

SMOKY MOUNTAIN SENIOR GAMES



2023 Registration Form April 3-May 10, 2023

Sponsoring Agencies:

Jackson County Department on Aging
Jackson County Parks & Recreation Department
Graham County Senior Center

Senior Games is for Seniors age **50 or better**. A participant's age on **December 31, 2023** will determine the age category in which the athlete will compete.

Per NCSG Rules Book, General Rules and Regulations,
a participant must be a North Carolina resident for a minimum of 3 consecutive months of the year.

Registration Dates	Online	On Paper
Feb. 10th-Feb. 24th (Early Bird Registration)	\$10	\$15
Feb. 25th-March 10th (Regular Registration)	\$15	\$20
<i>On the deadlines, online registration closes at midnight, on paper registration closes at 5pm.</i>		

Register online by creating an account at
<https://torch.ncseniorgames.org> under Local Games

For more information about Smoky Mountain Senior Games
contact the Jackson County Department on Aging
100 County Services Park, Sylva, NC 28779 at 828-586-5494

To be officially entered in the Smoky Mountain Senior Games you must:

- ☐ Complete the ENTIRE official registration form
- ☐ Read and sign the Release and Indemnity Agreement
- ☐ Pay the registration fee *(including any required additional event fee)*

Registration deadline is Friday, March 10th

"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."

*This program is sanctioned by North Carolina Senior Games, Inc.
NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.
Visit the NCSG website: www.ncseniorgames.org for rules and State Finals details*

GENERAL INFORMATION AND REGISTRATION PROCESS

RULES: All residents 50 years of age or older are able to participate. A participant must be a North Carolina resident for a minimum of three consecutive months of the year (Per NCSG RULES BOOK). Age on **December 31, 2023** will determine the age category in which the athlete will compete. In athletics, participants will compete against others of their own sex and age as follows: 50-54, 55-59, 60-64, etc. In doubles, teams will be placed in age categories by the age of the youngest player.

EVENTS: All events are listed on the registration form. You will need to bring your **PHOTO ID** to show at each event. All events will be conducted in accordance with the 2023 Edition of the North Carolina Senior Games, Inc. Official Rule Book. An official North Carolina Senior Games Rules Book is available at the Jackson County Senior Center (JCSC) or online at www.ncseniorgames.org. If you have a question about your event, please check the rules book prior to participation.

ATTENDANCE POLICY: If a participant is not present when their bracket starts, they will be disqualified. There will be no make-up or additional days scheduled for events. If a participant is not at the event scheduled, they will be also disqualified.

EQUIPMENT: Participants in the following events will supply their own equipment: **Golf, Archery, and Cycling (helmet must be worn in cycling)**. The appropriate facilities will provide the rest. Participants may use their own equipment in all events if it meets the official standards.

ENTRY FEE: See table on page 1 for registration fees and deadlines. **The registration fee must accompany each registration form. Silver Arts participants will also be required to pay the registration fee.** The registration fee entitles each participant entry into events and/or Silver Arts, opening ceremony breakfast, one entry/meal at the closing ceremony and an official SMSG t-shirt.

ADDITIONAL FEES (\$):

BOWLING will be paid by participant directly to the Bowling facility. The fee is \$10.50 for 3 Games, \$14.00 for 3 games including shoe rental.

GOLF will be paid by participant at registration. The fee is \$52 per 18 holes.

MINI-GOLF will be paid by participant directly to the Mini-Golf facility. The fee is \$5.00 per game.

CLOSING CEREMONY GUEST MEALS will be collected at a later date.

REFUNDS: Refunds will be issued on a case-by-case basis.

STATE FINALS: Local Games participants who complete their sport event(s) and score will qualify for State Finals. (no score is necessary for tournament or team sports). Qualification for Silver Arts remains: Performing-best in show, Heritage and Visual Places 1-3, Literary places 1-2. State Finals Registration Forms will be given out at the closing ceremony. Registering for State Finals can be done online at ncseniorgames.org. Deadline to register for State Finals: Early Bird Deadline is July 1. Final Deadline is August 1.

