

32ND ANNUAL BLACK HILLS SENIOR GAMES

♦ JUNE 1 - 4, 2016 ♦

Brought to
you by:

golden
living

&



RETURN YOUR FORMS TO:

RC Parks & Recreation Office
515 West Blvd. Rapid City 57701
605-394-4168
Open M-F 7:30am - 4:00pm

Roosevelt Park Swim Center
125 Waterloo St. Rapid City 57701
605-394-5223
Open M-F 5:30am - 9pm;
Sat 8am-8pm; Sun 1-8 pm

Registrations are due by:

FRIDAY, MAY 20, 2016

Please fill out BOTH sides of the form &
make checks payable to City of Rapid City.

SCHEDULE AT A GLANCE:

June 1 - June 3

Golf (MGC or EGC)

Wednesday, June 1

8:30 am Cycling (TBD)

9 am Pinochle (CLSC)

1 pm Hand & Foot (CLSC)

6 pm Badminton (CLSC); Basketball (WCG);
Tennis (SPTC)

Thursday, June 2

9 am Cribbage (MSC)

1 pm Texas Holdem (MSC)
Bowling (ML)

6 pm Table Tennis (CLSC); 8-Ball Pool (CLSC);
Volleyball (WCG); Shufflebaord (MSC);
Raquetball (RPSC)

Friday, June 3

9 am WII Bowling (MSC);
Swimming Session I (RPSC)

1 pm Mah Jongg (MSC)

5 pm Pickelball (CLSC)

5:30 pm Swimming Session II (RPSC)

6 pm Disc Golf (JPDGC); Horseshoes (MSC);
Jump Rope (WCG); Bean Bags (WCG)

Saturday, June 4

7 am 5K Run/Walk (SPP)

8 am Spin Casting (SPT); Track & Field (SPT)

9 am 500 (CLSC)

1 pm Whist (CLSC)

5 pm Athletes Dinner (MSC)

LOCATION KEY:

CLSC Canyon Lake Senior Center
2900 Canyon Lake Dr.

MSC Minneluzahan Senior Center
315 N 4th St.

SPT Sioux Park Track or
SPTC Sioux Park Tennis Courts
2445 Canyon Lake Dr.

SPP Sioux Park Pavillion
940 Sheridan Lake Rd.

ML Meadowood Lanes
3809 Sturgis Rd.

RPSC Roosevelt Park Swim Center
125 Waterloo St.

WCG West Community Gym
1003 Soo San Dr.

JPDGC Jackson Park Disc Golf Course
3040 Jackson Blvd.

MGC Meadwobrook Golf Course
3625 Jackson Blvd.

EGC Executive Golf Course
200 12th St.

TBD To Be Determined

BLACK HILLS SENIOR GAMES ♦ JUNE 1 - 4, 2016

EVENT DETAILS:

5K Run/Walk: Route will be from Sioux Park Pavilion to Founders Park and Back along the bike path.

Badminton: Singles, Doubles, and & Mixed Doubles. Round Robin Tournament format.

Basketball: Free Throws and Field Goal Shooting Skills at West Community Gym (25 shot attempts)

Billiards: 8-Ball Pool Men's and Women's Singles at Canyon Lake Senior Center (Double elimination format).

Bowling: Singles, Doubles & Mixed Doubles at Meadowood Lanes anytime Monday - Friday. Play must be completed by 5 pm on Friday for qualifications. Leave your scorecard at Meadowood Lanes. 3 Games. Must provide your own partner.

Cycling: 1 mile & 5 miles Course TBD based upon approval of permits (Hwy 44 or Lower Spring Creek)

Disc Golf: Individual Play 9 or 18 holes at Jackson Park Disc Golf Course.

Golf: 9 holes at Executive Golf Course or 18 holes at Meadowbrook Golf Course anytime Monday - Friday. Play must be completed by 5 pm on Friday for qualifications. Leave your scorecard at the participating Golf Course. No Handicap/Raw Score.

Horseshoes: 50 shoes at Minneluzahan Senior Center

Jump Rope: 1 minute and 3 minutes at West Community Center Gym. Judged by the number of successful continuous jumps in designated minutes.

Pickle Ball: Singles, Doubles & Mixed Doubles at Canyon Lake Senior Center. Tournament format will be determined by the number of registrations.

Racquetball: Singles, Doubles, & Mixed Doubles at Roosevelt Park Swim Center. Round Robin tournament format.

