

2009 Dallas Area Senior Games

General Information

Eligibility: Open to anyone age 50+ as of December 31, 2009. Age categories will be in five year increments for most men and women's events.

Registration: All registration forms & fees must be received by April 24, 2009. *Registrations received after April 24 will be subject to a \$5.00 late fee. If late fee applies but not included, registration will not be accepted. No registration forms will be accepted after April 27th.* The liability release form must be signed and must accompany your registration form. Confirmation of entry will be sent by return mail.

Clothing & equipment: All athletes must wear athletic type clothing and shoes, which are usual and customary for the sport in which they are competing. Any equipment a participant uses must meet the standards of that sport. Participants are expected to provide their own equipment unless stated in the event description section. Team uniforms-team clothing (shirt, pants/shorts) must be of like design and color. Teams must have both "home" and "away" numbered shirts.

Awards: Medals will be awarded to 1st, 2nd and 3rd place finalists, following completion of event & announcement of winners, with the

exception of where other awards are indicated.

T-shirts: available for purchase at \$10.00 each. Please circle the size you want on entry form.

Meals: Meals will not be provided.

Additional information: Telephone assistance is available from 10:00 am - 4:00 pm, Monday-Friday. Please call (214) 670-6266.

How many events/sports may I enter? You may enter as many sports/events as you desire as long as the events are not held at conflicting times

Cancellations: In the event of inclement weather, insufficient registration, or unusual and extenuating circumstances, Dallas Area Senior Games officials reserve the right to modify rules and formats, or to cancel events.

Rules: For complete rules go to www.tsga.org or www.nsga.com. The Event Coordinator is the final authority for rules interpretation.

Unsportsmanlike Behavior: Profanity or disruption of an event will not be allowed and could result in disqualification of the participant for that event and/or the Games.

For additional information contact 214-670-6266 or jessica.hopkins@dallascityhall.com

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Refunds: No refunds will be given due to inclement weather or unusual and extenuating circumstances beyond our control. Requests for refunds due to health reasons must be received no later than April 30, 2009.

Registration Fees: \$10.00 entry fee plus event fee and team fee (if applicable) when registered by April 24, 2009.

Make check/money orders payable to:

Dallas Area Senior Games



Send registration forms to:

Dallas Area Senior Games
Dallas Park & Recreation Dept.
2750 Bachman Dr.
Dallas, TX 75220

OR

On-Line Registration

You may register on-line at
www.nsga.hangastar.com/registration/login.aspx

Packet pick-up: Packets will be distributed at your first event. If necessary, participants can pick-up their packet at Bachman Recreation Center, 2750 Bachman Drive, Dallas, TX 75220 after May 1, 2009.

Age for competition: Age divisions for all singles competition will be determined by the athlete's age on December 31, 2009. Age division for all doubles competition will be determined by the younger age of the two players as of December 31, 2009. Age division for teams will be determined by the youngest player's age as of December 31, 2009.

Age division of competition: All athletes must be at least 50 years of age as of December 31, 2009 to compete in the Dallas Area Senior Games. The following age categories will apply to both men and women for all individual and doubles competition unless otherwise specified in the event descriptions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. All team sports are divided in the following categories for men and women: 50+; 55+; 60+; 65+; 70+; 75+; and 80+

Partners/team entry: Each participant must send in a registration form & fee(s) for their event(s) regardless of partner entry. Team captain will pay a team entry fee, and each team member must

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submit a registration form and individual entry fee. Mail together in one envelope: forms & fees for each player, and the roster listing players. *Players will not be registered without partner listed and we will not find a partner for you.*

Qualification for State Competition:

Texas residents must participate in one of the Texas Local Senior Games in order to qualify in that event for the State Games.

Athletes may also use the limited opportunity rule as stated by the NSGA Rule D for Pole-vault, Triathlon, Triple-jump and Hammer Throw to qualify for the Texas Senior games. However, the NSGA limited opportunity rules for cycling road races can not be used for qualifying for the Texas State Senior games. Limited opportunity certification must be submitted with the state games registration form.

