

Saturday, June 23, 2012

**Soccer Kick** *Hosted by Derek Kauffman*

Each participant will take a variety of penalty kicks into goal.

**Location:** Central York High School

**Time:** DROP IN EVENT 📍

**Compete in this event between 9:00 AM and 2:00 PM**  
**Medals awarded at 2:30 PM– CYHS Cafeteria**

**Wii Bowling** *Hosted by Dick and Sandy Bear*

New-age high-tech event that lets you mimic the actions performed in real life bowling. Easy for all skill levels. Play sitting or standing and no special shoes or using a heavy bowling ball! Singles event, high score in each bracket wins.

**Location:** Central York High School

**Time:** DROP IN EVENT 📍

**Compete in this event anytime between**  
**9:00 AM to 1:00 PM**

**Event also offered on Thursday, June 21; choose one day. Medals awarded at 1:30 PM on Saturday, June 23.**

**Darts** *Compliments of Staff Music and Amusements- Hosted by Andrea Root*

Count-up. High score wins.

**Location:** Central York High School

**Time:** DROP IN EVENT 📍

**Compete in this event anytime between**  
**9:00 AM and 2:30 PM.**

**Event also offered on Friday, June 22, choose one day. Medals awarded at 2:45 PM on Saturday, June 23.**

**Men's 3 on 3 Basketball** *Hosted by Randy Grove*

ALL teams will be formed at the event. No team formation prior to event. Participation may be limited due to time. Arrive to the gym and check in with coordinator as soon as possible to guarantee your participation. Certified Referees.

**Location:** Central York High School

**Time:** 12:30 PM– Team selection

1:00 PM– Tournament Begins

**Poker** *Hosted by John Brenner*

Choice of three games. Seven card stud (two down-four up-one down); five card stud (one down-three up-one down); five card draw.

**Location:** Central York High School

**Time:** 12:30 PM

## 2012 York County Senior Games

### “Games For Life”

*This booklet has been designed to guide you through the six days of the 2012 York County Senior Games. As you read the booklet, you will see that the York County Senior Games organization has made changes to the schedule, rules and other aspects to improve the coordination of the program and to assure sustainability of this event for many years to come.*

The mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women, age 50 and over, through competitive activities.

The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee, with a membership of community and business volunteers.

The eleventh annual York County Senior Games will be held for six days from June 18 through June 23, 2012, when men and women will join together in 48 events at 7 sites throughout York County. They will compete for gold, silver, and bronze medals.

### **ELIGIBILITY & AGE DIVISIONS**

Any York County resident 50 years of age or older as of December 31, 2012 may participate.

Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+. The age group for competition is determined by the age of the participant as of December 31, 2012.

Event coordinators reserve the right to consolidate age divisions for competition based on insufficient entries, to modify rules and formats, or to cancel events.

The age divisions of partners are decided by averaging the ages of the partners.

## REGISTRATION

Two registration forms are included as a center insert in this book for you, your spouse and/or friend. Each participant must complete a separate registration form. Couples may send one check. There is a **\$6.00 registration fee per person** that enables you to participate in an unlimited number of events. Registrations should be sent in by May 31. Registrations will be accepted after May 31 if space is available and approved by the Event Coordinator.  
**Registration fee after May 31 is \$8.00.**

**The following events require an additional fee payable at the event:**

**Target Shooting-\$3.00**

**Trap Shooting-\$3.50 (box of 25 shotgun shells for approximately \$6.00)**

**Mini Golf-\$4.00**

**Bowling Singles-\$7.00 and Bowling Doubles-\$7.00 (3 games and shoes)**

**9-Hole Golf-\$8.25**

**The Release and Waiver of Liability on the Registration Form must be read and signed. Participants will not be registered for the Senior Games or allowed to participate until this signed document is provided.**

Participants may select and enter as many events as their schedule will allow. **Do not register for multiple events that have time conflicts.**

Register for events as early as possible. Some events have limited openings.

The registration fee is non-refundable.

Monetary donations are appreciated to support the York County Senior Games. Donations can be shown on your registration form and be sent along with your registration fee.

