

General Information

Eligibility

Men and Women who will be 50+ years of age by December 31, 2010 are eligible to participate in the River City Senior Games. These Games offer participants 50 and older the opportunity to participate in both recreational and competitive events.

Age divisions for the River City Senior Games competition will be determined by the athlete's age as of May 20, 2010. For doubles competition, the age division will be determined by the age of the youngest participant. For team sport competition, the age division will be determined by the age of the youngest participant. Age divisions are set in five year age divisions beginning with age 50 and ending with 100+ for both competitive and recreational events.

Registration and Fees

The athlete registration form must be filled in completely and returned with your signed Medical/Waiver of Liability form. The participant fee for entry into the River City Senior Games is \$14.00. Registration deadline is May 20, 2010. Registration fee(s) must be returned with your entry form.

The fee provides the athlete unlimited entry into events, a commemorative colored T-Shirt, and a participant packet with special bonus offers enclosed. These items must be picked up during "check-in". Please be sure to include any "Special Event" fee(s) with your registration form. All fee(s) are NON-REFUNDABLE. Checks should be made payable to SWIRCA and mailed to P.O. Box 3938, Evansville, IN 47737-3938. Visa and Mastercard are accepted. Bowling (\$7), 18-Hole Golf (\$28.00 * special Senior Games Event Rate and includes 18 holes, Cart and Lunch Reception) require facility fees. **Fees are subject to change and are payable at the event site only. Do not include these fee(s) with your registration.**

Residency Issues

The River City Senior Games are "Open" to out of state residents. An athlete's state of residence is on in which the person resides for at least (6) months out of the year.

Check-In

In order to compete, it is recommended that athletes "check in" at the hospitality table located at the SWIRCA Activity Center located at 16 W. Virginia St. Evansville, IN. **NO onsite registration will be available at competition venues.** Participants may check in with the Hospitality Coordinator at the SWIRCA Activity Center **beginning on Thursday May 20 from 1:00p.m.- 4:00 p.m. Participants may check in daily from 8:00 a.m. – 11:00 a.m. and 12:00 p.m.- 4:00 p.m. May 21 & May 24- 27. Participants may check in at the venue site on Saturday May 22 and Sunday May 23 and Cambridge Golf Course on 5/26/10 ONLY.** Bowling Competitors may check in on Friday May 14 from 1 - 4:00 p.m.

For more information call 812-464-7800 or 800-253-2188 or www.swirca.org

The River City Senior Games are a proud member of the Indiana Senior Games and the National Senior Games Association.

2010 River City Senior Games
Schedule of Events

<u>Friday May 14</u>	Athlete Check-In	(SWIRCA Activity Center)
1:00 p.m.-4:00 p.m.	(Bowling Participants)	
<u>Monday May 17</u>		
9:30 a.m.	Bowling Singles	(Willow Bowling Center) Site Fee \$7
<u>Tuesday May 18</u>		
9:30 a.m.	Bowling Doubles	(AMF ARC Lanes) Site Fee \$7
1:00 p.m.	Bowling Mixed Doubles	(AMF ARC Lanes) Site Fee \$7
<u>Thursday May 20</u>		
1:00 p.m.- 4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
<u>Friday May 21</u>		
8:00p.m.- 4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
10:00 a.m.	Horseshoes	(Garvin Park)
11:00 a.m.	Washers	(Garvin Park)
2:00 p.m.	Carpet Golf	(Walthers Golf and Fun Center)
<u>Saturday May 22</u>		
8:00 a.m.	Track and Field	(Central High School Stadium) (Athlete Check-In at Central Stadium)
<u>Sunday May 23</u>		
8:30 a.m.	Cycling	Dog Town Area (Athlete Check-In at Dog Town Tavern Parking Lot)
2:45 p.m.	Swimming	(YMCA Downtown) <i>(Warm-Up will begin at 2:30 p.m.)</i> (Athlete Check-In at YMCA)
<u>Monday May 24</u>		
8:00 a.m.- 4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
<u>Tuesday May 25</u>		
8:00 a.m.-4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
8:30 a.m.	2-Mile Fitness Walk	(Garvin Park)
1:00 p.m.	Table Tennis	(University of Southern Indiana PAC 200)
<u>Wednesday May 26</u>		
8:00 a.m.- 4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
8:00 a.m.	18 Hole Golf	(Cambridge Golf Course) Site Fee \$28 (Includes 18 Hole Golf, Cart and Lunch)
8:30 a.m.	Doors Open for Vendor Fair and	Style Show (SWIRCA) Ticket Cost \$7
2:30 p.m.	Darts	(SWIRCA Activity Center)
4:00 p.m.	8 Ball Pool Tourney	(SWIRCA Activity Center)
<u>Thursday May 27</u>		
8:00 a.m.- 4:00 p.m.	Athlete Check-In	(SWIRCA Activity Center)
9:00 a.m.	Tennis	(Wesselman Park)
8:30 a.m.	Shuffleboard Singles	(SWIRCA Activity Center)
12:00 p.m.	Shuffleboard Doubles	(SWIRCA Activity Center)
5:30 p.m.	Basketball Spot Shoot	(YMCA~Downtown)
6:00 p.m.	3 on 3 Basketball	(YMCA~Downtown)