Shuffleboard: Singles, Doubles, & Mixed Doubles at Minneluzahan Senior Center. Equipment will be provided.

Swimming: Events will take place at Roosevelt Park Swim Center. Two sessions will be available with a rolling schedule. You only have to compete at one session.

Table Tennis: Singles, Doubles, & Mixed Doubles at Canyon Lake Senior Center. Round Robbing tournament format.

Tennis: Singles, Doubles, & Mixed Doubles Round Robbing tournament format.

Track & Field: Will be a rolling schedule at Sioux Park Track Complex

Volleyball: Team 6 on 6 volleyball to be played at West Community Center Gym. Round Robin Tournament format.

Leisure Activities:

Card Games: Cribbage & Texas Hold em at Minneluzahan. Hand & Foot, Pinochle, 500 & Whist at Canyon Lake Senior Center. House Rules Applies.

Bean Bag Toss: 50 Trows at West Community Center Gym

WII Bowling: Singles only 3 games at Minneluzahan Senior Center

Mah Jongg: Minneluzahan Senior Center

Spincasting: Scored based upon accuracy and distance, Rods can be steel, fiberglass, graphite or bamboo. Sioux Park Track complex Infield.

Schedule Changes

Any changes or adjustments in schedule, location or event will be available at Roosevelt Park Swim Center, 125 Waterloo Street, Rapid City.

BLACK HILLS SENIOR GAMES ♦ JUNE 1 - 4, 2016

EVENT ENTRY FORM

JUNE 1- JUNE 3

GOLF: Requires Additional Fees (Scores Due 6/3 by 5pm)

- ☐ 9 Holes at Executive GC
☐ 18 Holes at Meadowbrook GC

WEDNESDAY, JUNE 1

CYCLING: 8:30 am Location TBD

- ☐ 1 mile ☐ 5 miles

BADMINTON: 6 pm @ Canyon Lake Sr. Center

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

BASKETBALL: 6 pm @ West Community Gym

- ☐ Field Goals ☐ Free Throws

TENNIS: 6 pm @ Sioux Park Tennis Complex

- ☐ Singles (TBD if under construction)
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

LEISURE GAMES: Canyon Lake Sr. Center

- ☐ Pinochle @ 9 am ☐ Hand & Foot @ 1 pm

THURSDAY, JUNE 2

BOWLING: 1-7 pm @ Meadowood Lanes

Requires additional Fees

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

TABLE TENNIS: 6 pm @ Canyon Lake Sr. Center

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

8-BALL POOL: 6 pm @ Canyon Lake Sr. Center

- ☐ Singles Double Elimination

VOLLEYBALL: 6 pm @ West Community Gym

- ☐ Team Name: _____

SHUFFLEBOARD: 6 pm @ Minneluzahan Sr. Center

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

RAQUETBALL: 6 pm @ Roosevelt Park Swim Center

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

LEISURE GAMES: Minneluzahan Sr. Center

- ☐ Cribbage @ 9 am ☐ Texas Hold em @ 1 pm

FRIDAY, JUNE 3

PICKLE BALL: 5 pm @ Canyon Lake Sr. Center

- ☐ Singles
☐ Doubles Partner: _____
☐ Mixed Dbls Partner: _____

DISC GOLF: 6 pm @ Jackson Park DG Course

- ☐ 9 holes ☐ 18 holes

HORSESHOES: 6 pm @ Minneluzahan Sr. Center

- ☐ 50 throws

JUMPING ROPE: 6 pm @ West Community Gym

- ☐ 1 minute ☐ 3 minute

BEAN BAG TOSS: 6 pm @ West Community Gym

- ☐ 50 throws

LEISURE GAMES: Minneluzahan Sr. Center

- ☐ Wii Bowling @ 9 am ☐ Mah Jongg @ 1 pm

SWIMMING: @ Roosevelt Park Swim Center

Session I - 9 am Warm-up; 9:30 am start

Session II - 5:30 pm Warm-up 6 pm Start

Check-in 15 Minutes prior to start for the following:

- | | |
|--|---|
| <input type="checkbox"/> 50 Yard Freestyle | <input type="checkbox"/> 50 Yard Breaststroke |
| <input type="checkbox"/> 100 Yard Breaststroke | <input type="checkbox"/> 100 Yard Backstroke |
| <input type="checkbox"/> 200 Yard Backstroke | <input type="checkbox"/> 200 Yard Freestyle |
| 10 Minute Break if Needed | 10 Minute Break if Needed |
| <input type="checkbox"/> 50 Yard Backstroke | <input type="checkbox"/> 50 Yard Butterfly |
| <input type="checkbox"/> 100 Yard Freestyle | <input type="checkbox"/> 100 Yard Ind. Medley |
| <input type="checkbox"/> 200 Yard Breaststroke | 15 Minute Break If Needed |
| 10 Minute Break if Needed | <input type="checkbox"/> 500 Yard Freestyle |

