAM MEMBERS

You can register online after the team has been registered by your team captain. For mail-in registrations you need to fill out an individual registration form and give it to your team captain to submit with the roster. Be sure you read all the instructions carefully and complete all required information during the registration process.

RULES AND EQUIPMENT

WCSG follows North Carolina Senior Games rules. Visit www.ncseniorgames.org/rulesbook.pdf to view the full rules booklet. The safety and sportsmanlike conduct of everyone is of concern. Wake County Senior Games Officials have the authority to disqualify, and/or remove, from current and future WCSG programs, anyone who exhibits inappropriate behavior or a condition of medical concern. Falsifying information in the registration process will not be permitted and may result in disqualification from current and future Senior Games activities.

Participants may provide their own equipment provided the Event Manager determines it meets the official standards, with the exception of all games listed on page 9 in the NCSG Rules Book. Appropriate footwear is required at all activities – *except for swimming events*. Contact the WCSG Events Coordinator for more details.

EVENT CHECK-IN

All WCSG participants must check-in with the event coordinator 30 minutes prior to each event's start time at the assigned event location. **A photo identification and verification of one's birth date will be required at all event check-in sites.** Any participant not reporting to an event on time will be disqualified – *all starting times are forfeit times*. There will be no switching of events on the day of competition and on-site registrations will not be accepted. Participating in an event that you are not pre-registered for will result in disqualification.

AWARDS

Gold, silver and bronze medals will be presented to the 1st, 2nd and 3rd place finishers in each gender and age group for each event. *A participant must compete and score in an activity to be eligible for an award and to qualify for NCSG State Finals.* Awards will be presented at the event site or may be picked up by appointment only at the WCSG office. Contact the Local Coordinator to arrange for pick-up. No awards will be mailed.

CANCELLATION & INCLEMENT WEATHER

WCSG officials reserve the right to cancel any event due to insufficient registration and/or combine age groups if fewer than three people sign up in an age group. In the event of inclement weather, please check your email confirmation information for contact info for each event. All cancellations or changes will be announced on a recording on the main WCSG number: **(919) 582-9395** and on our website www.wcseniorgames.org.

REFUND POLICY

Registration and activity fees for all Wake County Senior Games events are non-refundable. However, please notify the Local Coordinator if you plan to cancel. This may allow for another participant/team to register in your place.

SCHOLARSHIPS AVAILABLE

If you are unable to afford the registration fee we may be able to help. There is a limited amount of scholarship money available for registrations. Scholarships may not exceed \$50 (per person per year). To be considered, please contact the WCSG Local Coordinator.

SILVERARTS CATEGORIES & GUIDELINES

HERITAGE ARTS

Sub-Categories

Basket Weaving	Stained Glass
Crochet	Tole/Decorative Painting
Jewelry	Weaving
Knitting	Woodcarving
Needlework	Woodturning
Pottery (thrown or hand built)	Woodworking
Quilting (hand or machine)	

Non-Sanctioned Categories (not eligible for NCSG):

Beading (original & pattern)

Ceramics (mold cast or combination)

Dolls (all mediums)

Fabric Painting

Guidelines:

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown. Entries from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5' (Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artists, or their representatives, are responsible for delivery and pick-up of their entry on Monday, April 13 at the Fuquay-Varina Arts Center between 12 - 3 p.m. No early drop off is permitted. No exceptions will be made.
- Artists, or their representatives, are responsible for pick-up of their entry on Wednesday, April 29 at the Fuquay-Varina Arts Center between 2:30 - 4 p.m. To arrange an alternate pick-up date or time artists must contact the SilverArts Coordinator.
- An artist may only submit one entry per sub-category.
- Final judging results will be available on April 20. Results will be communicated by email and posted to wcseniorgames.org.
- All entries will be posted to the wcseniorgames.org for viewing.
- First, second and third place qualifiers, in each Heritage Arts sub-category, are eligible to enter NCSG State Finals. The Heritage Arts entry entered at State Finals must be the same entry that won at the Local Games.

VISUAL ARTS

Sub-Categories

Drawing

Painting (oil, acrylic, watercolor)

Pastels

Mixed Media (the use of one or more art media types)

Photography (digital or film)

Sculpture

Guidelines:

- All artwork, except sculpture, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Photography Film or Digital - determined by the medium on which the image is recorded.
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (height).
- Artists, or their representatives, are responsible for delivery (and assembly if required) of their entry on Monday, April 13 at the Fuquay-Varina Arts Center between 12 - 3 pm. No early drop off is permitted. No exceptions will be made.
- Artists, or their representatives, are responsible for pick-up of their entry on Wednesday, April 29 at the Fuquay-Varina Arts Center between 2:30 - 4 p.m. To arrange an alternate pick-up date artists must contact the SilverArts Coordinator.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- An artist may only submit one (1) entry per sub-category.
- Final judging results will be available on April 20. Results will be communicated by email and posted to wcseniorgames.org.
- All entries will be posted to wcseniorgames.org for viewing.
- First, second and third place qualifiers, in each Visual Arts sub-category, are eligible to enter NCSG State Finals. The Visual Arts entry entered at State Finals must be the same entry that won at the Local Games.

