

36th ANNUAL
OUTER BANKS SENIOR GAMES

Registration Packet



Silver Arts

APRIL 15th through April 27th, 2024

REGISTRATION BEGINS - THURSDAY, FEBRUARY 1st

REGISTRATION DEADLINE- FRIDAY, MARCH 15th

**Presented by
Dare County Older Adult Services**

Coordinating Agencies:

**Dare County Parks & Recreation Department * Dare County Buildings and Grounds Department
Outer Banks YMCA * Seascape Golf Course * Outer Banks Bowling
Paradise Mini Golf * Outer Banks Sporting Events * Manteo High School
National Park Services- Wright's Memorial Park
Thomas A. Baum Senior Center * Virginia A. Tillet Center * Fessenden Center**

This program is sanctioned by the North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.



Dare County Older Adult Services
300 Mustian Street
Kill Devil Hills, NC 27948

Dear Senior Games Participant:

The Outer Banks Senior Games returns for its 36th year promoting health, fun, fitness, and friendship for Seniors 50 years or better! The Steering Committee has been working hard to ensure a great 2024 Outer Banks Senior Games & Silver Arts Competition experience. Please take a moment to carefully read and review the following information as it includes important dates and announcements.

- **Registration for 2023 begins Thursday, February 1st and ends March 15th. Final Deadline with an additional fee is March 21st.**
- **Fees are \$20 per athlete with unlimited events within the NC Senior Games guidelines. The fee increases to \$25 for late registration received between March 16th through March 21st. Additional fees for bowling and golf events are listed on the enclosed entry form.**
- **The Celebration of Games Luncheon on April 19th is free and open to all athletes. A Vendor Expo begins the festivities at 10:30am. Food will be provided by Darrel's Restaurant of Manteo starting at 11:30am with a short opening ceremony to follow.**
- **OBSG has partnered with the Outer Banks Sporting Events to qualify the Flying Pirate 5K race on April 20th as a sanctioned NC Senior Games event. Please contact Aubrey Remige at 475-5644 for more information and proper registration protocol.**
- **Individual event start times will be sent VIA EMAIL to all registered participants the week PRIOR to their scheduled event.**
- **If participating in or observing an outdoor event, please bring sunscreen, chairs etc. for your comfort. Feel free to invite your family and friends.**
- **The Silver Arts Competition will be held in-person at the Baum Senior Center.**
- **Metals/Awards will be distributed at our Closing Ceremonies Dinner on April 27th at 6:30pm, located at Captain George's Restaurant. In addition, metals/awards can be picked up at the Baum Senior Center after April 29th, 2024.**
- **Closing Ceremonies Dinner Tickets are \$30 per person and MUST BE purchased NO LATER THAN April 19, 2024.**

On behalf of the Steering Committee, we extend best wishes to all for an enjoyable and safe experience at the 36th Annual Outer Banks Senior Games!

Jenna Wienert

Co-Coordiantor

Outer Banks Senior Games

Sandy Pace

Co- Coordinator

Outer Banks Senior Games

2024 OUTER BANKS SENIOR GAMES EVENT SCHEDULE

CELEBRATION OF THE GAMES

Friday, April 19

10:30AM- 12 Noon Vendor/Sponsor EXPO - BSC
 11:30 AM-1PM Opening Ceremonies/ Lunch – BSC

CLOSING CEREMONIES

Saturday, April 27th

6:30PM - 8:30PM Dinner and Raffle
 - Captain George's Seafood Restaurant

Silver Arts

Monday, April 15

8:30 - 12 Noon Silver Arts Exhibitors Check-In - BSC, MP

Tuesday, April 16

10 AM - 3:00 PM Silver Arts Judging - BSC, MP

Wednesday, April 17

9 AM - 4 PM Silver Arts Exhibition - BSC, MP
 4 PM - 6 PM Silver Artists Reception- BSC, MP

Thursday, April 18

9 AM - 2 PM Silver Arts Exhibition - BSC, MP
 2 PM - 3 PM SilverArts Breakdown (and pick up)-BSC
 3 PM -4 PM Silver Arts Rehearsal-BSC-MP

Sporting Events

Tuesday, April 16

9 AM - 12 PM Bocce-BSC
 10 AM until Golf-SeaScape Golf Links

Friday, April 19

9AM-11:30AM Cornhole Men and Women ages 50-69- BSC
 1 PM - 2PM Silver Arts Review Competition – BSC
 2PM – 4 PM SilverStriders Fun Walk - BSC
 2PM – 4PM Football Throw – BSC
 2PM – 4 PM Cornhole Men and Women ages 70+-BSC

Saturday, April 20

7:30 AM Flying Pirate - 5k run- Wright Memorial
 10 AM - 12 Noon Bowling, Singles- OBX Bowling Center
 10 AM - 12:30 PM Disc Golf - KDH Disc Golf course

Sporting Events cont.

