



April 10-29, 2012

EVENT RULES, REGULATIONS & FORMAT

PREMISE: The premise of the Henderson Senior Games is fitness and sports competition for the fun of it. The original concept endorsed the philosophy of providing something for everyone and events were chosen to include all aspects of friendly competition.

INTRODUCTION: The 2012 Henderson Senior Games will be held April 10-29 in Henderson, Nevada. It is a unique special competitive and social event that combines sports and games with entertainment and camaraderie.

REGISTRATION: Registration can be completed online at cityofhenderson.com (with the exception of volleyball). Some events have advanced registration only (see events page for more information). Registration is not accepted over the phone, by fax or by email. Completed registration forms can be dropped off at any Henderson recreation center or mailed to Arroyo Grande Sports Complex, 298 Arroyo Grande Blvd., Henderson, NV 89014, Attention: Senior Games.

REGISTRATION: Program registration is \$15 applicable for each athlete (except volleyball). It covers administration costs, advertising and awards. You will receive a one-of-a-kind Henderson Senior Games T-shirt. There is also a per-event cost for each event you enter.

REGISTRATION DEADLINE: Due to the mass ordering of T-shirts and awards, registration will not be accepted after March 20, 2012. However, some events will allow walk-ons.

CONFIRMATION: All registrants will receive a receipt by mail confirming the events for which they have registered. If there are any discrepancies with the event(s) for which you've registered, please contact the Sports office at 267-5717.

RULES: Each event coordinator sets forth the rules governing the team sports and individual competitions. For specific questions regarding the rules of competition, please contact the individual event coordinator listed in the event section of the registration packet. For all other questions, please contact the Sports office at 267-5717.

AGE: Age divisions for all singles events are determined by the athlete's age as of Dec. 31, 2012. Age divisions for all doubles and mixed doubles events are determined by the younger age of the two athletes.

Events will be broken up by age division when possible based on registration.

ATHLETE CHECK-IN AND FORFEITURE: It is recommended that participants check in with the event coordinator or person at the registration desk at least 15 minutes prior to the start of each event.

Athletes will receive a five-minute grace period before play begins. The event coordinator will announce a forfeit after the allotted time has passed.

In addition to the registration waiver, individual event waivers must be signed and turned in prior to competing in any event.

SUGGESTED ATTIRE: Henderson Senior Games T-shirts are available for pick up at the registration table before each event. Proper attire refers to what is deemed appropriate for each event.

AWARDS: First-, second- and third-place awards will be presented at the close of each event.

PROTEST POLICY: Any person(s) wishing to file a protest with regard to any aspect of competition at the Henderson Senior Games must bring the discrepancy to the attention of the event coordinator overseeing the event prior to the conclusion of the event. The event coordinator and a Henderson Senior Games official will discuss the protest and render a decision based on their findings. All decisions are final and cannot be appealed.

HOW TO SUGGEST A RULE CHANGE: Suggestions for rule changes must be submitted in writing to the City of Henderson Parks and Recreation Department's Sports office at 298 Arroyo Grande Blvd., Henderson, NV 89014. The committee overseeing the program will review your suggestions. Once it is considered by the committee, you will receive a written response detailing what actions were taken if any.

SPECIAL ACCOMMODATIONS: Participants with disabilities requiring special accommodations must contact the Sports office in advance at 267-5717.

Locations and times are subject to change; participants will be notified as soon as possible.

Basketball Skills

Marcus Anderson • 461-0472

April 21 • 9:30 a.m.

Black Mountain Recreation Center
599 Greenway Rd.

Warm-up begins at 9:15 a.m.

Free throw, 3-point contest, hot shot, and dribble skills.
Please note, the recreation center opens at 9:00 a.m.

Bowling

City of Henderson representative • 267-5717

April 25-26 • 1:00 p.m.