**Saturday, June 23, 2012**

**Basketball Hoops** *Hosted by Randy Grove*

**Foul Shooting:** Each participant will take 15 foul shots.

**Hot Shot:** Each participant will have 45 seconds to obtain as many points as possible from different areas marked on the basketball court.

**Location:** **Central York High School**

**Time:** **DROP IN EVENT**

**Compete in these events anytime between 8:00 AM-11:00 AM.**

**Event also offered on Friday, June 22, choose one day. Medals awarded at 11:30 AM on Saturday, June 23**

**Running Events** *Hosted by Peter Klotz and York Road Runners Club*

Timed events.

**Location:** **Central York High School**

**Time:** **8:00 AM 5K**

**9:00 AM 50 meter (Ages 75 + only)**

**9:30 AM 100 meter**

**10:30 AM 4X100 relay**

**11:00 AM 400 meter**

**11:30 AM Sprint medley**

**12:00 PM 1600 meter**

**Table Tennis** *Hosted by York Table Tennis Club and Nancy Newcomer*

Round Robin singles tournament. Scoring of game to 11. Best 3 of 5 games. No Drops-In's. Bring your favorite paddle. Paddles will be available if needed.

**Location:** **Central York High School**

**Time:** **9:00 AM**

**Pinochle** *Hosted by Kimberly Maglaughlin*

Single elimination tournament. Must have Pinochle experience.

**Location:** **Central York High School**

**Time:** **9:00 AM**



**Friday, June 22, 2012**

**Swimming** *Hosted by Chris Smith*

First person to finish in age group. Medley is 100 yards total: 1 length each butterfly, back stroke, breaststroke, & freestyle.

**Location:** Central York High School

**Time:**

Warm up begins	11:00 AM
Freestyle-50 yd	11:30 AM
Backstroke-50 yd	12:00 PM
Breaststroke-50 yd	12:30 PM
Freestyle-100 yd	1:00 PM
Backstroke-100 yd	1:30 PM
Breaststroke-100 yd	2:00 PM
Individual Medley	2:30 PM

**Dominoes** *Hosted by John Bobby*

Dominoes Tournament will be played using double six sets.

**Location:** Central York High School

**Time:** 1:00 PM

**Basketball Hoops** *Hosted by Randy Grove*

**Foul Shooting:** Each participant will take 15 foul shots.

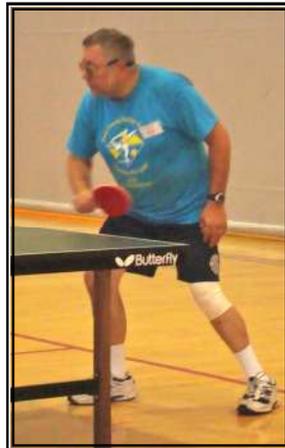
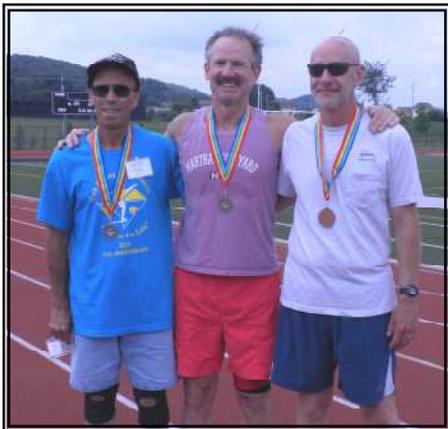
**Hot Shot:** Each participant will have 45 seconds to obtain as many points as possible from different areas marked on the basketball court.

**Location:** Central York High School

**Time:** DROP IN EVENT 🏀

Compete in these events anytime between  
3:00 PM and 5:00 PM

Event also offered on Saturday, June 23, choose one day. Medals awarded at 11:30 AM on Saturday, June 23



## **GENERAL INFORMATION**

Registered participants will receive a confirmation letter and directions to all of the sites.

All participants will receive a registration bag and a 2012 York County Senior Games T-shirt. These items will be available for pick up at the Senior Games registration area located at Central York High School from Monday, June 18 through Saturday, June 23 from 9 AM to 3 PM.

