

18th Annual
York County Senior Games
June 17 - 21, 2019



Organized by the
York County Area Agency on Aging
www.ycaaa.org 717-771-9001

**REGISTRATION
DEADLINE:**
JUNE 7, 2019



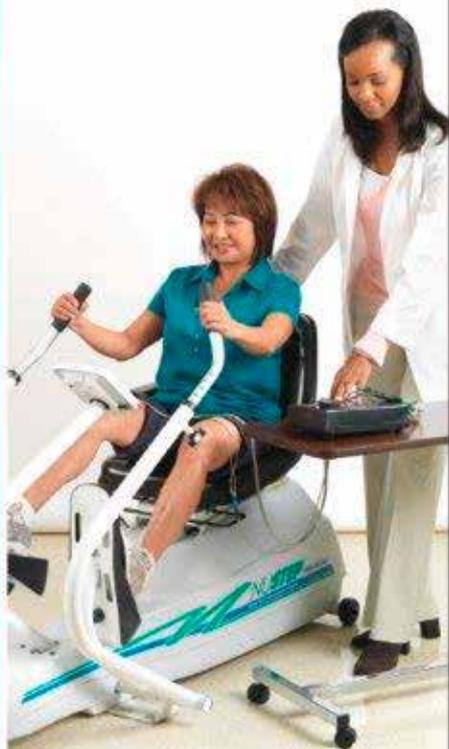


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2019 York County Senior Games

"Games For Life"

This booklet has been designed to guide you through the 2019 York County Senior Games. Please take a few minutes and read the entire booklet. The York County Senior Games organization has worked hard to develop an efficient schedule that provides a variety of events and assures sustainability of the Games for many years to come.

We invite you to participate in as many events that you desire, but do not register in conflicting events. Also, except for emergencies, you will be expected to participate in your registered events.

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

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

The 18th annual York County Senior Games will be held for five days from June 17 through June 21, 2019, featuring 48 events at eight locations. Participants 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, 2019, may participate.

Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+ unless otherwise noted. **The age group for competition is determined by participant's age as of December 31, 2019.**

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

The age divisions of partners are decided by averaging the ages of the partners and rounding up. An exception will be Pickleball; partners will compete in the younger partner's age group.

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.

REGISTRATION DEADLINE is JUNE 7

There is a **\$15.00 registration fee per person** that enables you to participate in an unlimited number of events.

ALL registrations are due by Friday, June 7, 2019.

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

Bowling	\$9.00 (3 games and shoes)
Mini Golf	\$5.00
9-Hole Golf	\$8.50
(Carts \$6.50—box must be checked on the registration form)	
Target Shooting	\$4.00
Trap Shooting	\$4.00
(Box of shotgun shells for approximately \$6.50 available at site)	

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.

IF YOU REGISTER FOR AN EVENT, PLEASE ATTEND.

Your absence may prevent someone else from competing, since some events have limited openings or involve bracket playing. You are expected to cancel your registration for any events with a 24-hour notice, except for emergencies.

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.

Thank you to our 2019 SPONSORS!

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&
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Pennsylvania Lottery
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NewsTalk 93.9 & 910 WSBA
On-Line Publishers, Inc.

~Monday, June 17~

NEW for 2019:

Pickleball *Hosted by David Meanor and Kenneth Swalgin, White Rose Pickleball Association*

Enjoy this fun sport that combines elements of tennis, badminton and table tennis. Doubles tournament with double elimination; best 2 out of 3 games. Partners will play in the younger partner's age group. Age groups will be 50-59, 60-69, 70-79 and 80+. Name your partner on the registration form or be matched at the event. Bring your own paddles and balls, or they will be provided for you at the event.

Some experience is necessary.

Location: Roll 'R' Way Rink

940 Vander Avenue, York

Time: Registration begins 30 minutes prior to each division's start time.

Men's Division: 9:00 AM

Women's Division: 11:00 AM

Mixed Division: 1:30 PM

Bowling *Sponsored by PENNSYLVANIA LOTTERY*

Bowling - Singles *Hosted by Hanover Bowling Centre, Inc.*

Singles Bowling event. High score in age group wins. Scratch event; no handicap. Additional fee of \$9.00 (3 games & shoes) payable at Hanover Bowling Centre the day of the event.

