

# WASHINGTON STATE SENIOR GAMES

## JULY 6 - AUGUST 9, 2021

### COVID-19 GUIDELINES

Please understand the COVID-19 pandemic is not over and those involved in the planning of the Washington State Senior Games have attempted to mitigate the risk to everyone. But, even with all the careful planning, we cannot guarantee that there isn't a risk of infection. In planning, state and Department of Health guidelines have been followed. Your cooperation with these requirements are very important and much appreciated.

1. All restrictions imposed at the state, local or venue level that are in place at the time of the event will be strictly followed. Specific details will be emailed prior to each event and published on our website.
2. Participants, spectators, and officials will be required to wear a mask. For most sports, masks may be removed during competition, but some sports may require masks to be worn at all times.
3. Proof of vaccination isn't required, but we strongly encourage you to get the vaccine to protect yourself and others.
4. For the safety of our athletes, spectators, and volunteers, we are counting on athletes to self-screen before coming to their event. If you aren't feeling well, are experiencing symptoms of COVID-19, or have been exposed to someone with these symptoms, PLEASE STAY HOME.

### REGISTRATION INSTRUCTIONS

1. Athletes must register by the specified deadline for the sport(s) they are entering. The deadline for most sports is July 13, 2021.
2. For 2021, no day-of-event registration will be allowed.
3. For Pickleball, you must register and pay online for the Washington State Senior Games tournament on [PickleballTournaments.com](https://PickleballTournaments.com). You don't need to mail your entry or send your payment to WSSG for Pickleball unless you are registering for another sport.
4. Badminton, Ballroom Dance, Golf, Rock Climbing, and Table Tennis have been cancelled for 2021.

### PAYMENT INFORMATION

Please pay with a check made payable to **Washington State Senior Games**, or by supplying your credit card information on the registration form.

### MAIL IN YOUR COMPLETED REGISTRATION FORM

Once you have completed your registration form and signed your waiver, mail them along with your check or credit card information to:

**Washington State Senior Games**

**PO Box 1487**

**Olympia, WA 98507-1487**

**All registration forms must be postmarked by July 13, 2021**  
**Save \$10 by mailing your registration forms by May 25, 2021**

Your Registration Confirmation will be mailed to you within two weeks.  
If you have any questions, please call us for assistance at 360-413-0148  
or email [pugetsoundgames@comcast.net](mailto:pugetsoundgames@comcast.net)



# INDIVIDUAL & DOUBLES SPORTS

## ARCHERY

**Sport Commissioner:**  
Teko Phillips  
425-205-7781  
pinkarrow1@yahoo.com

**Schedule:**  
Sunday, July 18  
Check-in and practice:  
8:30 am to 10:00 am  
Competition begins:  
10:00 am

**Venue:**  
Skookum Archers  
11209 Shaw Rd E  
Puyallup, WA 98374

## BASKETBALL

**Sport Commissioner:**  
Nick Schmidt  
360-481-3144  
nickaschmidt@gmail.com

**Schedule:**  
Saturday, July 24  
8:00 am - 3:00 pm

**Venue:**  
Tumwater High School Gym  
700 Israel Rd SW  
Tumwater, WA 98501

## BOWLING

**Sport Commissioners:**  
Don Becker  
253-318-2085  
Beth Kempf  
360-951-8019  
bethkempf@comcast.net

**Schedule:**  
Saturday, July 10 @ noon  
Saturday, July 10 @ 3:00 pm  
Sunday, July 11 @ noon

**Venue:**  
Westside Lanes  
2200 Garfield St NW  
Olympia, WA 98502

## COWBOY ACTION SHOOTING

**Sport Commissioner:**  
Bill Dalton  
360-352-1393

**Schedule:**  
Sunday, July 11  
8:00 am - 4:00 pm

**Venue:**  
Evergreen Sportsmen's Club  
12736 Marksman Rd SW  
Olympia, WA 98512

## CYCLING

**Sport Commissioner:**  
Erik Anderson  
erik.o.anderson@gmail.com

**Schedule:**  
Sunday, July 25  
7:30 am - check-in begins  
9:00 am - 5k Time Trial  
10:30 am - 10k Time Trial  
12:30 pm - 40k Road Race