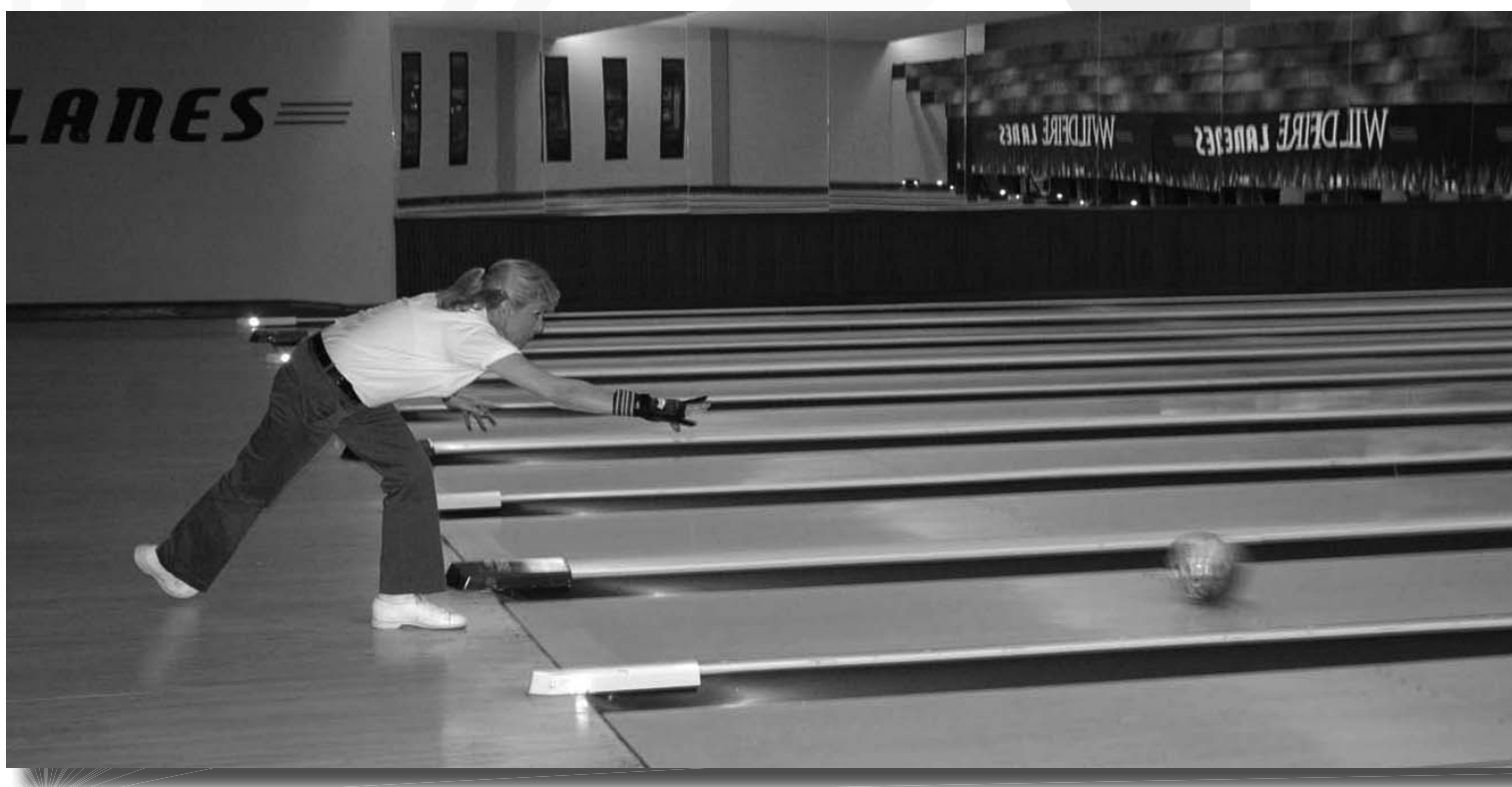
Wildfire Lanes
4451 E. Sunset Rd.

\$3 lane fee per individual, per session - 3 games - shoes available for rent

Men's and women's singles: April 25 at 1:00 p.m.

Men's, women's and mixed doubles: April 26 at 1:00 p.m.

Walk-ons are welcome if space permits. Each match will be activated as in-league play with 10 minutes of warm-up time and foul lights on. Participants are welcome to compete both days; however, they are considered separate events with separate costs and awards.



Fitness and Powerlifting

Tony Ramos • 216-3244

April 10 • 2:00 p.m.

Club Sport Green Valley
2100 Olympic Dr.

Events include: Sit-ups for and push-ups for time (1 minute total for each), leg press, Olympic bench press and arm curl and will be based on age and if necessary weight class.