Arrive early at your event site and check in at the event registration area. If you are not present before the conclusion of roll call by the event coordinator, you will forfeit your competition.

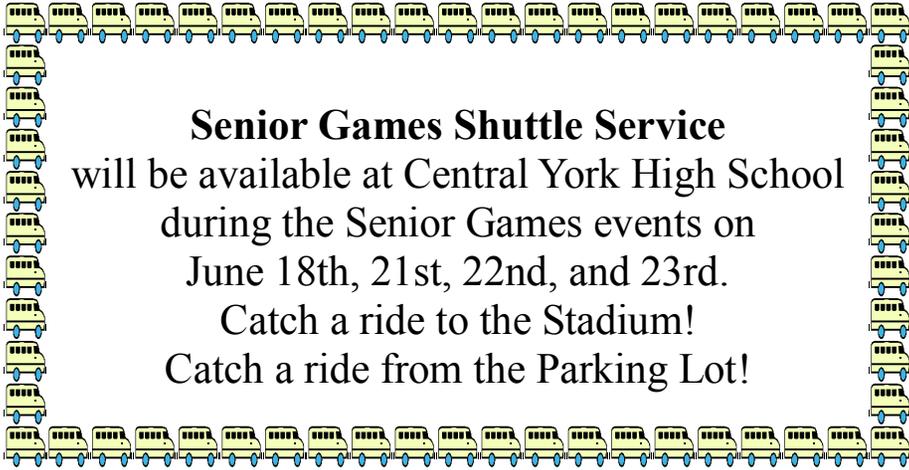
In the event of inclement weather, events may be moved indoors as appropriate or cancelled. There is no rain date scheduled. Updates on the status of events will be placed on the Senior Games Information Line at 717-771-9001.

Event winners will be awarded medals for 1st, 2nd, and 3rd place. Medals will be awarded within each age group. All Card Games and Dominoes will be coed with no separate medal divisions for men and women. Medals will be awarded at the venue site as soon as results are calculated unless otherwise indicated.

Water will be provided by Senior Games at most outdoor off site events. There will be designated water stations at Central York High School for outdoor events and in the gym/pool areas only.

**Snack foods and other drinks will not be provided by Senior Games; however they will be for sale in the cafeteria at Central York High on Monday, Thursday, Friday and Saturday. You are encouraged to bring your own drinks and snacks of your choice, if needed.**

**Friday, June 22, 2012**



## Senior Games Shuttle Service

will be available at Central York High School during the Senior Games events on June 18th, 21st, 22nd, and 23rd. Catch a ride to the Stadium! Catch a ride from the Parking Lot!

## Banner Contest

Join in the fun to make our Opening Ceremony special!  
Have an opportunity to win a prize!

All participants—groups of athletes, individuals, Senior Centers and others are invited to make a banner symbolizing the events of Senior Games, what Senior Games mean to you or reflects your personalities.

- ◆ No size or material limitations for the banners
- ◆ One or more people must be able to carry the banner in the Parade of Athletes.
- ◆ All banners should be left with the Senior Games Committee after the Opening Ceremony for displaying in the lobby of Central York High School from June 18 to June 23.
- ◆ Judging of the banners will be done during this time by your peers and the Senior Games Committee.
- ◆ Prizes will be awarded at the Closing Celebration for the *People's Choice Award* and the *Senior Games Committee Award*.

**Darts** *Compliments of Staff Music and Amusements- Hosted by Andrea Root*

Count-up. High score wins.

**Location:** Central York High School

**Time:** DROP IN EVENT ↕

**Complete in this event anytime between 9:00 AM and 3:00 PM**

**Event also offered on Saturday, June 23; choose one day.**

**Medals awarded on Saturday, June 23 at 2:45 PM**

**Throws** *Hosted by Manchester Township Parks and Recreation*  
Football, Softball and Frisbee throws will be judged for distance and accuracy.

