



Senior Station Sports Days

PORTSMOUTH DEPARTMENT OF PARKS, RECREATION & TOURISM



30 Years of Active Play

Grand Sponsor:



Monday, May 4, 2020

Billiards at Senior Station

Tuesday, May 5, 2020

Track & Field at I.C. Norcom

Opening Ceremony, Senior Information Fair

Sportsplex, 1801 Portsmouth Blvd.

Wednesday, May 6, 2020

Table Games

- Spades
 - Dominoes
 - Checkers table tennis, etc.
- Sportsplex, 1801 Portsmouth Blvd.

Thursday, May 7, 2020

Active Games

- Bocce Ball
 - Horseshoes
 - Beanbag, etc.
- Awards Celebration

**KEEP THIS SHEET FOR YOUR INFORMATION!
2020 PORTSMOUTH SENIOR SPORTS DAYS**



2020 Senior Station Sports Days

Organized By:

- Portsmouth Department of Parks, Recreation and Tourism
- Portsmouth Task Force on Aging
- Senior Sports Day Executive Committee

The Virginia Senior Games

Held May 12-16, 2020. Held in Henrico , VA. For additional information; Email vsg@vrps.com or call (804-730-9447) Mon-Fri, 9am – 4pm. Webb site: virginiaseniorgames.org Registration ends Wednesday, April 15, 2020.

Eligibility:

Individuals 50 and older and all Hampton Roads Residents. Complete both sides of the registration form mail or drop off by Monday, April 1, 2020 along with registration fees (NO REFUNDS) to:

To Register:

Sandra Gail Burton

Portsmouth Department of Parks, Recreation and Tourism
Senior Station
3500 Clifford Street
Portsmouth, VA 23704

Registered Participants:

You will receive written confirmation by mail, which **MUST BE BROUGHT WITH YOU ON THE DAY OF YOUR EVENT OR EVENTS TO PARTICIPATE.**

Lunch:

Lunch is included Tuesday – Thursday, May 5-7, 2020 in one time registration fee. **Of \$25.00 NO REFUNDS OR DAY BY DAY LUNCH PURCHASE! Spectators \$7 daily.**

Additional Information:

PLEASE SELECT ONE EVENT PER TIME SLOT Registration packages will only be given on the day of your event. **No one can pick up your package!**

Event Check in: 30 minute prior to event start times. Late check in may result in no participation. Events may be cancelled because of insufficient registration or inclement weather.

Schedule Of Events:

★ Billiards

Monday, May 4
Registration 9 a.m.

- Billiards at Senior Station
3500 Clifford Street
Portsmouth, VA 23704

★ Track & Field

Tuesday, May 5
Registration 7:30 a.m.
Event start time 8:30 a.m.

- Track & Field at
I.C. Norcom
1801 London Blvd.
Portsmouth, VA 23704
- **9 a.m. – 2 p.m.**
**Senior Information Fair
and 11:15am Opening
Ceremony**
Sportsplex
- Bowling at Strick Zone
Scott Center Annex \$15
Time 1:30 p.m.

★ Indoor Events

Wednesday, May 6
Registration 8 a.m.
Game time 9 a.m.

- Events at Sportsplex

★ Events & Awards

Thursday, May 7
Registration 8 a.m.
Game time 8:30 a.m.

- Track & Field Awards
- Active Games
- Awards Ceremonies

Registration Form: Please check those events you wish to enter. Individual events may be cancelled if there is insufficient registration or inclement weather.

Schedule Of Events: *(Select only one event per time period each day)*

Monday, May 4

(Registration pick-up 8 a.m.)

9:00 a.m. _____ Billiards

Tuesday, May 5

(Registration pick-up 7:30 a.m.)

8:30 a.m. _____ ½ Mile Walk

9 a.m. _____ 1 Mile Walk

9:30 a.m. _____ 50 Meter Dash

10 a.m. _____ 100 Meter Dash

10 a.m. _____ Shot Put

10 a.m. _____ Discus Throw

9 a.m. – 2 p.m. Senior Information Fair

10 a.m. Athlete Warm Up

11 a.m. Parade Line Up

11:15 a.m. Opening Ceremonies

12:30 p.m. – 1:30 p.m.

Lunch and Raffle Drawing

1:30 p.m. _____ Softball Hit & Throw

Wednesday, May 6

(Registration pick-up 8 a.m. – 12 p.m.)

9 a.m. _____ Dominoes

10 a.m. _____ Spades

10:30 a.m. _____ Table Tennis

12:30 p.m. – 1:30 p.m. Lunch

1:30 p.m. _____ Frisbee Throw

Thursday, May 7

(Registration pick-up 8 a.m. – 10 a.m.)

8:30 a.m. _____ Bocce Ball

9 a.m. _____ Horseshoes

9:30 a.m. _____ Beanbag Throw

10 a.m. _____ Basket Ball Free Throw

11 a.m. Track & Field Awards

12 p.m. – 1 p.m. – Lunch & Entertainment

1:30 p.m. Awards Ceremony & Closing

Friday, May 8

**Come Celebrate our 30 Years at the
Gold & White Athletes Ball
Open to all to attend!**

Time: 6 p.m. – 9 p.m.

Entertainment, Food, Door Prizes, Dancing and more... **Cost:** \$25.00 per person Tickets can be purchased at Senior station

Registration Form:

Please fill out (print) all information below.

Name: _____
(Last) (First) (Middle)

Address: _____
(Street) (City) (State) (Zip)

Phone Number: _____

SPECTATORS ONLY: Spectators can purchase lunch.

Age Group: Circle One

(50-54) (55-59) (60-64) (65-69) (70-74) (75-79) (80-84) (85-89) (90-94) (95+)

T-Shirt Size: Medium Large X Large 2X Large 3X Large 4X Large

Date of Birth: _____ **Gender:** Female Male

Emergency Contact and phone number: _____

One time registration fee all-inclusive \$25 includes (t-shirt, lunch, registration fee).

Spectators Only: Select Days	Tuesday	Wednesday	Thursday	TOTAL
Lunch Donation \$7.00 per day				
Total				

You must be present in order to receive your registration package on the day of your events. NO REFUNDS.

Statement of Understanding

Hold Harmless assumption of Risk

I, _____, a participant in the SENIOR SPORTS DAYS to be held at all locations listed, beginning Monday, May 4, 2020 – Thursday May 7, 2020 agree that I will indemnify and save harmless the City of Portsmouth, The Dept. of Parks, Recreation and Tourism, and the Portsmouth Task Force on Aging, and their assigns from and against all loss or damage suffered by the participant at the Senior Sports Day sites during the program. I thoroughly understand that I _____, am assuming the risk for my activities during the Senior Sports Day.

I hereby grant the City of Portsmouth, Department of Parks, Recreation and Tourism and it's agents permission to take or have taken still and moving pictures for the primary purpose of promoting and aiding the City of Portsmouth, Department of Parks, Recreation and Tourism and its work. I understand that the pictures will be revoked by me in a form of a written notice to the City of Portsmouth, Department of Parks, Recreation and Tourism.

(Signature)

(Date)