



SENIOR GAMES

FOREVER YOUNG | FOREVER COMPETING

Norman Parks and Recreation Department Senior Games

2019 Spring Registration Packet

EVENT DATES: April 3—May 22, 2019

REGISTRATION BEGINS: February 11, 2019

CONTACT: B.J. BREWER
NORMAN SENIOR GAMES COORDINATOR
bj.brewer@normanok.gov
405-366-5476

WEBSITE: www.normanfun.com



WELCOME

The City of Norman Parks and Recreation Department is excited to host the inaugural 2019 Norman Senior Games. The Norman Senior Games is an opportunity for adults ages 50 and over to compete in a variety of events.

The 2019 events include 3 on 3 Basketball, Bowling, Cornhole, Golf, Pickleball, Swimming, Table Tennis, Tennis, and a Triathlon. With nine events scheduled this year and many more planned for years to come, the Norman Senior Games promises to be a quality sports experience for all participants from Norman and surrounding communities.

In addition to the Norman Senior Games, the City of Norman is committed to enhancing the quality of lives of active seniors and adults ages 55 and over by providing recreation and leisure activities to complement their rich and rewarding lifestyle.

The Norman Senior Center is located at 329 S. Peters Ave. Hours are Monday through Friday from 8 AM to 5 PM. Weekly activities include card games, dominoes, exercise classes, and ceramics. Annual events include a Senior Dance and trips throughout the year.

The Norman Senior Center also serves as a Congregate Meal Site for Aging Services for senior adults 60 years of age and over. Reservations can be made by calling 405-360-1472.

For additional information, feel free to drop by or contact us! We'd love to meet you!

Norman Senior Center Staff
329 S. Peters Ave
Norman, OK 73069
405-329-4200



REGISTRATION INFORMATION

Online Registration

Visit www.normanfun.com and click on the Senior Games logo. Once you are on the Senior Games information page you will click on the “Register Here” link. If you do not have your free account on Team Sideline, you will need to set one up by including your name and contact information. If registering online, a Visa or MasterCard will be required to complete the enrollment process.

In-Person Registration

Bring your completed registration form along with your cash or check payment to the Norman Senior Center. Payment is due at the time of registration.

Multiple Event Discount

Receive a \$10 discount when you register for three or more events! If you are enrolling online, please call the Norman Senior Center to receive your coupon code.

If you have any questions about enrollment, contact B.J. Brewer at 405-366-5476 or bj.brewer@normanok.gov.

GENERAL INFORMATION

Eligibility

All Athletes must be at least 50 years old. Athlete’s competition age will be based on his/her age on or before Dec. 31, 2019.

Age Categories

Participants will compete in one of the following age categories: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Partner and team age groups will be determined by the age of the youngest partner/team member. Age divisions may be combined.

Proof of Age

All athletes may be required to show proof of age during the Senior Games. Any athlete unable to prove age will be disqualified. Any individual on a team sport who is not of the minimum age or whose age is listed on the roster incorrectly and causes the team to play in the wrong age division will be disqualified.

Awards

Medals will be awarded for 1st through 3rd place within each age division.

Refunds

Refunds (minus a \$5 administrative fee) may be requested up to one week prior to your chosen event.



Rules

All events will be conducted in accordance with the nationally governing bodies associated with each event unless otherwise specified in the 2019 Norman Senior Games Rulebook.

Equipment

Athletes are required to provide their own equipment, unless otherwise specified by sport.

Inclement Weather/Unforeseen Circumstances

The City of Norman Parks and Recreation Department reserves the right to cancel or modify any event due to inclement weather or insufficient registration. In the event of a venue change or cancelation, athletes will be notified by email, text, or phone. Additionally, participants are encouraged to call the Rainout Hotline at 405-366-5323.

Physical Condition

It is recommended that athletes consult with their personal physician prior to the Norman Senior Games. It is also recommended that athletes prepare and train accordingly.

How many sports/events can I enter?