Location: Hanover Bowling Centre, Inc.

1630 Broadway, Hanover

Time: 9:00 AM

Bowling - Doubles *Hosted by Hanover Bowling Centre, Inc.*

Mixed Doubles Bowling event. May participate in one division only. Divisions will be Men/Men; Women/Women or Men/Women. Partners will be assigned day of event only. Will have opportunity to select partner at event or will be assigned one. High score in age group by division wins. Scratch event; no handicap. Additional fee of \$9.00 (3 games & shoes) payable the day of the event.

Location: Hanover Bowling Centre, Inc.

1630 Broadway, Hanover

Time: 12:00 PM

~Monday, June 17~

A Walk in the Park with a York County Doc *Hosted by Healthy York County Coalition's "York County Walks" initiative*
Start Senior Games off on the right foot by joining the community walk at beautiful John Rudy County Park. The morning begins with a brief talk on how walking is the best medicine for aging well. Local doctors will share information on how walking enhances mental and physical health. You will have the option to take a short or long walk - at your own pace. All participants will receive a special gift, and a chance to win a FitBit Fitness Tracker. Everyone is welcome!

Location: **John Rudy County Park**
400 Mundis Race Road, York
Time: **9:00 AM**

Table Tennis *Hosted by Stewartstown United Methodist Church Table Tennis Club*
USATT rules apply. Co-ed Round Robin singles tournament. Scoring of game to 11. Best 3 of 5 games. Age groups may be consolidated based on participant turnout, at the coordinator's discretion. Bring your favorite paddle or paddles will be available if needed.

Location: **Hopewell Area Recreation & Parks**
16 College Avenue, Stewartstown
Time: **2:00 PM**

Triathlon

Softball Throw, 100-Meter Run and 50-Yard Freestyle Swim.
Compete in all three events during each of the scheduled event times.

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

Highest points win in Men's & Women's Divisions as follows:
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, & 90+.

Awards will be announced during the Closing Celebration on Friday, June 21 at 4:00 PM.

2019 Senior Games Planning Committee

<i>Community Representatives</i>	<i>The Brunswick at Longstown</i>	<i>York County Area Agency</i>
<i>Patricia Egger</i>	<i>Jessica Miller</i>	<i>Agency on Aging</i>
<i>Elizabeth Grove</i>		<i>Cindy Bortner</i>
<i>Carol & Don Lyons</i>	<i>Homewood at Plum Creek</i>	<i>Megan Craley</i>
<i>Bob Gearhart, Bob Walker</i>	<i>Amanda Shupp</i>	<i>Jenny Nace</i>

~Tuesday, June 18~

OPENING CEREMONY

8:15 AM

Central York High School Cafeteria
601 Mundis Mill Road, York

*Join us for the Parade of Athletes and the
official Torch Ceremony!*

First 100 parade participants receive a free gift.

Bocce Hosted by Elizabeth DiLuigi

Italian game similar to lawn bowling. Played on flat-grass surface with a defined court. **Single elimination bracket event. *Remain at event until dismissed.***

Location: Central York High School

9:00 AM	Ages 50-59	12:00 PM	Ages 70-74
10:00 AM	Ages 80+	1:00 PM	Ages 65-69
11:00 AM	Ages 75-79	2:00 PM	Ages 60-64

Ladder Golf *Sponsored and hosted by MANORCARE HEALTH SERVICES*

Lawn game played by throwing bolas onto a ladder-type structure. High score in each age group wins.

Location: Central York High School
Time: ***DROP-IN EVENT***
Compete in this event anytime between
9:00 AM and 2:00 PM
Medals awarded at 2:15 PM in the Cafeteria

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.**

NOTE: Please remain at the ***DROP-IN EVENT*** once you have checked in. If you are not present when your name is called, you will forfeit your place in line and move to the end of the line.

~Tuesday, June 18~

Soccer Kick *Sponsored and hosted by MANORCARE HEALTH SERVICES*

Each participant will take a variety of penalty kicks into goal. High score in each age group wins.