Monday, April 22

9 AM - 5 PM Billiards - VTCC-Manteo
 12:30 PM - 5PM Table Tennis - BSC-MP
 1 PM - 5 PM Bowling, Doubles OBX Bowling Center

Tuesday, April 23

6 AM - 8 AM Cycling (5K & 10K -1 Mile) Wright Memorial
 9 AM - 12 Noon Horseshoes - BSC
 2 PM - 4 PM Bowling, Mixed Doubles -OBX Bowling Center

Wednesday, April 24

9 AM- 3:00 PM Pickleball-Youth Center KDH
 10 AM - 2 PM Putt-Putt – Paradise Golf

Thursday, April 25

1 PM - 5 PM Shuffleboard –BSC

Friday, April 26

9 AM - 12 Noon Croquet - BSC - Lawn
 12 PM -4 PM *Bridge- BSC- C&G room
 12 PM - 4 PM Swimming - YMCA

Saturday, April 27th

Manteo High School- Manteo

9:00 AM	1500 Meter Run - Track
9:00 AM	100 Meter Dash - Track
9:00 AM	1500 Power Walk - Track
9:00 AM	400 Meter Dash - Track
9:00 AM	5K Power Walk - Track
10:00 AM	200 Meter Dash - Track
10:00AM	800 Meter Run - Track

9 AM - 11 AM	Softball Throw - Field
9 AM - 11 AM	Discus Throw - Field
9 AM - 11 AM	Shot Put- Field
9 AM - 11 AM	Running Long Jump - Pit
9 AM - 11 AM	Standing Long Jump - Pit

*(All track and field event times are subject to change.
 Participants are required to show up
 at listed times unless otherwise stated.)*

All times are approximate and subject to change.

** Indicates that this event is NOT sanctioned by North Carolina Senior Games and will be offered at the 2025 State Finals in Raleigh.*

OUTER BANKS SENIOR GAMES GENERAL INFORMATION

ELIGIBILITY: Any Dare or Currituck County resident age 50 or older as of **December 31, 2024**. OBSG participants must reside in Dare County or Currituck County at least **three consecutive months** of the year. Proof of age and residency **may** be required at local registration and **will** be required at the state level. Qualifying winners are responsible for obtaining a State finals application from the local coordinator to participate in the NCSG state finals held in **September** in Raleigh, NC. The registration deadline for State finals is August 1, 2024. For more information, call 919-851-5456 or visit www.ncseniorgames.org.

EVENTS: All local events are listed on this registration form. Participants are required to provide their own equipment. Your age group is determined by your age as of December 31, 2024. Men and women compete in separate categories for athletic competition in the following five year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc. **AGE OF YOUNGEST PARTNER WILL DETERMINE AGE GROUP.** Silver Arts categories are not separated by age or sex. You can find the rules and other info on the NCSG web site (www.ncseniorgames.org). **Silver Arts Literary Works need to be emailed to Annelise Wilcox at annelise.wilcox@darenc.gov by March 16th, 2024.**

RULES: All events will be conducted in accordance with the Official North Carolina Senior Games Rules Book which is available on the NCSG website (ncseniorgames.org). If you have a question about your event, please check the rules prior to registration, or call the OBSG Event Director at 252-475-5644.

AWARDS: Gold, Silver and Bronze medals will be presented to the 1st, 2nd and 3rd place finalists in each category for athletic competition and Silver Arts entries. Only 1st and 2nd place in Literary and Best in Show for Performing will qualify for State Finals. Medals will be distributed at the Closing Ceremonies Dinner or at the Baum Center the week after the Outer Banks Senior Games are completed.

FEES: **\$20.00** Registration Fee (**UNLIMITED EVENTS**) Start: February 1, 2024 Deadline: March 15, 2024
\$25.00 LATE Registration (**UNLIMITED EVENTS**) Start: March 16, 2024 **FINAL** Deadline: March 21, 2024

ADDITIONAL FEES INCLUDE:

\$8.25 Bowling (Each event to OBX Bowling) OR **\$24.75** (All three events to OBX Bowling)

\$40 Golf payable to Seascape Golf Links the day of the event – includes cart fee

\$30 Closing Ceremonies Dinner at Captain Georges 6:30pm – 8:30pm on April 27, 2024
(Dinner tickets must be purchased NO LATER THAN April 19th, 2024)

