



## Individual Sport Entry Information

# Forever Young - Forever Sport Luzerne County, PA July 22-31, 2022

### ELIGIBILITY

In 2022, the Pennsylvania Senior Games will be open to all states. Athletes who will be 50 years of age or older as of December 31, 2022 may participate. Age groups for NSGA Qualifying Sports are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+ for both males and females. All other Sports will have 10 year age divisions.

**Open State Policy:** The Pennsylvania Senior Games will permit out-of-state residents to participate in the 2022 PSG competition. If an out-of-state resident qualifies for National Senior Games Association (NSGA) competition he/she will not take away qualifying spot from a state resident. Doubles and mixed doubles teams which have individuals from 2 different states will be considered an out-of state team. Out-of-state qualifying follows the rules prescribed by the NSGA.

If a (Basketball, Softball, or Volleyball) team from out-of-state qualifies for NSGA competition, that team will not take away a qualifying spot from a Pennsylvania (PA) resident team unless the PA team determines they will not utilize that position.

The Pennsylvania Senior Games reserves the right to cancel or consolidate events where such action is warranted. Athletes must compete to be eligible for a medal. The age division of doubles teams is determined by the age of the younger partner.

## INDIVIDUAL SPORT ENTRY INFO

### ENTRY PROCEDURE—INDIVIDUAL SPORT ENTRY

There will be two ways to enter the PA Senior Games in 2022, mailing the entry form and payment into the office and online registration.

**Application deadline is July 8, 2022.**

- If registering by **mail**, An additional \$10.00 nonrefundable registration fee must be included with each participant entry form.
- If registering online, the nonrefundable sport registration fee will be charge to your credit card.
- NO applications will be accepted after July 8, 2022.
- Each person registering must complete the entire entry form.
- Entry forms and checks are to be sent to Pennsylvania Senior Games, c/o Keystone State Games, PO Box 501 Mountain Top, PA 18707.
- Each participant will receive a Confirmation Notice (email or mail) that will indicate his/her events. **IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO CHECK THEIR CONFIRMATION NOTICE FOR ERRORS.**

### CONFLICTS AND GROUP SPORTS

With the numerous competitions offered in the PA Senior Games, conflicts in scheduling will arise. It is responsibility of **each athlete** to enter events that will not conflict in time and location. No time allowance will be guaranteed and no refunds will be awarded for schedule conflicts.

**ATHLETES MAY COMPETE IN AS MANY SPORTING EVENTS AS THEY DESIRE**—EACH SPORTING EVENT HAS A SEPARATE ENTRY FEE.

### MEDICAL

The medical information form is required of everyone registering for the Pennsylvania Senior Games and must accompany the registration form or maybe turned in to the competition director at the start of your competition.

### 2023 NATIONAL SENIOR GAMES

2022 is a qualifying year for the 2023 National Senior Games that will take place in Pittsburgh, PA. Not all PSG sports are contested at the National Senior Games. Please check sport text for qualifying events. Visit the website at [www.nsga.com](http://www.nsga.com)



**ENTRY PROCEDURE—Individual Sport** Refer to entry information section for sport description. From each group below select the sports and events in which you wish to compete. Write the name and age of your partner or fellow team members on the line provided where applicable. If no events are listed under a sport, then there is only a singles competition in that sport. Please choose events that will fit into your schedule as to avoid conflicts.

**ARCHERY** **\$30.00**  
 Barebow Compound  
 Barebow Recurve  
 Compound Bow (Aid Release)  
 Compound Bow (Finger Release)  
 Conventional Bow

---

**BADMINTON** **\$25.00 first event \$5.00 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**BAG TOSS—CORNHOLE** **\$15.00 first event \$5 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 Mixed Doubles \_\_\_\_\_

---

**BASKETBALL** **\$20.00 for 3point, foul, hot shot - add \$5 for 21**  
 3-Point  "21"  Foul Shooting  Hot Shot

---

**BOCCE** **\$15.00**

---

**BOWLING** **\$20.00 + lane fees per game first event \$15 for additional events**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**DARTS** **\$15.00 first event \$5.00 additional events**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**DISC GOLF** **\$25.00**

