



The purpose of the Texas Senior Games and Sports for Life is to promote physical and mental health and fitness among the Texas fifty-plus population.

Live Stronger, Healthier, Better



The Games are Made Possible in Part by the Generous Support of the Following Sponsors:



Register online at [www.texasseniorgames.org](http://www.texasseniorgames.org)! Need assistance with this application? Call 210-302-6973/6825.



# TEXAS SENIOR GAMES REGISTRATION



MARCH 28 - APRIL 11



For Adults 50+\* • Over 25 Events

For more information: 210-302-6973 • 210-302-6825  
Registration must be received by March 7, 2018  
(\*By December 31, 2019)

LIVE STRONGER, HEALTHIER, BETTER

Barshop Jewish Community Center  
of San Antonio  
12500 NW Military Hwy., Ste. 275  
San Antonio, Texas 78231  
[www.jccsanantonio.org](http://www.jccsanantonio.org)



# 2 GENERAL INFORMATION

**ELIGIBILITY** All athletes must be 50 years old by December 31, 2019. Athlete's competition age will be based on his/her age on December 31, 2019.

**REGISTRATION FEES** \$40.00 registration fee plus event fee if registered by Jan. 28, 2019 / \$45.00 registration fee plus event fee if registered Jan. 29 – March 7, 2019

**Registration will close on Friday, March 7, 2019 at midnight.**

To register online, please go to [www.texaseniorgames.org](http://www.texaseniorgames.org) and click on SIGN UP HERE. Mailed in paper registrations will be charged an additional \$15. Online registration will begin in December and close on March 7, 2019.

**REGISTRATION DEADLINE** All entries must be postmarked by March 7, 2019 except for pickleball which closes March 12, 2019.

**AGE CATEGORIES** Participants will compete in one of the following age categories for both individual and/or doubles sports: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99. Team sports are divided into the following brackets: 50+, 55+, 60+, 65+, 70+, 75+, and 80+. Your age group is determined by your age on December 31, 2019. Partner and team age groups will be determined by the age of the youngest partner/team member.

**PROOF OF AGE** All athletes may be required to show proof of age during the State Games. Any athletes unable to provide proof of age will be disqualified. Any team with a rostered individual who is not of minimum age, or whose age listed on the roster is incorrect and causes the team to play in the wrong age division, will be disqualified.

**RULE - DECISIONS** All events will be conducted in accordance with both the Texas Senior Games Association Official Rules (TSGA) and the 2019 National Senior Games Association (NSGA) Rules. The Games Director is the final authority for rules and interpretations.

**CONFIRMATION OF ENTRY** For registrations received in the State Games office, a confirmation letter will either be emailed to you or mailed if no email is provided. PLEASE DO NOT mail in your registration if you have registered online. If you have not received your confirmation by March 7, 2019 please call 210-302-6973. Online registrants will receive an email verifying that the registration has been accepted. Online registrants have the option of printing a confirmation letter which lists the events after the registration process is completed.

**EQUIPMENT** Participants are required to provide their own equipment, except as specified per their sport.

**INCLEMENT WEATHER/UNUSUAL CIRCUMSTANCES** The Texas Senior Games reserves the right to cancel any event due to insufficient registration, weather or events beyond their control. In the event of venue change or event cancellation, the information will be posted on the website, [www.texaseniorgames.org](http://www.texaseniorgames.org), and announced on the hotline. Every effort will be made to contact entrants prior to the start of the Games.

**PHYSICAL CONDITION** It is recommended that participants confer with their personal physician prior to this competition. It is also recommended that participants prepare for competition and train accordingly.

**HOW MANY SPORTS AND/OR EVENTS CAN I ENTER?** As long as events are not held at conflicting times, athletes may enter as many events as they desire. Scheduling cannot always be done to accommodate other events. Athletes must be a member of a team to enter the team events.

**DOUBLES EVENTS** Participants must have a partner to enter doubles events. Athletes may compete with only one partner per event. Doubles teams with one Texas resident and one out-of-state resident will be considered an out-of-state team. When registering online you must spell your partner's name correctly and enter your partner's year of birth. If this is not done correctly the system will not match you with your partner. Texas Senior Games is not responsible for finding your partner. We recommend that you use Partner Finder located on [www.texaseniorgames.org](http://www.texaseniorgames.org) website

**TEAM SPORTS** Team Captains are responsible for submitting the team roster, team fee and the individual member registration information forms together. Teams must submit the completed information to the team captain who in turn submits the team roster, enclosing all completed forms and fees. 3-on-3 Basketball teams have a limit of 10 team members; softball teams have a limit of 20 members; volleyball teams have a limit of 15 members.

The Team Sport fee applies to those participating in 3-on-3 basketball, softball, and volleyball. Team members registering ONLY for a team event do not pay an additional registration fee or event fee. Team members that will be participating in ANY additional event(s), including Around-the-World and Free Throw events, must also pay the full registration fee plus any event entry fees for each additional event.

Teams with at least 51% of their members not residing in the State of Texas will be considered an out-of-state team for qualifying purposes. Teams must comply with the TSGA rules for maximum number of out-of-state players.

**ENTRY FEES and EVENT FEES** must be paid in full and must accompany the entry form. Forms received without the appropriate fees WILL NOT be processed. It is the responsibility of the team captain to send in team fees, roster, and the team member's information together.