**Venue:**  
Boston Harbor Elementary  
7300 Zangle Rd NE  
Olympia, WA 98506

## DISC GOLF

**Sport Commissioners:**  
John Anderson and Rick Gill  
360-480-9523  
post428@gmail.com

**Schedule:**  
Saturday, July 24  
8:00 am - check-in  
9:00 am - start time

**Venue:**  
Woodland Creek Community Park  
6729 Pacific Ave SE  
Lacey, WA 98503

## PICKLEBALL

**Sport Commissioner:**  
Ken Lee  
253-514-0026  
miokandken@comcast.net

**Schedule:**  
Fri, Aug 6 @ 8:30 am WD  
Sat, Aug 7 @ 8:00 am MXD  
Sun, Aug 8 @ 8:30 am MD  
Mon, Aug 9 @ 8:00 am MS/WS

**Venue:**  
Rainier Vista Community Park  
5475 45th Ave SE  
Lacey, WA 98503

## POWER WALKING

**Sport Commissioner:**  
Edythe Hulet  
huleteanne@comcast.net

**Schedule:**  
Saturday, July 24 at 8:00 am

**Venue:**  
Tumwater High School  
700 Israel Rd SW  
Tumwater, WA 98501

## RACE WALKING

**Sport Commissioner:**  
Dora Choi  
206-361-6911  
dora.choi.training@gmail.com

**Schedule:**  
Saturday, July 24  
8:45 am - 5k  
11:30 am - 1500 meter

**Venue:**  
Tumwater High School  
700 Israel Rd SW  
Tumwater, WA 98501

## RACQUETBALL

**Sport Commissioners:**  
Jerry Rettela  
360-457-6994  
eletteor@msn.com  
Ted Bailey  
360-705-6522  
tedbailey12@msn.com

**Schedule:**  
Saturday, July 17 @ 10:00 am

**Venue:**  
The Valley Athletic Club  
4833 Tumwater Valley Dr SE  
Tumwater, WA 98501

## ROAD RUN 5K/10K

**Sport Commissioner:**  
Jeff Foster  
360-352-6087  
djfoster4@comcast.net

**Schedule:**  
Saturday, July 24  
7:30 am - check-in begins  
8:45 am - start time

**Venue:**  
Tumwater High School  
700 Israel Rd SW  
Tumwater, WA 98501

## SHUFFLEBOARD

**Sport Commissioner:**  
Rob Robinson  
360-581-0669  
ShufflingRob@outlook.com

**Schedule:**  
Monday, July 19  
Tuesday, July 20  
Wednesday, July 21  
8:00 am check-in each day  
8:30 am competition begins

**Venue:**  
Little Creek Casino  
91 West State Route 108  
Shelton, WA 98584

## SWIMMING

**Sport Commissioner:**  
Mel Smith  
360-923-5581  
melcomplynow@msn.com

**Schedule:**  
Sunday, July 25  
9:30 am competition begins

**Venue:**  
Briggs Community YMCA  
1530 Yelm Hwy SE  
Olympia, WA 98501

## TENNIS

**Sport Commissioners:**  
Brenda and Mike Williams  
360-790-8802  
brenda@wmsgroup.com

**Schedule:**  
Friday, July 9 @ 12:00 noon  
Saturday, July 10 @ 8:00 am  
Sunday, July 11 @ 9:00 am

**Venue:**  
The Valley Athletic Club  
4833 Tumwater Valley Dr SE  
Tumwater, WA 98501

## TRACK AND FIELD

**Sport Commissioners:**  
Dianne Foster (track events)  
360-701-8129  
run.dj4@gmail.com  
Paul Kelly (field events)  
360-250-5527  
greatnw55@yahoo.com  
Fran Melzer (field events)  
360-878-7708  
dancingran@mac.com