Location: Central York High School

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

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

Medals awarded at 2:15 PM in the Cafeteria

Washers *Hosted by Kris and Bella Fink*

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

Location: Central York High School

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

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

Medals awarded at 2:15 PM in the Cafeteria

Wii Archery *Hosted by Patricia Egger*

High-tech event that lets you mimic the action performed in real life archery. Easy for all skill levels. Play sitting or standing, and no special equipment is needed. Singles event, high score in each age group wins.

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

Mini Golf *Sponsored by BELLOMO & ASSOCIATES, LLC and hosted by Heritage Hills Golf Resort*

Low score in each age group wins. Additional fee of \$5.00 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
1:00 PM to 6:00 PM**

***Must start event by 5:30 PM**

Medals awarded 6:15 PM at Mini Golf Course

~2019 Schedule at a Glance~

Monday, June 17

Bowling-Singles	Hanover Bowling Centre	9:00 AM
A Walk in the Park	John Rudy Park	9:00 AM
Pickle Ball—Men's	Roll "R" Way	9:00 AM
Pickle Ball—Women's	Roll "R" Way	11:00 AM
Bowling—Doubles	Hanover Bowling Centre	12:00 PM
Pickle Ball—Mixed	Roll "R" Way	1:30 PM
Table Tennis	Hopewell Area Rec. & Parks	2:00 PM

Tuesday, June 18 - All events at Central except Mini Golf

OPENING CEREMONY	Central York High School	8:15 AM
Bocce		
Ages 50-59		9:00 AM
Ages 80+		10:00 AM
Ages 75-79		11:00 AM
Ages 70-74		12:00 PM
Ages 65-69		1:00 PM
Ages 60-64		2:00 PM
Ladder Golf	Drop in between 9:00 AM to 2:00 PM	
Soccer Kick	Drop in between 9:00 AM to 2:00 PM	
Washers	Drop in between 9:00 AM to 2:00 PM	
Wii Archery	Drop in between 10:00 AM to 3:00 PM	
Mini Golf	Heritage Hills	Drop in between 1:00 PM to 5:30 PM

Wednesday, June 19- All events at Central except Shooting

Running Events		
5K Run/Walk		8:00 AM
50-Meter		9:15 AM
100-Meter		9:45 AM
4x100 Relay		10:15 AM
400-Meter		10:45 AM
Sprint Medley		11:15 AM
1600-Meter		11:45 AM
Throws	Drop in between 9:00 AM to 2:00 PM	
Shuffleboard		
Ages 80+		10:00 AM
Ages 75-79		11:00 AM
Ages 70-74		12:00 PM
Ages 65-69		1:00 PM
Ages 60-64		2:00 PM
Ages 50-59		3:00 PM
Target Shooting	Izaak Walton League	1:00 PM
Basketball Hoops	Drop in between 3:00 PM to 5:00 PM	
Trap Shooting	Izaak Walton League	6:00 PM

~2019 Schedule at a Glance~

Thursday, June 20 - All events at Central except Golf and Horseshoes

9-Hole Golf	Little Creek Golf Course	8:00 AM
Horseshoes-Singles	John Rudy Park	8:00 AM
Horseshoes-Doubles	John Rudy Park	Immediately Following Singles
Darts		Drop in between 9:00 AM to 3:00 PM
Wii Bowling		Drop in between 9:00 AM to 3:00 PM
500-Bid Card Game		9:30 AM
Basketball Hoops		Drop in between 3:00 PM to 5:00 PM
3-on-3 Basketball		6:00 PM

Friday, June 21 - All events at Central

Cornhole		Drop in between 8:30 AM to 12:00 PM
Darts		Drop in between 9:00 AM to 1:00 PM
Wii Bowling		Drop in between 9:00 AM to 1:00 PM
Pinochle		9:00 AM
Swimming		
Warm-up		9:30 AM
Freestyle 50-yard		9:45 AM
Backstroke 50-yard		Immediately Following Prior Event
Breaststroke 50-yard		Immediately Following Prior Event
Freestyle 100-yard		Immediately Following Prior Event
Backstroke 100-yard		Immediately Following Prior Event
Breaststroke 100-yard		Immediately Following Prior Event
Individual Medley		Immediately Following Prior Event
Freestyle Relay 200-yard		Immediately Following Prior Event
Medley Relay 200-yard		Immediately Following Prior Event
Poker		12:30 PM
CLOSING CELEBRATION	Central York Cafeteria	4:00 PM

Closing Celebration

Friday, June 21 at 4:00 PM
Central York High School Cafeteria

Join the fun as we celebrate the week of events!