Athletes are encouraged to enter more than one event as long as events are not held at conflicting times. Scheduling cannot be changed to accommodate other events. It is your responsibility to be at each scheduled event in which you are registered. No refunds will be given if you miss a scheduled event due to participation in another event scheduled for the same day.

Doubles Events

Athletes must have a partner to enter doubles events. During registration, you must enter your partner's name. Doubles will not be assigned.

Team Events

You must be a member of a team to enter the team events. Individual players will not be assigned.

Non-Ambulatory Participants

Non-ambulatory means the participant is in a wheelchair and NOT able to walk.



EVENTS

3 on 3 Basketball **Saturday, April 27, 2019** **12th Avenue Recreation Center**

- Team Fee: \$50 (3-game guarantee)
- Entry Deadline: Friday, April 12, 2019
- Check in is 8 AM. Games will begin at 9 AM.
- 50-69 will play two 15 minute halves. Ages 70+ will play two 12-minute halves. Each team will consist of 3 players on court and no more than 10 players on each team roster. During round robin play, players are responsible for calling their own fouls. Referees will officiate championship games only. Event Director reserves the right to modify the format based on the number of tournament entries.
- For more information:
Steve Yohn 405-292-9764 steve.yohn@normanok.gov

Bowling **Sat & Sun, April 13 & 14, 2019** **Sooner Bowl**

- Fee: \$10 per person per event plus a \$14 facility fee per person to be paid directly to Sooner Bowl.
- Entry Deadline: Friday, March 29, 2019
- Events: Singles, Men's and Women's Doubles, Mixed Doubles, Non-ambulatory Singles, Non-ambulatory Men's and Women's Doubles, Non-ambulatory Mixed Doubles
- Saturday check in time is 11:30 AM with games to begin at 12 PM. Sunday check in time is 12 PM with games to begin at 12:30 PM. Tournament format will be scratch scores. Each participant will bowl one series of three games with a final total score determining 1st through 3rd place within each age category.
- For more information:
B.J. Brewer 405-366-5476 bj.brewer@normanok.gov

Cornhole **Saturday, May 4, 2019** **Norman Senior Center**

- Fee: \$10 per person per event
- Entry Deadline: Friday, April 19, 2018
- Events: Men's Doubles, Women's Doubles, Mixed Doubles
Men's, Women's, and Mixed Non-ambulatory Doubles
- Check in is 8 AM. Games will begin at 9 AM.
- Men's 50-69, boards shall be measured to be 24' apart (front of board to front of board). For Men 70+ and Women 50-84, Boards shall be measured to be 20' apart (front of board to front of board). Women's 85+, the boards shall be measured 15' apart (front of board to front of board). Matches will be best 2 out of 3 games. Each game is divided into a max of 7 frames OR first team to score 21 points. Scoring- 1 point per bag on board, 3 points per bag in hole. Note: Bag cancellation method will apply.
- For more information:
B.J. Brewer 405-366-5476 bj.brewer@normanok.gov



Golf **Friday, May 17, 2019** **Westwood Park Golf Course**

- Fee: \$10 per person plus \$45 facility fee per person is to be paid directly to Westwood Park Golf Course upon check in. Facility fee includes green fee, ½ cart, range ball token, and lunch.
- Entry Deadline: Friday, May 4, 2019
- Check in is at 8 AM. Shotgun start at 9 AM. 18 hole scratch play. Handicaps are not used. PGA members may compete as long as they are not on the PGA Tour and adhere to the definition of a professional.
- For more information:
Rick Parish 405-292-9700 rick.parish@normanok.gov

Pickleball **Sun—Wed, May 19—22, 2019** **12th Ave Recreation Center**

- Fee: \$10 per person per event
- Entry Deadline: Friday, May 3
- Events: Men’s Doubles, Women’s Doubles, Mixed Doubles
- Check in for Sunday is 12PM with games beginning at 1 PM. Check in for Monday through Wednesday is 5 PM with games beginning at 6 PM. Balls provided, players must provide own racquet. The first team to score 11 points and leading by a two-point margin wins. Double Elimination style play. Event Director reserves the right to modify the format based on the number of tournament entries.
- For more information:
Vicky Noakes 405-206-3909 vickynoakes@gmail.com