**Hammer & Weight Throws:**  
**Schedule:**  
Friday, July 23  
9:00 am - weigh-in/cert.  
10:00 am - throws begin

**Venue:**  
Saint Martin's University  
5300 Pacific Ave SE  
Lacey, WA 98503

**All other T&F Events:**  
**Schedule:**  
Saturday, July 24  
9:00 am to 3:00 pm

**Venue:**  
Tumwater High School  
700 Israel Rd SW  
Tumwater, WA 98501

## TRAP SHOOTING

**Sport Commissioner:**  
Craig LeVee  
360-791-8694  
fablevee@msn.com

**Schedule:**  
Tuesday, July 6  
10:00 am to 3:00 pm

**Venue:**  
Evergreen Sportsmen's Club  
12736 Marksman Rd SW  
Olympia, WA 98512

## SPORTS CANCELLED FOR 2021

**Badminton**  
**Ballroom Dance**  
**Golf**  
**Rock Climbing**  
**Table Tennis**

# WAIVER OF LIABILITY AND PAYMENT

## THIS WAIVER MUST BE SIGNED AND RETURNED WITH YOUR ENTRY FORM AND PAYMENT

### AGREEMENT, RELEASE AND WAIVER OF LIABILITY

It is my intent as a participant or player competing in the Washington State Senior Games sanctioned activities, while participating during activities that I am agreeable to the following:

- ✓ I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:
  - An outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof.
- ✓ In consideration of having the opportunity to participate as either a team member or competitor, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Washington State Senior Games and its Board of Directors, agents, volunteers, staff, coaches, trainers, officials, partner cities and sponsors, or others affiliated with the Games from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my preparation for or my participation in the Washington State Senior Games.
- ✓ I recognize and voluntarily accept all risks associated with my participation in the event, no matter how remote or unlikely. I realize that my activity may well include serious bodily injury, catastrophic spinal injury (including total or partial paralysis), permanent impairment, brain damage, and even death. I recognize that these injuries may be sustained by me from falling, tripping, being pushed, running, striking or being struck by a spectator, another participant, a vehicle, equipment used in the event, and the like.
- ✓ As an adult, I take full responsibility for my participation in this event and for the level at which I choose to participate. I have no impairment, physical or mental, that should preclude my participating in this event at the level that I choose. I am physically fit and capable of participating in this event at the level I choose. I understand that I can remove myself from participating in this event at any time I choose to do so.
- ✓ I do not expect Washington State Senior Games, its agents, volunteers, officers, employees, any partner cities or sponsors to coach, manage, instruct or train me for this event. I recognize that it is my personal responsibility to learn, prepare, understand and obey the rules for this activity or event.
- ✓ Prior to participating as an athlete I will inspect the facilities and equipment to be used and if I believe same to be unsafe, I will immediately report such conditions to the Sport Commissioner, Supervisor or Official connected with the Games of same and either decline to participate or assume the risk of participating.
- ✓ The undersigned expressly agrees that the foregoing Waiver and Release of all claims is intended to be as broad and inclusive as is permitted by the laws of Washington and that if any portion thereof is held invalid it is agreed that the balance shall not withstanding, continue in full legal force and effect.
- ✓ Further, I grant full permission to use my photograph, picture, likeness and/or voice to appear in any official documentary, promotional (including any and all advertisements), television, radio or film coverage of the Games without compensation.
- ✓ I consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with the Games.
- ✓ I, the undersigned, have carefully read and voluntarily signed this hold harmless Waiver and Release of all claims and fully understand its contents and meaning as full waiver and release of all claims, liability and indemnity for Washington State Senior Games, its agents, volunteers, officers, employees and any partner cities and sponsors.

