



**APRIL 5-12, 2014**

Please join us in our eighth year of games and enjoy yourself on the Mississippi Gulf Coast. Meet new friends and take in the coastal pleasures which so many have come to appreciate. You can help make our games competitive and visit a unique part of our state. There are also many other health related activities planned in conjunction with our games as well as a chance to socialize with your fellow seniors. We welcome you and hope you enjoy your stay!

**\*Mississippi Gulf Coast Senior Games are NOT qualifiers for National Senior Olympics.**

**Sponsored By:**



**Registration deadline is March 25, 2014**

## ELIGIBILITY

The Mississippi Gulf Coast Senior Games are open to anyone who is at least 50 years old as of December 31, 2014. Age divisions for doubles/partners events will be determined by the age of the youngest partner; for teams, by the age of the youngest member. The MSGCSG are NOT qualifier events for the National Senior Games.

## ENTRY DEADLINE

March 25, 2014 is the deadline for all events. Registration forms, accompanied by the appropriate amount of fees, must be received by this date. Forms may be downloaded from our website and used. We cannot accept registration on-line or by email.

## ATHLETES/PARTICIPANTS CHECK IN

Athletes will check in at the Event.

## CANCELLATIONS AND POSTPONEMENTS

Due to insufficient registration or other factors beyond our control, officials reserve the right to cancel or move an event. Please check at the athletes check in for up to date information on any changes.

## CONFLICTS

It is your responsibility to select those events which do not conflict with each other. Ending times may vary due to extenuating circumstances. All athletes must check in and be present at event site prior to start time.

## ACCOMMODATIONS

The MS Gulf Coast Senior Games Committee has reserved blocks of rooms at the following hotels for a reduced rate for participants. Please let the hotel know you are with the MS Gulf Coast Senior Games when you are making your reservations.

Super 8 (Exit 50)  
13838 Wilfred Seymour Rd.  
Ocean Springs, MS 39565  
phone: 228-875-2288 Rate: \$49 + tax

Hilton Garden Inn  
14108 Airport Rd.  
Gulfport, MS 39503  
phone: 228-863-4996 Rate: \$119.00 + tax  
Please book at least 2 weeks before event.

Clarion Inn  
9445 Highway 49  
Gulfport, MS, US, 39503  
Phone: (228) 868-3300 Rate: \$75.00 + tax  
Fax: (228) 864-3347 \$11

Best Western Plus Seaway Inn  
9475 U.S. 49  
Gulfport, MS 39503  
(228) 864-0050 Rate: \$69.99 + tax

Holiday Inn Gulfport Airport  
9515 Highway 49  
Gulfport, MS 39503  
(228) 679-1700 Rate: \$119.00 + tax

La Quinta Inn  
957 Cedar Lake Rd.  
Biloxi, MS 39531  
Phone: (228) 392-5978 Rate: 11-12th - \$96.00 + tax

Wingate  
4302 W. Beach Blvd.  
Gulfport, MS 39501  
Phone: (228) 314-0010  
Rate: 10-12th - \$107.00 + tax

Comfort Suites  
9121 Hwy. 49  
Gulfport, MS 39503  
Phone: (228) 678-9001  
Rate: \$70.00 + tax

## SOCIAL FUNCTIONS

• Friday, April 11: **Reception** will be held at the Donal Snyder Community Center from 6-9 p.m. \$10 for non-participants.

• Saturday, April 12: **Ballroom Open Dance** at the IP Casino Resort & Spa. The evening will feature alternating competitive dancing with open dancing for all attendees.

## REFUND POLICY

Refunds are to be requested in writing and will be assessed a \$10 processing fee. Refunds will be issued for the following reasons:

- An event is canceled by the Senior Games Officials
- A medical reason with notification in writing provided prior to the start of the MS Gulf Coast Senior Games, April 5, 2014.
- No refunds will be issued after the completion of the MS Gulf Coast Senior Games, April 12, 2014.