Qualifying for non-Texas Residents

Competitors from out-of-state are welcome to participate in any of the Texas Local Senior Games and can meet the qualifying requirement by participating in one of these games.

Participate in the event at a recognized state or local senior game in another state for which he/she wishes to compete in the Texas State Senior Games. The Texas Senior Games will be held on October 23, 2009 – November 1, 2009 in Houston. You can expect to receive an entry form in the Summer. Recreation contests are open events. For more information on Texas Senior Games check the web site www.tsga.org

Record the day, date and time of the events that you enter:

OR

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Qualifying Events

Archery

Compound Fingers, Compound Release, Recurve, Barebow Recurve, and Barebow Compound. Hosted by Irving Bow Hunters Association.

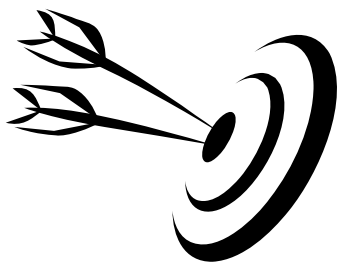
Date: Saturday, May 2, 2009

Time: 10:30 a.m.

Location: Irving Bow Hunters Association
Map included with confirmation letter

Cost: \$5.00 per event

Event: Barebow Compound
Barebow Recurve
Compound Fingers
Compound Release
Recurve



Badminton

Singles, doubles and mixed doubles. You must have a partner to enter. Each match consists of two out of three games. These are 21 point games. UBSA rules apply.

Date: Saturday, May 2, 2009

Time: 9:00 am

Location: Reverchon Recreation Center
3505 Maple Ave. Dallas, TX

Cost: \$5.00 per event

Event: Singles
Doubles
Mixed Doubles

Basketball 3 on 3

Half court with twelve-minute running halves. The roster limit is ten. Athletes may play on only one team. Number of

teams will determine the tournament format.

Date: Thursday, May 7, 2009 for Men
Friday, May 8, 2009 for Women

Time: 9:00 a.m.

Location: Grauwlyer Recreation Center
7780 Harry Hines
Dallas, TX 75235

Cost: \$5.00 per player

Manager responsible for \$15.00 team fee

Bowling

Singles, Doubles, and Mixed Doubles
Tournament format will be scratch scores. Each participant will bowl one series of three games with a final total score determining place within age category.

Location: AMF Desoto Lanes
121 Northgate Dr
Desoto, TX 75115

Date: Monday, May 4, 2009

Time: 9:30 a.m.

Men's Singles

Women's Singles

Date: Tuesday, May 5, 2009

Time: 9:30 am

Women's Doubles

Men's Doubles

Mixed Doubles

Cost: \$9.00 per event



For additional information contact 214-670-6266 or jessica.hopkins@dallascityhall.com

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Cycling

5K and 10K time trials 20K and 40K Road Race. Cyclists must provide their own bicycles and helmets, which must be certified by race officials prior to competition. Check-in will be in the parking lot South of the Rest Room building accessed from 114 to the service road around the Speedway. You are eligible for the Novice division if you are NOT a USCF racer and did NOT medal in last year's Games. This division will not advance to the State Games in September. Time: 9:00 a.m.

Location: Texas Motor Speedway
3601 Highway 114
Justin, TX

Cost: \$8.00 per event
Date: Saturday, June 27, 2009
Event: 5K Time Trial
10K Time Trial
20K Road Race
Date: Sunday, June 28, 2009
Event: 40K Road Race

Golf

Tournament will be 18 holes of scratch play. Entry fee includes ½ cart fee. USGA rules apply.