CONFIRMATION: Each athletic entry will be confirmed by March 29th. Confirmations will include any date or time changes for events. **PLEASE REVIEW EVERY DETAIL OF YOUR CONFIRMATION LETTER!**

RAIN PLAN: The Local Coordinator or the Event Managers reserve the right to cancel or postpone events to a later time in case of inclement weather. Rain dates are included in this registration packet and on the events calendar. If location, time, or date has to be changed due to poor weather, and you do not wish to continue in the event, you must notify the Jackson County Senior Center.

TOURNAMENT SPORTS: Tournament events and matches may go beyond scheduled times.

EVENT REGISTRATION DEADLINE: March 10th

PLEASE PRINT CLEARLY (All information will be kept confidential):

NAME: _____ EMAIL: _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ COUNTY _____

DATE OF BIRTH: _____ AGE AS OF **12/31/23**: _____ GENDER: ☐ FEMALE / ☐ MALE
(month/day/year)

ETHNICITY: ☐ Black or African American; ☐ Asian; ☐ American Indian or Alaska Native; ☐ White;
☐ Native Hawaiian or other Pacific Islander; ☐ Hispanic; or ☐ Unknown/Refused

T-SHIRT SIZE: _____ PHONE: HOME _____ CELL _____

EMERGENCY CONTACT(S): REQUIRED

NAME: _____ RELATIONSHIP: _____ PHONE: _____

NAME: _____ RELATIONSHIP: _____ PHONE: _____

***YOU MUST SIGN UP FOR ALL EVENTS YOU WANT TO PARTICIPATE IN ON THIS FORM.
YOU CANNOT ADD AN EVENT THE DAY OF THE COMPETITION.***

ALL EVENTS LISTED ARE NC SENIOR GAMES, INC. SANCTIONED EVENTS OFFERED AT STATE FINALS.
Additionally, (N) = A NATIONAL SENIOR GAMES ASSOCIATION EVENT.

Check the box next to each event you want to register for. (\$) denotes additional fees required

DOUBLE AND MIXED DOUBLES EVENTS PARTNERS: You are required to find your own partner for all doubles and mixed doubles events. ***YOU MUST HAVE YOUR PARTNER LISTED BELOW WHEN YOU REGISTER!!***

	Register	Event	Date	Start Time	Location
N	<input type="checkbox"/>	Archery	Tues, April 18	10:00am	Jackson County Rec. Center
-	<input type="checkbox"/>	Basketball Shooting	Mon, April 3	10:30am	Jackson County Rec. Center
N	<input type="checkbox"/>	Basketball Tournament (\$)	TBD	TBD	TBD
-	<input type="checkbox"/>	Billiards	Thurs, April 20	1:00pm	Galaxy Lanes
-	<input type="checkbox"/>	Bocce (Women)	Tues, April 4	10:00am	Macon Co Community Ctr.
-	<input type="checkbox"/>	Bocce (Men)	Tues, April 4	12:00pm	Macon Co Community Ctr.
N	<input type="checkbox"/>	Bowling-Singles (\$)	Thurs, April 6	11:00am	Galaxy Lanes
N	<input type="checkbox"/>	Bowling-Doubles (\$)	Thurs, April 13	11:00am	Galaxy Lanes
Please provide your doubles partner's name:					
N	<input type="checkbox"/>	Bowling-Mixed Doubles (\$)	Thurs, April 20	11:00am	Galaxy Lanes
Please provide your mixed doubles partner's name:					
N	<input type="checkbox"/>	Cornhole (Women)	Wed, April 26	10:00am	Jackson County Rec. Center
N	<input type="checkbox"/>	Cornhole (Men)	Wed, April 26	12:00pm	Jackson County Rec. Center
-	<input type="checkbox"/>	Croquet	Mon, April 10	11:00am	Jackson County Rec. Center
-	<input type="checkbox"/>	Cycling – 1 mile	TBD	TBD	TBD
N	<input type="checkbox"/>	Cycling – 5K	TBD	TBD	TBD
N	<input type="checkbox"/>	Cycling – 10K	TBD	TBD	TBD
-	<input type="checkbox"/>	Cycling – Recumbent 1 mi	TBD	TBD	TBD