The Team Sport fee applies to those participating in 3-on-3 Basketball, Softball, and Volleyball. Team members registering ONLY for a team event do not pay an additional registration fee or event fee. Team members who will be participating in ANY additional event(s), including Around-the-World and Free Throw events, must also pay the full registration fee plus any event entry fees for each additional event.

**REFUNDS** Refunds (less a \$25 administrative fee) must be requested no later than March 7 and will only be issued with a written medical reason by a medical professional.

**T-SHIRT PICK-UP** T-shirt pick up will be held at the Jewish Community Center, 12500 N.W. Military Hwy. beginning Thursday, March 28, 2019 at 1:00-5:00pm., March 29 - April 6 from 9:00am-5:00pm and April 7 the t-shirts may be picked up until 12:00 noon. Athlete check-in will be at each venue.

# SWIMMING AND TRACK & FIELD SCHEDULES

**SWIMMING**  
**Sat., April 6 • Warm Ups at 8am | Meet at 9am**  
**Josh Davis Natatorium**  
**12002 Jones Maltzberger**

<b>100Y Butterfly</b>	<b>50Y Freestyle</b>
<b>200Y Freestyle</b>	<b>200Y Butterfly</b>
<b>50Y Breaststroke</b>	<b>50Y Backstroke</b>
<b>100Y Backstroke</b>	<b>200Y Individual Medley</b>
<b>400Y Individual Medley</b>	<b>50Y Butterfly</b>
<b>100Y Breaststroke</b>	<b>100Y Freestyle</b>
<b>200Y Backstroke</b>	<b>200Y Breaststroke</b>
<b>100Y Individual Medley</b>	<b>500Y Freestyle</b>



**TRACK AND FIELD EVENTS • Sun., April 7**  
**UTSA Park West Sports Complex**

<b>7am</b>	<b>Implement Weigh-In</b>		
<b>7:15am</b>	<b>5K Powerwalk</b>	<b>All</b>	<b>M/F</b>
<b>8am</b>	<b>Hammer</b>	<b>M 70+; W</b>	
	<b>Javelin</b>	<b>50-59</b>	<b>M</b>
	<b>High Jump</b>	<b>60-69</b>	<b>M</b>
<b>8:30am</b>	<b>5K Racewalk</b>	<b>All</b>	<b>M/W</b>
<b>9:30am</b>	<b>50 Meter</b>	<b>All</b>	<b>M/W</b>
	<b>Javelin</b>	<b>All</b>	<b>W</b>
	<b>Shotput</b>	<b>70+</b>	<b>M</b>
	<b>Hammer</b>	<b>50-69</b>	<b>M</b>
	<b>High Jump</b>	<b>All</b>	<b>W</b>
	<b>Pole Vault</b>	<b>All</b>	<b>W</b>
	<b>Pole Vault</b>	<b>All</b>	<b>M</b>
	<b>(opening height &lt;9')</b>		
<b>10am</b>	<b>800 Meter</b>	<b>All</b>	<b>M/W</b>
	<b>Long Jump</b>	<b>All</b>	<b>W</b>
	<b>Long Jump</b>	<b>70+</b>	<b>M</b>
<b>10:30am</b>	<b>100 Meter</b>	<b>All</b>	<b>M/W</b>
	<b>Shot Put</b>	<b>50-59</b>	<b>M</b>
		<b>All</b>	<b>W</b>
	<b>Discus</b>	<b>60-69</b>	<b>M</b>
	<b>Javelin</b>	<b>70+</b>	<b>M</b>
	<b>High Jump</b>	<b>70+</b>	<b>M</b>
<b>10:45pm</b>	<b>1500 Powerwalk</b>	<b>All</b>	<b>M/W</b>
<b>11am</b>	<b>Pole Vault</b>	<b>ALL</b>	<b>M</b>
	<b>(opening height 9'+)</b>		
	<b>Javelin</b>	<b>60-69</b>	<b>M</b>
	<b>Discus</b>	<b>50-59</b>	<b>M</b>
	<b>Triple Jump</b>	<b>70+</b>	<b>M</b>
		<b>All</b>	<b>W</b>
	<b>Long Jump</b>	<b>50-69</b>	<b>M</b>
	<b>1500 RaceWalk</b>	<b>ALL</b>	<b>M/W</b>
<b>11:30am</b>	<b>High Jump</b>	<b>50-59</b>	<b>M</b>
<b>12pm</b>	<b>400 Meter</b>	<b>All</b>	<b>M/W</b>
	<b>Discus</b>	<b>All</b>	<b>W</b>
	<b>Shot Put</b>	<b>60-69</b>	<b>M</b>
	<b>Triple Jump</b>	<b>50-69</b>	<b>M</b>
<b>12:45pm</b>	<b>1500 Meter</b>	<b>All</b>	<b>M/W</b>
<b>1pm</b>	<b>Discus</b>	<b>70+</b>	<b>M</b>
<b>1:30pm</b>	<b>200 Meter</b>	<b>All</b>	<b>M/W</b>

Schedule subject to minor changes depending on participation levels.

