

2016 INFORMATION PACKET

Piedmont Plus Senior Games

For Athletes

ENTRY DEADLINE — MARCH 31
EARLY BIRD DEADLINE—FEBRUARY 29



IMPORTANT DATES

February 29, Monday	Early Bird Deadline \$10 + golf and bowling event fees
March 8, Tuesday	Luncheon Fundraiser At Heritage Woods \$10 11:30am—1:00pm
March 31, Thursday	Final registration Deadline \$12 + golf and bowling event fees
April 9, Saturday	5k Race
April 12, TUESDAY	Opening Ceremony
April 29, Friday	Performing Arts and Cheer-leading competition
May 9, Monday	Golf at Reynolds Park
May 20, Friday	Men's 70+ and 75+ softball tournaments
May 21, Saturday	Men's 50—69 & Women's softball tournaments
10K RUN	TO BE ANNOUNCED

HOST AGENCY
 City of Winston-Salem Recreation and Parks Department



COORDINATING AGENCIES: Forsyth County Public Library, YMCA of NWNC, Department of Social Services, Heritage Woods, Senior Services Inc., Forsyth County Health Department, Gateway YWCA, Arbor Acres, Forsyth County Aging Services Planning Committee, Calvary Baptist Church, and Homestead Hills.

This program is sanctioned by North Carolina Senior Games, Inc. NCSG Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.

REGISTRATION INFORMATION & PROCESS

For the first time ever, you may enter the Piedmont Plus Senior Games and SilverArts **ON LINE** by going to torch.ncseniorgames.org. You will be asked to provide a user name and password. This service is **FREE** for all athletes and artists.

- ◆ PPSG must receive your entry form by **5 p.m. on March 31**. Each individual including doubles, partners, all team members and SilverArts must submit a completed entry form to PPSG by **March 31**.

\$12 ENTRY FEE (\$10 early bird entry fee) includes admission to opening ceremony, Senior Games t-shirt and participant gift bag.

REFUNDS

Request for refunds must be made in writing and received in the Piedmont Plus Senior Games office (2301 N. Patterson Ave) by **April 8**. Refund request may be sent via email to chuckv@cityofws.org.

EVENT FEES:

These fees help cover charges for facility maintenance, facility rental, officials and equipment for activities you choose to enter and are listed in the event information which follows.

1. After your entry form is received and processed, PPSG will send you a written or emailed confirmation of your activities and payment prior to **April 8**. Please check the confirmation to ensure that your events are listed correctly.
2. You should receive your confirmation letter by **April 8** It will contain a list of activities that you registered for and reporting times. Please contact Piedmont Plus Senior Games and SilverArts at 336.727.2325, chuckv@cityofws.org, if your letter has not been received by **April 8**.

GENERAL INFORMATION

ELIGIBILITY

To be eligible to participate, you must be 50 years of age or better on or before December 31, 2016. We prefer participants from Forsyth & Stokes county, but are open to any and all NC residents unless otherwise noted as a closed event. A participant must be a NC resident for a minimum of 3 consecutive months.

AGE CATEGORIES

Your age category is determined by your age on December 31, 2016. Men and women compete in singles categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+. You must compete at the scheduled time with your age/sex category. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player.

EVENT RULES & REGULATIONS

All Sports will be conducted in accordance with the 2016 edition of the NCSG Official Rules Book, available at www.weplay.org or call 336.727.2325. NCSG specifications for equipment are in the rules book.

POSTPONEMENT & CANCELLATION

Events will not be delayed to allow time for a participant to arrive from another event. Game officials reserve the right to cancel or postpone events in case of inclement weather or unusual circumstances.

INCLEMENT WEATHER LINE

In the event of inclement weather please call **336.727.2325** for information about event details.

VOLUNTEER!

The Piedmont Plus Senior Games is always looking for volunteers!

We need event managers, score keepers, timers, event maintenance and record keepers. You'll get a free PPSG t-shirt and the satisfaction of knowing you're making a difference in our community! Contact the Senior Games office at 336.727.2325 to sign up!