	Register	Event	Date	Start Time	Location
N	<input type="checkbox"/>	Cycling – Recumbent 5K	TBD	TBD	TBD
N	<input type="checkbox"/>	Cycling – Recumbent 10k	TBD	TBD	TBD
-	<input type="checkbox"/>	Discus	Mon, April 17	9:00am	Western Carolina University
-	<input type="checkbox"/>	Football Throw	Mon, April 3	10:30am	Jackson County Rec. Center
N	<input type="checkbox"/>	Golf (\$)	Tues, May 9	10:00am	Trillium
-	<input type="checkbox"/>	Horseshoes (Women)	Tues, April 4	12:00pm	Macon Co Community Ctr.
-	<input type="checkbox"/>	Horseshoes (Men)	Tues, April 4	10:00am	Macon Co Community Ctr.
-	<input type="checkbox"/>	Mini-Golf (\$)	Fri, April 14	11:00am	Maggie Valley Carpet Golf
N	<input type="checkbox"/>	Pickleball-Singles	Tues, April 18	1:00pm	Sylva United Methodist
N	<input type="checkbox"/>	Pickleball-Doubles	Tues, April 18	1:00pm	Sylva United Methodist
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Pickleball-Mixed Doubles	Tues, April 18	1:00pm	Sylva United Methodist
<i>Please provide your mixed doubles partner's name:</i>					
N	<input type="checkbox"/>	Running Long Jump	Mon, April 17	9:00am	Western Carolina University
N	<input type="checkbox"/>	Shot Put	Mon, April 17	9:00am	Western Carolina University
N	<input type="checkbox"/>	Shuffleboard (Men)	Wed, April 12	10:00am	Macon Co Community Ctr.
N	<input type="checkbox"/>	Shuffleboard (Women)	Wed, April 12	12:00pm	Macon Co Community Ctr.
-	<input type="checkbox"/>	Softball Throw	Mon, April 3	10:30am	Jackson County Rec. Center
N	<input type="checkbox"/>	Softball Tournament (\$)	TBD	TBD	TBD
-	<input type="checkbox"/>	Standing Long Jump	Mon, April 17	9:00am	Western Carolina University
N	<input type="checkbox"/>	Table Tennis	Fri, April 21	10:00am	Jackson County Rec. Center
N	<input type="checkbox"/>	Table Tennis-doubles	Fri, April 21	10:00am	Jackson County Rec. Center
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Table Tennis-mixed dbls	Fri, April 21	10:00am	Jackson County Rec. Center
<i>Please provide your mixed doubles partner's name:</i>					
N	<input type="checkbox"/>	Tennis	Thurs, April 6	1:00pm	Mark Watson Park
N	<input type="checkbox"/>	Tennis-Doubles	Thurs, April 6	1:00pm	Mark Watson Park
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Tennis-Mixed Doubles	Thurs, April 6	1:00pm	Mark Watson Park
<i>Please provide your mixed doubles partner's name:</i>					

SWIMMING		May 2	9:00am	Waynesville Rec. Center	
N <input type="checkbox"/>	50 Yd. Backstroke	N <input type="checkbox"/>	100 Yd. Backstroke	N <input type="checkbox"/>	200 Yd. Backstroke
N <input type="checkbox"/>	50 Yd. Breaststroke	N <input type="checkbox"/>	100 Yd. Breaststroke	N <input type="checkbox"/>	200 Yd. Breaststroke
N <input type="checkbox"/>	50 Yd. Butterfly	N <input type="checkbox"/>	100 Yd. Butterfly	N <input type="checkbox"/>	200 Yd. Butterfly
N <input type="checkbox"/>	50 Yd. Freestyle	N <input type="checkbox"/>	100 Yd. Freestyle	N <input type="checkbox"/>	200 Yd. Freestyle
		N <input type="checkbox"/>	100 Yd. Ind. Medley	N <input type="checkbox"/>	200 Yd. Ind. Medley
		N <input type="checkbox"/>	400 Yd. Ind. Medley	N <input type="checkbox"/>	500 Yd. Freestyle