SATURDAY, JUNE 4

5K RUN/WALK: 7 am @ Sioux Park Pavillion

- ☐ Run ☐ Walk

SPIN CASTING: 8 am @ Sioux Park Track Infield

- ☐ Three Casts

TRACK & FIELD EVENTS: 8 am @ Sioux Park Track

Track Events take priority over Field Events and will follow a rolling schedule:

- | | |
|---|---|
| <input type="checkbox"/> 1500 M Run | <input type="checkbox"/> Discus |
| <input type="checkbox"/> 50 M Dash | <input type="checkbox"/> Shot Put |
| <input type="checkbox"/> 400 M Run | <input type="checkbox"/> Softball Throw |
| <input type="checkbox"/> 1500 M Race Walk | <input type="checkbox"/> Standing LJ |
| <input type="checkbox"/> 100 M Dash | <input type="checkbox"/> Running LJ |
| <input type="checkbox"/> 800 M Run | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> 800 M Race Walk | |
| <input type="checkbox"/> 200 M Run | |
| <input type="checkbox"/> 400 M Race Walk | |

LEISURE GAMES: Canyon Lake Sr. Center

- ☐ 500 @ 9 am ☐ Whist @ 1 pm

BLACK HILLS SENIOR GAMES ♦ JUNE 1 - 4, 2016

PARTICIPANT INFORMATION FORM ♦ PLEASE FILL OUT BOTH SIDES.

RETURN REGISTRATION BY FRIDAY, MAY 20

Name _____ ☐ Male ☐ Female
(Last) (First) (MI)

Address _____ Home Phone _____

City _____ State _____ Zip _____ Alt. Phone _____

Email Address (in all caps) _____

Age Category (Age as of 9/1/2016) ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84

Date of Birth ____/____/____ ☐ 85-89 ☐ 90-94 ☐ 95-99 ☐ 100+

☐ **Fee enclosed:** \$20.00 by May 20th. Entry fee includes all events, athlete's dinner and a t-shirt.

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Athlete Dinner is scheduled for 5:00 pm on Saturday, June 4th at Minneluzahan Senior Center.

☐ I will attend (free to registrants) ☐ Spouse/guest _____ (\$10 additional fee)

Please read and sign the waiver and hold harmless agreement at the bottom of page.

WAIVER & HOLD HARMLESS AGREEMENT

CITY OF RAPID CITY RELEASE AGREEMENT FOR ALL PARTICIPANTS: IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE OR USE ANY CITY FACILITY IN CONNECTION WITH THIS ACTIVITY, THE UNDERSIGNED AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE THE CITY OF RAPID CITY, ITS EMPLOYEES, OFFICES AND AGENTS (hereinafter referred to as "releasees") from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned, whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in a City recreation activity or using any City facilities in connection with the activity.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, DEFEND AND HOLD HARMLESS from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasees right to indemnity or incurred on appeal) resulting from involvement in this activity whether caused by negligent act or omission of the releasees or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE while upon City property or participating in the activity or using any City facilities and equipment whether caused by any negligent act or omission of releasees or otherwise. The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by South Dakota law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I ACKNOWLEDGE THAT I HAVE READ THE FOREGOING and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the City or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations, statements or inducements have been made.

Individual over 18 yrs of age (print) _____

Signature _____ Date _____

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RC Parks & Recreation Office
515 West Blvd. Rapid City 57701
(M-F 7:30am - 4:00pm)

Roosevelt Park Swim Center
125 Waterloo St. Rapid City 57701
(M-F 5:30am - 9pm; Sat 8am-8pm; Sun 1-8 pm)

FOR MORE INFORMATION:

Visit www.rcparksandrec.org or call the
Parks & Rec Office at 605-394-4168 or
Roosevelt Park Swim Center at 605-394-5223

DEADLINE:

Registrations are due by:
FRIDAY, MAY 20, 2016

Make Checks Payable to: City of Rapid City

BROUGHT TO YOU BY:



**PLEASE COMPLETE
BOTH SIDES
OF THIS FORM!!**