

**PLEASE RETURN REGISTRATION FORM & MEDICAL FORM NO LATER THAN
APRIL 15th, 2010 BY 4:00 P.M. TO THE MCDOWELL SENIOR CENTER.**

EARLY BIRD REGISTRATION FEE: \$5.00 FRIDAY, MARCH 5th, 2010

AFTER FRIDAY, MARCH 5th REGISTRATION FEE WILL BE: \$8.00

FINAL REGISTRATION DEADLINE-THURSDAY, APRIL 15th, 2010

This fee includes: T-shirt, packet, and your entry fee to the "Follies" Talent Show on Thursday, April 29th.

The "Follies" will be held at the McDowell County Senior Center located at 100 Spaulding Road.

"To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.
 High-intensity types of activities are offered primarily for the conditioned, trained athlete."

NAME _____ T-Shirt Size (Circle) S M L XL 2X

ADDRESS _____ PHONE # _____ SEX _____

AGE DIVISION _____ DATE OF BIRTH _____ EMAIL ADDRESS _____

Please provide this info to help us. It will be kept confidential. Thank you!

My ethnicity: African American American Indian Hispanic White Other

My annual household income is less than \$10,400 (1 person in household) Yes

My annual household income is less than \$14,000 (2 people in household) Yes No Response

Sports/Events – Please check all the events you wish to enter and write your partner's name for bowling and/or duplicate bridge in the space below the event.

Have you participated in the games before? Yes _____ No _____

Friday, April 23rd
 Golf* @ Marion Lake Club

Tuesday, April 27th
Swimming Events @ YMCA
 50 yd Backstroke
 50 yd Breaststroke
 50 yd Freestyle
 100 yd Backstroke
 100 yd Breaststroke
 100 yd Freestyle
 100 yd Individual Medley
 200 yd Freestyle
 200 yd Individual Medley
 500 yd Freestyle

Wednesday, April 28th
 Billiards @ Cue and Cushion
 Basketball Shooting @ YMCA

Thursday, April 29th
 Rock-climbing @ YMCA

Friday, April 30th
 Events at Senior Center
 Nu Step Machine**
 Stationary Bike**
 Checkers**
 Table Tennis (Singles)

Monday, May 3rd & Tuesday, May 4th
 Events @ Senior Center
 Horseshoes (Singles)
 Shuffleboard (Singles)

Wednesday, May 5th
 Bowling @ Lightning Lanes
 Bowling (Singles)*

Thursday, May 6th
 Bowling (Doubles)*
 Partners _____
 Name: _____

Friday, May 7th
 Bowling (Mixed Doubles)*
 Partners Name: _____
 Duplicate Bridge**
 Partners Name: _____

Monday, May 10th
 Events @ McDowell High
 Cycling (1 Mile)
 Cycling (5k)
 Cycling (10K)
 Discus
 Shot Put
 Running Long Jump
 Standing Long Jump
 100 M Dash
 200 M Dash
 400 M Dash
 800 M Run
 1500 M Race Walk (Must dress to expose **Knee** for Judges)
 1500 M Run
 SilverStriders Fun Walk

Tuesday, May 11th
 Events @ McDowell Rec
 Football throw
 Softball throw
 Spin Casting
 Bocce

Wednesday, May 12th
 Event @ McDowell Rec
 Croquet

SilverArts:
 (see attached form)
 Performing Arts
 Heritage Arts
 Literary Arts
 Visual Arts

The age of your doubles partner is determined by the age of the YOUNGEST player)

(Please pick partners that are willing to go to State Finals.)

***(Bowling fee \$1. 50 per person per game) *(Golf- \$20.00)**

**** These events are not offered at State Finals**

A participant's age on December 31st on of each year determines the age category in which they will compete.

55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+