LITERARY

Sub-Categories

Poem

Life Experience (non-autobiographical)

Essay (non-autobiographical)

Short Story (fiction)

Guidelines:

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial").
- Poems can be no longer than 40 lines.

- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy, and two (2) additional copies, should be submitted to WCSG either with registration form by postal mail or via email to TBlackmar@GarnerNC.gov. All entries are due by March 10.
- No framed or matted entries will be accepted.
- The original and all copies will be retained by WCSG.
- An artist may only submit one (1) entry per sub-category.
- Final judging results will be available on April 20. Results will be communicated by email and posted to wcseniorgames.org.
- All entries will be posted to wcseniorgames.org for viewing.
- First and second place qualifiers, in each Literary Arts sub-category, are eligible to enter NCSG State Finals. The Literary Arts entry entered at State Finals must be the same entry that won at the Local Games.

PERFORMING ARTS

\$5 additional fee per performer, per act

Sub-Categories

Dance (solo/group)

Instrumental (solo/group)

Comedy/Drama

Line Dance (group only)

Vocal (solo/group)

Guidelines:

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the final note of music or movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will not be counted to determine size of act.
- No one under age 50 as of Dec. 31, 2020 will be permitted on stage and an accompanist must be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage.
- If recorded music is used, it must be an mp3 file (submitted electronically or on a flash drive) or a high quality CD. Music must be sent submitted at time of registration. No recorded instruction is permitted. This should be the only track on the CD/flash drive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At the WCSG Follies Show, WCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get WCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- No live animals are allowed, except for service animals.
- Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted in any vocal category.

- The Group Leader, who must be a registered WCSG participant, and each member of the group must submit their own individual WCSG Registration Form, with payment, by the March 10 deadline.
- The highest scoring Performing Act at the Follies Show, on April 1 at the Garner Performing Arts Center, will be awarded first place and eligible to enter the NCSG State Finals. The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.

CHEERLEADING

\$5 additional fee per performer, per act

- Definition of a Cheerleader Group: Cheerleaders are persons who lead cheers by speaking in rhythmic patterns and/or who present a choreographed routine.
- Cheerleading squads will be divided into three (3) size categories. Small (2-4 cheerleaders), medium (5-9) and large (10 or more).
- Each Local Games may enter one representative group into the Cheerleader Showcase. If a Local Games has more than one cheerleader group, that Games must choose one group to represent them.
- All persons entering the Cheerleader Showcase must be 50 years of age by December 31, 2020 and a registered participant. Instructors and/or group members under the age of 50 as of Dec. 31, 2020 will not be permitted to perform with the group.
- Each Cheerleading act has a maximum of four (4) minutes of performing time. The 4 minute time limit begins when the first note of music is heard or the first movement is visible to the audience and ends with the exit of the last performer from the stage or final movement of the routine. Exceeding the time limit will result in automatic disqualification.
- Choreography of cheers must follow traditional format -- to "lead" a cheer (i.e. speak in rhythmic patterns) or to present a pom-pom or flag routine. Skits, songs, and square, circle or round dances are not considered a "cheer" and may be appropriate for the SilverArts Follies Performing Arts.
- Every Cheerleader in the group must complete an individual WCSG registration form and pay fees.
- Cheerleaders perform at the conclusion of the SilverArts Follies Show.
- Medals will be awarded to first, second, and third place winning squads per group size.
- All performers for all acts must enter "stage right" and exit "stage left" or begin and end in the performance area.
- If cheerleaders are using music and/or props as part of their routine the group must have an individual (not in the routine) to assist the sound technician with cueing the music and quickly setting up and removing the props from the performing area/stage. Props should be small, lightweight and easy to quickly set up and remove.

IMPORTANT SIVERARTS DATES

EXHIBIT INTAKE (FOR VISUAL AND HERITAGE ART)

MON, APRIL 13, 12 – 3 P.M.

Fuquay-Varina Arts Center

123 E. Vance St., Fuquay-Varina, NC 27526

FOLLIES SHOW

WED, APRIL 1, 4 – 6 P.M.

