





# AUGUST 5-8, 2021







CITY OF KEARNEY PARK & RECREATION



Golf
Pickleball
Disc Golf
Track and Field
Pitch Tournament
Predictor Walk

3 on 3 Basketball Table Tennis Badminton Horseshoes

Free Throw/Hot Shot

Racquetball Gentle Yoga

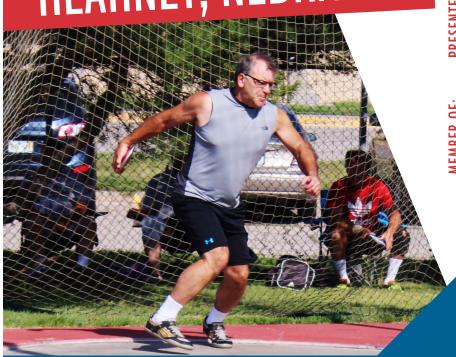
Cornhole & more!

**Bowling** 

Cycling Road Race

**Swimming** 

ALL MEN AND WOMEN AGE 50 AND OVER ARE INVITED TO PARTICIPATE.





### GENERAL INFORMATION

#### AGE

- · Participants should register according to their age as of 12/31/2021.
- The age groups are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.
- · Events will be conducted by age group except when it is necessary to combine for competition.
- The age group for doubles teams will be determined by the youngest player. All team members must submit an
  individual entry form and entry fee. Age of the partner/teammate(s) must be indicated on the entry form to be
  eligible to participate.

#### **CONFIRMATION:**

- A confirmation will be sent to you after your entry form is received. Please allow 2-4 weeks for processing.
   If registering online, a confirmation email will be sent upon completion of registration.
- We encourage participants to bring their confirmation with them to check in.

#### **HOTEL INFORMATION:**

- The official Nebraska Senior Games hotel is Best Western Plus Mid Nebraska Inn and Suites (225 2nd Ave. South). A special Senior Games rate of \$84.99 per night will be available to participants.
- To ensure availability, we suggest you make your reservations early. Phone: 308-234-2541

#### **CHECK-IN TIMES AND EVENT SCHEDULING:**

- Participants must check-in at the Peterson Senior Activity Center at Yanney Park (2020 West 11th Street) prior to participation. This can be done at the following times: Wednesday, August 4, from 3:00 p.m. 6:00 p.m., Thursday, August 5, from 6:30 a.m. 7:00 p.m., Friday, August 6, from 6:30 a.m. 5:00 p.m., Saturday, August 7, from 6:15 a.m. 5:00 p.m., Sunday, August 8, from 6:15 a.m. 12:00 p.m.
- A commemorative t-shirt, goodie bag, schedule, map and other important information will be provided at check-in.
- Participants should be at their event venue at least 15 minutes prior to the starting time, as listed on the schedule.
- Participants are allowed and encouraged to enter more than one event, but do so at their own risk as schedule changes cannot be made to accommodate sports that occur simultaneously. Please plan accordingly.

#### CANCELLATIONS/POSTPONEMENTS/REFUNDS:

- In the event of inclement weather or unusual/extenuating circumstances (which include COVID-19 guidelines), Senior Games Officials reserve the right to change the format of the competition, postpone events, or cancel.
- · Refunds will only be granted if requested prior to July 21, 2021 or if Senior Games Officials cancel the Games.

#### **IMPORTANT INFORMATION:**

- Due to the uncertainty of COVID-19 and unknown directed health measures at the time of the Nebraska Senior Games, we reserve the right to cancel the Games. Nebraska Senior Games, Kearney Park and Recreation and the Kearney Visitor Bureau are committed to keeping athletes healthy and safe. If the Games must be cancelled, participants will receive a refund (minus the processing fee if registering online).
- Due to COVID-19 and Directed Health Measures, there may be additional designated rules and guidelines that will need to be followed for each event.