Swimming **Sunday, May 12, 2019** **Westwood Family Aquatic Center**

- Fee: \$10 per person plus \$4 per swimming event
- Entry Deadline: Friday, April 26, 2019
- Events: 50, 100, 200-Meter Backstroke
50, 100, 200-Meter Breaststroke
50, 100, 200-Meter Butterfly
50, 100, 200-Meter Freestyle
200, 400-Meter Individual Medley
- Check in is 8 AM. Meet starts at 9 AM. All swimming events will be timed finals. Swimmers must provide their own suits, caps, goggles, towels, etc.
- For more information:
Kent Nicholson 405-706-9562 kentn@norman.k12.ok.us



Table Tennis

Saturday, May 18, 2019

Irving Recreation Center

- Fee: \$10 per person per event
- Entry Deadline: Friday, May 3, 2018
- Events: Men's and Women's Singles, Men's and Women's Doubles, Mixed Doubles
- Check in is 8 AM with singles beginning at 9 AM. Doubles and Mixed Doubles to follow. Balls will be provided. Participants must provide their own paddles. Players may not wear white shirts, white skirts or white shorts. A round robin format will be utilized. For divisions with 6 or less players/teams, each player/team will play each other and winners will be determined by their playing record. For divisions with 7 or more players/teams, the division will be broken into pools, playing a preliminary round robin within the pool. Winners from each pool will advance to a single elimination tournament. Play shall consist of a five game match. The winner shall be the first player/team to win three games. The first player to score 11 points wins a game, unless both players/teams have scored 10 points. In that situation, the serve changes each point and the winner is the first player/team to score a two-point lead. The Event Director reserves the right to change/modify the format based on the number of tournament entries.
- For more information:
B.J. Brewer 405-366-5476 bj.brewer@normanok.gov

Tennis

Wed—Sat, April 3—6, 2019

Westwood Tennis Center

- Fee: \$10 per person per event
- Entry Deadline: March 22, 2019
- Events: Men's and Women's Singles, Men's and Women's Doubles, Mixed Doubles
- Check in is ½ hour before your match begins. Balls will be provided. Participants must provide their own racquets. Single elimination tournament with first round consolation. Matches will be best of three sets using regular scoring. The first two sets are tie-break sets, first to win six games wins that set, provided there is a margin of two games won. If the score reaches six games all, a tie-break game will be played (first to win seven points with a two point margin wins the set). In the event a third set is required, it will be a USTA Match Tie Break Set, first to win 10 points by a margin of two points. All tie-breaks will use the Coman method of rotation. Ends are changed after the first point, then every four points (i.e. rotate after 1st, 5th, 9th, 13th, points etc.), and also rotate ends at the conclusion of a set tie break.
- For more information:
Marc Claudé 405-366-8859 marc.claude@normanok.gov



Triathlon

Saturday, May 11, 2019

Westwood Family Aquatic Center

- Fee: \$10 per person plus \$65 is to be paid to TRI-OKC.
- To register for the triathlon, go to <https://triokc.club/westwood-triathlon>. This is a USAT Sanctioned Event. It will follow all USAT rules and guidelines. All participants MUST have a valid ID along w/ a USAT License. If you do not have a valid USAT #, then you MUST purchase a one-day USAT Membership for \$15. You can purchase a one-day or annual USAT membership direct from USAT. This must be purchased during registration. You will not be able to compete without this license.
- Entry Deadline: May 10, 2019
- For more information:
Kyle Glass 405-664-6439 triathlonclubofokc@gmail.com

The deadline to register is TWO WEEKS prior to the event taking place.

