

## SPORT RULES \* DESCRIPTION

NOTE: A-ALL AGES, Y 50-64 YRS, 0-65 AND OVER

### ARCHERY (MW)

Commissioner: DAVE SIMONS

Site: Polson Sports Complex: 7<sup>th</sup> Ave West, -  
Kerr Dam Field- Polson (#1 on map)

SATURDAY	JUNE 16	9:00 am		
age	code	event		fees
A	AACCF	COMPOUND FINGERS		\$4.00
A	AACCR	COMPOUND RELEASE		\$4.00
A	AACHR	RECURVE		\$4.00

Participants will shoot 30 arrow rounds using Regulation 48" target from 3 distances (60,50,40 Yd. 5 Ends of 6 arrows at each distance. "900" American round. (1day).

NAA and NFSA rules apply.  
Archers must have their own equipment,  
Six matching arrows required.

### BASKETBALL (MW)

Commissioner: TO BE DETERMINED

Site: Joe McDonald Sports Center-Pablo  
At Salsh Kootenai College

58138 US HWY 93 (#4 on map)  
SATURDAY JUNE 16 8:30 AM

Orientation meeting. Scheduling of events and times will take place at that time.

age	code	event	time	fees
A	BBFTH	FREE THROW	9:00 AM	\$4.00

Three practice shots from the foul line. Then twenty-five (25) attempts per person. Foot must not touch the free throw line until the ball hits the basket or the basket is made. One point for each basket made. Highest scores win. Each person will have a rebounder

A	BBSHO	HOTSHOT	9:00 AM	\$4.00
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There are 5 places (spots) on the floor from which you must shoot. One foot must be on the spot when you shoot or it will count as a miss. You will get one practice shot, which will not count, and then you will shoot three shots from that spot. One point scored for each shot made. This method is repeated at each spot until 15 attempts have been made. Highest scores win. One person is needed to rebound shots.

A	BBALL	3 ON 3 1/2 CRT	10:00 AM	\$4.00
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Teams must be of one sex and must consist of at least 3 players and no more than 10. Tournament format will depend on the number of teams entered. Games will consist of two 15-minute halves. Players must enter individually. List the Team name on the entry form. **No member of a team will be allowed to play unless entered officially.** Youngest player on the team determines the age bracket of the team. Two teams must be registered for team play to be scheduled. Three point shots allowed. Players disqualified after 5<sup>th</sup> foul.

\*\*\*\*\*TEAM CAPTAINS MUST SUBMIT A COMPLETE ROSTER OF PLAYERS ALONG WITH THEIR ENTRY FORM.\*\*\*\*\*

## BOWLING: (MW) Scratch

Commissioner: ROSS WOODS

Site: SPORTS PAGE BOWL-POLSON (#5 ON MAP)  
101 HERITAGE LANE-POLSON

FRIDAY JUNE 15 Shifts: (THREE)  
10:00 AM SINGL/DBL or/MD  
12:00 PM SINGL/DBL or/MD  
2:00 PM SINGL/DBL or/MD

SAT. JUNE 16 Shifts (TWO)  
10:00 AM SINGL/DBL or/MD  
12:00 PM SINGL/DBL or/MD

age	code	event	fees
A	BOWLS	Singles	\$4.00
A	BOWLD	Doubles	\$4.00
A	BOWLM	Mixed Doubles	\$4.00

Facility Fee \$7.50 Per event (3 games). Pay to SPORTSPAGE BOWL.

You may compete in three events as long as conflicts do not occur.

Select the shift(s) you want (one event per time slot) & include on your registration form. Youngest player on the team will determine the age bracket in Mixed Doubles & Doubles-

List Partner & their date of birth. Participant may compete on only one mixed doubles team & one doubles team during the tournament. In singles you must compete in the age bracket you are in. All USBC Rules will apply. Medals will be awarded immediately after the last shift on Saturday.  
No medals will be mailed.