Golf-18 holes

City of Henderson representative • 267-5717

April 17 • 10:00 a.m. tee time

\$45 entry (includes box lunch served at 1:00 p.m.)

Desert Willows Golf Course
2020 W. Horizon Ridge Pkwy.

Price for outings include greens and cart fee, practice time before play, a bucket of practice balls, PGA professional scoring, and score cards. Proper dress code is required.

Table Tennis

Jerry Ladd • 449-3015

Men's/women's singles:

April 14 • 9:00 a.m.

All doubles:

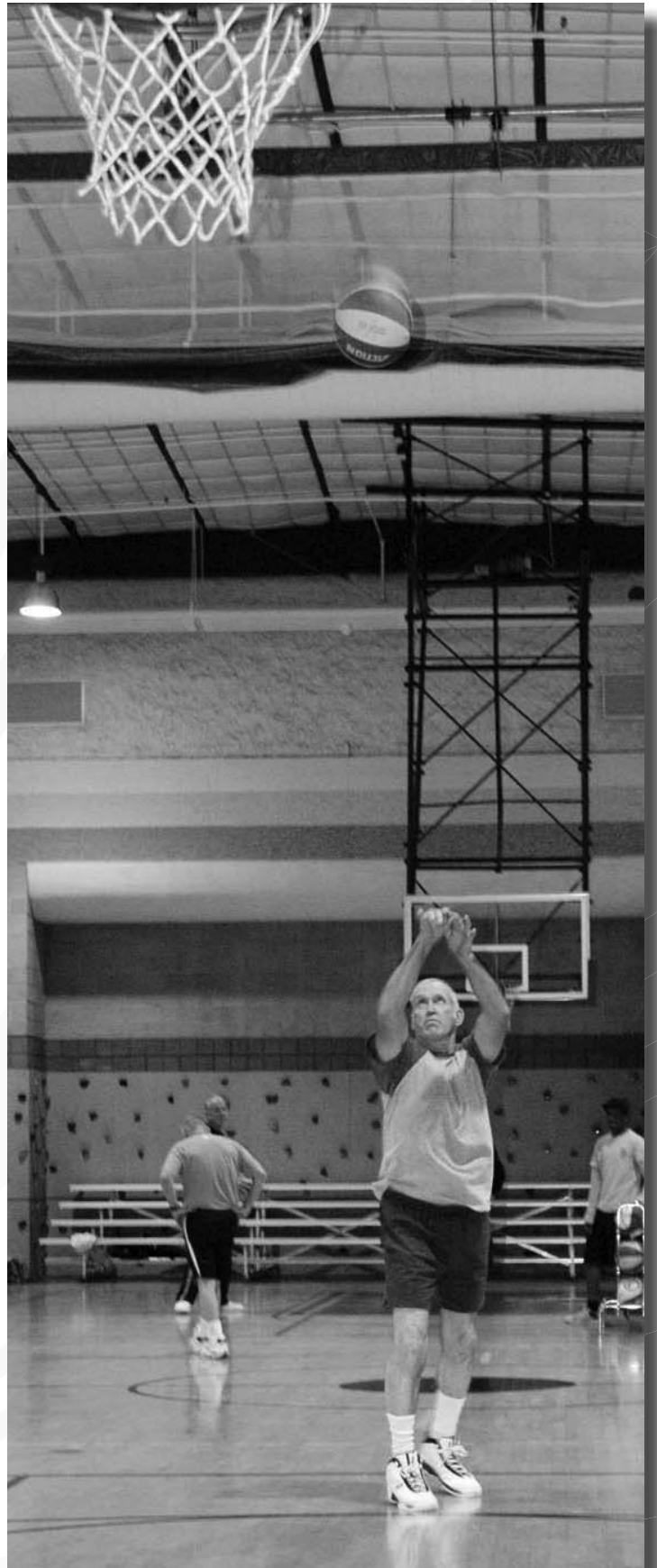
April 15 • 9:00 a.m.

Valley View Recreation Center
500 Harris St.

Must provide your own equipment.

Warm-up begins at 8:30 a.m.

40 mm balls provided, 11-point matches, and best 3 of 5. USTTA rules govern play.



Questions or comments?