# 10 EVENT LOCATIONS

**Archery, Track & Field, Racewalk, Powerwalk:** UTSA Park West Athletic Complex, 8000 North Loop 1604 W, going West on 1604, Take the exit toward Kyle Seale Pkwy/Hausman Rd/Farm to Market 1560. Take a slight left toward 1604 W

**Basketball (Men and Women), Cornhole, Tennis, Shuffleboard, SA Deca Challenge, Volleyball, Football/Softball Throw, Soccer Kick, Washers:** Barshop Jewish Community Center, 12500 N.W. Military Hwy., 302-6820. Exit Castle Hills/N.W. Military from 410 and go outside the Loop. Proceed about three miles. JCC is on the right before the Exxon Station. Between Braesview and Wurzbach Pkwy.

**Bowling:** Astro Super Bowl, 3203 Harry Wurzbach, From Loop 410 go South on Harry Wurzbach and and turn right when you reach Eishenhower Rd. Bowling will be on your right.

**Cycling (5K/10K Time Trials 20K/ Road Race):** Texas Research Park, 14815 Omicron Drive, 674-4177. Take 1604 West to Potranco turn right on go approx. 4.6 miles, Turn left onto state highway 211 and proceed 1/2 mile. Turn right into the Park.

**Funwalk:** O. P. Schnabel Park, Graff Pavillion, 9606 Bandera Rd. Off of 1604, go South on Bandera Rd. for about 2 miles and then make a left into the Park. From 410, go North about 5 miles and Park is on the right. If you are coming off of I-10, exit Huebner Rd., go West on Huebner till you hit Bandera Rd. Make a right on Bandera and go about 2 1/2 miles and the Park is on the right.

**Golf:** The Quarry Golf Club, 444 E. Basse Rd., From Downtown: Take 281 North to Jones Maltsberger Rd. Turn right onto Jones-Maltsberger and turn left onto Bases Rd. The Quarry Golf Course will be on your right.

**Horseshoes:** Braunig Lake RV Resort, 13550 Donop Road, Take I-37S to Exit 130 (Donop Rd.). Take a LEFT at the stop sign by the Shell Station (Southton Road). Take another LEFT at the next stop sign by the Valero (Donop Road). Continue north on Donop Road past the Days Inn & Suites until you reach the arches at the entrance of Braunig Lake RV Resort.

**Pickleball:** Alamo City Allstars, 11471 E. Loop 1604N, Universal City. From 35 going South, Follow I-35 S to TX-1604 Loop/Charles William Anderson Loop in Live Oak. Take exit 172 from I-35 S. Merge onto TX-1604 Loop/Charles William Anderson Loop. Destination will be on your right.

**Racquetball:** Thousand Oaks YMCA, 16103 Henderson Pass, Off 35, Take TX-1604W and exit Redland Rd./Gold Canyon. Take Left at Redland Rd. Turn right at Jones Maltsbergers. Turn right on Thousand Oaks and right on Henderson Pass. Off of 281N, take Thousand Oaks and go right and then take a right on Henderson Pass.

**Roadrace (5K/10K):** Woodlawn Lake Park, 501 S. Josephine Tobin, Going I- 10 East. Take exit 567 toward Texas 345 Loop/Fredericksburg Rd/Woodlawn Ave. Continue on Interstate 10 Frontage Rd. Take Cincinnati Ave to S Josephine Tobin Dr.

**Scrabble:** Granados Senior and Adult Center, 500 Freiling: Going East on I 10, exit Vance Jackson turn left. Take another left on Freiling. The Center is located on the left.

**Softball:** Kennedy Softball Complex, 3101 W. Roselawn Ave., Take 1-35 toward Laredo, Keep left to take 1-35S/I-10 E/US-87S toward Laredo. Merge onto US-90 W and exit 153 toward Del Rio. Take exit toward Cupples Rd and stay straight to go unto Brady Blvd. Turn left onto Cupples Rd. and turn right onto W. Roselawn Ave.

**Swimming:** Josh Davis Natatorium, 12002 Jones Maltsberger, Take 281N to Bitters. Go right (east) on Bitters cross Jones Maltsberger. Natatorium is located on the right in the Blossom Athletic Center.

**Table Tennis:** Alamo Gymnastic Center, 16675 Huebner Road, (210) 254-0987, Exit Castle Hills/N.W. Military from 410 and go outside the Loop, follow N.W. Military Hwy to Huebner Rd., turn right, go 2 miles U-turn at Thrush Ridge, turn right into Center

**Triathlon:** Windcrest Swimming Pool, 5609 Winsong. Heading south on IH-35, take the Walzem exit and do the turn-around and head north on the access road. Take a right on Windcrest drive and then a left into the parking lot. Park in the back of the church(New Creation Fellowship Church). Once parked go to the southeast corner of the parking lot and follow the signs to the pool.

## TEXAS SENIOR GAMES OFFICE CONTACT INFORMATION

Phone: 210-302-6973 | Fax: 210-408-2341  
Email: [pottorfc@jcc-sa.org](mailto:pottorfc@jcc-sa.org)

Street Address: Texas Senior Games  
12500 N.W. Military Hwy, Ste. 275  
San Antonio, TX 78231  
[www.texasseniorgames.org](http://www.texasseniorgames.org)

# GENERAL INFORMATION 3

**MEDALS** Medals will be awarded to first, second, and third place finalists at the end of each event. Bowling awards may be picked up at the JCC after April 15, 2019. Medals not picked up at the designated game site may be picked up at the Texas Senior Games Office no later than one month after the last game day. Medals may also be mailed with a request in writing accompanied by a check, payable to the Senior Games in the amount of \$3.00 per medal for shipping, mailed to Texas State Games, c/o JCC, 12500 N.W. Military Hwy, Ste. 275, San Antonio, TX 78231.