****If paying in cash please bring the correct change.****

**REFUNDS OR REGISTRATION CHANGES must be submitted via a written request
no later than April 12th, 2024
and are subject to final approval from the OBSG coordinator.**

ALL EVENT TIMES AND DATES SUBJECT TO CHANGE

ADDITIONAL INFORMATION CAN BE FOUND ON NCSG WEBSITE (<http://www.ncseniorgames.org>)

SILVER ARTS GUIDELINES

1. SilverArts is a Senior Games program and must be promoted as such. It must be held locally between February 1 and July 1. If SilverArts is held separately from the sports competition, the SilverArtists should be included, and recognized, as a part of the Local Games: i.e., showcases, performances, awards ceremonies, special events, etc.
2. All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
3. A Local Game must offer at least half of the official categories and/or sub-categories. Additional categories and sub-categories not offered at State Finals may be offered by a Local Game, but winners should be informed that they will not qualify for State Finals.
4. An artist may only submit one (1) entry per sub-category at State Finals; except in Performing Arts - an artist may only have one (1) entry per size of Act in each sub-category.
5. Each Local Games may send/submit a first and second place qualifier in each Literary Arts sub-category; one Act/entry in Performing Arts and Cheerleading to State Finals; and the first, second and third place qualifiers in each Heritage and Visual Arts sub-category. A participant may only submit one entry per sub-category. The Local Game may determine how to choose the Performing Act to represent their Game at State Finals.
6. NCSG will judge SilverArts at State Finals. Medals will be awarded in each sub-category in Visual, Literary, and Heritage Arts. Medals in Performing Arts will be awarded to solo, small group (2 - 4 performers), and large group (5 or more performers) in each sub-category.
7. The SilverArts entry/entries entered at State Finals **must be the same** entry/entries that won in the Local Games competition.
8. Entries must be the original work of the artist and must have been completed within 2 years of the Local Games' qualifying date.
9. An art entry may only be entered in one (1) SilverArts sub-category at State Finals.
10. Artists must not submit an entry if the piece/performance/entry has been showcased in the previous SilverArts Showcase at State Finals.
- 11.
12. Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Category Requirements, will not be considered in the judging process.
13. Local Games should include the NCSG *SilverArts Guidelines* and the *Specific Category Requirements* within the Local Games SilverArts Entry Form. A print-ready copy is in the SilverArts Manual, on the PPA and on the website.
14. The safety and sportsmanlike conduct of everyone is of paramount concern. Senior Games Officials have the authority to disqualify, and/or remove, from current and future NCSG programs, anyone who exhibits inappropriate behavior or a condition of medical concern. Falsifying information in the registration process will not be permitted and may result in disqualification from current and future Senior Games activities.

SPECIFIC CATEGORY REQUIREMENTS FOR SILVER ARTS ON BACK OF PAGE*

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Entries from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5' (Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- All artwork, except sculpture (and other exceptions below), must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture (and other exceptions below), not properly wired will not be displayed.
- Mixed media & Digital Art may be a freestanding piece.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Photography Film or Digital - determined by the medium on which the image is recorded.
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artists must send a photograph of entry with *the State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- The visual arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All Essay, Life Experience, and Short Story entries must be typed, double-spaced on 8-1/2 x 11 paper, and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial"). Essays, Life Experiences, and Short Stories can be no longer than 8 pages.
- Poetry entries must be typed, on 8-1/2 x 11 paper, and have a minimum of 1" margins, but double spacing is not required. (Appearance must support and contribute to the meaning of the poem and its impact.) A minimum font size is 10-pt type (preferably "times new roman or arial"). Poems can be no longer than 40 lines.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the final note of music or movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will not be counted to determine size of act, but no one under age 50 as of Dec. 31st will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage left and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, it must be an mp3 file (submitted electronically or on a flash drive) or a high-quality CD. Music must be sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the CD/flash drive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a *live* performance by the artist. Background music can be recorded. Lip-synch is not permitted in any vocal category.
- The Group Leader, who must be a participant, must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form* and each member of the group must submit their own personal *State Finals Entry Form* by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

2024 OBSG OFFICIAL ENTRY FORM- PARTICIPANT INFORMATION

ONLINE REGISTRATION AVAILABLE @ [http:// torch.ncseniorgames.org](http://torch.ncseniorgames.org)

REQUIRED INFORMATION

Please provide accurate information to ensure proper registration.
Emails will be the primary source of communication. Personal information will NOT be shared.