## GAMES INFORMATION

- **Ballroom Dancing:** Dancing will be held at the IP Casino Resort & Spa with a 12 noon check-in. There will be an open dance 6-8 p.m. Please fill out and return the attached Ballroom Dance flyer and return with your registration form.
- **Basketball:** Games will be 3 on 3, competitive events also scheduled are Free Throw and 3 Point Shoot Out. **Final schedule set by coordinator.**
- **Bowling:** Will be held at the Island Strikz in Gulfport. Each event will consist of a three game series.
- **Canoe/Kayak:** Rentals will be available. \$25.00. Call 228-257-1708.
- **Cycling:** Events are 5K and 10K timed trials: 20K and 40K road races. Event will be held at the Woolmarket Senior Center in Harrison County. **Please arrive 1 hour prior to start time.**
- **Frisbee/Disc Golf:** 2 Person golf cart will be available for \$30. Pay with registration. Will be held at Hiller Park Pavilion.
- **Golf:** This event will be held at The Oaks Golf Course in Pass Christian. Medals will be presented after completion of medal golf.
- **Track and Field:** Running shoes will have spikes no longer than 1/8 inch. Athletes will have 3 attempts in shot put, discus and javelin. The top six in each event will have 3 more attempts. Athletes competing in the long jump will have 4 attempts.
- **5K Run/Walk:** Will be located in Biloxi at the Salvation Army Kroc Center - Division. **Please arrive 1 hour prior to start time.**
- **Volleyball\*:** All matches will be conducted in accordance with USA Volleyball Rules, except as modified to better accommodate senior Olympic play. All disputes will be settled on the spot. All rulings made by the tournament coordinator will be final. Please contact the tournament coordinator with any questions about the games.

## 2014 MISSISSIPPI GULF COAST SENIOR GAMES REGISTRATION FORM

### PARTICIPANT INFORMATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Preferred Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Email \_\_\_\_\_  
month/day/year male/female  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone(\_\_\_\_\_) \_\_\_\_\_ Cell Phone(\_\_\_\_\_) \_\_\_\_\_ Hometown Newspaper \_\_\_\_\_

CIRCLE ONE: (Age as of December 31, 2014)

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

### PARTICIPANT WAIVER AND MODEL RELEASE

#### SIGNATURE REQUIRED

In consideration of being allowed to participate in any way in the Mississippi Gulf Coast Senior Games program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury to me does exist; and
2. I knowingly and freely assume such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and,
3. I willingly agree to comply with the stated customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release the Mississippi Gulf Coast Senior Games, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event (releasees), with respect to any and all injury, disability, death, or loss or damage to person or property incident to my involvement or participation in these programs, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assign, personal representatives and next of kin, hereby indemnify and hold harmless all the above releasees from any and all liabilities incident to my involvement or participation in these programs, even if arising from their negligence, to the fullest extent permitted by law.

I, the undersigned participant, grant to the Mississippi Gulf Coast Senior Games the right to use any pictures taken of me during the events and program without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or and purpose whatsoever.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

#### Official T-Shirts

Please circle T-shirt size:    S      M      L      XL      XXL      XXXL      Please circle correct t-shirt size. No exchanging of sizes will be allowed.

#### Fees

Basic Entry Fee:      \$20.00

#### Additional Fees:

Golf green fee      \$40.00

April 12th Reception guest fee      \$10.00

Donation (tax deductible)      \$ \_\_\_\_\_

Golf Cart Rental      \$30.00      –      Frisbee / Disc Golf

Canoe/Kayak Rental      \$25.00

TOTAL AMOUNT ENCLOSED      \$ \_\_\_\_\_

**Make checks payable to MSGCSG. Do not staple checks to the registration form.**

**Return your completed registration form with check or money order to:**

**MSGCSG    Attn: Glenda Carter    P. O. Box 6556    D'Iberville, MS 39540**



# MS Gulf Coast Senior Games Dance Competition

Ballroom, Swing, Latin & Country

Saturday, April 12, 2014

Check in 12 Noon      Open Dance from 6-8 p.m.