#### **AWARDS INFORMATION:**

- · Medals will be presented to the 1st, 2nd, and 3rd place finishers in each age category at the event venue.
- The Nebraska Senior Games are "OPEN" to out-of-state residents.
- Competition must take place to determine an award. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to receive the medal. That athlete will be placed in the closest age category with, but not against, those athletes.
- · This is a qualifying year for Nationals that will be held in Fort Lauderdale, Florida May 10-23, 2022.



### ONLINE REGISTRATION:

### GO TO WWW.NEBRASKASENIORGAMES.COM

and follow the step-by-step registration directions. Registering online is quick, easy, and allows for instant confirmation! Senior Games registration information, results, and links to Kearney Visitors Bureau and sponsor information.

**CALL 308-237-4644 FOR MORE NEBRASKA SENIOR GAMES INFORMATION!** 

### PROCEED WITH CAUTION:

#### PLEASE REVIEW YOUR ENTRY FORM TO MAKE SURE YOU DID THE FOLLOWING:

- 1. Completed the general information entirely and marked all the events in which you are planning to participate. For doubles events, a partner was included. For 3-on-3 Basketball and 4x100 meter relay, teammates were indicated.
- 2. Signed and dated the liability and press release waiver.
- 3. Enclosed the total payment including additional event fees and social fees.
- 4. Reminded team partners, as applicable, to submit their entry form and fee.
- 5. Check made payable to: Nebraska Senior Games / KACF.
- 6. Mailed your entry form and payment prior to Monday, July 19, 2021 to:

NEBRASKA SENIOR GAMES P.O. BOX 1180 KEARNEY, NEBRASKA 68848







# FRIDAY, **AUGUST 6**<sup>th</sup> at 6:30 p.m.

PETERSON SENIOR ACTIVITY CENTER | 2020 WEST 11TH STREET



## ENJOY A DELICIOUS CATERED MEAL AND TRIVIA WITH THE ASKIN' NEBRASKAN.

Join The Askin' Nebraskan Trivia for a fun game of team based trivia testing your knowledge on television and movies from years gone by, history, sports and more!

### LIABILITY & PRESS RELEASE WAIVER

Affidavit: I, the undersigned intending to be legally bound, hereby, for myself, my heir, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Kearney, the Kearney Visitor's Bureau, sponsors, and their representatives and assigns for any and all injuries suffered by me in said events. I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 2021 Nebraska Senior Games. The City of Kearney and the Kearney Visitor's Bureau has my permission to have a physician attend to me if it is deemed necessary during my participation in the Games. I hereby give the City of Kearney and the Kearney Visitor's Bureau the absolute right and permission to copyright and/or/ publish, or use photographic portraits, videos, or pictures of me, or in which I am included in whole or in part, or composite or distorted in character or form, in conjunction with my own or fictitious name, or reproduction thereof in color or otherwise, made through any media or art, advertising, or any lawful purpose whatsoever.

SIGNATURE:\_\_\_\_\_ DATE:\_\_\_\_\_

Each participant should consult his/her doctor in regard to practice, preparation and competition in this event or any simila	ar priysicai activity.
EVENT & SOCIAL REGISTRATION FEES:	
***REGISTRATION FEE INCLUDES FIRST EVENT AND T-SHIR Gentle Yoga, Predictor Walk, and Pitch are free events and do not include	
<b>REGISTRATION FEE:</b> (Registration fee is \$25.00. Registration deadline is Monda Registration fee includes a commemorative t-shirt, goodie bag, and first event fee.)	
\$2.00 FOR EACH ADDITIONAL EVENT	00 fee for
FRIDAY EVENING DINNER & SOCIAL: (\$15.00 per person)	\$
(Peterson Senior Activity Center at Yanney Park, 2020 West 11th Street)	
Guest Names:	_
Become a "FRIEND OF THE NEBRASKA SENIOR GAMES" by contributing an extra amount that will help enhance the games!	\$
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TOTAL AMOUNT ENCLOSED	\$
Facility Fees: (payable <u>AT THE EVENT SITE</u> prior to each event)  Bowling: \$5.00 per set of three games  Golf: \$25.00 plus tax (green fees, lunch, cart and range balls included)	
CHECKS PAYABLE TO: NEBRASKA SENIOR GAMES / F	KACF