**RESULTS** Results will be posted on the Texas Senior Games website no later than May 7, 2019. [www.texasseniorgames.org](http://www.texasseniorgames.org)

## RECREATIONAL EVENTS

**BASKETBALL- MEN (FREE THROW)** • Thursday, April 4, 5:00 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy., • Best of twenty-five shots from the free throw line. 65+ will shoot from 11 feet. (AROUND THE WORLD) • (immediately after free throw) • One minute to shoot from various locations

**BASKETBALL- WOMEN (FREE THROW)** • Thursday, April 4, 5:00 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy., • Best of twenty-five shots from the free throw line. 65+ will shoot from 11 feet. (AROUND THE WORLD) • (immediately after free throw) • One minute to shoot from various locations.

**CORNHOLE** • Thursday, April 4, 10:00 am • Barshop Jewish Community Center, 12500 N.W. Military Hwy. Singles only. Each game played to 21 points.

**SAN ANTONIO DECA-CHALLENGE** • Saturday, April 6, 9:00 am • Barshop Jewish Community Center, 12500 N.W. Military Hwy. • 10 events over 2 days. Strength and endurance will be tested. Athletes will compete in the following Track events on Sunday - 100M, 400M, 1500M, and Long Jump. Competitors can medal separately under the track and field event. Events on Saturday-vertical leap, pull ups (overhand grip), power clean (50% of your weight, number of repetitions no rest), ball toss, pushups and plank.

**FOOTBALL THROW - ACCURACY** • Thursday, April 4, 1:30 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy. Each participant allowed 3 practice throws, followed by 5 consecutive throws at the target. Participant can throw from a standing or running position, underhand or overhand. Men 50-74 -12yds/Women 50-74/Men 75+-10yds/ Women 75+ - 8yds. Football size Men -size 8/Women -size 7.

**FUN WALK** • Thursday, March 28, 10:00 am • O. P. Schnabel Park, 9606 Bandera Rd., Graff Pavilion, Walk (2 miles) will be held on the trails of O. P. Schnabel Park, 1 mile smooth surface option. Check-in at Graff Pavilion. Parking available in the Park and at the YMCA. Opening Ceremony will begin at 9:30 am.

**SCRABBLE** • Wednesday, April 3, 1:00 pm, Granados Senior Center, 500 Freiling. Players will draw for opponents. 2 players per board. Games will last no longer than 50 minutes (25 minutes per player). Word challenges will be verified by judges.

**SOCCER KICK-ACCURACY** • Thursday, April 4, 2:00 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy. Each participant allowed 3 practice kicks, followed by 5 kicks in a row. The soccer goal will have 7 zones each worth set points. The zones are the 4 corners, dead center and left and right of center. Scoring is determined by zone and ball going through hole. Distance: Men 50-74-12yds/Women 50-74/Men 75+-10yds/Women 75+-8yds. Soccer Ball: Men-5/Women-4. Participants can kick from a standing or running position.

**SOFTBALL THROW** • Thursday, April 4, 1:00 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy. Each Participant allowed 2 practice throws, followed by 3 throws, with a 12in.softball. The longest distance of the 3 throws is scored. The distance is not counted if foot crosses line or lands outside the foul lines. The point of impact is the distance measured. The ball can be thrown underhand or overhand, from a running or standing position.

**WASHERS** • Thursday, April 4, 12:00 pm • Barshop Jewish Community Center, 12500 N.W. Military Hwy. Singles only. Each game played to 21 points.

## COMPETITIVE EVENTS

**ARCHERY** • Sunday, March 31, 10:00am • UTSA Park West Athletic Complex • Compound finger, compound release, recurve, bare bow recurve, and bare bow compound. The "900" American round with 48" target will be used for competition.

**BASKETBALL (Men's) (3 on 3)** • Friday, April 5, 8:30 am • Barshop Jewish Community Center, 12500 N.W. Military Hwy. • Half court with two 15 minute halves (except 75+ plays 12 minute halves). The roster limit is ten including non-playing coaches and captains. All players must register individually. No mixed gender teams. The number of entries will determine tournament format. Age division of the team is determined by the age of the youngest player. NCAA rules apply. All players must sign waiver but captain must submit roster and forms with payment. It is the responsibility of the team captain to check draw for playing time.

**BASKETBALL (Women's) (3 on 3)** • Saturday, Jan. 19, 8:30am. & Sunday, Jan. 20, 8:00am • Barshop Jewish Community Center, 12500 N.W. Military Hwy. • Half court with two 15 minute halves (except 75+ plays 12 minute halves). The roster limit is ten including non-playing coaches and captains. All players must register individually. No mixed gender teams. The number of entries will determine tournament format. Age division of the team is determined by the age of the youngest player. NCAA rules apply. All players must sign waiver but captain must submit roster and forms with payment. It is the responsibility of the team captain to check draw for playing time.

