Thank you for participating in the 2023 Piedmont Plus Senior Games and SilverArts. We look forward to your participation in this celebration of fun, fellowship and fitness!

You may enter the Piedmont Plus Senior Games and SilverArts online by going to torch.ncseniorgames.org. You will be asked to create or provide your username and password if you haven’t already. If you registered online previously the user name and password will be the same. This service is FREE at the local games for all athletes and artists. This same username and password can be used to register for the NC Senior Games and SilverArts.

As you prepare this Entry form, make sure you:

- Complete all the PERSONAL INFORMATION section.
  - For doubles events, your partner’s name is required.
  - For team sports, your Team name is required.
- CHECK ALL THE ACTIVITIES in which you want to participate.
- If you are participating in SilverArts Performing or literary categories of SilverArts, you must submit this Entry Form by Thursday, March 30th, 2023. If you are participating in athletics you must be registered by Thursday, March 30th, 2023. If you are a visual or heritage artist your final deadline for registration will be February 28th as exhibit starts March 1st.

The Piedmont Plus Senior Games and SilverArts is 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.

Per NCSG rules a participant’s age on December 31, 2022 determines the age category in which you will compete. Each participant must be prepared to provide proof of NC residency for a minimum of three consecutive months in 2023.

All activities will be held in a tobacco-free environment.

For performing and literary artists this Entry Form must be received by 5:00pm on Thursday, March 30 or by 5:00 Tuesday February 28 for early bird deadline. Visual and heritage artists final deadline will also be February 28th (exhibit begins March 1st). For Athletes this Entry Form must be received by 5:00pm on Thursday, March 30 or by 5:00pm Tuesday, February 28 to meet the early bird deadline.

Printed or copied entry forms are accepted if completed properly if mailed to:

Winston-Salem Recreation & Parks Department  
ATTN: Piedmont Plus Senior Games  
2301 N. Patterson Ave  
Winston-Salem, NC 27105

I have read and understand the above registration information and understand that I must have a photo ID to check-in at all events each day. I have been a NC resident for a minimum of three consecutive months.

Signature Required: ____________________________________________ (1 of 3)

Your signature is also required TWICE MORE on the back page of this packet (liability waiver and the State Finals Acknowledgement statement).

This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored by the North Carolina Division of Aging and Adult Services.
ENTRY FEE REQUIRED FOR ALL PARTICIPANTS:

$____ SilverArtists $12 Must be received by the registration deadline March 30 ($10 for Early-Bird Deadline February 28)

$____ Athletes $12 Must be received by March 30 ($10 for Early Bird Deadline February 28)

Check the appropriate box for activities you would like to participate in.

EVENTS - Some events require a fee in addition to the above Entry Fee. See page 2 of the Info Packet for more information.

INDIVIDUAL SPORTS

$ no fee Archery - Limit 2 events
☐ Conv-Recurve w/ sight
☐ Conv-Recurve Bare Bow
☐ Conv-Recurve w/ sight & Release Aid
☐ Conv-w/ sight and Release Aid
☐ Comp - Bare Bow
☐ Comp - w/ sight

$ no fee Basketball Shooting

$ no fee Bocce

$7/event Bowling (# events ________ x $7)
☐ Singles
☐ Doubles - Partner’s Name (Required): ______________________________
☐ Mixed Doubles - Partner’s Name (Required): __________________________

$ no fee Cycling ☐ 1 Mile ☐ 5K ☐ 10K

$ no fee Discus

$ no fee Football Throw

$50.00 Golf- TWO DAY TOURNAMENT (no minimum score required to qualify for the NC Senior Games in addition to receiving a medal in 2023)

$ no fee Long Jump - Running

$ no fee Long Jump - Standing

$ no fee Shotput

$ no fee SilverStriders Fun Walk

$ no fee Softball Throw

$ no fee Badminton
☐ Dbls - Partner’s Name (Required): ______________________________
☐ Singles
☐ Mxd Dbls - Partner’s Name (Required): __________________________
EVENT AND PAYMENT INFORMATION

- **Track Events**
  - $ no fee
  - 50 M Dash
  - 100 M Dash
  - 1500 M Run
  - 200 M Dash
  - 400 M Dash
  - 5K Run
  - 1000 M Run
  - 5K Race Walk
  - 5K Power Walk
  - 800 M Run
  - 1500 M Race Walk
  - 1500 M Power Walk

- $ no fee
  - Swimming. Limit of six (6) events.