FOR OFFICE USE ONLY

Date Received: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Underpaid: \_\_\_\_\_ Overpaid: \_\_\_\_\_ Date Fee Corrected: \_\_\_\_

Date Confirmation Mailed:

#### GOLF:

DATE /TIME: Thursday, August 5, 8:00 a.m. (shotgun start) LOCATION: Meadowlark Hills Golf Course, 3300 30th Avenue

- In accordance with NSGA rules, men will tee off of the white tees. This is based upon the minimum slope rating required. Women will tee off from the red tees.
- 2. The tournament will be conducted in accordance with USGA rules.
- 3. Golfers must provide their own equipment (carts provided).
- 4. A facility fee of \$25.00 plus tax must be paid at the event site prior to the start of the event. This includes the green fee, lunch, cart and range balls.

TABLE TENNIS (Doubles, Mixed Doubles, & Singles):

DATE /TIME: Thursday, August 5

Doubles: 10:00 a.m.; Mixed Doubles: 11:00 a.m.; Singles: 12:30 p.m. (Times may be slightly adjusted)

LOCATION: Horizon Middle School, 915 West 35th Street

- 1. All table tennis matches will be conducted in accordance with US Table Tennis Association rules.
- 2. Play shall consist of a three or five game match depending on pool size.

#### **DISC GOLF:**

DATE /TIME: Thursday, August 5, 1:30 p.m.

LOCATION: Centennial Park, 11th Street & 7th Avenue

- 1. P.D.G.A. rules apply.
- 2. The lowest score through 18 holes determines the winner.

#### **TRACK & FIELD:**

DATE /TIME: \*Thursday, August 5, 4:30pm and \*Friday, August 6, 8:30 a.m. (\*see event times on entry form)
LOCATION: Horizon Middle School Track and Field, 915 West 35th Street

- 1. All track and field events will be governed by standard recommended rules by USA Track and Field.
- 2. Shot puts, discus, and softballs will be supplied as needed.
- 3. Athletes must provide their own javelin.
- 4. Athletes who participate in a track event and a field event that occur at the same time, should compete in the track event first and then report directly over to their field event.

**BADMINTON** (Doubles, Mixed Doubles, & Singles):

DATE /TIME: Friday, August 6

Doubles: 10:00 a.m.; Mixed Doubles: 11:30 a.m.; Singles: 1:30 p.m. (Times may be slightly adjusted)

LOCATION: Horizon Middle School, 915 West 35th Street

- 1. The tournament is governed by USBA rules.
- 2. Natural feathered shuttlecocks will be provided.

**TENNIS** (Doubles, Singles, & Mixed Doubles):

DATE /TIME: Doubles: Fri., August 6, 1:30 p.m. & Sat., August 7, 8:00 a.m.; Singles: Sat., August 7, 8:00 a.m.; Mixed Doubles: Sat., August 7, 1:00 p.m. & Sun., August 8, 8:00 a.m. if necessary.

LOCATION: Harmon Courts, 5th Avenue & 33rd Street FACILITY INFORMATION: Outdoor, hard surface courts.

- All tennis matches will be conducted in accordance with US Tennis Association rules except as noted.
- 2. Athletes must provide their own racquets.
- 3. Format will be based on the number of players.
- 4. Attempts will be made to schedule in such a manner to avoid conflicts for players competing in singles and doubles.
- 5. Matches shall consist of two sets using regular scoring. Ties will be broken using a "match" tie-breaker (first to 10, win by 2). Scoring may be adjusted if playing outside your age group.

**BOWLING** (Mixed Doubles, Doubles, & Singles): DATE /TIME: Mixed Doubles: Fri., August 6, 3:00 p.m.; Doubles: Sat., August 7, 11:00 a.m.; Singles: Sat., August 7, 2:00 p.m.