**BOWLING** • Thursday, March 28 (12:30pm/2:30pm) Friday, March 29 (10:00am/12:00pm), Saturday, March 30 (10:00am/12:00pm), Astro Super Bowl, 3203 Harry Wurzbach • Singles, doubles and mixed doubles. Scratch scores. Singles, doubles and mixed doubles will bowl one set of three games. High scratch series will determine the place winners in each category. Partner must register for same time. Fee is per bowler.

# 4 EVENT INFORMATION

## COMPETITIVE EVENTS (continued from page 3)

**CYCLING** • Sunday, March 31, 9:00 am (5k Time Trial), approximately 10:30 am (10K time trial) and approximately 1:00 pm (20k Road Race). Texas Research Park, 14815 Omicron Dr. All participants must wear an ANSI or Snell approved helmet. Cyclists must report 30 minutes prior to start times. Numbers will be distributed at the event check in. Chip Timing.

**GOLF** • Monday, April 1, 1:00 pm (shotgun) & Tuesday, April 2, 8:00am (shotgun). • The Quarry Golf Club, 44 E. Basse Rd., Thirty-six hole scratch event held over two days. The facility fee includes green fees and golf cart. No metal spikes allowed. Range finders/GPS can be used. Medals awarded based on 36 hole total.

**HORSESHOES** • Saturday, March 30, 10:00 am • Braunig RV Resort, 13550 Donop Road, (Exit 130 - Donop Rd.) • Singles only. Men 50 - 69 pitch 40 feet. Women 75+ pitch 20 feet. All others 30 feet. Format is double elimination cancellation scoring.

**PICKLEBALL - Indoors** • Tuesday, April 9, Wednesday, April 10 and Thursday, April 11 at 9:00 am • Alamo City Allstars, 11471 E. Loop 1604 N., Universal City • Women's singles and Men's doubles on Tuesday, Mixed Doubles on Wed., Women's Doubles and Men's Singles on Thursday; Athletes may enter all three sub-events. Game balls provided. Doubles players must register with a partner. Event Sanctioned/USAPA Membership required. Brackets posted at midnight the night before events played at [www.texasseniorgames.org](http://www.texasseniorgames.org) or call 210-302-6973. Fee includes all 3 pickleball events plus referee fees.

**POWER WALK** • Sunday, April 7, 7:15 am (5000) 10:15 am (1500) • UTSA Park West Athletic Complex, 8000 N. Loop 1604 W • 1500 and 5000 meter will be walked on track. Race numbers distributed at event check in

**RACEWALK** • Sunday, April 7, 8:00 am (5000) 10:30 am (1500) • UTSA Park West Athletic Complex, 8000 N. Loop 1604 W • 1500 and 5000 meter will be walked on track. Race numbers will be distributed at event check in.

**RACQUETBALL** • Saturday, April 6, 9:00 am ( Men 50 – 69, All women & mixed doubles) & Sunday, April 15, 12:00 pm (men 70+) • YMCA, • 16103 Henderson Pass • Singles, Doubles, and Mixed Doubles. Games are 11 points. Play will be round robin or double elimination depending on the number of entrants. Eyewear with lenses designed for racquet sports are mandatory.

Doubles players must register with a partner. The draw will be on the website beginning Monday, April 1st at [www.texasseniorgames.org](http://www.texasseniorgames.org) or call 210-302-6973

**5K & 10K ROADRACE** • Tuesday, April 2, 8:00 am • Woodlawn Lake Park, 501 S. Josephine Tobin • Race numbers distributed at event check-in, at the Pavillion in the Park. Runners will run a 5k (3.1 miles) 2x around the lake and/or 10k (6.2 miles) 4x around the lake. For those registering for both, runners will only run 10K and times for 5K and 10K will be recorded. Chip Timing.

**SHUFFLEBOARD** • Monday, April 1, 10:00 am • Barshop Jewish Community Center, 12500 N.W. Military Hwy • Singles and Open Doubles. Equipment is available for use. Indoor court. Doubles partners may be of same or different gender. You may only play once in the Doubles competition.

**SOFTBALL** • Friday, March 29, 9:00 am (ages 70), Saturday, March 30 and Sunday, March 31, 9:00 am (50-69) • Kennedy Softball Fields, 3101 W. Roselawn Ave. • Balls and bases furnished. Each team must provide other equipment. All players must sign waiver but captain must submit roster and forms with payment. No mixed gender teams. Number of teams will determine tournament format. Age division of team is determined by the age of the youngest player. Team roster shall be limited to twenty (20) players. It is the responsibility of the team captain to check draw for playing times.

**SWIMMING** • Saturday, April 6, 9:00 am • Josh Davis Natatorium, 12002 Jones Maltsberger • 50, 100 and 200 backstroke, 50, 100 and 200 breaststroke, 50, 100 and 200 butterfly, 50, 100, 200 and 500 free-style, 100, 200, and 400 individual medley. All swimming events will be timed finals. Warm-ups begin at 8:00 am.

**TABLE TENNIS** • Saturday, April 6 (50-69) and Sunday, April 7 (70+), 9:30 am • Alamo Gymnastic Center, 16675 Huebner Road. • Singles, doubles and mixed doubles. Only balls will be furnished. Play shall consist of a five (5) game match; winner will be the first to win three games. Tournament format will be based on number of entrants. Doubles players must register with a partner. The draw will be on the website beginning Monday, April 1st at [www.texasseniorgames.org](http://www.texasseniorgames.org) or call 210-302-6973.