---

**FOOTBALL THROW/SOFTBALL THROW** **\$10.00**  
 Football  
 Softball  
 Both

---

**GOLF (18 HOLE REGULATION)** **\$25.00 + green fees**  
 Partner: \_\_\_\_\_

---

**HORSESHOES** **\$15.00 first event \$5.00 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE

---

**PICKLE BALL** **\$30.00 first event \$5.00 additional events**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**RACQUETBALL** **\$20.00 first event \$5.00 additional events**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE

**SHUFFLEBOARD** **\$15.00 first event \$5.00 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE

---

**SWIMMING (Max Six Events)** **\$35.00**  
**Seed Time**  
 Event #1 \_\_\_\_\_ 200 yd IM  
 Event #2 \_\_\_\_\_ 50 yd Freestyle  
 Event #3 \_\_\_\_\_ 50 yd Breaststroke  
 Event #4 \_\_\_\_\_ 100 yd Backstroke  
 Event #5 \_\_\_\_\_ 100 yd Butterfly  
 Event #6 \_\_\_\_\_ 500 yd Freestyle  
 Event #7 \_\_\_\_\_ 200 yd Breaststroke  
 Event #8 \_\_\_\_\_ 200 yd Backstroke  
 Event #9 \_\_\_\_\_ 100 yd Freestyle  
 Event #10 \_\_\_\_\_ 100 yd Breaststroke  
 Event #11 \_\_\_\_\_ 50 yd Backstroke  
 Event #12 \_\_\_\_\_ 50 yd Butterfly  
 Event #13 \_\_\_\_\_ 100 yd IM  
 Event #14 \_\_\_\_\_ 200 yd Freestyle  
 Event #15 \_\_\_\_\_ 200 yd Butterfly  
 Event #16 \_\_\_\_\_ 400 yd IM

---

**TABLE TENNIS** **\$20.00 first event \$5.00 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**TENNIS** **\$30.00 first event \$10.00 additional event**  
 Singles \_\_\_\_\_  
 Doubles \_\_\_\_\_  
 NAME AGE  
 Mixed Doubles \_\_\_\_\_  
 NAME AGE

---

**TRACK & FIELD** **\$35.00 per athlete up to 6 events**  
 100m Dash Women  Long Jump Women  
 100m Dash Men  Long Jump Men  
 200m Dash Women  Shot Put Women  
 200m Dash Men  Shot Put Men  
 400m Dash Women  Discus-Women  
 400m Dash Men  Discus-Men  
 800m Dash Women  1500m Walk Women  
 800m Dash Men  1500m Walk Men  
 1500m Run Women  5000m Race Walk Women  
 1500m Run Men  5000m Race Walk Men  
 Triple Jump Women  Javelin Women  
 Triple Jump Men  High Jump Women  
 Javelin Men  High Jump Men  
 Hammer Men  Hammer Women  
 Pole Vault Men  Pole Vault Women  
 50m Dash Men  50m Dash Women

---

**MEDICAL FORM COMPLETED**  
 **RELEASE WAIVER SIGNED**



# PENNSYLVANIA SENIOR GAMES

## MEDICAL INFORMATION

THIS FORM MUST BE COMPLETED BY ALL PARTICIPANTS

PLEASE COMPLETE THIS FORM WITH YOUR MOST RECENT MEDICAL INFORMATION. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM.** PLEASE PRINT OR TYPE ALL INFORMATION.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(AS OF 12/31/22)

ADDRESS \_\_\_\_\_ GENDER  Female  Male

PHONE/CELL \_\_\_\_\_ EMERGENCY CONTACT NAME \_\_\_\_\_

E-MAIL \_\_\_\_\_ EMERGENCY CONTACT PHONE \_\_\_\_\_

WILL EMERGENCY CONTACT BE AT THE COMPETITION?  Yes  No

PLEASE CHECK ANY KNOWN MEDICAL CONDITIONS:

Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hernia	<input type="checkbox"/> Yes <input type="checkbox"/> No
Bladder/Bowel Problems	<input type="checkbox"/> Yes <input type="checkbox"/> No	Indigestion	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Discomfort When Exercising	<input type="checkbox"/> Yes <input type="checkbox"/> No	Joint Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Pains	<input type="checkbox"/> Yes <input type="checkbox"/> No	Leg Pain On Walking	<input type="checkbox"/> Yes <input type="checkbox"/> No
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	Low Back Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Hearing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Lung Disease	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Seeing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Osteoporosis	<input type="checkbox"/> Yes <input type="checkbox"/> No
Drug Allergies (List Below)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Passing Out Spells	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heart Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No	Shortness of Breath	<input type="checkbox"/> Yes <input type="checkbox"/> No

CURRENT MEDICATIONS \_\_\_\_\_

LIST DRUG ALLERGIES \_\_\_\_\_

ARE YOU ALLERGIC TO BEE STINGS? \_\_\_\_\_

DATE OF MOST RECENT MEDICAL EXAMINATION \_\_\_\_\_

DOCTOR'S NAME \_\_\_\_\_ PHONE \_\_\_\_\_

**I ATTEST THAT THE ABOVE INFORMATION IS CORRECT**

PARTICIPANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**THIS IS A RELEASE WAIVER—AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC. athletic / sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. 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,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC., their 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 loss or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned, declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es) / team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Pennsylvania Senior Games in any manner incidental to my participation in the Pennsylvania Senior Games without compensation to me.
8. Signature is on the Application Page

PENNSYLVANIA COUNTY CODE LISTING FOR APPLICATION					
00 - OUT OF STATE	12 - CAMERON	24 - ELK	36 - LANCASTER	48 - NORTHAMPTON	60 - UNION
01 - ADAMS	13 - CARBON	25 - ERIE	37 - LAWRENCE	49 - NORTHUMBERLAND	61 - VENANGO
02 - ALLEGHENY	14 - CENTRE	26 - FAYETTE	38 - LEBANON	50 - PERRY	62 - WARREN
03 - ARMSTRONG	15 - CHESTER	27 - FOREST	39 - LEHIGH	51 - PHILADELPHIA	63 - WASHINGTON
04 - BEAVER	16 - CLARION	28 - FRANKLIN	40 - LUZERNE	52 - PIKE	64 - WAYNE
05 - BEDFORD	17 - CLEARFIELD	29 - FULTON	41 - LYCOMING	53 - POTTER	65 - WESTMORELAND
06 - BERKS	18 - CLINTON	30 - GREENE	42 - McKEAN	54 - SCHUYLKILL	66 - WYOMING
07 - BLAIR	19 - COLUMBIA	31 - HUNTINGDON	43 - MERCER	55 - SNYDER	67 - YORK
08 - BRADFORD	20 - CRAWFORD	32 - INDIANA	44 - MIFFLIN	56 - SOMERSET	
09 - BUCKS	21 - CUMBERLAND	33 - JEFFERSON	45 - MONROE	57 - SULLIVAN	
10 - BUTLER	22 - DAUPHIN	34 - JUNIATA	46 - MONTGOMERY	58 - SUSQUEHANNA	
11 - CAMBRIA	23 - DELAWARE	35 - LACKAWANNA	47 - MONTOUR	59 - TIOGA	

**REGISTRATION INFORMATION**

**REGISTRATION HOURS FOR SENIOR GAMES**

ALL PA SENIOR GAMES athletes will check-in at their prospective sport venue the day of the competition—There will be NO central registration area this year for PA Senior Games.

Athletes that DO NOT send their MEDICAL RELEASE FORM into the office are to turn it in to the sport leader the day of their FIRST SCHEDULED SPORTING EVENT.

**REGISTER ONLINE AND SAVE!**

**ONLINE REGISTRATION: Register online and not only save time but save money!!! Savings of \$10.00 for registering online!!!**

**CONTACT INFORMATION**

PA Senior Games • PO Box 501, Mountain Top, PA 18707