MEDICAL INFORMATION

Physician Name: _____ Phone: _____ List any Medication(s) you currently take: _____ List significant health problems past or present: _____ Allergies? _____ Insurance Carrier Name: _____ Phone: _____

The River City Senior Games strongly recommends that each participant consult his/her doctor in regard to practice, preparation, and competition in this program or any similar activity.

WAIVER AND RELEASE OF LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself, his personal representatives, heirs, next or kin, acknowledges, agrees, and represents that he has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any, in the event constitutes an acknowledgment that he has inspected such restricted area and that he finds and accepts the same as being safe and reasonably suited for the purposed of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Southwestern Indiana Regional Council on Aging, Inc., River City Senior Games, the promoters, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasee", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for all damages, and any claim or demands therefore on account of injury to the person or property or resulting in any and all death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for any other purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for, or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity and agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statement or inducement apart from the forgoing written agreement have been made.

The waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said releasee during the entire season and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

I grant the SWIRCA - River City Senior Games and its sponsors the right to use my name and any pictures taken of me during the 2010 River City Senior Games without remuneration for the purpose of promoting Senior Games and Wellness.

Signed _____ (if signature was an "x") _____ Witness

GUARDIAN WAIVER - RELEASE OF LIABILITY

(if applicable, guardian(s) must execute in addition to the above, this following waiver.)

The undersigned, _____ referred to as the natural guardian(s) or legal guardian(s) _____, does hereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releasee from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of both of the undersigned.

NAME _____ RELATIONSHIP TO PARTICIPANT _____

Awards

Official River City Senior Games medals (gold-silver-bronze) will be awarded to the 1st, 2nd, and 3rd finalist in each event at the conclusion of competition.

Rules

A copy of the official rules for each event will be available upon request at the “check-in” table. NSGA rules will be in effect for all competitive events. Please note that starting time is forfeit time- absolutely no exceptions will be made.

Equipment

Equipment will be available in all events with the exception of the following: cycling, 18 Hole Golf, and Tennis. No black soled shoes are permitted on any court event. Appropriate Track and Field attire must be worn for competition (i.e. clothing and shoes). **A complimentary shuttle will be available to USI for table tennis competition. The shuttle will leave the SWIRCA building at 12:30 p.m. on 5/25/10 and return at the conclusion of competition.**

Housing

The Casino Aztar Hotel will be the host hotel for the 2010 River City Senior Games. Please call 1-800-544-0120 to make reservations. For campground information please call the Evansville Convention and Visitors Bureau at 800-433-3025 or www.evansvillecvb.org

Cancellations

The River City Senior Games reserves the right to cancel any event due to insufficient registration and/or inclement weather without the right of prior notification or refund.

Special Events

Please make your reservation and ticket purchases when submitting the Athlete Registration Form.

Wednesday May 26, 2010

Please join us for a very special Prime-Time Expo Vendor/Health Fair and Style Show. This year's theme is “It's A Western Round-Up”. Doors open at 8:30 a.m. with a FREE continental breakfast. Over 50 vendors targeted for the mature market and health demonstrations will be available. There will be a delicious meal catered by Shyler's Barbecue served at 11:00 a.m. **and tickets must be purchased in advance.** Ticket cost is \$7.00. Senior fashions style show will follow lunch and door prizes will be drawn at the conclusion of the style show. **Lunch tickets must be purchased by May 20th, 2010 or while tickets last.**

Lunch catered by Shyler's Barbecue

BBQ Pulled Pork
Potato Salad
Baked Beans
Pickles/Onions
Rye Bread
Apple Pie
Ice Tea