(continued on next page)

N	TRACK AND FIELD	April 17	9:00am	Western Carolina University
<i>^^PARTICIPANTS IN THE 1500 M AND 5K RACE WALKS MUST WEAR EITHER TIGHTS OR SHORTS COMING ABOVE THE KNEE</i>				
N	<input type="checkbox"/> 50 Meter Dash	N	<input type="checkbox"/> 100 Meter Dash	N <input type="checkbox"/> 200 Meter Dash
N	<input type="checkbox"/> 400 Meter Dash	N	<input type="checkbox"/> 800 Meter Run	N <input type="checkbox"/> 1500 Meter Run
N	<input type="checkbox"/> 5K Run	N <input type="checkbox"/> 10K Run	TBD	N <input type="checkbox"/> 1500 Meter Race Walk^^
	<input type="checkbox"/> 1 mi Fun Walk	N	<input type="checkbox"/> 1500 Meter Power Walking	N <input type="checkbox"/> 5K Race Walk^^
				N <input type="checkbox"/> 5K Power Walking

RAIN PLAN

The local coordinator and or Event Manager have the option to postpone an event to later in the day or cancel and event due to bad weather. If an event has to be rescheduled, please make sure you check with the staff for new event times before you leave!! If an event is rescheduled, we will try to notify you through our call system. Please make sure we have an update telephone number for you on file. Please notify the Jackson County Senior Center if you will not be able to make the event at the rescheduled time. Your absence makes it hard to complete the brackets in tournament events. If you have any questions on the status of an event, you can call the Jackson County Senior Center for details. Below are the tentative **RAIN DATES** for outdoor events.

Event	RAIN Date	Start Time	RAIN DATE Location
Archery	Tues, April 25	10:00am	Jackson Co Recreation Ctr
Bocce	Thurs, April 27 or 28	TBD	TBD
Croquet	Tues, April 11	11:00am	Jackson Co Recreation Ctr
Golf (\$)	Wed, May 10	10:00am	Trillium
Horseshoes	Thurs, April 27 or 28	TBD	TBD
Mini-Golf (\$)	Friday, April 21	2:00pm	Maggie Valley Carpet Golf
Shuffleboard	Thurs, April 27 or 28	TBD	TBD
Softball Throw	Thurs, April 6	2:00pm	Jackson Co Recreation Ctr
Tennis	Thurs, April 13	1:00pm	Mark Watson Park
Track and field	Mon, April 24	9:00am	Western Carolina University

Important dates and locations	
Friday, March 10	Deadline for registration for Smoky Mountain Senior Games and Silver Arts
Monday, April 3	Opening Ceremony 10:00am Jackson Co. Recreation Ctr, 88 Cullowhee Mtn. Rd, Cullowhee
Thursday, May 4	Closing Ceremony/Banquet/Follies 5:30pm Jackson Co. Dept on Aging 100 County Services Park, Sylva

IMPORTANT INFORMATION:

- Please remember to bring to your events your Confirmation letter, Photo ID and BE ON TIME OR EARLY!
- AWARDS WILL BE GIVEN OUT AT THE CLOSING CEREMONY/BANQUET DINNER (except GOLF which will be given out at the GOLF event)
- If you qualify for State Finals, IT IS YOUR RESPONSIBILITY to get your application mailed to State Finals Office in Raleigh by 11:59pm August 1st. NO EXCEPTIONS!
- Please feel free to bring personal snacks/drinks to your events for your refreshment, and wear appropriate clothing for all types of weather.