**TENNIS** • Monday, April 1, Tuesday, April 2, Wednesday, April 3, McFarlin Tennis Center, 1503 San Pedro, Singles, Doubles and Mixed doubles. Athletes must provide their own racquets and practice balls. Game balls provided. It is the responsibility of the athlete to check draw for playing time. Doubles players must register with a partner. If you enter more than one event, you may have to play a match each day in each event. Please mark on entry form. The draw will be on the website beginning Tuesday, March 26th, [www.texasseniorgames.org](http://www.texasseniorgames.org) or call 210-302-6973.

**TRACK AND FIELD** • Sunday, April 7 8:00 am • UTSA Park West Athletic Complex, 8000 N. Loop 1604 W, 50, 100, 200, 400, 800 and 1500 meter races. Discus, high jump, long jump, triple jump, hammer throw, javelin, shot-put and pole vault. Pole-vaulters must use own pole.

**TRIATHLON** • Saturday, June 8, 7:00 am • Windcrest Freshman Triathlon, 5609 Winsong • Swim 200 meters outdoor pool, cycle 10 miles, run 2 miles.. All triathlon participants must register through the Texas Senior Games website, [www.texasseniorgames.org](http://www.texasseniorgames.org) and Redemption Race Production website in order to be eligible as a Texas Senior Games participant, <https://redemptionrp.raceentry.com/races/windcrest-freshman-triathlon/2019/register> Register with Texas Senior Games 1st, and a discount code for the Triathlon will be provided for Texas Senior Games participants registering for the race.

**VOLLEYBALL** • Saturday, March 30 (women and men), 9:00 am • Barshop Jewish Community Center, 12500 NW Military Hwy. • Six players on the floor. USAV rules. No mixed gender teams. Age division of the team is determined by the youngest player. Best of three game matches. Number of teams will determine format. Rosters limited to fifteen players. All players must sign waiver but captain must submit roster and forms with payment. It is the responsibility of the team captain to check draw for playing time.

**Sat. & Sun., Jan. 19& 20**  
9am Ladies Basketball 3 on 3 • Barshop JCC

**Thurs., March 28**  
9:30am Opening Ceremony • O. P. Schnabel Park  
10am FunWalk • O. P. Schnabel Park  
12:30pm Bowling • Astro Super Bowl

**Fri., March 29**  
9am Softball (70+) • Kennedy Softball Field  
10am Bowling • Astro Super Bowl

**Sat., March 30**  
9am Volleyball • Barshop JCC  
9am Softball (50-69) • Kennedy Softball Field  
10am Bowling • Astro Super Bowl  
10am Horseshoes • Braunig Lake RV Resort

**Sun., March 31**  
9am Softball (50-69) • Kennedy Softball Field  
9am Cycling • Texas Research Park  
10am Archery • UTSA Park West Athletic Complex

**Mon. April 1**  
9am Tennis • McFarlin Tennis Center  
10am Shuffleboard • Barshop JCC  
1pm Golf • Quarry Golf Club

**Tues., April 2**  
8am Golf • Quarry Golf Club  
8am Roadrace (5K & 10K) • Woodlawn Lake Park  
9am Tennis • McFarlin Tennis Center

**Wed., April 3**  
9am Tennis • McFarlin Tennis Center  
1pm Scrabble • Granados Senior Center

**Thurs., April 4**  
10am Cornhole • Barshop JCC  
12pm Washers • Barshop JCC  
1pm Softball Throw • Barshop JCC  
1:30pm Football Throw • Barshop JCC  
2pm Soccer Kick • Barshop JCC  
5pm Basketball Free Throw/Around the World  
Barshop JCC

**Fri., April 5**  
8:30am Men's Basketball 3 on 3 • Barshop JCC

**Sat., April 6**  
9am Swimming • Josh Davis Natatorium

100Y Butterfly 200Y Freestyle  
50Y Breaststroke  
100Y Backstroke  
400Y Individual Medley  
100Y Breaststroke  
200Y Backstroke  
50Y Freestyle  
100Y Individual Medley  
200Y Butterfly  
50Y Backstroke  
200Y Individual Medley  
100Y Freestyle  
50Y Butterfly  
200Y Breaststroke  
500Y Freestyle

9am Deca Challenge • Barshop JCC  
9am Racquetball • YMCA Th. Oaks  
9:30am Table Tennis (50-69)  
Alamo Gymnastic Center

**Sun., April 7**  
7:15am Powerwalk • UTSA Park West Athletic Complex  
8am Racewalk • UTSA Park West Athletic Complex  
8am Track and Field • UTSA Park West Athletic Complex  
9:30am Table Tennis (70+)  
Alamo Gymnastic Center

**Tues., April 9**  
9am Pickleball (SingleW/ DblsM)  
Alamo City Allstars

**Wed., April 10**  
9am Pickleball (Mixed Doubles)  
Alamo City Allstars

**Thurs., April 11**  
9am Pickleball (SinglesM/DblsW)  
Alamo City Allstars

**Sat, June 8**  
7am Windcrest Triathlon Windcrest Pool

# 8 REGISTRATION & WAIVER

## PLEASE PRINT

Name: \_\_\_\_\_ Gender:  M  F  
FIRST LAST

E-mail Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
MONTH DAY YEAR

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Night Phone: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