**Location:** Central York High School

**Time:** DROP IN EVENT ↕

**Compete in these events anytime between 9:00 AM to 2:00 PM**

**Medals awarded at 3:00 PM-CYHS Cafeteria**

**Special Note:** One competition line will be dedicated to Triathlon participants ONLY from 9:00 AM to 10:00 AM.

**500** *Hosted by June Klucher*

Come try your hand at this coed card game of chance. Limited to 12 tables.

**Location:** Central York High School

**Time:** 9:30 AM

## **Triathlon**

Join us at the Senior Games for a special challenge!  
Compete in the 2012 Triathlon!

The 2012 Triathlon will consist of three events: Softball Throw, 50 yard Freestyle Swimming, and 100 Meter Run. You must compete in all three events during each of the scheduled event times.

**Special Note:** One competition line at the Throws event on Friday, June 22nd will be dedicated to Triathlon participants ONLY from 9:00 AM to 10:00 AM.

Points will be awarded to each athlete according to distance/accuracy score in softball throw, time in swimming and running events.

Highest points win in age brackets as follows: 50-59; 60-69; 70-79; 80-89, and 90+. Men's and Women's Divisions.

Awards will be announced during the Closing Celebration.

**Thursday, June 20, 2012**

**Shuffleboard** *Hosted by Kelly Axe*

Singles Tournament with USA National Shuffleboard Association Rules.

**Location:** Central York High School  
**Time:** 8:00 AM Ages 50-59 and 80+  
9:30 AM Ages 60-69  
1:00 PM Ages 70-79

**Wii Bowling** *Hosted by Dick and Sandy Bear*

New-age high-tech event that lets you mimic the actions performed in real life bowling. Easy for all skill levels. Play sitting or standing and no special shoes or using a heavy bowling ball! Singles event, high score in each bracket wins.

**Location:** Central York High School  
**Time:** DROP IN EVENT   
Compete in this events anytime between  
9:00 AM to 3:00 PM

Event also offered on Saturday, June 23; choose one day.  
Medals awarded at 1:30 PM on Saturday, June 23.

**UNO** *Hosted by SING/SOS Organizations*

Will play friendly game of UNO.

**Location:** Central York High School  
**Time:** 9:30 AM

**Hearts** *Hosted by SING/SOS Organizations*

Enjoy the afternoon with a co-ed card game.

**Location:** Central York High School  
**Time:** 1:00 PM

**Badminton** *Hosted by Julie Harman*

Format based on the number of entrants. Guaranteed 2 matches.

**Location:** Central York High School  
**Time:** 3:00 PM

**Volleyball** *Hosted by Josh Kehler*

Pick up Volleyball. Teams formed prior to match. Some volleyball experience required. Medals for the winning teams.

**Location:** Central York High School  
**Time:** 6:30 PM Team Selection  
7:00 PM Game

**Monday, June 18, 2012**

**Bocce** *Hosted by Beth Kehler*

Italian game similar to lawn bowling. Played on flat grass surface with a defined court.

**Location:** Central York High School Soccer Field  
**Time:** 10:00 AM Ages 80+  
10:30 AM Ages 75-79  
1:00 PM Ages 60-69  
2:30 PM Ages 70-74  
3:30 PM Ages 50-59

**Ladder Golf** *Hosted by ManorCare Health Services*

Lawn game played by throwing bolas onto a ladder type structure. High score wins.

**Location:** Central York High School  
**Time:** DROP IN EVENT   
Compete in this event anytime between  
11:00 AM and 3:00 PM.  
Medals awarded at 3:15

**Croquet** *Hosted by ManorCare Health Services*

Singles tournament with US Croquet Association rules. Court size is 1/2 of regulation with all markers set to scale.

**Location:** Central York High School  
**Time:** 10:00 AM Ages 60-69  
11:00 AM Ages 80 +  
12:00 PM Ages 70-74  
1:00 PM Ages 50-59  
2:00 PM Ages 75-79

**WHAT IS A DROP IN EVENT?**

   
Drop In Events are offered for several hours and participants may compete in the event any time during the scheduled hours.

Medals are awarded at the conclusion of the event.

The following events are Drop In events: Ladder Golf, Washers, Wii Golf, Mini Golf, Darts, Wii Bowling, Soccer Kick, Basketball Hoops and Throws.