Date: Tuesday, May 5, 2009
Time: 8:00 a.m.
Location: Cedar Crest Golf Course
1800 Sutherland
Dallas, TX

Cost: \$35.00



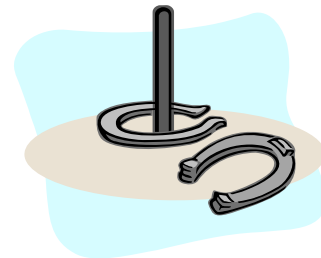
Horseshoes

Participants must provide their own horseshoes, which will be certified by event officials prior to competition. Games will be played to twenty-one points, or high score after thirty shoes are pitched. Women 50-74 will pitch a minimum distance of 30 feet; Women 75+ will pitch a distance of 20 feet; Men 50-69 will pitch a distance of 40 feet; Men 70+ will pitch a minimum distance of 30 feet. The number of entries will determine tournament format.

Date: Friday, May 1, 2009
Time: 7:00 p.m.

Location: Meadowbrook Park
1400 Dugan
Arlington, TX

Cost: \$5.00



Race Walk

Participants must use proper Race Walking techniques or risk disqualification.

Date: Friday, May 1, 2009
Location: Gateway Track
1015 E. Wheatland Rd.
Dallas, TX 75241

Cost: \$5.00 per event
Time: 8:00 a.m.

Race Walk 1500M
After track events completed
Race Walk 5K

Racquetball

Eyewear designed for racquet sports is mandatory. Balls will be provided. The number of entries will determine

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tournament format. Racquetball doubles have to be same sex.

Date: Friday, May 1, 2009

Time: 10:00 a.m.

Location: Maverick Racquetball Club

1919 W. Pioneer Parkway

Arlington, TX

Cost: \$7.00/each event

Event: Racquetball – Singles

Racquetball — Doubles

Shuffleboard

Singles and Doubles. Matches will consist of 12 frames. In case of a tie, two extra frames will be played until the tie is broken.

Maximum length of cue is 6'3".

Shuffleboard cues will be available.

Date: Thursday, May 7, 2009

Time: 10:30 a.m.

Location: Fair Park

Food & Fiber Pavilion

Event: \$3.00/each event

Code: Shuffleboard – Singles

Shuffleboard – Doubles



Swimming

US Masters Swimming rules will govern meet. Swimmers must provide their own suits, caps, goggles, towels, etc.

Event: 50 Back

100 Back

200 Back

50 Breast

100 Breast

200 Breast

50 Fly

100 Fly

50 Free

100 Free

200 Free

500 Free

100 IM

200 IM

Date: Saturday, May 9, 2009

Time: 10:15am (events start)

Location: Bachman Recreation Center

2750 Bachman Dr.

Dallas, TX 75220

Cost: \$5.00 per event

Registration will begin at 9:00am, followed

by warm up time; events will start at

10:15am.

Table Tennis

Doubles, Mixed Doubles, & Singles competition. Balls will be provided. The number of entries will determine tournament format.

Date: Friday, May 15, 2009

Time: 9:00 a.m.

Location: Senter Recreation Center

901 S. Senter Rd.

Irving, TX

Cost: \$5.00 per event

Event: Table Tennis – Singles

Table Tennis – Doubles

Table Tennis – Mixed Doubles

Tennis

Singles, Doubles, and Mixed Doubles.

Best 3 sets with regular scoring. Balls will be provided. Forfeit enforced 30 minutes after scheduled match.

Date: May 4-5, 2009

Time: 9:00 a.m.

Location: L.B. Houston Tennis Center

11223 Luna Road, Dallas, TX

Cost: \$10.00 per event

Date: Monday, May 4, 2009

Tennis – Singles

Tuesday, May 5, 2009

Tennis- Doubles

Tennis- Mixed Doubles



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Track & Field

Participants should carefully consider the number of events they are committing to when filling out entry form.

Location: Gateway Track
1015 E. Wheatland Road
Dallas, TX 75241

Date: Friday, May 1, 2009

Time: 8:30 a.m.