SPECIAL EVENTS

OPENING CEREMONIES

Tuesday, April 12, 11 am
Calvary Baptist Church,
5000 Country Club Rd. Winston-Salem NC 27104
Lunch will be served

HERITAGE, LITERARY, & VISUAL EXHIBIT

Tuesday, April 26 through Thursday, April 28
Tuesday & Thursday 2:15 pm - 5:45 pm
Wednesday 3:15 pm—7:00 pm

South Fork Community Center
4403 Country Club Road, Winston-Salem, NC 27104

SILVERARTS RECEPTION & AWARDS CEREMONY

Thursday, April 28 2:30 pm - 5:00 pm

SILVERARTS HERITAGE, LITERARY, & VISUAL

Awards Program: Friday, May 15, 3:30 pm

PERFORMING ARTS

Performing Arts Technical Workshop
Friday, April 29 2:45pm

PERFORMING ARTS PRESENTATION

Friday, April 29 7:00pm (Performer Check-in @ 6:15)

South Fork Community Center
4403 Country Club Road, Winston-Salem, NC 27104

AWARDS

Official gold, silver and bronze medals will be awarded to 1st, 2nd and 3rd place winners in each **athletic** event and age category for both men and women. Golfers must also meet a minimum performance score to be invited to the NC Senior Games (NCSG) in Raleigh. Finalists will be invited to participate in NCSG in Raleigh.

In each of the Performing Arts and Cheerleading Categories, Judges will select one of the first place acts to advance to NCSG. 1st and 2nd place winners in the Literary Arts sub-categories, and 1st, 2nd, and 3rd place winners in the Heritage and Visual sub-categories are eligible to advance to the NCSG.

It is your responsibility to check with Chuck Vestal to determine if you qualified for State Finals and to get an Entry Packet. **Your State Finals Entry Forms must be RECEIVED in the NCSG office by 5 pm on August 1. 2016 NO EXCEPTIONS!**

TEAM SPORTS INFORMATION

SOFTBALL TOURNAMENT

Washington Park Lane
Fields 1,2,3,4 & Hanes Hosier

Eligibility: Each player must submit an **individual** Entry Form. The team will compete in the age group of its youngest player.

Rules: All sports will be conducted in accordance with the 2016 edition of the NCSG Official Rules Book. NCSG specifications for equipment are in the Rules Book. Softball Rules follow in accordance to the Amateur Softball Association (ASA) Rules.

Schedule: Tournament format and starting times will be determined when the number of entries is known and included in the Participant Confirmation letter. All Team Captains, and participants who provide an email address on their Entry form, will be notified of the reporting time for their team's first game and other details of the Tournament. Please check with your Team Captain for all tournament details. The PPSG will communicate with the team captains. Team Captains can check with the local coordinator at chuckv@cityofws.org or call 336.727.2325 for a list of registered players.

Equipment: PPSG will provide the required game balls as defined in the NCSG Official Rules Book. Participants are responsible for the practice balls, gloves, and other needed equipment not provided by PPSG.

SPORTS INFORMATION

RULES: All sports will be conducted in accordance with the 2016 edition of the NCSG Official Rules Book, available at www.ncseniorgames.org or call 336.727.2325. NCSG specifications for equipment are in the rules book.

(*)Event is only recognized by Piedmont Plus Senior Games. This event will not qualify for state competition.

ARCHERY

TBA

Event Details: Conventional Recurve, Compound, Compound Release Aid

Equipment: Participants must provide their own.

Limit 2 events

BASKETBALL SHOOTING

Miller Park, 400 Leisure Lane

Event Details: Participants shoot three shots from six designated spots on the court, totaling 18 shots.

Equipment: PPSG will provide basketballs or you can bring your own properly inflated basketball.

BASKETBALL 3-on-3

Miller Park, 400 Leisure Lane

Event Details: Participants will play (2) ten minute halves with a running clock.

Equipment: PPSG will provide basketballs.

BILLIARDS

Breaktime Billiards 420 Jonestown Road

Event Details: 8 Ball

Equipment: All equipment will be provided or you can bring your own legal cue stick.