All Silver Arts Drop-off and pick up is at
Jackson County Department on Aging (JCDOA)
100 County Services Park, Sylva, NC 28779



- Literary Arts drop off is on **April 5th** between 10:00am and 1:00pm
- All other Silver Arts drop off is on **April 19th** between 10:00am and 1:00pm

All Silver Arts will be **on display** at the Jackson County Department on Aging until pick up.

All Silver Arts **pick up** is at the conclusion of the CLOSING CEREMONY AND AWARDS BANQUET.

ALL SILVER ARTS ACTIVITIES LISTED BELOW ARE OFFERED AT STATE FINALS!

☐ **Cheerleaders** Name of Group _____ Size Category: _____

Name of Head Cheerleader: _____ Length of act in minutes and seconds _____

HERITAGE ARTS (include size, weight, and number of pieces in a set if applicable)

☐ **BASKET WEAVING**

Title _____

☐ **JEWELRY**

Title _____

☐ **NEEDLEWORK**

Title _____

☐ **QUILTING** (hand stitched)

Title _____

☐ **STAINED GLASS**

Title _____

☐ **WEAVING**

Title _____

☐ **WOODTURNING**

Title _____

☐ **CROCHET**

Title _____

☐ **KNITTING**

Title _____

☐ **POTTERY**

Title _____

☐ **QUILTING** (machine stitched)

Title _____

☐ **TOLE/DECORATIVE PAINTING**

Title _____

☐ **WOODCARVING**

Title _____

☐ **WOODWORKING**

Title _____

LITERARY ARTS

☐ **Title of entry:** _____

PERFORMING ARTS

NOTE: Your act must be 3 minutes or less. If it runs over 3 minutes you will be disqualified.

☐ **Comedy / Drama** ☐ Solo ☐ Group # of participants in act _____

Group leader name _____ Phone no. _____

Name of Act: _____ Length of Act: Minutes _____ Seconds _____

Title of Music: _____ Equipment Needed: _____

(continued on next page)

☐ **Dance** ☐ Solo ☐ Group # of participants in act _____
 Group leader name _____ Phone no. _____
 Name of Act: _____ Length of Act: Minutes _____ Seconds _____
 Title of Music: _____ Equipment Needed: _____

☐ **Line Dance** ☐ Solo ☐ Group # of participants in act _____
 Group leader name _____ Phone no. _____
 Name of Act: _____ Length of Act: Minutes _____ Seconds _____
 Title of Music: _____ Equipment Needed: _____

☐ **Instrumental** ☐ Solo ☐ Group # of participants in act _____
 Group leader name _____ Phone no. _____
 Name of Act: _____ Length of Act: Minutes _____ Seconds _____
 Title of Music: _____ Equipment Needed: _____

☐ **Vocal** ☐ Solo ☐ Group # of participants in act _____
 Group leader name _____ Phone no. _____
 Name of Act: _____ Length of Act: Minutes _____ Seconds _____
 Title of Music: _____ Equipment Needed: _____

VISUAL ARTS (NCSG sanctioned events)

PAINTING - You may enter one painting per category:

☐ Acrylic Size: _____ Title: _____

☐ Oil Size: _____ Title: _____

☐ Pastels Size: _____ Title: _____

☐ Watercolor Size: _____ Title: _____

☐ **DRAWING** - You may enter one drawing. Title: _____

☐ **SCULPTURE** - You may enter one sculpture. Title: _____

☐ **PHOTOGRAPHY (Digital)** - You may enter one photograph. Title: _____

☐ **PHOTOGRAPHY (Film)** - You may enter one photograph. Title: _____

☐ **MIXED MEDIA** - You may enter one piece. Title: _____

Mixed Media is using one or more art media types.