## CYCLING: (MW)

Commissioner : MATT SEELEY

Site: VALLEY VIEW SCHOOL:42448 VALLEY VIEW RD, POLSON (#6 ON MAP)

FRIDAY JUNE 15— 40K Road Race  
5K Time Trials

Bib #s required.  
A CY40K 40 K 9:00 AM \$4.00  
(AWARDS following road race)

A CYC5K 5 K(tt) 11:00 AM \$4.00

SATURDAY JUNE 16—20K Road Race  
10K Time Trials  
A CY20K 20 K 9:00 AM \$4.00  
(AWARDS following road race)

A CY10K 10 K(tt) 10:30AM \$4.00

USCF RULES. No bullhorn Bars.

Helmetts are mandatory. Bikes must have safety Check before first event. Multi gear (free wheel) Bikes with front and rear brakes are required.

Participants must supply own equipment and are Urged to check course for traffic and pot Holes. Check map for directions. Required numbers for participation can be picked up at RED LION INN check-in SITE.

Note: Both races start at the school, but have different courses each day. Maps on web site. And Red Lion Inn.

## GOLF (MW)

Commissioner: CAMERON MILTON

Site: POLSON BAY GOLF COURSE-111 BAYVIEW DRIVE- POLSON (#7 on map)

THURSDAY JUNE 14 ALL EVENTS

age code	event	time	fees
A GOLFA	18 Hole	11:00 AM	\$4.00
A GOLFP	Putting	10:00 AM	\$4.00
A GOLFD	Driving	10:00 AM	\$4.00

18 Hole Scratch Gross Tournament. No handicaps. In case of tie there will be a card playoff. USGA Rules. 1st Tee at 11:00 AM, rest to follow

Facility fee: \$45.00 Green fees (with cart \$60) (Pay facility fees to Polson Bay Golf Course)

Putting Contest. Winners based on best scores.

Driving Contest. Winners based on best out of Three attempts.

## HORSESHOES (MW)

Commissioner: Amber White

Site: Valley Club; 407 3<sup>rd</sup> Ave. NW

Ronan

FRIDAY JUNE 15

age code	event	time	fee
A HSHOS SINGLES		10:00 AM	\$4.00
A HSHOD DOUBLES	After singles		\$4.00
A HSHOM MIXED	After doubles		\$4.00

Double Elimination Tournament. Participants bring their own shoes. Tournament depends on number of Entries. Distance for 70 years and older is 30'.

NHPA RULES apply.

## RACEWALK: (MW)

Commissioner: KEN CHOMO & KAY NEWMAN

Site: RONAN HIGH SCHOOL TRACK - 130 3<sup>RD</sup> Ave NW (#11 on map)

THURSDAY JUNE 14 SITE OPENS 3:00PM

age code	event	time	fees
A 1000W	1000M NOVICE	4:00PM	\$4.00
A 1500W	1500M OPEN	4:00PM	\$4.00

FRIDAY JUNE 15 SITE OPENS 8:00 AM

age code	event	time	fees
A 2000W	2000M NOVICE	9:00 AM	\$4.00
A 5000W	5000M OPEN	9:00 AM	\$4.00

1500W AND 5000W USATF rules. Must use proper race walking technique or risk disqualification.

Participants must not wear clothing which could impede the view of the judges. 3 warnings will be given before disqualification.

1000W & 2000W are for Beginners (NOVICE) Events Will be monitored.

Required numbers for participation can be picked up at the RED LION INN check-in area starting Thursday afternoon.

## PICKLEBALL (MW)

Commissioners: JOHANA HANSON

Sites: LINDERMAN TENNIS COURTS:312 4<sup>TH</sup> AVE EAST-LINDERMAN SCHOOL (#10 on map)

age code event time fee

THURSDAY JUNE 14

A PBALD WOMAN-DOUBLES 10:00AM \$4.00

A PBALD MENS-DOUBLES 10:00AM \$4.00

FRIDAY JUNE 15

A PBALM MIXED DOUB 10:00AM \$4.00

May be continued on Saturday if needed

The only events offered are men's and women's doubles and mixed doubles. List partners on your registration form. Tournament format is a round robin. Youngest player for partner events determines the age group or bracket you will play in. Participants must provide their own paddles. The tournament will provide balls. USAPA rules apply. Age brackets will be combined if there are not enough participants in any age group. Non-marking shoes are required. Men's and women's doubles begin Thursday at 10:00 AM. Mixed doubles will follow on Friday. Pick up your packets and t-shirts after you finish -at the RED LION Inn.