Call the Sports office: 267-5717

Tennis

Lana Penrose • 358-2315

April 17-20 • 8:00 a.m.-5:00 p.m.

O'Callaghan Park Tennis Courts
601 Skyline Rd.

Events include men's and women's singles, men's and women's doubles and mixed doubles.



Track and Field

Karen Galindo 325-8828

April 22 • 8:00 a.m.

Green Valley High School
460 N. Arroyo Grande Blvd.

TRACK EVENTS

50 m sprint, 100 m sprint, 200 m sprint, 400 m run, and 1500 m race walk

FIELD EVENTS

Shot put, discus, javelin, long jump, standing long jump and softball throw

Check-in and registration at 8:00 a.m. Events will be scheduled based on registration, please check with the sign-in table for specific event times.

Volleyball (Team Competition)

Dean Langmaid • 293-7948

April 28-29 • 8:00 a.m. start each day

Whitney Ranch Recreation Center
1575 Galleria Dr.

Green Valley High School Gym
460 N. Arroyo Grande Blvd.

Black Mountain Recreation Center
599 Greenway Rd.

Silver Springs Recreation Center
1951 Silver Springs Pkwy.

Men's and women's team entry: \$150, coed team entry: \$125, includes officiating, rental of school district gym and a box lunch. Teams are limited to 8 people, additional players are \$10 per player.

Men's: April 28, 8:00 a.m. at Whitney Ranch Recreation Center, Black Mountain Recreation Center, or Silver Springs Recreation Center

Women's: April 28, 8:00 a.m. at Green Valley High School

Coed: April 29, 8:00 a.m. at Green Valley High School

Men's and women's competitions will be qualifying events for the 2012 Summer National Senior Games to be held in Cleveland, Ohio. Please contact event coordinator for more information.



Participant Release

I hereby apply to participate in the activities listed on the other side of this page. As consideration for my participation in the Henderson Senior Games, I authorize the rendering of any emergency medical treatment that may become necessary due to my participation in the listed activities. As further consideration for such participation, I do hereby agree on behalf of myself, my heirs, executor or personal representative, to release the City of Henderson, its Parks and Recreation Department, and its officials, administrators, employees, agents, representatives and volunteers from any and all actions, causes of action, damages, claims, or demands of whatever kind or nature which I may have against the City of Henderson, its Parks and Recreation Department, or the other above-listed parties for any injuries, known or unknown, which are incurred by, arise from, or in any way related to my participation in the activity or activities in which I have chosen to participate. The City of Henderson is not responsible for lost or stolen items. I have read this release and fully understand its terms. I execute the release voluntarily and with full knowledge of its significance and consequences.

For certain events, participants will be required to sign a specific event waiver. The City of Henderson strongly recommends that participants consult a physician prior to participation in the Games.

Signature _____ Date _____

Please make a copy of this form for your records, as the City will not provide one.

Please complete form, enclose payment and return by March 15

| EVENT | COST | TOTAL | ACTIVITY # |
|-----------------------------------|------|-------|------------|
| BASKETBALL SKILLS | | | |
| | \$15 | _____ | 621071-68 |
| BOWLING | | | |
| Singles | \$ 3 | _____ | 621073-68 |
| Doubles | \$ 3 | _____ | 621073-69 |
| Mixed Doubles | \$ 3 | _____ | 621073-70 |
| FITNESS & POWERLIFTING | | | |
| | \$10 | _____ | 621075-68 |
| GOLF | | | |
| 18 Holes | \$45 | _____ | 621074-70 |
| TABLE TENNIS | | | |
| Singles | \$ 5 | _____ | 621078-68 |
| Doubles | \$ 5 | _____ | 621078-69 |
| Mixed Doubles | \$ 5 | _____ | 621078-70 |
| TENNIS | | | |
| Singles | \$ 5 | _____ | 621079-68 |
| Doubles | \$ 5 | _____ | 621079-69 |
| Mixed Doubles | \$ 5 | _____ | 621079-70 |