LOCATION: Big Apple Fun Center, 500 West 4th Avenue

- 1. This tournament will be governed by the United States Bowling Congress.
- 2. Scratch format for doubles, singles, and mixed.
- 3. Singles, Doubles, and Mixed Doubles participants will bowl one set of three games. Winners determined by total pins in three games.
- 4. House balls/shoes will be available at competitor's expense. (There is a \$5/set of three games facility fee, paid the day of, on site.)

#### **5 & 10 KILOMETER ROAD RACE:**

DATE /TIME: 5K: Saturday, August 7, 7:30 a.m. 10K: Sunday, August 8, 7:30 a.m.

LOCATION: 5K Yanney Park (2020 West 11th Street),

10K Cottonmill Park (2795 Cottonmill Road)

COURSE: Relatively flat, asphalt, concrete trail.

Road race will be conducted in accordance with USA Track and Field rules.

CYCLING (5K & 10K time trials - 20K & 40K Road Races): DATE /TIME: Saturday, August 7 - 5K: 7:00 a.m., 40K: 8:30 a.m.; Sunday, August 8 - 10K: 7:00 a.m., 20K: 8:30 a.m. LOCATION: The Archway, 3060 East 1st Street

- 1. U.S.C.F. rules apply. (exception no fixed gear bicycles)
- 2. Helmets are required; must conform with USA Triathlon regulations.
- 3. Starting times for time trials will be at equal intervals.

  Road race will be mass start with intervals by age division.
- 4. 40k and 20k start times are approximate; pending the first race conclusion time.
- An open recumbent bike division will be available for twowheel and three-wheel.

#### SWIMMING:

DATE /TIME: Sat., August 7, 9:00 a.m. (warm-up 8:30 a.m.). LOCATION: Harmon Park Pool, 3207 7th Avenue FACILITY INFORMATION: Outdoor pool, heated, 50 meters, seven lanes, starting blocks, non-turbulent lane ropes.

- 1. US Master Swimming rules will govern this meet.
- 2. All swimming events will be timed finals.
- 3. Any swimmer who uses improper methods in order to gain advantage will be disqualified from that event.

#### **BASKETBALL FREE-THROW & HOT SHOT:**

DATE /TIME: Saturday, August 7, 11:00 a.m. - 12:00 p.m. LOCATION: Horizon Middle School, 915 West 35th Street

- 1. Free-throw shooters will take 25 shots.
- 2. Females, 70 & over, will shoot one foot closer..
- 3. Hot Shot has a one-minute time limit. Two attempts per person.
- 4. Four hot shot spots ranging from 2-5 points. Points correspond with the distance of the shot. Seven bonus points for making a shot from all four spots.

#### 3-ON-3 HALF COURT BASKETBALL:

DATE /TIME: Saturday, August 7, 1:00 p.m.

LOCATION: Horizon Middle School, 915 West 35th Street

- 1. Teams must be all of one gender.
- 2. Tournament format based on the number of teams. Two games guaranteed.
- 3. Games shall consist of two 15-minute halves, running clock, except for the last two minutes of each half. (Halves will be 12 min. for ages 75+)
- 4. A complete list of rules are available on request.

#### **CORNHOLE** (Open Doubles):

DATE/TIME: Saturday, August 7, 1:00 p.m.

LOCATION: Horizon Middle School, 915 West 35th Street

- American Cornhole Organization (ACO) rules will be followed.
- Cornhole boards are positioned 27' from the front edge to front edge of the board.
- 3. A designed pitcher box, 4' x 3' area, will be designated at each end of the court and on both sides of each board.
- 4. Scoring is first to 21 points. 1 point per bag on board, 3 points per bag in hole. Cancellation scoring method will apply. Tournament format will be based on number of teams.
- \*Cornhole will be an open sport at the National Senior Games in 2022. Qualification is not required.

#### **RACQUETBALL** (Singles):

DATE /TIME: Friday, August 6, Singles: 3:00 p.m. LOCATION: Kearney Family YMCA, 4500 6th Avenue

- 1. The tournament is governed by USRA rules.
- 2. Lensed eye-wear designed for racquet sports is mandatory.
- 3. Play shall consist of best 2 out of 3 games.