*FIRST NAME _____ MI _____ *LAST NAME _____

*MAILING ADDRESS _____

*CITY _____ *STATE _____ *ZIP CODE _____

*HOME PHONE _____ *CELL PHONE _____

*DOB ____/____/____ *AGE AS OF 12/31/2024 _____

*EMAIL ADDRESS _____

T-SHIRT (please circle one) **S** **M** **L** **XL** **XXL** **none**

*I **WILL** or **WILL NOT** be attending the **CELEBRATION OF GAMES & LUNCHEON** on April 19, 2024.
(Please circle one to provide an accurate count of the food order.)

***Number of Years Participated in the Outer Banks Senior Games _____ years**

My ethnicity: Black/African American ____ Asian ____ American Indian/Alaskan Native ____ Hispanic ____ White ____ Hawaiian/Pacific Islander ____ Refused ____

EMERGENCY CONTACT INFORMATION

*Name _____ *Phone _____ *Relationship _____

*Name _____ *Phone _____ *Relationship _____

FEES

\$20.00 Registration Fee- Start: February 1st, 2024 Deadline: March 15th, 2024

\$25.00 LATE Registration (after March 15th) FINAL Deadline: March 21st, 2024

ADDITIONAL FEES INCLUDE:

\$8.25 Bowling (Each event to OBX Bowling) OR **\$24.75** (All three events to OBX Bowling)

\$40 Golf payable to Sea Scapes Golf Links the day of the event – includes cart fee

\$30 Closing Ceremonies at Captain Georges 6:30pm – 8:30pm on April 27th, 2024

(If paying in cash, please bring the correct change.)

CHECKS payable to Outer Banks Senior Games (OBSG) Total Amount Enclosed: \$ _____

Mail Entry Forms with check/money order (do not mail cash) to:

**Outer Banks Senior Games
300 Mustian Street
Kill Devil Hills, NC 27948**

For registration assistance, contact the Baum Center Staff @ 252-475-5635.

**REFUNDS or REGISTRATION CHANGES must be submitted via a written request no later than
APRIL 12th, 2024 and are subject to final approval from the OBSG coordinator.**

2024_OBSG_OFFICIAL ENTRY FORM- SILVER ARTS

(LITERARY ENTRIES MUST BE TO ANNELISE.WILCOX@DARENC.GOV BY MARCH 16, 2024.)

LIMIT OF ONE ENTRY PER SUBCATEGORY

Entries must be the original work of the artist and completed within 2 years of the Local Games qualifying date. All pieces must have a title. If there is not a title, the registration will not be accepted.

HERITAGE ARTS

- _____ Basket Weaving
- _____ Stained Glass
- _____ Crocheting
- _____ Pottery(Thrown and Hand built)
- _____ Jewelry
- _____ Knitting
- _____ Needle Work
- _____ Quilting (Machine Stitched)
- _____ Quilting (Hand stitched)
- _____ Weaving
- _____ Toile/Decorative
- _____ Wood Working
- _____ Wood Carving
- _____ Wood Turning
- _____ General Fiber Arts

VISUAL ARTS:

- _____ Acrylic
- _____ Drawing
- _____ Mixed Media
- _____ Oil
- _____ Pastels
- _____ Photography (Film)
- _____ Photography (Digital)
- _____ Sculpture
- _____ Watercolor
- _____ Digital Art

LITERARY:(emailentries to ANNELISE.WILCOX@DARENC.GOV BY 3/16/2024)

- _____ Essay (8 pages max, double space, non biographical)
- _____ Life Experience (autobiography, 8 pgs. max, double space)
- _____ Poem (40 lines max)
- _____ Short Story (8 pgs. max, double space)

LIST TITLE OF ENTRY ON LINES BELOW

Please list sub-category/ title/ size/ weight/ # of pieces of all entries submitted for Heritage, Visual and Literary Arts Categories:

1. _____
2. _____
3. _____
4. _____
5. _____

_____ CHEERLEADING:

Group name _____ Leader _____
Size category _____ Music Information _____ Length of
Act _____

_____ PERFORMING ARTS:

Act Name _____ Group/Solo _____ Number in Act _____
Music Information(Song Title) _____ Equipment Needed _____
Length of Act _____ Sub-Category: Comedy/Drama ___ Line Dance ___ Vocal ___ Instrumental ___ Dance ___

2024 OBSG_ OFFICIAL ENTRY FORM_ ATHLETIC EVENTS

FIRST NAME _____ LAST NAME _____ MI _____

CHECK BOX TO THE LEFT OF YOUR EVENT CHOICE

REFER TO EVENTS SCHEDULE FOR DATES, TIMES, AND EVENT LOCATIONS. EVENT DIRECTOR; AUBREY REMIGE 252-475-5644

TO PROMOTE TOTAL HEALTH AND PHYSICAL FITNESS, EVENTS OF LONGER DURATION AND LOWER INTENSITY ARE STRONGLY RECOMMENDED FOR LOWER FITNESS LEVELS. HIGH INTENSITY ACTIVITIES ARE OFFERED PRIMARILY FOR CONDITIONED, TRAINED ATHLETES.