EVENT LOCATIONS

12th Ave Recreation Center

1701 12th Ave NE
Norman, OK 73071
405-292-9764

Irving Recreation Center

125 Vicksburg Ave
Norman, OK 73071
405-292-9774

Norman Senior Center

329 S. Peters Ave.
Norman, OK 73069
405-329-4200

Sooner Bowl

550 24th Ave NW
Norman, OK 73069
405-360-3634

Westwood Family Aquatic Center

2400 Westport Drive
Norman, OK 73069
405-447-7665

Westwood Park Golf Course

2400 Westport Drive
Norman, OK 73069
405-292-9700

Westwood Tennis Center

2400 Westport Drive
Norman, OK 73069
405-366-8859

Whittier Recreation Center

2000 W Brooks Street
Norman, OK 73069
405-292-9703



REGISTRATION FORM AND WAIVER

NAME: _____ GENDER: M F
 ADDRESS: _____ CITY: _____ STATE: ZIP CODE: _____
 EMAIL ADDRESS: _____ SHIRT SIZE (S-XXXL): _____
 DATE OF BIRTH: _____ AGE AS OF DEC. 31, 2019: _____
 PRIMARY PHONE: _____ ALT. PHONE: _____
 EMERGENCY CONTACT NAME AND RELATIONSHIP: _____
 PRIMARY PHONE: _____ ALT. PHONE: _____
 DOCTOR'S NAME: _____ PHONE: _____
 MEDICATIONS: _____
 ALLERGIES/MEDICAL CONDITIONS: _____

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THE **CITY OF NORMAN SENIOR GAMES**, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault. I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity. In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The City of Norman, and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that the City of Norman and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf. I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for personal injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity. The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

NAME: _____ SIGNATURE: _____ DATE: _____

MEDIA WAIVER: I hereby authorize and give my full consent to the City of Norman to publish all photographs, digital recordings, and/or video in which my family and/or myself appear and may be used for public view. I further agree that the City of Norman may transfer, use or cause to be used, these recordings photographs, and/or video, for exhibitions, public displays, publications, commercials, art and advertising purposes, television programs and internet without limitations or reservations.

NAME: _____ SIGNATURE: _____ DATE: _____



2019 SENIOR GAMES ENTRY FORM

3 ON 3 BASKETBALL

\$50 Team Fee

BOWLING

\$10 Per Person Per Event
\$14 Facility Fee Per Person

- Singles
- Doubles
- Mixed Doubles
- Non-amb Singles
- Non-amb Doubles
- Non-amb Mixed Doubles

Partner Name: _____

CORNHOLE

\$10 Per Person Per Event

- Doubles
- Mixed Doubles
- Non-amb Doubles
- Non-amb Mixed Doubles

Partner Name: _____

GOLF

\$10 Per Person Plus
\$45 Facility Fee

- 50 to 64
- 65 and up

PICKLEBALL

\$10 Per Person Per Event

- Doubles
- Mixed Doubles

Partner Name: _____

NOTES: STAFF ONLY

Payment Method: Cash Check #: _____

Payment Amount: _____ Date: _____

Staff Initials: _____

CHECKS MUST BE MADE PAYABLE TO THE "CITY OF NORMAN"

SWIMMING

\$10 Per Person plus \$4 for each competition

- 50M Backstroke
- 50M Breaststroke
- 50M Butterfly
- 50M Freestyle
- 100M Backstroke
- 100M Breaststroke
- 100M Butterfly
- 100M Freestyle
- 200M Backstroke
- 200M Breaststroke
- 200M Butterfly
- 200M Freestyle
- 200M Individual Medley
- 400M Individual Medley

TABLE TENNIS

\$10 Per Person Per Event

- Singles
- Doubles
- Mixed Doubles

Partner Name: _____

TENNIS

\$10 Per Person Per Event

- Singles
- Doubles
- Mixed Doubles

Partner Name: _____

TRIATHLON

\$10 Per Person Plus
\$65 Event Fee

3 on 3 Basketball	\$ _____
Bowling	\$ _____
Cornhole	\$ _____
Cycling	\$ _____
Golf	\$ _____
Pickleball	\$ _____
Swimming	\$ _____
Table Tennis	\$ _____
Tennis	\$ _____
Triathlon	\$ _____
Multi Event Discount	\$(_____)
Total Amount Due	\$ _____