Medal Winner recognition;
Fellowship & Ice Cream Social!
Triathlon Winners will be announced!
Special prizes - must be present to win!

~Wednesday, June 19~

Running Events *Sponsored by SPIRITRUST LUTHERAN® and hosted by Ross Stanko*

Timed events.

Location: Central York High School

Time:	5K Run/Walk	8:00 AM
	50-Meter	9:15 AM
	100-Meter	9:45 AM
	4X100 Relay	10:15 AM
	400-Meter	10:45 AM
	Sprint Medley	11:15 AM
	1600-Meter	11:45 AM

Shuffleboard *Hosted by SOS/SING Organizations*

Singles Tournament with adapted USA National Shuffleboard Association Rules. Single elimination bracket event.

Location: Central York High School

Time:	10:00 AM	Ages 80+
	11:00 AM	Ages 75-79
	12:00 PM	Ages 70-74
	1:00 PM	Ages 65-69
	2:00 PM	Ages 60-64
	3:00 PM	Ages 50-59

Throws *Hosted by Sharon and Clark Focht*

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 2:45 PM in the Cafeteria

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

50-foot match; .22 long rifle with Iron Sights. No scopes, optical sights or lasers allowed. Additional fee of \$4.00 (paid at site) for targets and ammunition. Bring your own .22 rifle and shooting rest (optional). Bring folding chair as seating area is limited.

Location: **Izaak Walton League of America (York Chapter #67)**
7131 Iron Stone Hill Road, Dallastown

Time: **1:00 PM**

~Wednesday, June 19~

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 Thursday, June 20; choose one day.

Medals awarded on Thursday, June 20 at 5:15 PM.

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

25-Round Match; 12, 16, 20, 28, or 410 gauge shotguns. Bring your own shotgun shells (no. 7-1/2 or 8 shot, max. 3 dram loads) or purchase at site (approx. \$6.50 per box of 25 - only 12 and 20 gauge ammo available at site). \$4.00 fee paid at site for 25-round match. If practice is desired it is also paid at site (\$4.00 per 25-round practice). Bring folding chair as seating area is limited.

Location: Izaak Walton League of America (York Chapter #67)
7131 Iron Stone Hill Road, Dallastown

Time: 5:00 PM Optional Practice Rounds Start
6:00 PM Match Events Begin

GENERAL INFORMATION

- ♦ Registered participants will receive a confirmation letter with updated details and directions to all event sites.
- ♦ All participants will receive a 2019 York County Senior Games t-shirt. The size you mark on the registration form will be the t-shirt size you receive. No exchanges can be made. You will also receive a **nametag that must be worn to compete in all events**. These items will be available for pick up at the Senior Games Information Desk located at Central York High School from Monday, June 17 to Friday, June 21 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.**

~Thursday, June 20~

9-Hole Golf *Hosted by Josh Kehler and Little Creek Golf Course*
9-hole Par 3 will be played on the back 9. Limited carts are available on a first-come, first-serve basis. Indicate cart on registration form. Some clubs available on site. Shotgun start.

Additional course fee \$8.50, cart fee \$6.50, payable at Little Creek.

Location: Little Creek Golf Course
Route 116, Spring Grove

Time: 8:00 AM

Horseshoes - Singles *Hosted by Chris Kessler*

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 Chris Kessler*

Mixed-Doubles game of skill for highest combined points. Each person throws one game of 40 horseshoes. If a partner is not chosen, one will be matched at the event if possible. Horseshoes will be provided. No personal horseshoes allowed.

Location: John Rudy Park
400 Mundis Race Rd, York

Time: Immediately following Horseshoes - Singles

Darts *Compliments of Staff Music and Amusements and hosted by Hope Eberly*

Count-up. High score in each age group wins.