Cost: \$5.00 per event



Track

50 M
100 M
200 M
400 M
800 M
1500M

Field

Discus
Javelin
Shot Put
High Jump
Long Jump
Triple Jump
Hammer throw

Recreational Events

Basketball Around The World

Best of 14 shots from each mark around the court. Shooting distances are: Men 50-69 will shoot around the "3 point line" and Female competitors and Male 70+ will shoot around the "key".

Date: Thursday, May 7, 2009 for Men
Friday, May 8, 2009 for Women

Time: 11:00 am

Location: Grauwylar Recreation Center
7780 Harry Hines
Dallas, TX 75235

Cost: \$5.00 per player

Basketball Free-Throw

Best of twenty-five shots from the free throw line. Shooting distances are: Men 50-69 and Women 50-59 standard 15 ft./ Men 70+ and Women 60+ adjusted 11 ft. Age groups 50-59, 60-69, 70-79, 80+.

Date: Thursday, May 7, 2009 for Men
Friday, May 8, 2009 for Women

Time: 9:00 am

Location: Grauwylar Recreation Center
7780 Harry Hines
Dallas, TX 75235

Cost: \$5.00

Bridge

Open Event. Party Bridge. No separate Men's and Women's Divisions, nor age groups. Participants must register as a pair. The three highest pairs' scores in each division will receive medals.

Date: Thursday, May 7, 2009

Time: 9:00 a.m.

Location: Fair Park
Food & Fiber Pavilion

Cost: \$5.00

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Dominoes

No separate Men's & Women's Divisions. Age groups 50-64; 65-74; and 75+. The 2 persons who start as partners will finish as partners.

Location: Fair Park

Food & Fiber Pavilion

Time: 10:00 a.m.

Thursday, May 7, 2009

Dominoes – Singles

Friday, May 8, 2009

Dominoes – Doubles

Cost: \$3.00/each event



Pickle Ball

Pickleball is a simple paddle game played on a badminton-sized court. The ball is served underhanded without bouncing it off the court, and is served diagonally to the opponent's service zone. The first side scoring eleven points and leading by a two point margin wins.

Date: Friday, May 8, 2009

Time: 9:00 am

Cost: \$ 5.00

Location: Fair Park

Food & Fiber Pavilion

Washer Pitching

Age groups 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+. 2 1/2" flat washers will be pitched into 3" diameter pipe, 21' from center to center. Washers will be furnished. The number of entries will determine tournament format.

Date: Friday, May 1, 2009

Time: 7:00 p.m.

Location: Meadowbrook Park

1400 Dugan

Arlington, TX

Cost: \$5.00

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DATES AND LOCATIONS

MAY-09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	Tennis (Singles) LB Houston Bowling (Singles) Desoto Lanes	Golf Cedar Crest Golf Course Tennis (Doubles & Mixed Doubles) LB Houston Bowling (Doubles & Mixed Doubles) Desoto Lanes		Bridge Dominoes (Singles) Shuffleboard (Singles & Doubles) Fair Park Men's 3 on 3 Around the World Free Throw TBA	Horseshoes Washers Meadowbrook Park Dominoes (Doubles) Women's 3 on 3 Around the World Free Throw TBA Field TBA Pickleball Fair Park	Archery Irving Bow Hunters Badminton Reverchon Recreation Center Track TBA Race Walk TBA Swimming TBA
10	11	12	13	14	15	16
					Table Tennis Senter Park Recreation Center	

JUNE-09

28						27
Cycling 9:00 40K Road Race						Cycling 9:00 5K Time Trial 10K Time Trial 20K Road Race

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2009 Dallas Area Senior Games



Dallas Park and Recreation Department

A large, stylized star graphic with a blue outline and a red inner outline, positioned behind the main title text.

Celebration of Athletes

Celebrating healthy and active lifestyles!

Join us for

Lunch, Entertainment,
Senior Information Fair, and more!

When: Friday, May 8th

Where: Fair Park

Time: 10am - 2pm

RSVP by April 29th

for more information or to reserve your
spot please call 214-670-6266