#### **HORSESHOES:**

DATE /TIME: Saturday, August 7, 3:00 p.m.

LOCATION: Buffalo County Fairgrounds, 35th Street & Avenue N

- 1. All matches will be conducted in accordance with the National Horseshoe Pitching Association rules except as modified herein.
- 2. Some horseshoes will be available for use but competitors are encouraged to provide their own.
- \*Horseshoes is no longer being offered at the National Senior Games.

PICKLEBALL (Doubles, Mixed Doubles & Singles):

DATE /TIME: Doubles: Saturday, August 7, 4:00 p.m.;

Mixed Doubles: Sunday, August 8, 8:00 a.m.; Singles: Sunday, August 8, 1:00 p.m.

(Times may be slightly adjusted)

LOCATION: Harvey Park Pickleball Courts, 4205 Avenue I FACILITY INFORMATION: Outdoor, hard surface courts.

- Play shall consist of a three-game match to 11; scoring format may change based on number of participants.
- 2. Open divisions within age groups will be utilized unless numbers dictate divisions by skill.
- 3. Dura Fast 40 pickleball will be used. Pickleball racquets available for use.

4. USA Pickleball Association rules will be followed.

### FREE EVENTS

The following are free, participatory events. Registration is still required, but participants will not receive a t-shirt if registering only for these events. However, t-shirts can be purchased at check-in if desired.

FREE EVENTS ARE AT THE PETERSON SENIOR ACTIVITY CENTER (2020 WEST 11th STREET).

#### PITCH TOURNAMENT:

DATE/TIME: Thursday, August 5

5:00 p.m.-Burger Feed, 6:00 p.m. -Pitch Tournament

- 1.10 point pitch tournament, both partners must register.
- 2. All age groups will compete together.
- 3. Medals to first-third place.
- 4.\$3.00 Burger Feed, prior to tournament.

#### PREDICTOR WALK:

DATE/TIME: Thursday, August 5, 8:00 p.m.

COURSE: Easy walking course circling Yanney Park/

Yanney Lake. Approximately 1.5 miles in length. Start/Finish at Peterson Senior Activity Center.

- Before starting the walk, participants must predict their finish time. Top three participants to finish closest to their
- predicted time receive a medal.

  2. All age groups will compete together.
- 3. No timing devices will be allowed.

#### **GENTLE YOGA:**

DATE/TIME: Friday, August 6, 1:00 p.m.

1. Chair supported class that improves range of motion; move as fast or slow as participant wants. Taught by instructor who is certified and registered through the Yoga Alliance.

### THANK YOU TO OUR SPONSORS:

PRESENTED BY: Kearney Park and Recreation & Kearney Visitors Bureau

CLASSIC: Family Physical Therapy & Sports Clinic, Platte River Radio,

Best Western Mid Nebraska Inn & Suites, Kearney Hub and New West Sports Medicine & Orthopedic Surgery

Special Thanks to the KEARNEY FAMILY YMCA the for their partnership.

VINTAGE: Nebraska Recreation and Park Association, Family Fresh Market & Kearney Regional Medical Center

**FACILITY SPONSORS:** Big Apple Fun Center, Meadowlark Hills Golf Course, The Archway, Kearney Public Schools, Kearney Family YMCA, Buffalo Country Fairgrounds, and Peterson Senior Activity Center.

The Nebraska Senior Games is a member of the National Senior Games Association. For more information, please visit the NSGA's website at www.nsga.com.