If you are currently employed, name of employer: \_\_\_\_\_

Name of Primary/Supplemental insurance provider other than Medicare: \_\_\_\_\_

## RELEASE OF ANY AND ALL CLAIMS

### As a condition of being allowed to participate in the Texas Senior Games

1. Prior to participating in any event, I will inspect the facilities and equipment to be used. If I believe that either the facilities or the equipment are unsafe, I will immediately advise an official of the Games and the Event Director of such condition(s) and refuse to participate.
2. I assume all risk of injury, including but not limited to disability, death, and economic losses which may result not only from my actions or negligence, but also from the actions or negligence of others, the condition of the premises, or the condition of the equipment. I accept personal responsibility for any and all injuries or damages resulting to me.
3. I agree a.) not to sue the Texas Senior Games, the National Senior Games Association, the Texas Senior Games Association, the Barshop Jewish Community Center of San Antonio, and/or their respective agents, servants, administrators, directors, employees and volunteers; and I release, waive, and discharge them from any and all liability, claims, damages, and/or losses caused or alleged to be caused by me, in whole or in part, by the negligence of any party; and b.) to indemnify and hold harmless the Texas Senior Games, the Barshop Jewish Community Center of San Antonio, and/or their respective agents, servants, administrators, directors, employees, and volunteers from any and all claims arising from any injury I may suffer.
4. I grant to the Texas Senior Games and the Barshop Jewish Community Center permission to take photographs of me, and to use such photographs in any exhibition, advertisement, editorial, or in any way whatsoever, in their sole and absolute discretion.
5. I have read the above Liability Waiver and Release of Any and All Claims. I have had the opportunity to ask questions concerning this Waiver and Release. I voluntarily and as my free act and deed, sign this Liability Waiver and Release of Any and All Claims.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# ENTRY FORM (PLEASE COMPLETE ALL FOUR PAGES) 5

**Archery** (Check events) \$15.00 each \$ \_\_\_\_\_  
 Compound Finger  
 Compound Release  
 Recurve  
 Bare-Bow Recurve  
 Bare-Bow Compound

**Basketball** (Check events) \$4.00 each \$ \_\_\_\_\_  
 Around the World  
 Free Throw

**Bowling** (Check events) \$8.00 each \$ \_\_\_\_\_  
 Singles/Men or Women  
 Doubles

Dbles. Partner: \_\_\_\_\_  
 Mixed Doubles

Mxd. Dbles. Partner: \_\_\_\_\_

Write "singles" by 1 day/time, "doubles" by 1 day/time and "mixed doubles" by 1 day/time. All bowlers responsible for finding their own partners. Both partners must sign up/pay.

Thurs., March 28 12:30pm \_\_\_\_\_  
 2:30pm \_\_\_\_\_

Fri., March 29 10am \_\_\_\_\_  
 2pm \_\_\_\_\_

Sat., March 30 10am \_\_\_\_\_  
 2pm \_\_\_\_\_

**Cycling** (Check events) \$10.00 each \$ \_\_\_\_\_  
 5K Time Trials  20K Road Race  
 10K Time Trials  40K Road Race

**Golf** \$95.00 \$ \_\_\_\_\_  
 Golf fee includes required cart & green fees for two days.

**Horseshoes** \$5.00 \$ \_\_\_\_\_

**Pickleball** (Check events) \$45.00 \$ \_\_\_\_\_  
 (Referee fees included/ must also register at pickleballtournament.com)

Dbles. Partner: \_\_\_\_\_  
 Mixed Doubles

Mxd. Dbles. Partner: \_\_\_\_\_  
 Singles

**Racewalk** (Check events) \$5.00 each \$ \_\_\_\_\_  
 1500 Meter  5000 Meter

**Racquetball** (Check events) \$10.00 each \$ \_\_\_\_\_  
 Singles/Men or Women  
 Doubles

Dbles. Partner: \_\_\_\_\_

Mxd. Dbles. Partner: \_\_\_\_\_

**Roadrace** (Check events) \$10.00 \$ \_\_\_\_\_  
 5K  10K

**SA Deca-Challenge** \$30.00 \$ \_\_\_\_\_  
 (Includes all 10 events.)

**Scrabble** \$4.00 \$ \_\_\_\_\_

**Shuffleboard** (Check events) \$5.00 each \$ \_\_\_\_\_  
 Singles  
 Doubles

Partner: \_\_\_\_\_

**Swimming** (Check \*events) \$5.00 each \$ \_\_\_\_\_

\*See schedule on page 11 for event order

100 Y Backstroke \_\_\_\_\_

100 Y Breaststroke \_\_\_\_\_

100 Y Butterfly \_\_\_\_\_

100 Y Freestyle \_\_\_\_\_

100 Y Ind. Med. \_\_\_\_\_

200 Y Backstroke \_\_\_\_\_

200 Y Butterfly \_\_\_\_\_

200 Y Breaststroke \_\_\_\_\_

200 Y Freestyle \_\_\_\_\_

200 Y Ind. Med. \_\_\_\_\_

50 Y Backstroke \_\_\_\_\_

50 Y Breaststroke \_\_\_\_\_

50 Y Butterfly \_\_\_\_\_

50 Y Freestyle \_\_\_\_\_

400 Individual Med. \_\_\_\_\_

500 Y Freestyle \_\_\_\_\_

Enter optional entry time

**Table Tennis** (Check events) \$10.00 each \$ \_\_\_\_\_  
 Singles/Men or Women  
 Doubles

Dbles. Partner: \_\_\_\_\_  
 Mixed Doubles

Mxd. Dbles. Partner: \_\_\_\_\_

**Tennis** (Check events) \$8.00 each \$ \_\_\_\_\_  
 Singles/Men or Women  
 Doubles

Dbles. Partner: \_\_\_\_\_  
 Mixed Doubles

Mxd. Dbles. Partner: \_\_\_\_\_

NTRP Rating: \_\_\_\_\_

All tennis players responsible for finding their own partners.

