

# SMOKY MOUNTAIN SENIOR GAMES



## 2024 Registration Form April 2-May 16, 2024

### 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, 2024** 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. 9th-Feb. 23rd (Early Bird Registration)	\$10	\$15
Feb. 24th-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 Sunday, March 10<sup>th</sup>

"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](http://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, 2024** 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 2024 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](http://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 events if it meets the official standards, with the exception of Cornhole.

**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:** Qualification for Silver Arts: 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. **The top three male and female qualifiers** in each age category in each official North Carolina Senior Games sport/event will be eligible to participate in State Finals. Except, Bowlers: places 1-6. Golfers must meet a minimum performance score (MPS) and finish 1, 2 or 3 to qualify. All participants who complete and score in the following Local Games events will qualify: Fun Walk, Football Throw, Softball Throw and Basketball Throw.

Registering for State Finals can be done online at [ncseniorgames.org](http://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 no later than March 22<sup>nd</sup>. 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.

**EVENT REGISTRATION DEADLINE: March 10<sup>th</sup>**

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

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTY \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE AS OF 12/31/24: \_\_\_\_\_ 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 16	10:00am	Jackson County Rec. Center
-	<input type="checkbox"/>	Basketball Shooting	Tues, April 2	10:30am	Jackson County Rec. Center
N	<input type="checkbox"/>	Basketball Tournament (\$)	TBD	TBD	TBD
-	<input type="checkbox"/>	Billiards	Thurs, April 18	1:00pm	Galaxy Lanes
-	<input type="checkbox"/>	Bocce (Women)	Tues, April 9	10:00am	Birdtown Complex
-	<input type="checkbox"/>	Bocce (Men)	Tues, April 9	12:00pm	Birdtown Complex
N	<input type="checkbox"/>	Bowling-Singles (\$)	Thurs, April 4	11:00am	Galaxy Lanes
N	<input type="checkbox"/>	Bowling-Doubles (\$)	Thurs, April 11	11:00am	Galaxy Lanes
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Bowling-Mixed Doubles (\$)	Thurs, April 18	11:00am	Galaxy Lanes
<i>Please provide your mixed doubles partner's name:</i>					
N	<input type="checkbox"/>	Cornhole (Women)	Mon, April 29	10:00am	Jackson County Rec. Center
N	<input type="checkbox"/>	Cornhole (Men)	Mon, April 29	12:00pm	Jackson County Rec. Center
N	<input type="checkbox"/>	Cornhole (Doubles)	Tues, April 30	10:00am	Jackson County Rec. Center
N	<input type="checkbox"/>	Cornhole (Mixed Doubles)	Tues, April 30	12:00pm	Jackson County Rec. Center
-	<input type="checkbox"/>	Croquet	Mon, April 8	11:00pm	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	Thurs, May 2	10:00 am	Western Carolina University
	<input type="checkbox"/>	Disc Golf	Wed, April 17	10:30 am	Cullowhee Rec. Center
-	<input type="checkbox"/>	Football Throw	Tues, April 2	10:30 am	Jackson County Rec. Center
N	<input type="checkbox"/>	Golf (\$)	Wed, May 8	12:00 pm	Trillium
-	<input type="checkbox"/>	Horseshoes (Women)	Tues, April 9	12:00 pm	Birdtown Complex
-	<input type="checkbox"/>	Horseshoes (Men)	Tues, April 9	10:00 am	Birdtown Complex
-	<input type="checkbox"/>	Mini-Golf (\$)	Fri, April 12	11:00 am	Maggie Valley Carpet Golf
N	<input type="checkbox"/>	Pickleball-Singles	Tues, April 16	12:30 pm	Sylva United Methodist
N	<input type="checkbox"/>	Pickleball-Doubles	Tues, April 16	12:30 pm	Sylva United Methodist
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Pickleball-Mixed Doubles	Tues, April 16	12:30 pm	Sylva United Methodist
<i>Please provide your mixed doubles partner's name:</i>					
N	<input type="checkbox"/>	Running Long Jump	Thurs, May 2	10:00 am	Western Carolina University
N	<input type="checkbox"/>	Shot Put	Thurs, May 2	10:00 am	Western Carolina University
N	<input type="checkbox"/>	Shuffleboard (Men)	Wed, April 10	10:00 am	Birdtown Complex
N	<input type="checkbox"/>	Shuffleboard (Women)	Wed, April 10	12:00 pm	Birdtown Complex
-	<input type="checkbox"/>	Softball Throw	Tues, April 2	10:30 am	Jackson County Rec. Center
N	<input type="checkbox"/>	Softball Tournament (\$)	TBD	TBD	TBD
-	<input type="checkbox"/>	Standing Long Jump	Thurs, May 2	10:00 am	Western Carolina University
N	<input type="checkbox"/>	Table Tennis	Thurs, April 25	10:00 am	Jackson County Rec. Center
N	<input type="checkbox"/>	Table Tennis-doubles	Thurs, April 25	10:00 am	Jackson County Rec. Center
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Table Tennis-mixed dbls	Thurs, April 25	10:00 am	Jackson County Rec. Center
<i>Please provide your mixed doubles partner's name:</i>					
N	<input type="checkbox"/>	Tennis	Thurs, April 4	1:00 pm	Mark Watson Park
N	<input type="checkbox"/>	Tennis-Doubles	Thurs, April 4	1:00 pm	Mark Watson Park
<i>Please provide your doubles partner's name:</i>					
N	<input type="checkbox"/>	Tennis-Mixed Doubles	Thurs, April 4	1:00 pm	Mark Watson Park
<i>Please provide your mixed doubles partner's name:</i>					