Location: Central York High School

Time: *DROP-IN EVENT*

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

Event also offered on Friday, June 21; choose one day.

Medals awarded on Friday, June 21 at 1:30 PM

VOLUNTEER for the Senior Games!

Do you have a few hours to volunteer? Would your business or community group want to "team up" to help?

Many different volunteer opportunities exist!

Volunteering for the Senior Games can be just as much fun as participating in the events! Call us at 717-771-9001.

~Thursday, June 20~

Wii Bowling *Hosted by Dick & Sandy Bear and Heritage Senior Center*

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 age group wins.

Location: Central York High School

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

**Compete in this event anytime between
9:00 AM to 3:00 PM**

***Must start competing by 2:30 PM**

Event also offered on Friday, June 21; choose one day.

Medals awarded at 1:15 PM on Friday, June 21.

500-Bid Card Game *Hosted by Patricia DiLuigi*

Come play your best trick-taking hand at this co-ed card game of chance. **Familiarity with the game is necessary.**

Location: Central York High School

Time: 9:30 AM

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 Wednesday, June 19; choose one day.

Medals awarded on Thursday, June 20 at 5:15 PM.

3-on-3 Basketball *Hosted by Randy Grove*

ALL teams will be formed at the event by coordinator. No team formation prior to event. Participation may be limited due to time.

Arrive at the gym and check in with coordinator as soon as possible to guarantee your participation. Certified referees.

Location: Central York High School

Time: 6:00 PM

~ Friday, June 21~

Cornhole *Sponsored and hosted by THE BRUNSWICK AT LONGSTOWN & COLONIAL MANOR NURSING AND REHAB*

A game in which small bags are tossed at a target consisting of an inclined wooden platform with a hole at one end. A bag in the hole scores 3 points, while one on the platform scores 1 point. High score in each age group wins.

Location: Central York High School

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

**Compete in this event anytime between
8:30 AM and 12:00 PM**

Medals awarded at 12:30 PM in the Cafeteria.

Darts *Compliments of Staff Music and Amusements and hosted by Hope Eberly*

Count-up. High score in each age group wins.

Location: Central York High School

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

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

**Event also offered on Thursday, June 20; choose one day.
Medals awarded at 1:30 PM.**

Wii Bowling *Hosted by Dick & Sandy Bear and Heritage Senior Center*

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 age group wins.

Location: Central York High School

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

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

***Must start competing by 12:30 PM**

**Event also offered on Thursday, June 20; choose one day.
Medals awarded at 1:15 PM.**

Pinochle *Hosted by Kimberly Maglaughlin, Delta Area Senior Center Director*

Single-elimination tournament. **Must have Pinochle experience.**

Location: Central York High School

Time: 9:00 AM

~Friday, June 21~

Swimming Hosted by Catherine Lane and Patty Neidigh

Timed Event. Medley is 100 yards total: 1 length each butterfly, backstroke, breaststroke, & freestyle. Relay teams will be formed at the event by the Coordinator from registered participants. Each swimmer on the relay teams will swim 50 yards.

Location: Central York High School

Time: Warm up begins	9:30 AM
Freestyle 50-yd.	9:45 AM
Backstroke 50-yd.	Immediately following prior event
Breaststroke 50-yd.	Immediately following prior event
Freestyle 100-yd.	Immediately following prior event
Backstroke 100-yd.	Immediately following prior event
Breaststroke 100-yd.	Immediately following prior event
Individual Medley	Immediately following prior event
Freestyle Relay 200-yd.	Immediately following prior event
Medley Relay 200-yd.	Immediately following prior event

**Special accommodations are available if needed.*

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*.

Must have experience with the game.

Location: Central York High School

Time: 12:30 PM

GENERAL INFORMATION

- ◆ **In the event of inclement weather**, events may be moved indoors as appropriate or cancelled. There is no rain date scheduled. **Updates 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 Table Tennis will be co-ed 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 at all outdoor events and in the gym/pool areas. Participants are encouraged to bring their own refreshments of choice as desired.



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