Free for spectators, open to the public. Invite your friends and family. Performing Arts categories include: dance, drama, cheerleading, comedy, instrumental & vocal.

Garner Performing Arts Center (GPAC)

742 W Garner Rd, #3172, Garner, NC 27529

SILVERARTS LITERARY, HERITAGE & VISUAL ARTS AWARDS PRESENTATION & RECEPTION

WED, APRIL 29, 1 – 2 P.M.

Join us for fellowship as we recognize the 2020 WCSG SilverArts winners. Exhibits may be picked up immediately following the awards.

Fuquay-Varina Arts Center

123 E. Vance St., Fuquay-Varina, NC 27526

EXHIBIT PICK UP

WED, APRIL 29, 2:30 – 4 P.M.

To arrange for an alternative pick up date or time, contact the SilverArts coordinator.

Fuquay-Varina Arts Center

123 E. Vance St., Fuquay-Varina, NC 27526

ATHLETIC EVENTS

5K ROAD RACE

42nd ANNUAL CARY ROAD RACE

SAT, APRIL 4

7-8:15 A.M. – PACKET PICK-UP & RACE DAY REGISTRATION

8:30 A.M. – START TIME

\$5 additional facility fee per participant

RISK: HIGH

Register at: <https://runnc.com/event/cary-road-race/>

Downtown Cary, see race website for more details.

BASKETBALL SHOOTING

FRIDAY, APRIL 17, 5:30 P.M.

RISK: MEDIUM

Apex Community Center, 53 Hunter St, Apex, NC 27502

3 on 3 BASKETBALL TOURNAMENT (TEAM SPORT)

FRIDAY, APRIL 17, 5:30 P.M.

\$5 additional facility fee per participant

RISK: HIGH

Apex Community Center, 53 Hunter St, Apex, NC 27502

BILLIARDS

FRI, APRIL 17, TBD

Singles, Doubles, Mixed Doubles

RISK: MEDIUM

Buck's Billiards, 1102 Buck Jones Rd, Raleigh, NC 27606

BOCCE

FRI, APRIL 22, 10 A.M.

RISK: MEDIUM

Carolina Preserve at Amberly, 115 Allforth Pl, Cary, NC 27519

BOWLING

MON, APRIL 13 (SINGLES) AT 10 A.M.,

TUE, APRIL 14 (MIXED DOUBLES) AT 9 A.M. &

WED, APRIL 15 (DOUBLES) AT 10 A.M.

Only scratch scores to be accepted. No handicap score awards.

\$5 additional facility fee per event

RISK: MEDIUM

Buffaloe Lanes North

5900 Oak Forest Drive, Raleigh, NC 27616

CHAIR VOLLEYBALL (TEAM SPORT)

MON, APRIL 20, 1 P.M.

RISK: MEDIUM

Poole Family YMCA, 2110 Aversboro Road, Garner, NC 27529

CORNHOLE

MON, APRIL 20, 1 P.M.

RISK: MEDIUM

Poole Family YMCA, 2110 Aversboro Road, Garner, NC 27529

CYCLING – 1 MILE, 5K & 10K

SAT, APRIL 25, 9:30 A.M., RAIN DATE SUN, APRIL 26

RISK: HIGH

YMCA of the Triangle, Corporate Offices
801 Corporate Center Drive, Raleigh, NC 27607

GOLF TOURNAMENT

MON, APRIL 27, 9 A.M. (MEN & WOMEN)

No handicap score awards. Shotgun start.

*\$32 additional facility fee per participant
(includes green fee & cart)*

RISK: MEDIUM

River Ridge Golf Club
3224 Auburn Knightdale Rd, Raleigh, NC 27610

HORSESHOES

THURS, APRIL 2, 10 A.M.

RISK: MEDIUM

Athens Drive Magnet High School
Jaguar Park Dr, Raleigh, NC 27606

MINI GOLF TOURNAMENT

May be placed as an individual or as a team of 4

FRI, MAY 1, 11 A.M.

\$9 additional facility fee per event

RISK: MEDIUM

Frankie's Fun Park, 1190 Fun Park Dr., Raleigh, NC 27617

PICKLEBALL

THURS, APRIL 9, 9:30 A.M. (SINGLES)

THURS, APRIL 16, 9:30 A.M. (SINGLES-IF NEEDED)

THURS, APRIL 23, 9 A.M. (DOUBLES)

FRI, APRIL 24, 9 A.M. (MIXED DOUBLES)

\$2 additional facility fee per event

RISK: HIGH

SINGLES

Apex Community Center, 53 Hunter St, Apex, NC 27502

DOUBLES

Bond Park Community Center
150 Metro Park Dr, Cary, NC 27513

SHUFFLEBOARD

THURS, APRIL 2, 9:30 A.M.