- $ no fee
  - 100 yd Breaststroke
  - 200 yd Breaststroke
  - 50 yd Backstroke
  - 200 yd Backstroke
  - 50 yd Butterfly
  - 200 yd Butterfly
  - 50 yd Freestyle
  - 200 yd Freestyle
  - 500 yd Freestyle

- $ no fee
  - Billiards
  - Croquet
  - Cornhole
  - Horseshoes
  - Petanque (SINGLES) (local games only)

- $ no fee
  - Shuffleboard

- $ no fee
  - Pickleball

- $5.00
  - Mini-Golf

- $ no fee
  - Table Tennis

- $ no fee
  - Tennis

TEAM SPORTS

- Required Information

- $ no fee
  - Chair Volleyball (local games only) Team Name __________________________ Captain’s Name __________

- $ no fee
  - Basketball 3-on-3: Team Name __________________________ Captain’s Name __________________________

- $ no fee
  - Softball Tour: Team Name __________________________ Captain’s Name __________________________

SILVERARTS

- Please ensure that your SilverArts Identification Card is securely attached with delivery (Heritage/Visual). All categories EXCEPT Literary must submit SilverArts Information Form with entry. There is a limit of one entry per sub-category. Each entry must have been produced within the previous two years.

- Heritage Arts: Please see specific category requirements for compliance. (# entries ______ )
  - Basket Weaving
  - Jewelry
  - Pottery
  - Rug
  - Weaving
  - China Painting
  - Knitting
  - Quilting- Machine
  - Stained Glass
  - Woodcarving
  - Crocheting
  - Needlework
  - Quilting- Hand
  - Tatting&Needlelace
  - Woodworking
  - Tole/Dec Painting
  - Woodturning

- Visual Arts: Please see specific category requirements for compliance. (# entries ______ )
  - Acrylics
  - Drawing
  - Mixed Media
  - Oil
  - Pastels
  - Photography
  - Sculpture
  - Watercolor
  - Adult Coloring* (Local Only)

- Literary Arts: Must enclose literary submission with Entry Form (Presentation Copy + 3 Judge Copies) by Friday, March 10th. Please see specific category requirements for compliance. (# entries ______ )
  - Essay (Title): __________________________________________ Life Experience/Memoir: ____________________
  - Poem: __________________________________________ Short Story: ____________________

- Performing Arts

  Only residents of Forsyth and Stokes Counties may participate in the PPSG performing Arts.

- $ no fee
  - Cheerleaders - Head Cheerleader must enclose the group’s SilverArts Performing Arts Information Form. Only residents of Forsyth and Stokes Counties may participate in the cheerleading competition.

Total amount enclosed

Make check or money order payable to City of Winston-Salem.
HEALTH INFORMATION (Required of all Senior Games AND SilverArts participants)

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.

Names of Medications: ___________________________  Medical Conditions: ___________________________

__________________________________________________________________________________________

In case of emergency, please have this medical information and proof of insurance with you at all times.

EMERGENCY CONTACTS

Name ___________________________ Relationship ___________________________ Phone (_____) ____________

Name of Personal Physician ___________________________________________ Phone (_____) ____________

LIABILITY WAIVER

Amateur Athletic Waiver and Release of Liability, SilverArts Participant Waiver and Release of Liability

In consideration of being allowed to participate in any way in the 2023 Piedmont Plus Senior Games & SilverArts programs, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. I grant permission to the Piedmont Plus Senior Games the right to use my name and any photographs taken of me during the games, without remuneration.

2. The risk of injury from the activities involved in this program is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,

3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

4. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE the City of Winston-Salem, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, 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 incident to my involvement or participation in these programs WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

6. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

If I enter the Silver Arts program of the Piedmont Plus Senior Games:

I also certify that any literary and/or visual work I submitted is my original creation completed since April 2021. I grant permission to the Piedmont Plus Senior Games and/or North Carolina Senior Games, & SilverArts to publish my writing in any official games publication or any newspaper featuring SilverArts, and/or the right to use my name and any pictures taken of me during the games, without remuneration.

1. I assume responsibility for any necessary copyrights for performed work.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I UNDERSTAND AND CONSENT TO HAVE MY MEDICAL INFORMATION AVAILABLE TO MEDICAL PROVIDERS DURING THE GAMES.

This Waiver MUST be signed and dated to process your registration.