| EVENT | COST | TOTAL | ACTIVITY # |
|------------------------------|-------|-------|------------|
| TRACK & FIELD | | | |
| 50 m Sprint | \$ 3 | _____ | 621080-68 |
| 100 m Sprint | \$ 3 | _____ | 621080-69 |
| 200 m Sprint | \$ 3 | _____ | 621080-70 |
| 400 m Run | \$ 3 | _____ | 621080-71 |
| 1500 m Race Walk | \$ 3 | _____ | 621080-73 |
| Javelin | \$ 3 | _____ | 621080-98 |
| Long Jump | \$ 3 | _____ | 621080-75 |
| Standing Long Jump | \$ 3 | _____ | 621080-76 |
| Discus | \$ 3 | _____ | 621080-77 |
| Shot Put | \$ 3 | _____ | 621080-97 |
| Softball Throw | \$ 3 | _____ | 621080-96 |
| VOLLEYBALL | | | |
| Men's Team Entry | \$150 | _____ | 621081-68 |
| Women's Team Entry | \$150 | _____ | 621081-69 |
| Coed Team Entry | \$120 | _____ | 621081-70 |
| Additional Player | \$10 | _____ | 621081-71 |

| TOTAL | | |
|-----------------------------|-------|-----------|
| Event Entry | _____ | |
| Participant Entry | | + \$15 |
| Total Due | _____ | 621082-68 |

Make check payable to City of Henderson.