BOCCE

Miller Park, Queen and Knollwood St.

Event Details: Participants are encouraged to bring lawn chairs as there may be a waiting period before your match begins. This event will take several hours.

Equipment: PPSG will provide all equipment or you can bring your own Bocce ball set.

Please note lunch will NOT be provided.

BOWLING

Northside Lanes, 3550 Patterson Ave & Creekside Lanes, 1450 Trademart Blvd
Countryside Lanes

Event Details: Participants will bowl three games to determine award.

Equipment: Shoes and ball are available on site. Participants may use their own shoes and regulation balls.

Event Fee: Singles \$7, Doubles and Mixed Doubles \$7 ea.

CORNHOLE

Miller Park, 400 Leisure Lane

Event Details: Participants will play the best 2 out of 3 games. The winner of each game will be determined by the first player to 21 or the best score after 7 innings

Equipment: PPSG will provide all bags and cornhole boards.

CROQUET

Arbor Acres, 1240 Arbor Road

Event Details: Participants will use a mallet to hit their ball offensively and defensively through a series of 9 wickets.

Equipment: PPSG will provide mallets and balls or you can bring your own mallet. Participants are encouraged to bring lawn chairs as there may be a waiting period before your match begins.

CYCLING

Dixie Classic Fairgrounds

Event Details: 1 mile, 5K and 10K. Events will be scored based on time.

Equipment: Participants will need to provide their own bicycle and safety equipment

DISCUS & SHOT PUT

WSSU Track, 1250 S MLK, Jr. Drive (behind BG stadium)

Event Details: All scores will be based on distance

Equipment: PPSG will provide the required discus and the required shots.

FOOTBALL THROW

Hanes Park, 625 West End Blvd

Event Details: Participants will throw the ball through designated targets at specific distances. Scores will be based on accuracy.

Equipment: PPSG will provide all equipment.

GOLF

Reynolds Park, 2391 Reynolds Park Rd

Event Details: A triple-bogey pickup rule will be enforced. To qualify for State finals, golfers must meet a minimum performance standard (MPS) and finish in the top three in their age group. The MPS is available from your PPSG Coordinator and in the NCSG Rules Book found at www.weplay.ws.

Equipment: Participants must provide his or her own clubs, balls, tees, and spikes.

Event Fee: \$20

HORSESHOES

Miller Park, Queen and Knollwood St.

Event Details: Participants will pitch from various distances according to age.

Equipment: PPSG will provide horseshoes or you may bring your own.

LONG JUMP - RUNNING & STANDING

WSSU Track, 1250 S MLK, Jr. Drive (behind Bowman Gray Stadium)

Event Details: Participants will perform a running or standing jump into a sand pit for distance.

Equipment: PPSG will provide all equipment.

SPORTS INFORMATION

RULES: All sports will be conducted in accordance with the 2016 edition of the NCSG Official Rules Book, available at www.ncseniorgames.org or call 336.727.2325. NCSG specifications for equipment are in the rules book.

(*Event is only recognized by Piedmont Plus Senior Games. This event will not qualify for state competition.

PICKLEBALL

Jerry Long YMCA

1150 S Peace Haven Road, Clemmons

Pickleball is a great sport played on a badminton-sized court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball similar to a whiffle ball and wood or composite paddles .

Event Details: Single, Doubles, and Mixed Doubles will play. NEW

BEGINNING IN 2016 ONE PLAYER OF EACH DOUBLES TEAMS AND ALL SINGLES PLAYERS MUST BE A RESIDENT OF FORSYTH OR STOKES COUNTIES.

Equipment: will be provided by PPSG or you can bring your own paddle.

RACQUETBALL

William G. White YMCA, 775 West End Boulevard

Event Details: Single, Doubles, and Mixed Doubles will play.

Equipment: Participants must provide his or her own racquet and safety equipment. PPSG will provide the balls.

SHUFFLEBOARD

Rupert Bell Park, 1501 Mt. Zion Place

Event Details: Participants will use cues to slide their disc into scoring and defending positions on the court. This event may take several hours.

Equipment: PPSG will provide the required discs and cues or you can bring your own cue.