SWIMMING		Tues, April 23	9:00 am	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	<b>TRACK AND FIELD</b>	<b>Thurs, May 2</b>	<b>10:00 am</b>	<b>Western Carolina University</b>	
<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 an 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.

<b>Event</b>	<b>RAIN Date</b>	<b>Start Time</b>	<b>RAIN DATE Location</b>
Archery	<b>Tues, April 23</b>	<b>10:00 am</b>	Jackson County Rec. Center
Bocce	<b>Mon, May 6</b>	<b>10:00 am</b>	Birdtown Complex
Croquet	<b>Mon, April 15</b>	<b>11:00 am</b>	Jackson County Rec. Center
Disc Golf	<b>Mon, April 22</b>	<b>10:30 am</b>	Jackson County Rec. Center
Golf (\$)	<b>Wed, May 15</b>	<b>12:00 pm</b>	Trillium
Horseshoes	<b>Mon, May 6</b>	<b>10:00 am</b>	Birdtown Complex
Mini-Golf (\$)	<b>Friday, April 19</b>	<b>11:00 am</b>	Maggie Valley Carpet Golf
Shuffleboard	<b>Tues, May 7</b>	<b>10:00 am</b>	Birdtown Complex
Softball Throw	<b>Wed, April 3</b>	<b>10:30 am</b>	Jackson County Rec. Center
Tennis	<b>Fri, April 5</b>	<b>1:00 pm</b>	Mark Watson Park
Track and field	<b>Thurs, May 9</b>	<b>10:00 am</b>	Western Carolina University

<b>Important dates and locations</b>	
Sunday, March 10	<b>Deadline for registration for Smoky Mountain Senior Games and Silver Arts</b>
Tuesday, April 2	<b>Opening Ceremony</b> 10:00am Jackson Co. Recreation Ctr, 88 Cullowhee Mtn. Rd, Cullowhee
Thursday, May 16	<b>Closing Ceremony/Banquet/Follies</b> 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
- 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 1<sup>st</sup>. 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 3<sup>rd</sup>** between 10:00am and 1:00pm
- All other Silver Arts drop off is on **May 1<sup>st</sup>** 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)*

- |   |  |
|---|--|
| <input type="checkbox"/> <b>BASKET WEAVING</b><br>Title _____           | <input type="checkbox"/> <b>CROCHET</b><br>Title _____                     |
| <input type="checkbox"/> <b>JEWELRY</b><br>Title _____                  | <input type="checkbox"/> <b>KNITTING</b><br>Title _____                    |
| <input type="checkbox"/> <b>NEEDLEWORK</b><br>Title _____               | <input type="checkbox"/> <b>POTTERY</b><br>Title _____                     |
| <input type="checkbox"/> <b>QUILTING</b> (hand stitched)<br>Title _____ | <input type="checkbox"/> <b>QUILTING</b> (machine stitched)<br>Title _____ |
| <input type="checkbox"/> <b>STAINED GLASS</b><br>Title _____            | <input type="checkbox"/> <b>TOLE/DECORATIVE PAINTING</b><br>Title _____    |
| <input type="checkbox"/> <b>WEAVING</b><br>Title _____                  | <input type="checkbox"/> <b>WOODCARVING</b><br>Title _____                 |
| <input type="checkbox"/> <b>WOODTURNING</b><br>Title _____              | <input type="checkbox"/> <b>WOODWORKING</b><br>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 31<sup>st</sup>, 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. 31<sup>st</sup> 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.