***AGE OF YOUNGEST PARTNER WILL DETERMINE AGE GROUP * PARTNERS MUST BE REGISTERED BY MARCH 16, 2024. IF ONE PARTNER CANNOT PARTICIPATE IN STATE GAMES, THE PARTICIPATING PARTNER MAY SELECT ANOTHER ATHLETE, WHO QUALIFIED FOR THE STATE GAMES.**

	BOWLING (extra fee)	PICKLEBALL	TABLE TENNIS
	SINGLES	SINGLES	SINGLES
	DOUBLES (partner name _____)	DOUBLES (partner name _____)	DOUBLES (partner name _____)
	MIXED DOUBLES (partner name _____)	MIXED DOUBLES (partner name _____)	MIXED DOUBLES (partner name _____)
	CYCLING (recumbent put R)	SWIMMING (imit 6 per category)	GENERAL EVENTS
	1 MILE	BACKSTROKE	BILLIARDS
	5K	50 YARDS	BOCCE
	10K	100 YARDS	HORSESHOES
	TRACK & FIELD (limit 5 per category)	200 YARDS	SHUFFLEBOARD
	100 METER RUN	BREASTSTROKE	SILVERSTRIDERS FUN WALK
	200 METER RUN	50 YARDS	GOLF (extra fee & see statement below)
	400 METER RUN	100 YARDS	*BRIDGE*
	800 METER RUN	200 YARDS	CORNHOLE
	1500 METER RUN	BUTTERFLY	DISC GOLF
	1500 POWER WALK	50 YARDS	MINI-GOLF
	5K POWER WALK	100 YARDS	FOOTBALL THROW
	SOFTBALL THROW	200 YARDS	CROQUET
	DISCUS THROW	FREESTYLE	GOLF STATEMENT: To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the TOP 3 of their age group. MPS is available from Event Director OR the NCSG Rules Book on www.ncseniorgames.org . (*) indicates event is NOT held at STATE FINALS
	SHOT PUT	50 YARDS	
	STANDING LONG JUMP	100 YARDS	
	RUNNING LONG JUMP	200 YARDS	
	FLYING PIRATE 5K (see statement below)	500 YARDS	
	FLYING PIRATE 5K statement: Athletes must sign up for the 5k race on OBXSE.com using the payment code provided by Event Director.	INDIVIDUAL MEDLEY	
		100 YARDS	
		200 YARDS	
		400 YARDS	

2024_ OUTER BANKS SENIOR GAMES_ LIABILITY WAIVER

RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Outer Banks Senior Games and Dare County Government and its instrumentalities, including all sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person firm or corporation associated therewith (hereinafter sometimes referred to as the "Games Sponsors"), of and from any and all claims, demand costs, expenses, and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Outer Banks Senior Games. I further agree to hold harmless the Games Sponsors from any damage, loss, or theft that may occur to art work. I certify that the art piece(s) I enter are my own work, was/were created within the last two years, and after the age of 50.

I warrant, represent and certify that: (a) I have been advised by the Games Sponsors that, in my best interests, I should consult my physician prior to my preparation for and participation in the Outer Banks Senior Games; (b) I am covered by hospitalization or medical insurance through private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury arising from my participation in the Outer Banks Senior Games; (c) I recognize and understand that my preparation for and participation in the Outer Banks Senior Games may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular or other disorder which I may have, hereby resulting in serious or life threatening physical harm to me; (d) I am in good physical health and condition, am physically able to compete in the events I have selected and have been so certified by my physician; and I know of no physical restriction whatsoever which would prohibit my participation in the Outer Banks Senior Games; (e) I grant permission to the Games Sponsors to have a physician or Emergency Medical Technician attend me if it is deemed necessary during my participation in the Outer Banks Senior Games. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending the program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Center may result from the actions, omissions, or negligence of myself and others, including, but not limited to, county employees, volunteers, and program participants and their families.

I grant to Outer Banks Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written photographic account of the Outer Banks Senior Games without my remuneration.

"I understand that it is my responsibility to check with my local Senior Games Coordinator immediately following my local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 11:59 p.m. on August 1st! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered."

Signature _____

PRINTED NAME: _____ Date: _____