SOFTBALL THROW

WSSU Track , 1250 S MLK, Jr. Drive (behind Bowman Gray Stadium)

Event Details: Scores will be measured by distance and accuracy.

Equipment: PPSG will provide all equipment.

SILVER STRIDER FUN WALK*

Hanes Park, 625 West End Blvd

Event Details: Participants walk a non-competitive 1 mile walk.

SPINCASTING

Hanes Park, 625 West End Blvd

Event Details: Participants will use a fishing rod to score points on a target. Scores will be measured by distance and accuracy.

Equipment: PPSG will provide the required fishing rods.

SWIMMING

Gateway YWCA, 1300 South Main Street Winton Salem, NC

Backstroke	50yd	100yd	200yd	
Butterfly	50yd	100yd	200yd	
Breaststroke	50yd	100yd	200yd	
Freestyle	50yd	100yd	200yd	500yd
Ind. Medley		100yd	200yd	400yd

Event Details: Swimmers will swim in their age category. Scores will be determined by time. Pool available for warm ups at 9am.

Limit 6 swimming events.

TABLE TENNIS

Miller Park, 400 Leisure Lane

Event Details: Singles, doubles and mixed doubles

Equipment: PPSG will provide the balls. Participants must provide his or her own paddle.

TENNIS

Hanes Park, 625 West End Blvd

Event Details: Doubles only.

Equipment: Participants must provide his or her own racket. PPSG will provide the balls.

TRACK EVENTS

Hanes Park, 625 West End Blvd & WSSU Track ,1250 S MLK, Jr. Drive (behind Bowman Gray Stadium)

Event Details: Scores will be determined by time.

Dash	50M	100M	200M	400M
Run	800M	1500M	5K	10K
Race Walk	1500 M	5K		

Event Details: Proper race walk technique must be used.

DISTANCE EVENTS

Market Place Mall

Event Details: 5k

To Be Announced

Event Details: 10K or the very first time. This will be an event that will also be held at the NC Senior Games.

2016 ATHLETIC EVENT SCHEDULE

5K Run	SATURDAY, April 9 9 a.m.	Marketplace Mall & Greenway	
Opening Ceremonies	TUESDAY, April 12 11 a.m.	Calvary Baptist Church	
Bowling, Doubles	WEDNESDAY, April 13 1 p.m.	Countryside Lanes	
Bowling, Singles	THURSDAY, April 14 1 p.m.	Northside Lanes	
Swimming	FRIDAY, April 15 10 a.m.	Gateway YWCA	
Horseshoes	MONDAY, April 18 9 a.m.	Miller Park Complex	
Shuffleboard	WEDNESDAY, April 20 9 a.m.	Rupert Bell Park	
Cornhole	THURSDAY, April 21 9 a.m.	Miller Park Gym	
Basketball Shooting	2 p.m.	Miller Park Gym	
3-on-3 basketball tournament	3 p.m.	Miller Park Gym	
1500 M Race Walk	FRIDAY, April 22 9 a.m.	Hanes Park	
Spin Casting	9:30 a.m.	Hanes Park	
Football Throw	10:30 a.m.	Hanes Park	
Run, 800M	11 a.m.	Hanes Park	
Silver Striders Fun Walk	11:30 a.m.	Hanes Park	
Dash, 400 M	MONDAY, April 25 9 a.m.	Hanes Park	
1500 M Run	9:30 a.m.	Hanes Park	
Race Walk 5K	10 a.m.	Hanes Park	
Croquet	FRIDAY, April 29 9 a.m.	Arbor Acres	
Bowling, Mixed Doubles	MONDAY, May 2 1 p.m.	Creekside Lanes	
Rocquetball, Doubles & Mixed	6 p.m.	William G White YMCA	
Table Tennis	TUESDAY, May 3 9 a.m.	Miller Park	
Tennis	WEDNESDAY, May 4 9 a.m.	Hanes Park/Joe White Tennis Center	
Archery	THURSDAY, May 5 1 p.m.	TBA	
Bocce, Women	FRIDAY, May 6 9 a.m.	Miller Park Bocce Complex	
Bocce, Men	1 p.m.	Miller Park Bocce Complex	
Dash, 50M & 100M	SATURDAY, May 7 9 a.m.	WSSU (Winston-Salem State University track facilities)	
Long Jump (Standing)	9:30 a.m.	WSSU	
Long Jump (Running)	9:30 a.m.	WSSU	
Softball Throw	10:30 a.m.	WSSU	
Dash, 200M	11:00 a.m.	WSSU	
Discus	11:00 a.m.	WSSU	
Shot Put	11:30 a.m.	WSSU	
Golf	MONDAY, May 9 8 a.m.	Reynolds Park Golf Course	
Racquetball, singles	6 p.m.	William G White YMCA	
Pickleball Tournament <i>Ladies singles and Mixed Doubles</i>	TUESDAY, MAY 10 9 a.m. & Noon	Jerry Long YMCA	
Cycling	2:00pm	Dixie Classic Fairgroundgs	
Pickleball Tournament <i>Mens Singles and Doubles</i>	THURSDAY, MAY 12 9 a.m. & Noon	Jerry Long YMCA	
Softball Tournament (Men 70+ & 75+)	FRIDAY, May 20 9 a.m.	Washington Park	
Softball Tournament (Ladies/Men 50—69)	SATURDAY, May 21 9 a.m.	Washington Park & Hanes Hosiery	