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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 1<sup>st</sup>! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered. \*\*\**

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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 Tuesday, April 2<sup>nd</sup> 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 16<sup>th</sup> 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 30TH.**

**\*\*\*\*\* 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!!!

- |  |   |   |
|--|---|---|
| <b>Event</b>                                 | <b>Event</b>                            | <b>Event</b>                            |
| <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 Sunday, March 10<sup>th</sup>**

Registration Dates	Online	On Paper
Feb. 9th-Feb. 23rd (Early Bird Registration)	\$10	\$15
Feb. 24th-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 <u>you</u> will be in attendance)	<input type="checkbox"/> (FREE)
GOLF ADDITIONAL FEE (ADD \$ 52.00 FOR 18 HOLES)	\$ _____
TAX DEDUCTIBLE DONATION TO SENIOR GAMES	\$ _____
<b>TOTAL AMOUNT ENCLOSED</b>	<b>\$ _____</b>

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: \_\_\_\_\_ 2024 / receipt reference \_\_\_\_\_

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

**2024 Smoky Mountain Senior Games April 2 - May 16**

Registration: Feb 9-March 10 at <https://torch.ncseniorgames.org> or (828) 586-5494

Date	Activity	Time	Location
<b>Week 1 of Senior Games: April 2<sup>nd</sup> – 5<sup>th</sup></b>			
April 2 (T)	Breakfast	9:30 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 2 (T)	Opening Ceremony	10:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 2 (T)	Open Events*	10:30 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 3 (W)	Silver Arts Drop off for Literary Arts	10am-1pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
April 4 (Th)	Bowling-Singles (\$10.50)	11:00 am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 28779
April 4 (Th)	Tennis	1:00 pm	Mark Watson Park: 86 Mark Watson Park, Sylva, NC 28779
<b>Week 2 of Senior Games: April 8<sup>th</sup> – 12<sup>th</sup></b>			
April 8 (M)	Croquet	11:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 9 (T)	Bocce (W)	10:00 am	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 9 (T)	Horseshoes (M)	10:00 am	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 9 (T)	Bocce(M)	12:00 pm	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 9 (T)	Horseshoes (W)	12:00 pm	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 10 (W)	Shuffleboard (M)	10:00 am	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 10 (W)	Shuffleboard (W)	12:00 pm	Birdtown Complex 1212 Birdtown Road, Cherokee, NC 28719
April 11 (Th)	Bowling-Doubles (\$10.50)	11:00 am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 28779
April 12 (F)	MiniGolf (\$5.00)	11:00 am	Maggie Valley Carpet Golf: 3054 Soco Road, Maggie Valley, NC 28751
<b>Week 3 of Senior Games: April 15<sup>th</sup> – April 19<sup>th</sup></b>			
April 16 (T)	Archery	10:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 16 (T)	Pickleball	12:30 pm	First United Methodist Church: 77 Jackson Street, Sylva, NC 28779
April 17 (W)	Disc Golf	10:30 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 18 (Th)	Bowling- Mixed Doubles (\$10.50)	11:00 am	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 28779
April 18 (Th)	Billiards	1:00 pm	Galaxy Lanes: 347 Jackson Plaza, Sylva, NC 28779
<b>Week 4 of Senior Games: April 22<sup>nd</sup> – 26<sup>th</sup></b>			
April 23 (T)	Swimming	9:00am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 25 (Th)	Table Tennis	10:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
<b>Week 5 of Senior Games: April 29<sup>th</sup> – May 3<sup>rd</sup></b>			
April 29 (M)	Cornhole (W)	10:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 29 (M)	Cornhole (M)	12:00 pm	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 30 (T)	Cornhole – Doubles	10:00 am	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
April 30 (T)	Cornhole – Mixed Doubles	12:00 pm	Jackson Co. Rec. Center: 88 Cullowhee Mtn Road, Cullowhee, NC 28723
May 1 (W)	Silver Arts Drop Off (All Remaining)	10am – 1pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
May 2 (Th)	Track and Field events**	10:00 am	Western Carolina University Track 1 University Way, Cullowhee, NC 28723
<b>Weeks 6 &amp; 7 of Senior Games: May 6<sup>th</sup> – May 16<sup>th</sup></b>			
May 8 (W)	Golf (\$52.00)	12:00 pm	Trillium-48 Links Drive, Cashiers, NC 28717 – Meet at Pro Shop
May 16 (Th)	Closing Ceremony	5:30 pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC
May 16 (Th)	Cheerleading, Performing Arts	5:30 pm	Jackson County Dept. On Aging: 100 County Services Park, Sylva NC

(\$ 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 23	Archery	10:00 am	Same as above	April 19	Mini-Golf (\$)	2:00 pm	Same as above
May 6	Bocce	10:00 am	Same as above	May 7	Shuffleboard	10:00 am	Same as above
April 15	Croquet	11:00 am	Same as above	April 3	Softball Throw	2:00 pm	Same as above
May 15	Golf (\$52.00)	10:00 am	Same as above	April 5	Tennis	1:00 pm	Same as above
May 6	Horseshoes	10:00 am	Same as above	May 9	Track and field	9:00 am	Same as above





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