END OF REGISTRATION FORM

SILVERARTS GUIDELINES

1. SilverArts is a Senior Games program and must be promoted as such. It must be held locally between February 1 and July 1. If SilverArts is held separately from the sports competition, the SilverArtists should be included, and recognized, as a part of the Local Games: i.e., showcases, performances, awards ceremonies, special events, etc.
2. All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
3. A Local Game must offer at least half of the official categories and/or sub-categories. Additional categories and sub-categories not offered at State Finals may be offered by a Local Game, but winners should be informed that they will not qualify for State Finals.
4. An artist may only submit one (1) entry per sub-category at State Finals; except in Performing Arts - an artist may only have one (1) entry per size of Act in each sub-category.
5. Each Local Games may send/submit a first and second place qualifier in each Literary Arts sub-category; one Act/entry in Performing Arts and Cheerleading to State Finals; and the first, second and third place qualifiers in each Heritage and Visual Arts sub-category. A participant may only submit one entry per sub-category. The Local Game may determine how to choose the Performing Act to represent their Game at State Finals.
6. NCSG will judge SilverArts at State Finals. Medals will be awarded in each sub-category in Visual, Literary, and Heritage Arts. Medals in Performing Arts will be awarded to solo, small group (2 - 4 performers), and large group (5 or more performers) in each sub-category.
7. The SilverArts entry/entries entered at State Finals **must be the same** entry/entries that won in the Local Games competition.
8. Entries must be the original work of the artist and must have been completed within 2 years of the Local Games' qualifying date.
9. An art entry may only be entered in one (1) SilverArts sub-category at State Finals.
10. Artists must not submit an entry if the piece/performance/entry has been showcased in the previous SilverArts Showcase at State Finals.
11. Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Category Requirements, will not be considered in the judging process.
12. Local Games should include the NCSG *SilverArts Guidelines* and the *Specific Category Requirements* with/in the Local Games SilverArts Entry Form. A print-ready copy is in the SilverArts Manual, on the PPA and on the website.
13. The safety and sportsmanlike conduct of everyone is of paramount concern. Senior Games Officials have the authority to disqualify, and/or remove, from current and future NCSG 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.

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

See *SilverArts* Guidelines for general requirements.

A. Heritage Arts

- 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.
- Artist must send a photo of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- 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 to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- 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.
- Artist must send a photograph of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- The visual arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All Essay, Life Experience, and Short Story 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"). Essays, Life Experiences, and Short Stories can be no longer than 8 pages.
- Poetry entries must be typed, on 8-1/2 x 11 paper, and have a minimum of 1" margins, but double spacing is not required. (Appearance must support and contribute to the meaning of the poem and its impact.) A minimum font size is 10-pt type (preferably "times new roman or arial"). Poems can be no longer than 40 lines.
- 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 of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- 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, but no one under age 50 as of Dec. 31st will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage left and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- 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 with the State Finals Entry Form and SilverArts Information Form. 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 State Finals, NCSG 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 NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- 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 participant, must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form* and each member of the group must submit their own personal *State Finals Entry Form* by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

PRINT NAME

THIS FORM MUST BE FILLED OUT BY ATHLETIC AND SILVERARTS PARTICIPANTS

RELEASE AND INDEMNITY AGREEMENT

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE SMOKY MOUNTAIN SENIOR GAMES, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, volunteers, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I have prepared myself for the events that I have entered by practicing prior to the actual competition. To the best of my knowledge and belief, I have no physical restrictions, which would prohibit my participation in the events I have selected. I have been advised by the Smoky Mountain Senior Games coordinator that it would be in my best interest to consult with my physician prior to my participation in the Smoky Mountain Senior Games program. I am covered by hospitalization or medical insurance through a private carrier, Medicare, Medicaid, or otherwise which provides for the payment of health care benefits for illness or injury from my participation in the Senior Games program.

I agree to release and hold harmless the aforementioned from any damage to or less the aforementioned from any damage to or loss of my artwork entry. I certify that the art piece(s) I enter(ed) is my own work, created after having reached the age of 50 (and within the last two years), and are not manufactured in any sense of the word.