10K RUN DETAILS ARE STILL FORTH COMING

2016 SILVERARTS EVENT SCHEDULE



HERITAGE & VISUAL ARTS DROP-OFF:

SOUTH FORK COMM CENTER

4403 Country Club Road

- Monday, April 25 1-3pm for Visual Arts
- Monday, April 25 3-5pm for Heritage Arts
- Thurs, April 28 2:30pm SilverArts Reception

VISUAL/HERITAGE &

LITERARY ARTS SHOWCASE TUESDAY, April 26—THURSDAY, April 28

South Fork Community Center

**PERFORMING ARTS &
Cheerleader Showcase**

FRIDAY, April 29 7pm
(TECHNICAL CHECK AT 3:00PM, ALL ACTS MUST REPORT)

South Fork Community Center
(PARTICIPANTS CHECK-IN AT 6:00P.M)



Winston-Salem Community Band

SPONSORED BY THE WINSTON-SALEM RECREATION AND PARKS DEPARTMENT



2016 CONCERT SCHEDULE



SOUTH FORK COMMUNITY CENTER
4403 Country Club Rd. 336-659-4305

**SUMMER CONCERT SERIES AT
MILLER PARK AMPHITHEATER**
Queen Street near Moore School
336-727-2831

(In the case of rain or extreme heat the concert be
will held inside the Miller Park Recreation Center.)

ARDMORE BAPTIST CHURCH
501 Miller St.

FRIES MORAVIAN CHURCH
251 N. Hawthorne Rd.

ALL PROGRAMS ARE FREE!
For additional information, call
(336) 659-4305 or (336) 993-2325
www.WePLAY.ws

February 14 at 3 pm
WINTER CONCERT, South Fork

March 13 at 3 pm
SPRING CONCERT, South Fork

May 1 at 6:30 pm
POTPOURRI CONCERT, Miller Park

June 5 at 6:30 pm
SUMMER CONCERT, Miller Park

July 3 at 6:30 pm
PATRIOTIC CONCERT, Miller Park

August 7 at 6:30 pm
BAND SHOWCASE, Miller Park

September 4 at 5:00 pm
TBA, Fries Moravian Church

October 9 at 3:00 pm
AUTUMN CONCERT, Miller Park

November 13 at 3:00 pm
**THANKSGIVING CONCERT,
Ardmore Baptist**

December 11 at 5:30 pm
**CHRISTMAS CONCERT,
Fries Moravian Church**

A SPECIAL THANK YOU TO OUR FINANCIAL SPONSORS



Humana



If you are interested in becoming a financial sponsor of the Piedmont Plus Senior Games, contact Chuck Vestal at 727-2325 or chuckv@cityofws.org