Name _____ Date of Birth _____ Age _____

Gender: M F Shirt Size (men's sizing): S M L XL XXL

Address _____ City _____ State _____ ZIP _____

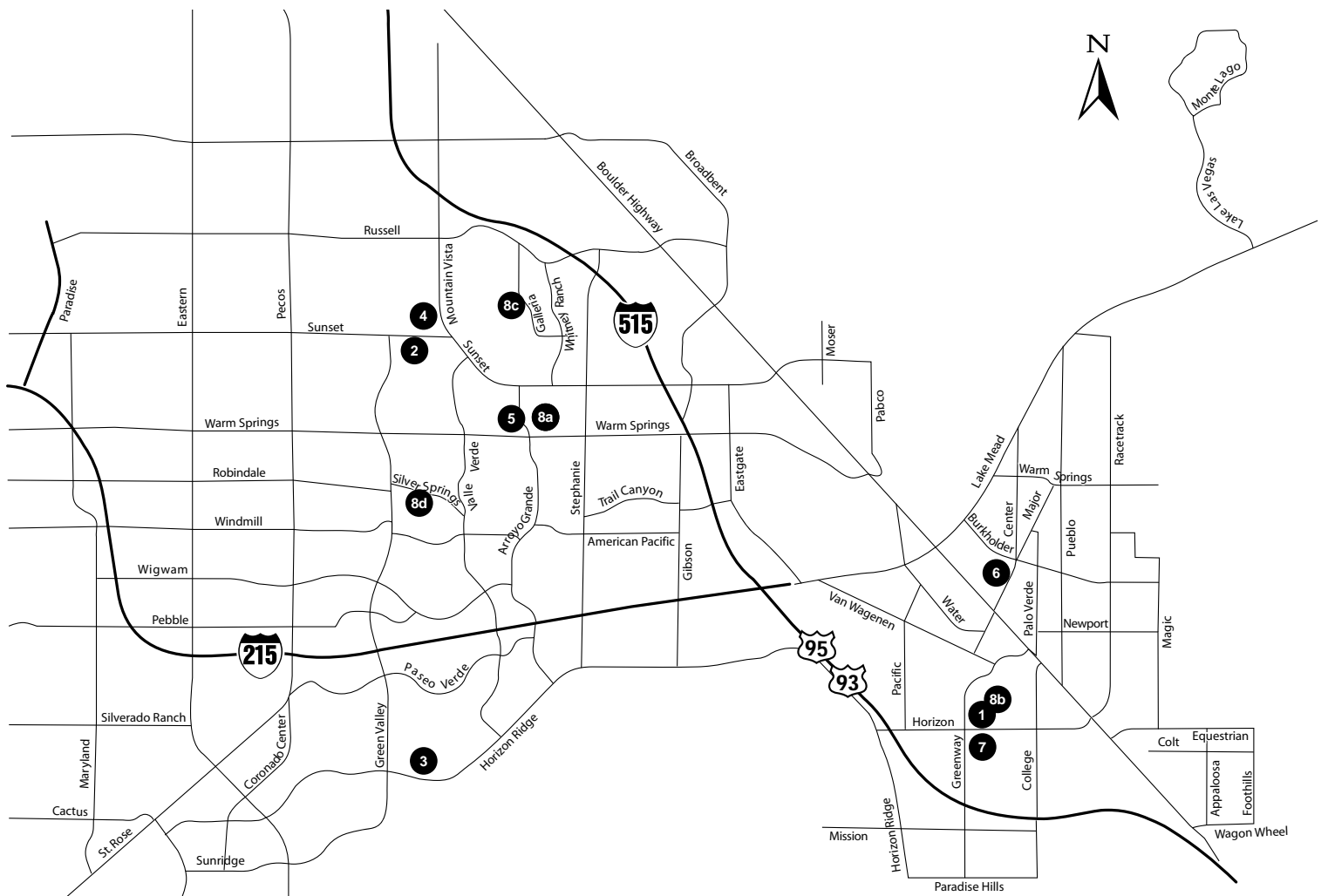
Email Address _____ Phone Number: _____

Event _____ Partner (if doubles) _____

Event _____ Partner (if doubles) _____

How did you find out about the Senior Games?

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Returning participant | <input type="checkbox"/> Internet | <input type="checkbox"/> Word of mouth |
| <input type="checkbox"/> Henderson Happenings | <input type="checkbox"/> Poster/flyer | <input type="checkbox"/> Other _____ |



MAP # **EVENTS AND LOCATIONS**

1. **Basketball Skills: Black Mountain Recreation Center**
599 Greenway Rd. (at Horizon Drive)
2. **Bowling: Wildfire Lanes**
4451 E. Sunset Rd.
3. **Golf: Desert Willows**
2020 W. Horizon Ridge Pkwy. (at Carmel Valley Street)
4. **Power Lifting and Fitness: Club Sport Green Valley**
2100 Olympic Ave. (at Athenian Drive)
5. **Track and Field: Green Valley High School**
460 N. Arroyo Grande Blvd. (at Whitney Ranch Drive)
6. **Table Tennis: Valley View Recreation Center**
500 Harris St. (at Basic Road)

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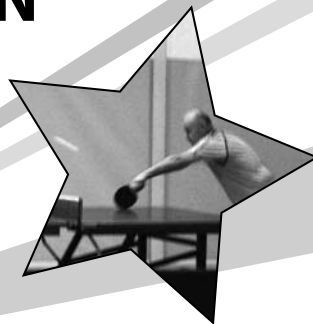
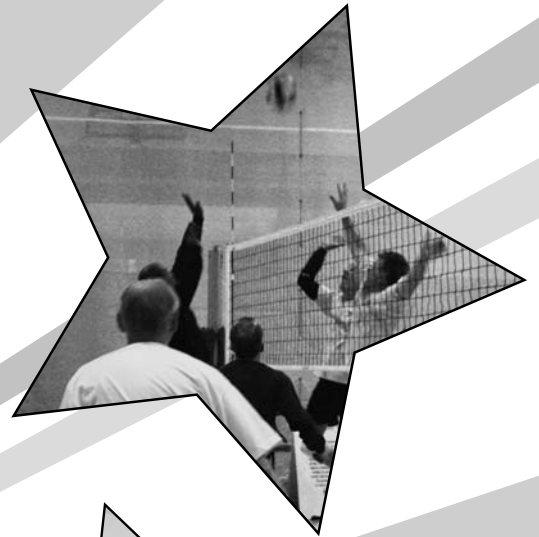
7. **Tennis: O'Callaghan Park**
601 Skyline Rd. (at Horizon Dr.)
8. **Volleyball:**
 - a. **Green Valley High School**
460 N. Arroyo Grande Blvd.
(at Whitney Ranch Drive)
 - b. **Black Mountain Recreation Center**
599 Greenway Rd. (at Horizon Drive)
 - c. **Whitney Ranch Recreation Center**
1575 Galleria Dr. (at Patrick Lane)
 - d. **Silver Springs Recreation Center**
1950 Silver Springs Dr. (at N. Valle Verde)



City of Henderson
Parks and Recreation Department/Sports Section
P.O. Box 95050
Henderson, NV 89009-5050



**REGISTRATION
PACKET**



2012