



ARDMORE SENIOR GAMES

LIVE LONG AND COMPETE

Ardmore Institute of Health & Ardmore Parks & Rec Senior Games Late Summer / Early Fall 2019

CONTACT:

Michelle Sinkler

Program Officer

Michelle.sinkler@fullplateliving.org / 405-561-1797

Ardmore Institute of Health and Full Plate Living

Tes Stewart

Recreation Supervisor

tstewart@ardmorecity.org / 580-223-4844

Ardmore Parks and Recreation

WEBSITE:

www.okseniorgames.com



Ardmore Senior Games



WELCOME

AIH (Ardmore Institute of Health) and Ardmore Parks and Rec is excited to host its 2nd annual 2019 Ardmore Senior Games. The Ardmore Senior Games is an opportunity for adults AGE 50+ to compete in a variety of events.

With a successful first year we have decided to add a some new events this year. This year's events include Track & Field, Pickleball, Bowling, Indoor Cornhole, Horseshoes, 3 on 3 Basketball, Golf, Archery and Arts. With 9 events scheduled this year, Ardmore Senior Games promises to be a quality experience for all participants from Ardmore and surrounding communities.

In addition to the Ardmore Senior Games, AIH and Ardmore Parks and Rec is committed to enhancing the quality of lives of active seniors and adults age 50+ by providing recreation and leisure activities to promote active aging.

For additional information, feel free to contact us!



REGISTRATION INFORMATION

ONLINE REGISTRATION

Watch for registration coming soon at www.OKseniorgames.com

IN PERSON REGISTRATION

You can pick up and fill out a registration form at Ardmore Parks and Rec or the Ardmore YMCA. Payment is due at the time of registration.

GENERAL INFORMATION

ELIGIBILITY

All athletes must be at least 50 years old. Athlete's competition age will be based on his/her age on or before Dec. 31, 2019.

AGE CATEGORIES

Participants will compete in one of the following age categories: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Partner and team age groups will be determined by the age of the youngest partner/team member. Age divisions may be combined.

PROOF OF AGE

All athletes may be required to show proof of age during the Senior Games. Any athlete unable to prove age will be disqualified. Any individual on a team sport who is not of minimum age or whose age is listed on the roster incorrectly and causes the team to play in the wrong age division will be disqualified.



REFUNDS

No refunds will be given

RULES

All events will be conducted in accordance with the nationally governing bodies associated with each event unless otherwise specified.

EQUIPMENT

Athletes are required to provide their own equipment, unless otherwise specified by sport.

INCLEMENT WEATHER / UNFORESEEN CIRCUMSTANCES

AIH / Ardmore Parks and Recreation reserves the right to cancel or modify any event due to inclement weather or insufficient registration. In the event of a venue change or cancelation, athletes will be notified by email, text, or phone.

HOW MANY SPORTS / EVENTS CAN I ENTER?

Athletes are encouraged to enter more than one event as long as events are not held at conflicting times. Scheduling cannot be changed to accommodate other events. You must be a member of a team to enter team events; teams / doubles will not be assigned.

DOUBLES EVENTS

Athletes must have a partner to enter doubles events. During registration, you must enter your partner's name. Doubles will not be assigned.

EVENTS

HORSESHOES

FEE: \$10

ARDMORE REGIONAL PARK

TBD

CORNHOLE

FEE: \$10

EVENTS: SINGLES & DOUBLES

HFV

TBD

BOWLING

FEE: \$10 (PLUS FACILITY FEE)

EVENTS: MEN'S SINGLES
MEN'S DOUBLES
WOMEN'S SINGLES
WOMEN'S DOUBLES
MIXED DOUBLES

GOOD TIME LANES

SEPTEMBER 21st

PICKLEBALL

FEE: \$10

EVENTS: WOMEN'S SINGLES
WOMEN'S DOUBLES
MEN'S SINGLES
MEN'S DOUBLES
MIX DOUBLES

YMCA

SEPTEMBER 13th-14th

3 ON 3 BASKETBALL

FEE: \$10

EVENTS: MEN'S
WOMEN'S
FREE THROW
3 POINT SHOT

YMCA

AUGUST 24th



TRACK & FIELD

FEE: \$10

EVENTS: 50 M DASH
100 M DASH
200 M DASH
400 M DASH
1500 M DASH
STANDING LONG JUMP
RUNNING LONG JUMP
DISCUS
SHOT PUT

GOLF

FEE: \$10 (PLUS \$20 FACILITY FEE)
UNLESS MEMBER OF LAKE VIEW

EVENTS: MEN'S
WOMEN'S

ARCHERY

FEE: \$10 (PLUS FACILITY FEE)

EVENTS: MEN'S
WOMEN'S

ARTS

FEE: \$10

EVENTS: PAINTING
PHOTOGRAPHY
SCULPTING
DRAWING

PLAINVIEW SCHOOLS

TBD

LAKE VIEW

SEPTEMBER, 12th

TEXOMA ARCHERY

AUGUST, 10th

CHAMPION LIBRARY

AUGUST, 26th—30th