## ROAD RACING (MW)

Commissioner: GALE DECKER

THURSDAY JUNE 14 - 5K (6:15 PM follows 10K) SITE:RONAN Glacier Bank: 1<sup>st</sup> Ave SW RONAN (#13 on map)

age code	event	time	fee
A RRA5K	5K	6:15 PM	\$4.00

THURSDAY JUNE 14 - 10K

SITE:RONAN Glacier Bank: 1<sup>st</sup> Ave SW--RONAN

age code	event	time	fee
A RR10K	10K	6:00 PM	\$4.00

If you qualify in either the 5K or 10K you can run in either or both races in NSGA.

USATF rules. Maps on web site & facebook.

Required numbers for participation can be picked up at the Red Lion Inn check in site.

## BADMINTON (MW)

Commissioner: TOM CARNE

Site: Hope Lutheran Church-2152 W.Graf Bozeman, MT:

SATURDAY JUNE 16 Gym opens at 8:00AM

Age code	event	time	fees
A BADMS SINGLES		9:00AM	\$4.00
A BADMM MIXED DOUBLES		11:00AM	\$4.00
A BADMD DOUBLES		1:00PM	\$4.00

Round robin format with a single elimination championship bracket depending on number of contestants. SCHUTTLE COCKS WILL BE PROVIDED. Bring your own racquets.

## SWIMMING (MW)

Commissioner: JEFF SMITH  
 Site: MISSION VALLEY AQUATIC CENTER-POLSON  
 309 RIDGEWATER DR. POLSON (#14 on map)

**FRIDAY JUNE 15 WARM UP 12:00PM**

age	code	event	time	fees
A	400IM	INDIVIDUAL MEDLY		\$4.00
A	50BR	BREASTSTROKE		\$4.00
A	200FRE	FREESTYLE		\$4.00
A	100FL	BUTTERFLY		\$4.00
A	200BAC	BACKSTROKE		\$4.00
A	50FRE	FREESTYLE		\$4.00
A	100BR	BREASTSTROKE		\$4.00
A	500Fre	FREESTYLE		\$4.00

**SATURDAY JUNE 16 WARM UP 9:00 AM**

age	code	event	time	fees
A	200FL	BUTTERFLY		\$4.00
A	50BAC	BACKSTROKE		\$4.00
A	100FRE	FREESTYLE		\$4.00
A	200IM	INDIVIDUAL MEDLY		\$4.00
A	200BR	BREASTSTROKE		\$4.00
A	100BAC	BACKSTROKE		\$4.00
A	50FL	BUTTERFLY		\$4.00
A	100IM	INDIVIDUAL MEDLY		\$4.00

All swimming events will be timed finals. Turns starts, breaststroke, backstrokes, Butterfly, freestyle, and medley rules will apply

As per US MASTER SWIMMING RULES. YOU CAN NOT ENTER MORE THAN 6 EVENTS IN THE TWO-DAY EVENT.

Pool is 25 yds. **All events will be in yards.** False start is a Disqualification.

**Time stated is warm-up time with events to follow as determined by the commissioner and the number of participants in each event.**

## TABLE TENNIS (MW)

Commissioner: MONTE MARENGO  
 SITE: JOE MCDONALD SPORTS CENTER-PABLO  
 58138 US HWY 93 (#15 on map)

**SATURDAY JUNE 16**

age	code	event	time	fee
A	TTENS	SINGLES	10:00 AM	\$4.00
A	TTEND	DOUBLES	12:00N	\$4:00
A	TENNM	MIXED D	2:00PM	\$4:00

USTT RULES. Participants must bring their own paddles. Balls will be furnished. Participants may not wear white shirts and **must wear non-marring court shoes.** The doubles competition will be grouped by the age of the youngest player.