RISK: MEDIUM

Athens Drive Magnet High School
Jaguar Park Dr, Raleigh, NC 27606

SILVERSTRIDERS FUN WALK

MON, APRIL 20, 12 P.M.

RISK: MEDIUM

Poole Family YMCA, 2110 Aversboro Road, Garner, NC 27529
Food trucks will be available at this event.

SWIMMING

Maximum of 6 entries allowed per swimmer

TUES, APRIL 28, 9:30 A.M.

See registration form for all event options.

RISK: MEDIUM – HIGH (dependent upon activity)

Optimist Pool – Raleigh Parks & Recreation
5902 Whittier Dr, Raleigh, NC 27609

TABLE TENNIS

TUE, APRIL 21, 1:30 P.M.

Singles, Doubles, Mixed Doubles

RISK: MEDIUM

Five Points Active Adults Center
2000 Noble Rd., Raleigh, NC 27608

TENNIS FLEX TOURNAMENT

LATE MARCH-APRIL

Singles, Doubles, Mixed Doubles

RISK: HIGH

Players/Teams will schedule matches on their own with deadlines to report results. This new tournament style allows players flexibility to compete at a time, date and location that's mutually convenient. Must provide an email address and phone number at registration for communication purposes.

TRACK & FIELD

SAT, APRIL 7, 9 A.M., RAIN DATE: APRIL 8

See registration form for all event options.

RISK: MEDIUM – HIGH (dependent upon activity)

Athens Drive Magnet High School
Jaguar Park Dr, Raleigh, NC 27606

SAVE-THE-DATES:

KICKOFF EVENT

Friday, Feb. 28, 10am-12pm

Northwest Cary YMCA

6903 Carpenter Fire Station Rd., Cary

Register for WCSG on site, enjoy performances from past Follies participants and much more.

WCSG FOLLIES SHOW

Wednesday, Apr. 1, 4-6pm

Garner Performing Arts Center

742 W. Garner Road, Garner 27529

Enjoy a live judged, talent competition where performers compete in dance, instrumental, vocal and comedy/drama categories. Event is free and open to the public.

SILVERARTS LITERARY, HERITAGE & VISUAL ARTS AWARDS AND RECEPTION

Wednesday, Apr. 29, 1-2pm

Fuquay-Varina Arts Center

123 E. Vance St., Fuquay-Varina, NC 27526

Join us for fellowship as we recognize the 2020 WCSG SilverArts winners. Entries may be picked up immediately following the awards.

MINI GOLF TOURNAMENT

Friday, May 1, 11am

Frankie's Fun Park, 1190 Fun Park Dr., Raleigh, NC 27617

DID YOU. . . ?

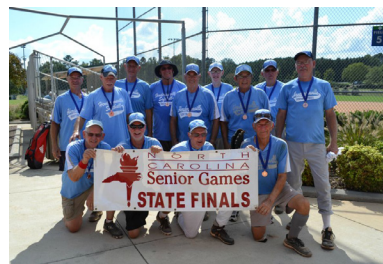
1. Check the "risk level" of each event (only TWO high-risk events per day, except swimming, and track and field)?
2. Complete all the registration forms?
3. SIGN the liability waiver on the back of the registration form?
4. Include a copy of your driver's license or NC identification? (new participants only)
5. Enclose a check or money order payable to: YMCA of the Triangle, Attn: Wake Co Sr Games and mail to: WCSG, 801 Corporate Center Drive, Suite 200, Raleigh, NC 27607 (do not send cash). Add all relevant fees.
6. You can fill out all your forms and make your payment all online at wcseniorgames.org. Save time, and register online!

2020 NC SENIOR GAMES STATE FINALS

BIG WEEK, September 14 - 20, 2020. For a list of event dates, visit www.ncseniorgames.org

Wake County Senior Games is sanctioned by the North Carolina Senior Games (NCSG). NCSG is sponsored statewide by the North Carolina Division of Aging. At State Finals, qualifiers from the 52 Local Senior Games gather to compete against the "best of the best" in the state. In order to qualify for NCSG State Finals a participant must compete at his/her local games, score and place 1st, 2nd or 3rd in his/her event. Qualifiers are invited to compete at State Finals and must complete an entry form by August 1. Are you interested in volunteering for the State Finals Games? Contact the NCSG office for more details. They'd love to have you on their team!

NORTH
CAROLINA
Senior Games



NCSENIORGAMES.ORG