Registration Fee: \$20 (includes open dance)

IP Casino Resort & Spa

Bayview Avenue • Biloxi, MS

*Please return this form with your Senior Games Entry Form*

|                    |             |             |
|--------------------|-------------|-------------|
| Female Name: _____ |             |             |
| Age _____          | DOB _____   | Email _____ |
| Phone : _____      | Cell _____  |             |
| Address _____      |             |             |
| City _____         | State _____ | Zip _____   |
|                    |             |             |
| Male Name: _____   |             |             |
| Age _____          | DOB _____   | Email _____ |
| Phone : _____      | Cell _____  |             |
| Address _____      |             |             |
| City _____         | State _____ | Zip _____   |

Guidelines: Dancers May Dance With More Than One Partner.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Only Awarded to Top 3 Per Dance

American & International Style----- Heats Intermix & Tempos Will Vary

Foxtrot \_\_\_\_\_

Waltz \_\_\_\_\_

Tango \_\_\_\_\_

Two-Step \_\_\_\_\_

Rumba \_\_\_\_\_

Line Dance \_\_\_\_\_

Cha-Cha \_\_\_\_\_

Salsa/Mambo \_\_\_\_\_

Hustle \_\_\_\_\_

East Coast Swing \_\_\_\_\_

West Coast Swing \_\_\_\_\_

Urban Ballroom \_\_\_\_\_

Coordinator: National Champion Lynae Jacob with Duo Dance

Jack & Jill Dance Contest Sat. Night Dance (No Partner Needed)

Send Registration to: MS Gulf Coast Sr. Games P. O. Box 6556 D'Iberville MS 39540

|  |        |              |          |
|--|--------|--------------|----------|
| Circle Level:                                  | Novice | Intermediate | Advanced |
| Couple Age Division (Based on Youngest Dancer) | 50-59  | 60-69        | 70+      |

|                          |  |                             |
|--------------------------|--|-----------------------------|
| Page 1                   | SENIOR GAMES - 2014                      |                             |
|                          |  |                             |
| SATURDAY, APRIL 5, 2014  |  |                             |
| EVENT                    | LOCATION & TIME                          | COORDINATOR                 |
| Cycling                  | Woolmarket Senior Center                 | John Hagen                  |
| 5K Time Trials           | 8:00 a.m.                                | 228-219-1509                |
| 10K Time Trials          | 9:00 a.m.                                |                             |
| 20K Race                 | 11:00 a.m.                               |                             |
| 40K Race                 | 11:00 a.m.                               |                             |
|                          |  |                             |
| Frisbee / Disc Golf      | Hiller Park Pavilion                     | Chuck Burdine               |
|                          | Register 8-9 a.m.                        | 228-547-2210                |
|                          | Mandatory Meeting 9:30 / Play at 10 a.m. |                             |
|                          |  |                             |
| THURSDAY, APRIL 10, 2014 |  |                             |
| EVENT                    | LOCATION & TIME                          | COORDINATOR                 |
|                          |  |                             |
| Golf Practice Round      | The Oaks Golf Course                     | Russ Bloom - Pro            |
|                          | Call for tee time                        | 228-452-0909                |
| Tennis                   | Biloxi Tennis Complex                    | Tammy Bowman                |
|                          | Call for play time                       | 228-218-0818                |
| Bowling                  | Island Strikz Bowling                    | Greg Kwsnak                 |
| Singles                  | 10:00 a.m.                               | 859-434-7752 / 228-896-1450 |
| Doubles                  | 1:00 p.m.                                |                             |
| FRIDAY, APRIL 11, 2014   |  |                             |
| Registration             | Donal Snyder Community Center            | Glenda Carter               |
|                          | 12 NOON - 6:00 p.m.                      | 228-547-8665                |
| EVENT                    | LOCATION & TIME                          | COORDINATOR                 |
| Golf                     | The Oaks Golf Course                     | John Game                   |
| Check-In                 | 8:30 a.m.                                | 601-270-1714                |
| Shot gun start           |  |                             |
| Skills                   | Before round of golf starts              |                             |
| Long Drive               |  |                             |
| Putting                  |  |                             |
| Chipping                 |  |                             |
|                          |  |                             |
| Bocce                    | Woolmarket Senior Center                 | Thad Anderson               |
|                          |  | 228-396-4602                |
| Darts                    | Herbert Wilson Recreation Center         | Don Cross                   |
|                          | 1:00 p.m.                                | 228-223-4951                |
|                          |  |                             |
| Horseshoes               | Gulfport Westside Community Center       | Frank White                 |
| Check-In                 | 12:30 p.m.                               | 228-324-4414                |
|                          | 1:00 p.m.                                |                             |
|                          |  |                             |
| Racquetball              | Herbert Wilson Recreation Center         | Gary Stewart                |
|                          | 9:00 a.m.                                | 228-383-3237                |
|                          |  |                             |
| Shuffleboard             | Herbert Wilson Recreation Center         | Don Cross                   |
| Check-In                 | 9:00 a.m.                                | 228-223-4951                |
|                          |  |                             |
| Tennis                   | Biloxi Tennis Complex                    | Tammy Bowman                |
|                          | Call for play time                       | 228-218-0818                |