# 6 ENTRY FORM (PLEASE COMPLETE ALL FOUR PAGES)

# TEAM ROSTER 7

**Throws/Kicks** \$4.00 each \$ \_\_\_\_\_  \*Softball Team \$265.00 \$ \_\_\_\_\_  
 Football \_\_\_\_\_ Late Fee \$290.00  
 Soccer \_\_\_\_\_  
 Softball \_\_\_\_\_  
 Max. 20 players/no registration fees required/does not include participant shirt.  
 Team: \_\_\_\_\_

**Track and Field** (Check events) \$5.00 each \$ \_\_\_\_\_  
 See schedule on page 11 for event order  
 o Shotput o 800M o Long Jump (Deca)  
 o Discus o 50M o 200M  
 o 1500M (Deca) o High Jump o Triple Jump  
 o Javelin o Pole Vault o Hammer Throw  
 o 100M (Deca) o 400M (Deca)  
 Team: \_\_\_\_\_

**\*Volleyball Team** \$265.00 \$ \_\_\_\_\_  
 Late Fee \$290.00  
 Max. 15 players/no registration fees required.  
 Team: \_\_\_\_\_  
**\*You must be on a team to enter. Captain must submit roster on page 7.**

**Triathlon** \$10.00 \$ \_\_\_\_\_  
 **\*Basketball 3-on-3 Team** \$195.00 \$ \_\_\_\_\_  
 Late Fee \$225.00  
 Max. 10 players/no registration fees required.  
 Team: \_\_\_\_\_

**Washers** \$4.00 \$ \_\_\_\_\_  
 **Fun Walk** \$5.00 \$ \_\_\_\_\_  
 **Cornhole** \$4.00 \$ \_\_\_\_\_

## PAYMENT INFORMATION

1. **Registration Fee** Includes one free t-shirt = \$ 45.00 **Registration Fee includes one t-shirt** (Indicate size)  
 S  M  L  XL  XXL  
 2. **Early Bird Discount** If paid/registered by Jan. 28 Minus \$5.00  
**If playing golf, indicate golf shirt size**  
 S  M  L  XL  XXL

3. **Additional Shirts**  
 \$10.00 per shirt S-XL/\$12.00 per shirt XXL # \_\_\_\_\_ = \$ \_\_\_\_\_  
 S  M  L  XL  XXL

4. **Additional Golf Shirts**  
 \$25.00 per shirt S-XL/\$27.00 per shirt XXL # \_\_\_\_\_ = \$ \_\_\_\_\_  
 S  M  L  XL  XXL

5. **Golf Caps** \$15.00 per cap # \_\_\_\_\_ = \$ \_\_\_\_\_

6. **Total Event Fees Pages 5 & 6** = \$ \_\_\_\_\_  
 7. **Add \$10.00 processing fee if NOT registering online** = \$ \$15.00  
 8. **Donation** = \$ \_\_\_\_\_  
 Tax Deductible/Thank You!

**TOTAL AMOUNT ENCLOSED** = \$ \_\_\_\_\_

**REGISTRATION WILL NOT BE ACCEPTED IF LATE FEE/  
 PROCESSING FEE NOT INCLUDED.**

Enclose check or money order payable to the Texas Senior Games or complete the charge information below.

Credit Card:  Visa  MC  AMEX  DISC Card #: \_\_\_\_\_ Exp: \_\_\_\_\_ CVV: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Return your completed registration form with payment by mail to: JCC Attn: Texas Senior Games  
 12500 NW Military Hwy., Ste. 275 • San Antonio, TX 78231 • If paying by credit card, you may fax your completed form to 210-408-2341.**

OFFICIAL USE ONLY

Name: \_\_\_\_\_ Entry #: \_\_\_\_\_ Entered by: \_\_\_\_\_

Check #: \_\_\_\_\_ Amount: \_\_\_\_\_ Date Received: \_\_\_\_\_

### Team Entry Roster (Must Be Completed In Its Entirety)

**PLEASE PRINT**

Basketball  Softball  Volleyball

Name of Team \_\_\_\_\_

Age Group \_\_\_\_\_

Team Members	Date of Birth	Address	City/State/Zip	Phone
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
<b>Non-Playing Captain/Coach</b>				
<b>21.</b>				

**TEAM CAPTAIN:** I am the Captain of the above mentioned team and say that all the information supplied is correct to the best of my knowledge. All the players are eligible to compete with my team in the Texas Senior Games. I have attached all registration forms and fees for all the players on this form.

Captain's Name (Print): \_\_\_\_\_  
 Captain's Signature: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Cell Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 ZIP: \_\_\_\_\_