Type of Tournament will depend on number of entries. USTT rules apply

## TENNIS (MW)

Commissioner: CAROLE RENNIE  
 Site: LINDERMAN SCHOOL -312 4<sup>TH</sup> AVE EAST  
 POLSON (#16 on map)

Age	code	event	fees
A	TENNS	SINGLES	\$4.00
A	TENND	DOUBLES	\$4.00
A	TENNM	MIXED DOUBLES	\$4.00

**THURSDAY JUNE 14 Singles 12:00 pm**

**FRIDAY JUNE 15: Doubles 9:00 AM**

**Mixed doubles 9:00 AM**

Participants are limited to 2 events. Youngest player for Partner events determines which age group or bracket you will play in. Tournament and times will be determined by number of participants.

Wilson & Penn balls will be supplied. USTAS Rules.

Age brackets will be combined if there are not enough participants in any age group.

## TRACK/FIELD (MW)

Commissioner: LUCKY LARSON  
 Site: RONAN HIGH SCHOOL TRACK-130 3<sup>RD</sup> AVE NW  
 (#17 on map)

**A: ALL AGES; Y: 50 -64; O: 65 & over.**

**FIELD EVENTS Bib #s required**

**SATURDAY JUNE 16 SITE OPENS 7:30 am**

age	code	event	time	Fees
A	POVLT	POLE VAULT	9:00 AM	\$4.00
A	SHPUT	SHOT PUT	9:00 AM	\$4.00
A	LJUMP	LONG JUMP	9:00 AM	\$4.00
A	HJUMP	HIGH JUMP	10:15 AM	\$4.00
A	DISCU	DISCUS	10:30 AM	\$4.00
A	SLJUM	ST. L. JUMP	11:30 AM	\$4.00
A	JAVEL	JAVELIN	1:00 PM	\$4.00
A	TJUMP	TRIPLE JUMP	1:00 PM	\$4.00
A	SOFTT	SOFTBALL T	2:00 PM	\$4.00

**PLEASE BRING YOUR OWN EQUIPMENT!-MSO has NONE!!**

Pole vault must have 3 contestants. Bring your own pole.

All throwing equipment must be weighed in prior To competition. Non studded running shoes and spikes (for rubberized tracks) of no more than 1/8inch allowed. USAT&F RULES.

Proper weights are:

Shot (m) (50-59-6Kg,) (60+-5Kg,) (70+4Kg) (80-3Kg) (w) (50-74-3Kg) , (75+ 2Kg)

Discus (m) (50-59 1.5Kg,) (60+ 1Kg) (w) (50-74Kg) (80+ .75Kg)

Javelin (m) (50-59-700gms,) (60-69-600gms,) (70-79-500gm,) , (80+ 400 gms,) (w) (50-74--500 gms,) (75+ 400gms.)

NOTE: Heavier wt. Javelin will be accepted.

Required numbers for competition must be picked up at the **RED LION INN** check-in site starting Thursday afternoon.

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## TRACK EVENTS (MW)

**SATURDAY JUNE 16 Bib #s required.**

**Site:Opens 8:00 AM**

age	code	event	time	fees
O	080HU	HURDLES	9:30 AM	\$4.0
Y	100HU	HURDLES	9:30 AM	\$4.00
A	050TR	50MDASH	10:00 AM	\$4.00
A	400TR	400M RUN	10:30 AM	\$4.00
A	100TR	100M DASH	12:00 PM	\$4.00
A	800TR	800M RUN	12:30 PM	\$4.00
A	200TR	200M DASH	1:30 PM	\$4.00
A	1500T	1500M RUN	2:00 PM	\$4.00

**USATF RULES**

Hurdle Height: according to USATF book

(M) 50-59 36" 100M; 60-69 33" 100M

70-79 30" 80M; 80+ 27" 80M

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