### 2021 NEBRASKA SENIOR GAMES ENTRY FORM

Complete all information on the front and back of this form. Please print in ink or type.			
^ LAST NAME	^ FIRST	NAME	
^ STREET ADDRESS			
^ CITY		^ STATE ^ ZIP	
^ DAY PHONE NUMBER	^ DATE OF BIRTH	^ EMAIL ADDRESS	
	"DATE OF BIRTH		
EMERGENCY CONTACT:^ NAME		^ PHONE	
AGE GROUP: as of 12/31/21  50-54  55	50 D 60 64 D 65 60 D 70 74 D 75		
T-SHIRT SIZE:   SMALL   MEDIUM   MEDIUM	🕽 LARGE 🖵 X-LARGE 🖵 XX-LARGE	<b>」</b> XXX-LARGE	
GENDER: 🗖 MALE 📮 FEMALE			
A partner pool is not available; for doubles events you MUST have a partner listed on your registration form or you will not be entered in the event.			
<u>Age divis</u>	ion is determined by the younge	est player.	
PREDICTOR WALK (FREE EVENT):	RACQUETBALL:	CYCLING:	
☐ *Individual	☐ Singles	☐ 5 Kilometer Time Trial	
GOLF:	TRACK & FIELD (listed in order of events):	10 Kilometer Time Trial	
☐ 18 Holes	THURSDAY	☐ 20 Kilometer Road Race	
PICKLEBALL:	☐ High Jump (4:30 p.m.) ☐ Discus (5:00 p.m.)	☐ 40 Kilometer Road Race ☐ Check here if you will be racing a recumbent bike	
Singles**  Doubles**: Partner DOB:	☐ 50 Meter Dash (5:30 p.m.)	TABLE TENNIS:	
☐ Mixed Doubles**: Partner DOB:	□ 800 Meter Run (6:00 p.m.)	☐ Singles	
**USAPA Player Rating	☐ 100 Meter Dash (6:30 p.m.)	Doubles: Partner: DOB:	
SWIMMING (listed in order of events):	1500 Meter Power Walk (7:00 p.m.)	☐ Mixed Doubles: Partner: DOB:	
100 Meter Butterfly	1500 Meter Race Walk (7:00 p.m.)	BOWLING:	
200 Meter Freestyle	Javelin (7:00 p.m.) ERIDAY	Singles	
□ 50 Meter Breaststroke □ 100 Meter Backstroke	5000 Meter Power Walk (8:30 a.m.)	☐ Doubles: Partner: DOB:	
400 Individual Medley (butterfly,	☐ 5000 Meter Race Walk (8:30 a.m.)		
backstroke, breaststroke, freestyle)	☐ Shot Put (8:30 a.m.)	BADMINTON: ☐ Singles	
☐ 100 Meter Breaststroke	Long Jump (9:00 a.m.)	Doubles: Partner: DOB:	
200 Meter Backstroke	400 Meter Dash (9:30 a.m.)	☐ Mixed Doubles: Partner: DOB:	
100 Meter Individual Medley (butterfly,	4x100 Meter Relay (10:00 a.m.)  List 4 participants on your team:	BASKETBALL SHOOTING:	
backstroke, breaststroke, freestyle)  50 Meter Freestyle		*Free-Throw Shooting	
200 Meter Butterfly		☐ *Hot Shot	
☐ 50 Meter Backstroke	Triple Jump (10:00 a.m.)	3-ON-3 HALF COURT BASKETBALL:	
200 Meter Individual Medley (butterfly,	1500 Meter Run (10:15 a.m.)	☐ 3-on-3 Basketball Team (min. of 3 people) TEAM NAME:	
backstroke, breaststroke, freestyle)	☐ 200 meter Dash (10:30 a.m.) ☐ *Softball Throw (10:30 a.m.)	1. (Captain)	
□ 50 Meter Butterfly □ 100 Meter Freestyle	·	2	
200 Meter Breaststroke	HORSESHOES:  *Singles	3	
400 Meter Freestyle	TENNIS:	4	
PITCH (FREE EVENT):	☐ Singles**	5	
□ *Doubles: Partner	Doubles**: Partner DOB:	6	
ROAD RACE:	☐ Mixed Doubles**: Partner DOB:	CORNHOLE:  *Doubles: Partner:	
5 Kilometer Run	**USTA player Rating		
10 Kilometer Run	GENTLE YOGA (FREE EVENT):		
DISC GOLF:	→ *Individual	*Not a National Senior Games Qualifying Event	