I also grant to the Smoky Mountain Senior Games and Silver Arts program the free and unrestricted right to use my name and picture in any broadcast or other written or photographic account of the Smoky Mountain Senior Games and Silver Arts program without compensation. The undersigned has read the above waiver and release, understands that they have given up substantial rights by voluntarily signing it. I have read this waiver/release.

**** I understand that it is MY responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Finals Registration with payment and all required items must be received in the NCSG office in Raleigh by 11:59pm on August 1st! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered. ****

PRINT NAME

SIGNATURE

DATE

We are committed to creating a healthy and safe environment for all participants, staff, and spectators.
We request that every participant consult his/her doctor in regard to preparation for,
and competition in, Senior Games or any similar activity.
Please inform SMSG at the time of the games of any changes in your health status.

THIS FORM MUST BE FILLED OUT BY ALL ATHLETIC AND SILVERARTS PARTICIPANTS

******* OPENING CEREMONIES *******

All participants are invited to attend *Opening Day Breakfast and Opening Ceremony* on Monday, April 3rd at 9:30 AM at the Jackson County Recreation Center in Cullowhee.

******* CLOSING CEREMONY AND AWARDS BANQUET *******

All participants, and their family and friends, are invited to attend the Closing Ceremony and Awards Banquet on Thursday, May 4th at 5:30 PM at Jackson County Senior Center
100 County Services Park, Sylva NC 28779.

COST OF GUEST MEALS AND RESERVATION DETAILS WILL BE PROVIDED BY APRIL 27TH.

******* Volunteering ******* *If you have registered online, please call 586-5494 to volunteer*

As part of the Smoky Mountain Senior Games family, we ask and encourage you to volunteer to help at least one other event in your local games in which you (or your spouse or friend) are competing. Please check each box from the list below when you are available and willing to help by volunteering. Thank you!!!

Event	Event	Event
<input type="checkbox"/> Basketball Shooting	<input type="checkbox"/> Football Throw	<input type="checkbox"/> Shuffleboard
<input type="checkbox"/> Bocce	<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Softball Throw
<input type="checkbox"/> Cornhole	<input type="checkbox"/> Pickleball	<input type="checkbox"/> Track & Field

REMEMBER: To be officially entered in the Smoky Mountain Senior Games you must:

- ✓ Complete the ENTIRE official registration form
- ✓ Read and sign the Release and Indemnity Agreement
- ✓ Pay the registration fee (checks payable to: Jackson County Department on Aging)

Registration deadline is Friday, March 10th

Registration Dates	Online	On Paper
Feb. 10th-Feb. 24th (Early Bird Registration)	\$10	\$15
Feb. 25th-March 10th (Regular Registration)	\$15	\$20
<i>On the deadlines, online registration closes at midnight, on paper registration closes at 5pm.</i>		

PAYMENT.....

REGISTRATION FEE \$ _____

OPENING CEREMONIES (check box if you will be in attendance) ☐ (FREE)

GOLF ADDITIONAL FEE (ADD \$ 52.00 FOR 18 HOLES) \$ _____

TAX DEDUCTIBLE DONATION TO SENIOR GAMES \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Send completed forms and payment to:

Jackson County Department on Aging
100 County Services Park, Sylva, NC 28779

MAKE CHECKS PAYABLE TO: JCDOA (MEMO: SENIOR GAMES)

OFFICE USE ONLY: Date registration form received: _____ 2023 / receipt reference _____

KEEP THIS FORM FOR YOUR REFERENCE – EVENT SCHEDULE AS WELL AS RAIN DATE SCHEDULE!!!!!!