**I have read this Waiver of Liability and I agree to its terms.**

**PRINT NAME**

**SIGN NAME**

**DATE SIGNED**

### PAYMENT CALCULATION

Basic Registration Fee	select one	Total
I mailed my registration <b>on or before May 25</b>	\$ 25 <input type="checkbox"/>	
I mailed my registration <b>after May 25</b>	\$ 35 <input type="checkbox"/>	
Event Fee	select one	
I'm registering for <b>1 event</b>	\$ 10 <input type="checkbox"/>	
I'm registering for <b>2 events</b>	\$ 20 <input type="checkbox"/>	
I'm registering for <b>3 events</b>	\$ 30 <input type="checkbox"/>	
I'm registering for <b>4 events</b>	\$ 40 <input type="checkbox"/>	
I'm registering for <b>5 or more events</b>	\$ 50 <input type="checkbox"/>	
I would like to make a donation to the Washington State Senior Games	Donation amount	
<b>GRAND TOTAL</b>		

### PAYMENT INFORMATION

☐ I'm paying by check

CHECK NUMBER

☐ I'm paying by credit card

AMOUNT PAID

         

CREDIT CARD NUMBER

  -  

EXPIRATION DATE (MM-YY)

  

CARD VERIFICATION CODE (ON BACK OF CARD)

## PERSONAL INFORMATION

## EMERGENCY CONTACT

## OTHER INFORMATION

What is your local or weekend newspaper? \_\_\_\_\_

## BECOME A SENIOR GAMES VOLUNTEER!

**To Volunteer, contact: Jack Kiley at 360-754-4937**

# SELECT YOUR EVENTS

CHECK THE BOX NEXT TO EACH EVENT YOU WISH TO ENTER

## ARCHERY

ENTRY LIMITED TO ONE EVENT ONLY

- ☐ Bare Bow Compound  
☐ Bare Bow Recurve  
☐ Compound Fingers  
☐ Compound Release  
☐ Recurve

## BADMINTON

Badminton has been cancelled for 2021

## BALLROOM DANCE

Ballroom Dance has been cancelled for 2021

## BASKETBALL

- ☐ Hot Shot  
☐ Free Throw

## BEACH VOLLEYBALL

Please use the Team Entry form to register for Beach Volleyball

## BOWLING

LIMIT OF ONE EVENT PER SESSION

SESSION 1: SATURDAY, JULY 10TH AT 12:00 NOON

- ☐ Singles  
☐ Doubles \_\_\_\_\_ DOUBLES PARTNER FOR SESSION 1  
☐ Mixed Doubles \_\_\_\_\_ MIXED DOUBLES PARTNER FOR SESSION 1

SESSION 2: SATURDAY, JULY 10TH AT 3:00 PM

- ☐ Singles  
☐ Doubles \_\_\_\_\_ DOUBLES PARTNER FOR SESSION 2  
☐ Mixed Doubles \_\_\_\_\_ MIXED DOUBLES PARTNER FOR SESSION 2

SESSION 3: SUNDAY, JULY 11TH AT 12:00 NOON

- ☐ Singles  
☐ Doubles \_\_\_\_\_ DOUBLES PARTNER FOR SESSION 3  
☐ Mixed Doubles \_\_\_\_\_ MIXED DOUBLES PARTNER FOR SESSION 3

## COWBOY ACTION SHOOTING

ENTRY LIMITED TO ONE EVENT ONLY

- ☐ Traditional  
☐ Gunfighter  
☐ Duelist  
☐ B-Western  
☐ Open Black Powder  
☐ Classic Cowboy/Cowgirl

## CYCLING

- ☐ 5k Time Trial  
☐ 10k Time Trial  
☐ 40k Road Race

## DISC GOLF

- ☐ Two, 18 Hole Rounds

## GOLF

Golf has been cancelled for 2021

## PICKLEBALL

For Pickleball, you must register and pay online for the Washington State Senior Games tournament on [PickleballTournaments.com](http://PickleballTournaments.com)

If you are only registering for Pickleball:

- ✓ Complete your registration and payment online for Pickleball. In this case, please don't mail your entry or payment to WSSG.