|                                 |                                  |                                  |
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| <b>Page 2</b>                   | <b>SENIOR GAMES - 2014</b>       |                                  |
|                                 |                                  |                                  |
| <b>FRIDAY, APRIL 11, 2014</b>   |                                  |                                  |
| <b>EVENT</b>                    | <b>LOCATION &amp; TIME</b>       | <b>COORDINATOR</b>               |
| <b>Registration</b>             | Donal Snyder Community Center    | Glenda Carter                    |
|                                 | 9:00 a.m. - 5:00 p.m.            | 228-547-8665                     |
|                                 |                                  |                                  |
| <b>Bean Bag Baseball</b>        | Herbert Wilson Recreation Center | Lucy Bickham                     |
|                                 |                                  | 228-896-5683                     |
| <b>SATURDAY, APRIL 12, 2014</b> |                                  |                                  |
| <b>Field Events</b>             | Gulfport High School             | Michele Woodberry                |
|                                 |                                  | 228-596-2020                     |
| <b>Check-In</b>                 | 12 Noon                          | Robert Locke                     |
| <b>Pole Vault - all</b>         | 12:30 p.m. Followed by           | 228-243-2914                     |
| <b>High Jump - all</b>          |                                  |                                  |
| <b>Long Jump - women</b>        |                                  |                                  |
| <b>Long Jump - men</b>          |                                  |                                  |
| <b>Triple Jump</b>              |                                  |                                  |
| <b>Discus - women</b>           |                                  |                                  |
| <b>Discus - men</b>             |                                  |                                  |
| <b>Shot Put - women</b>         |                                  |                                  |
| <b>Shot Put - men</b>           |                                  |                                  |
| <b>Javelin - women</b>          |                                  |                                  |
| <b>Javelin - men</b>            |                                  |                                  |
|                                 |                                  |                                  |
| <b>Reception</b>                | Donal Snyder Community Center    | Cheryl Bell                      |
|                                 | 6:00 p.m. - 9:00 p.m.            | 228-388-7170                     |
|                                 |                                  |                                  |
|                                 |                                  |                                  |
|                                 |                                  |                                  |
| <b>Track Events</b>             | Gulfport High School             | Robert Locke / Michele Woodberry |
|                                 |                                  | 228-243-2914 / 228-596-2020      |
| <b>Check-In</b>                 | 7:30 a.m.                        |                                  |
| <b>1500 Meter Run</b>           | 8:00 a.m.                        |                                  |
| <b>1500 Meter Walk</b>          | 8:30 a.m.                        |                                  |
| <b>50 Meter Dash</b>            | 9:00 a.m.                        |                                  |
| <b>100 Meter Sprint</b>         | 9:15 a.m.                        |                                  |
| <b>800 Meter Run</b>            | 10:00 a.m.                       |                                  |
| <b>200 Meter Run</b>            | 10:15 a.m.                       |                                  |
| <b>800 Meter Walk</b>           | 10:45 a.m.                       |                                  |
| <b>400 Meter Run</b>            | 11:00 a.m.                       |                                  |
|                                 |                                  |                                  |
| <b>Canoe / Kayak</b>            | Check-in 8:00 a.m.               | Paul Nettles                     |
|                                 | Warm Up 9:30 / Start at 10:00    | 228-257-1708                     |