2023 Smoky Mountain Senior Games April 3 - May 10

Registration: Feb 10-March 10 at <https://torch.ncseniorgames.org> or (828) 586-5494

Date	Activity	Time	Location
Week 1 of Senior Games: April 3rd - 7th			
April 3 (M)	Breakfast	9:30am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 3 (M)	Opening Ceremony	10:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 3 (M)	Open Events*	10:30am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 4 (T)	Bocce (W)	10:00pm	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 4 (T)	Horseshoes (M)	10:00pm	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 4 (T)	Bocce(M)	12:00pm	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 4 (T)	Horseshoes (W)	12:00pm	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 5 (W)	Silver Arts Drop off for Literary Arts	10am-1pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
April 6 (Th)	Bowling-Singles (\$)	11:00am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 2877
April 6 (Th)	Tennis	1:00pm	Mark Watson Park: 86 Mark Watson Park, Sylva, NC 28779

Week 2 of Senior Games: April 10th – 14th			
April 10 (M)	Croquet	11:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 12 (W)	Shuffleboard (M)	10:00am	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 12 (W)	Shuffleboard (W)	12:00pm	Macon Co. Parks and Rec Bldg.: 1288 Georgia Road, Franklin, NC 28734
April 13 (Th)	Bowling-Doubles (\$)	11:00am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 2877
April 14 (F)	MiniGolf (\$)	11:00am	Maggie Valley Carpet Golf: 3054 Soco Road, Maggie Valley, NC 28751

Week 3 of Senior Games: April 17th – 21st			
April 17 (M)	Track and Field events**	9:00am	Western Carolina Univ. track: 1 University Way, Cullowhee, NC 28723
April 18 (T)	Archery	10:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 18 (T)	Pickleball	1:00pm	First United Methodist Church: 77 Jackson Street, Sylva, NC 28779
April 19 (W)	Silver Arts Drop Off (all remaining)	10am-1pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
April 20 (Th)	Bowling Mixed Doubles (\$)	11:00am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 2877
April 20 (Th)	Billiards	1:00pm	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 2877
April 21 (F)	Table Tennis	10:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723

Week 4 of Senior Games: April 24th – 28th			
April 26 (W)	Cornhole (W)	10:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 26 (W)	Cornhole (M)	12:00pm	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723

Week 5 of Senior Games: May 1st – May 5th			
May 2 (T)	Swimming	9:00am	Waynesville Recreation Center: 550 Vance Street, Waynesville, NC 28786
May 4 (Th)	Closing Ceremony	5:30pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
May 4 (Th)	Cheerleading, Performing Arts	5:30pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC

Week 6 of Senior Games: May 8th – May 12th			
May 9 (T)	Golf (\$)	10:00am	Trillium-48 Links Drive, Cashiers, NC 28717 – meet at Pro Shop

(\$) Event has additional fees: Bowling, and Mini-Golf to be paid at location. Golf to be paid with registration.

*Open events include: Basketball Shoot, Football Throw, Softball Throw

TBD Events: Basketball and Softball tournaments, Cycling events (including Recumbent), and 10K Run.

**Track and Field events include: Discus, Running Long Jump, Shotput, Standing Long jump, 50 meter Dash, 100 meter Dash , 200 meter Dash , 400 meter Dash , 800 meter Run, 1500 meter Run , 5K Run, 1500 meter Race Walk, 5K Race Walk , 1 mile Fun Walk, 1500 meter Power Walk. and 5k Power Walk

RAIN DATE:	Activity	Time	Rain Date Location	RAIN DATE:	Activity	Time	Rain Date Location
April 25	Archery	10:00am	Same as above	April 21	Mini-Golf (\$)	2:00pm	Same as above
April 27 or 28	Bocce	TBD	TBD	April 27 or 28	Shuffleboard	TBD	TBD
April 11	Croquet	11:00am	Same as above	April 6	Softball Throw	2:00pm	Same as above
May 10	Golf (\$)	10:00am	Same as above	April 13	Tennis	1:00pm	Same as above
April 27 or 28	Horseshoes	TBD	TBD	April 24	Track and field	9:00am	Same as above

Smoky Mountain Senior Games is a sanctioned program of North Carolina Senior Games, Inc. Senior Games is sponsored state wide by the N.C. Department of Aging and Adult Services.



**"We don't stop playing because we age,
we age because we stop playing."** **So come out
and play!!!**