If you are registering for Pickleball along with another sport or sports:

- ✓ Complete your registration and payment online for Pickleball first.
- ☑ Print, fill out, and mail an entry form along with your payment for the other sport(s).
- ✍ Please note on your entry form that you have already paid for Pickleball and list the events that you registered for online for Pickleball.
- \$ For your fee calculation, you already paid your basic registration fee when you paid for Pickleball so just calculate the fees for the additional events.

If you have any questions, please call 360-413-0148 or email [pugetsoundgames@comcast.net](mailto:pugetsoundgames@comcast.net)





# SELECT YOUR EVENTS

CHECK THE BOX NEXT TO EACH EVENT YOU WISH TO ENTER

## POWER WALKING

☐ 1500 meter

## RACE WALKING

☐ 1500 meter

☐ 5k

## RACQUETBALL

☐ Singles

☐ Doubles \_\_\_\_\_  
DOUBLES PARTNER

## ROAD RACE

☐ 5k Run/Walk

☐ 10k Run

## ROCK CLIMBING

Rock Climbing has been cancelled for 2021

## SHUFFLEBOARD

☐ Singles

☐ Doubles \_\_\_\_\_  
DOUBLES PARTNER

## SWIMMING

SEED TIME (YOUR LAST RECORDED TIME)

- ☐ 500 yd freestyle \_\_\_\_\_
- ☐ 100 yd breaststroke \_\_\_\_\_
- ☐ 25 yd butterfly \_\_\_\_\_
- ☐ 200 yd freestyle \_\_\_\_\_
- ☐ 25 yd backstroke \_\_\_\_\_
- ☐ \*200 yd freestyle relay, mixed \_\_\_\_\_
- ☐ 50 yd freestyle \_\_\_\_\_
- ☐ 200 yd IM \_\_\_\_\_
- ☐ 50 yd breaststroke \_\_\_\_\_
- ☐ 200 yd backstroke \_\_\_\_\_
- ☐ 100 yd freestyle \_\_\_\_\_
- ☐ 400 yd IM \_\_\_\_\_
- ☐ \*100 yd freestyle relay, mixed \_\_\_\_\_
- ☐ 100 yd butterfly \_\_\_\_\_
- ☐ 25 yd breaststroke \_\_\_\_\_
- ☐ 50 yd butterfly \_\_\_\_\_
- ☐ 100 yd backstroke \_\_\_\_\_
- ☐ 200 yd breaststroke \_\_\_\_\_
- ☐ 100 yd IM \_\_\_\_\_
- ☐ 25 yd freestyle \_\_\_\_\_
- ☐ 50 yd backstroke \_\_\_\_\_
- ☐ 200 yd butterfly \_\_\_\_\_

\* = NO FEE FOR RELAYS

## TABLE TENNIS

Table Tennis has been cancelled for 2021

## TENNIS

☐ Singles

☐ Doubles \_\_\_\_\_

DOUBLES PARTNER

☐ Mixed Doubles \_\_\_\_\_

MIXED DOUBLES PARTNER

## TRACK & FIELD

☐ 50 m

☐ 100 m

☐ 200 m

☐ 400 m

☐ 800 m

☐ 1500 m

☐ High Jump

☐ Long Jump

☐ Standing Long Jump

☐ Triple Jump

☐ Pole Vault

☐ Discus

☐ Javelin

☐ Shot Put

☐ Football Throw

☐ Softball Throw

☐ Hammer Throw \_\_\_\_\_

☐ Weight Throw \_\_\_\_\_

USATF # (HAMMER & WEIGHT THROWS ONLY)

## TRAP SHOOTING

☐ 16 yard Singles (100 targets)