|                                 |                                  |                         |
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| <b>Page 3</b>                   | <b>SENIOR GAMES - 2014</b>       |                         |
| <b>SATURDAY, APRIL 12, 2014</b> |                                  |                         |
| <b>EVENT</b>                    | <b>LOCATION &amp; TIME</b>       | <b>COORDINATOR</b>      |
| <b>5K Run/Walk</b>              |                                  |                         |
| <b>Check-In</b>                 | 8:00 a.m.                        | Erin Darche             |
| <b>Start</b>                    | 9:00 a.m.                        | 228-271-0045            |
|                                 |                                  |                         |
| <b>Ballroom Dance</b>           | IP Casino Resort Spa             | Lynae Jacob             |
| Foxtrot                         |                                  | 228-762-0304            |
| Waltz                           |                                  |                         |
| Tango                           |                                  |                         |
| Rumba                           |                                  |                         |
| Cha-Cha                         |                                  |                         |
| Salsa / Mambo                   |                                  |                         |
| East Coast Swing                |                                  |                         |
| West Coast Swing                |                                  |                         |
| Hustle                          |                                  |                         |
| Two-Step                        |                                  |                         |
| Line Dance                      |                                  |                         |
| Urban Ballroom                  |                                  |                         |
| <b>Open Dance</b>               | IP Casino Resort Spa             | Lynae Jacob             |
|                                 | 6:00 a.m. - 8:00 a.m.            | 228-762-0304            |
|                                 |                                  |                         |
| <b>Basketball</b>               | Donal Snyder Community Center    | Don Clinton             |
| <b>Check-In</b>                 | 9:00 a.m.                        | 228-249-5446            |
| <b>Free Throw</b>               |                                  |                         |
| <b>Three Point</b>              |                                  |                         |
| <b>3 x 3</b>                    |                                  |                         |
|                                 |                                  |                         |
|                                 |                                  |                         |
| <b>Swimming</b>                 | Biloxi Natatorium                | Debbie Danielson        |
| Warm-up                         | 8:30 a.m.                        | 228-388-1760            |
| 50Y Butterfly                   | 9:00 a.m.                        | Jamie Lee               |
| 50Y Breaststroke                |                                  | 228-348-8398 / 435-6205 |
| 50Y Backstroke                  |                                  |                         |
| 50Y Freestyle                   |                                  |                         |
| 100Y Butterfly                  |                                  |                         |
| 100Y Breaststroke               |                                  |                         |
| 100Y Backstroke                 |                                  |                         |
| 100Y Freestyle                  |                                  |                         |
| 200Y Breaststroke               |                                  |                         |
| 200Y Backstroke                 |                                  |                         |
| 200Y Freestyle                  |                                  |                         |
| 200Y Ind. Medley                |                                  |                         |
| 500Y Freestyle                  |                                  |                         |
|                                 |                                  |                         |
| <b>Table Tennis</b>             | Herbert Wilson Recreation Center | Mark Wampler            |
| Check-In                        | 9:30 a.m.                        | 228-832-9526            |
|                                 |                                  |                         |
| <b>Volleyball - Women</b>       | Biloxi High School               | Janey Perez             |
|                                 |                                  | 504-296-8200            |
|                                 |                                  |                         |
| <b>Volleyball - Men</b>         | Kroc Center                      | Erin Darche             |
| Check-In                        | 8:30 a.m. / Start at 9:00 a.m.   | 228-374-9100            |
|                                 |                                  |                         |
|                                 |                                  |                         |
| <b>SATURDAY, APRIL 26, 2014</b> |                                  |                         |
| Pickleball                      | Biloxi High School               | Lucy Bickham            |
| Check-In                        | 8:30 a.m.                        | 228-896-5683            |
|                                 |                                  |                         |
|                                 |                                  |                         |