**Monday, June 18, 2012**

**Washers** Hosted by Crystal Bastress

Similar to Horseshoes, where players toss an oversized washer into holes in a wooden box. High score wins in each age group.

**Location:** Central York High School

**Time:** DROP IN EVENT 📍

Compete in this event anytime between

10:00 AM and 2:00 PM.

Medals awarded at 2:30 PM

**Wii Golf** Hosted by Lutheran Social Services of South Central PA

New Age high tech event that lets you mimic the action performed in real life golf. Must be able to swing an imaginary golf club!

**Location:** Central York High School

**Time:** DROP IN EVENT 📍

Compete in this event anytime between

10:00 AM and 3:00 PM

Medals awarded at 3:15 PM

**Billiards** Hosted by Brad Dennis

Double elimination tournament, subject to number of participants. 8 Ball, APA rules. Men's and Women's divisions.

**Location:** Cobblestone's Restaurant and Sports Emporium

205 South George Street, York

**Time:** 5:00 PM



**Wednesday, June 20, 2012**

**Target Shooting** Hosted by York Chapter #67 Izaak Walton League of America and Chet Wise

50 foot match; .22 long rifle with Iron Sites. No scopes, optical sights or lasers allowed. Additional fee of \$3.00 (paid at site) for target and ammunition. Bring your own .22 rifle and bag type shooting rests (optional).

**Location:** Izaak Walton League of America  
7131 Iron Stone Hill Road, Dallastown

**Time:** 2:00 PM

**Trap Shooting** Hosted by York Chapter #67 Izaak Walton League of America and Chet Wise

25 Round Match—12GA or 20GA Shotguns —some shotguns will be available at site. \$3.50 for 25-claybird match (paid at site) — bring your own shotgun shells (No. 7-1/2 or 8 shot—max. 3 dram loads) or purchase at site (approx. \$6.00 per box of 25).

**Location:** Izaak Walton League of America  
7131 Iron Stone Hill Road, Dallastown

**Time:** 5:00 PM optional practice round

6:00 PM Event begins—site has lights if required



**Wednesday, June 20, 2012**

**9-Hole Golf** *Hosted by Ben Hyser and Little Creek Golf Course*  
9-hole Par 3. Carry bag or walking cart ONLY. Some clubs available on site. Shot gun start. Additional course fee \$8.25 payable at Little Creek.

**Location:** Little Creek Golf Course  
Route 116, Spring Grove, PA  
**Time:** 8:00 AM

**Horseshoes-Singles** *Hosted by Larry Dennis*  
Game of skill for highest points. Each person throws one game of 40 horseshoes. Horseshoes will be provided. No personal horseshoes allowed.

**Location:** John Rudy Park  
400 Mundis Race Rd, York  
**Time:** 8:00 AM

**Horseshoes-Doubles** *Hosted by Larry Dennis*  
Mixed Doubles game of skill for highest combined points. Each person throws one game of 40 horseshoes. Horseshoes will be provided. No personal horseshoes allowed.

**Location:** John Rudy Park  
400 Mundis Race Rd, York  
**Time:** 12:30 PM



**Tuesday, June 19, 2012**

**Bowling** *Hosted by Hanover Bowling Centre, Inc.*  
High score in age bracket wins. Additional fee of \$7.00 (3 games & shoes) payable at Hanover Bowling Centre the day of the event.  
**Partners can be indicated on registration form or matching will be done at discretion of Hanover Bowling Centre, Inc.**

**Location:** Hanover Bowling Centre, Inc.  
1630 Broadway, Hanover  
**Time:** 9:30 AM                      **Doubles**  
12:30 PM                              **Singles**

**Mini Golf** *Hosted by Heritage Hills Golf Resort*  
Low score wins. Additional fee of \$4.00 payable at Heritage Hills the day of the event. **No personal club or ball permitted.**

**Location:** Heritage Hills Mini Golf  
2700 Mt. Rose Avenue, York  
**Time:** **DROP IN EVENT**   
**Compete in this event between**  
**2:00 PM to 7:00 PM**  
**Must start event by 6:30 PM**  
**Medals awarded 7:15 PM at Mini Golf Course**

**VOLUNTEER for the  
Senior Games!**

If you have extra time or your business or community group would be willing to spare a few hours, there are many different volunteer opportunities to choose from during the week of Senior Games.

Help is needed in the following areas:

- ◆ Registration, keeping score and providing support for the event coordinators during the events.
- ◆ Picking up and delivering supplies and equipment during the Games.

Volunteering for the Senior Games can be just as much fun as participating in the events! To learn more about the many volunteer opportunities, call Melissa at (717) 852-4964 or email her at [magraham@yorkcountypa.gov](mailto:magraham@yorkcountypa.gov).

## 2012 YORK COUNTY SENIOR GAMES

### Monday, June 18, 2012-All events at Central York except Billiards

Opening Ceremony	Central York High Stadium	8:30 AM
Bocce		
Ages 80+		10:00 AM
Ages 75-79		10:30 AM
Ages 60-69		1:00 PM
Ages 70-74		2:30 PM
Ages 50-59		3:30 PM
Croquet		
Ages 60-69		10:00 AM
Ages 80 +		11:00 AM
Ages 70-74		12:00 PM
Ages 50-59		1:00 PM
Ages 75-79		2:00 PM
Washers	Drop in between	10:00 AM to 2:00 PM
Wii Golf	Drop in between	10:00 AM to 3:00 PM
Ladder Golf	Drop in between	11:00 AM to 3:00 PM
Billiards	Cobblestone's	5:00 PM

### Tuesday, June 19, 2012

Bowling-Doubles	Hanover Bowling Centre	9:30 AM
Bowling-Singles	Hanover Bowling Centre	12:30 PM
Mini Golf	Heritage Hills	Drop in between 2:00 PM-7:00 PM

### Wednesday, June 20, 2012

9-Hole Golf	Little Creek Golf Course	8:00 AM
Horseshoes-Singles	John Rudy Park	8:00 AM
Horseshoes-Doubles	John Rudy Park	12:30 PM
Target Shooting	Izaak Walton League	2:00 PM
Trap Shooting	Izaak Walton League	5:00 PM

### Thursday, June 21, 2012 -All Events at Central York High

Shuffleboard		
Ages 50-59 and 80+		8:00 AM
Ages 60-69		9:30 AM
Ages 70-79		1:00 PM
UNO		9:30 AM
Wii Bowling	Drop in between 9:00 AM to	3:00 PM
Hearts		1:00 PM
Badminton		3:00 PM
Volleyball		6:30 PM

## SCHEDULE OF EVENTS

### Friday, June 22, 2012 -All events at Central York High

Throws	Drop in between 9:00 AM to 2:00 PM
Darts	Drop in between 9:00 AM to 3:00 PM
500	9:30 AM
Swimming	
Warm-up	11:00 AM
Freestyle-50 yd	11:30 AM
Backstroke-50 yd	12:00 PM
Breaststroke-50 yd	12:30 PM
Freestyle-100 yd	1:00 PM
Backstroke-100 yd	1:30 PM
Breaststroke-100 yd	2:00 PM
Individual Medley	2:30 PM
Dominoes	1:00 PM
Basketball Hoops	Drop in between 3:00 PM to 5:00 PM

### Saturday, June 23, 2012-All events at Central York High

Basketball Hoops	Drop in between 8:00 AM to 11:00 AM
Running Events	
5K	8:00 AM
50 meter (Ages 75 + only)	9:00 AM
100 Meter	9:30 AM
4x100 Relay	10:30 AM
400 Meter	11:00 AM
Sprint Medley	11:30 AM
1600 Meter	12:00 PM
Table Tennis	9:00 AM
Pinochle	9:00 AM
Soccer Kick	Drop in between 9:00 AM to 2:00 PM
Wii Bowling	Drop in between 9:00 AM to 1:00 PM
Darts	Drop in between 9:00 AM to 2:30 PM
Men's 3-on-3 Basketball	12:30 PM
Poker	12:30 PM

**Closing Celebration      Central York Cafeteria      3:30 PM**