



## Multi Sport Entry Information

### Forever Young - Forever Sport

## Luzerne County, PA July 26-30, 2018

#### ELIGIBILITY

In 2018, the Pennsylvania Senior Games will be open to all states. Athletes who will be 50 years of age or older as of December 31, 2018 may participate. Age groups for NSGA Qualifying Sports are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+ for both males and females. All other Sports will have 10 year age divisions.

Open State Policy: The Pennsylvania Senior Games will permit out-of-state residents to participate in the 2018 PSG competition. If an out-of-state resident qualifies for National Senior Games Association (NSGA) competition he/she will not take away qualifying spot from a state resident. Doubles and mixed doubles teams which have individuals from 2 different states will be considered an out-of state team. Out-of-state qualifying follows the rules prescribed by the NSGA.

If a (Basketball, Softball, or Volleyball) team from out-of-state qualifies for NSGA competition, that team will not take away a qualifying spot from a Pennsylvania (PA) resident team unless the PA team determines they will not utilize that position.

The Pennsylvania Senior Games reserves the right to cancel or consolidate events where such action is warranted. Athletes must compete to be eligible for a medal. The age division of doubles teams is determined by the age of the younger partner.

## Athletes have the CHOICE on how to enter the 2018 PA Senior Games.

**Option 1—Multi Sport Entry**—Athletes will pay a one time fee and be able to choose a variety of activities to participate in during the Games. **Option 2—Individual Sport Entry**—Athletes may pay for only the sport of their choosing during the Games.

### OPTION 1—MULTI SPORT ENTRY INFORMATION PA Sr Games Souvenir T-Shirt Included

#### ENTRY PROCEDURE—MULTI SPORT ENTRY—Option 1

There will be two ways to enter the PA Senior Games in 2018, mailing the entry form and payment into the office and online registration. **Application deadline is July 8, 2018.**

- If registering by mail, A \$75.00 nonrefundable registration fee must be included with each entry form.
- If registering online, A \$65.00 nonrefundable registration fee will be charge to your credit card.
- NO applications will be accepted after July 8, 2018.
- Each person registering must complete the entire entry form.
- Entry forms and checks are to be sent to Pennsylvania Senior Games, c/o Keystone State Games, PO Box 1166 Wilkes-Barre, PA 18703.

#### CONFLICTS

With the numerous competitions offered in the PA Senior Games, conflicts in scheduling will arise. It is responsibility of each athlete to enter events that will not conflict in time and location. No time allowance will be guaranteed.

**MAX 18 EVENTS:** Athletes choosing to enter the 2018 PA Senior Games with Option 1 Multi-Sport Entry are eligible to choose from a maximum of 18 events.

Both Track and Field as well as Swimming will only count as one event each. If registering online a representative from the KSG office will contact you if you choose track and field and/or swimming to place you in the correct events if necessary.

It is important to remember that there may be conflicts with events and it is the responsibility of the individual to make sure that they are able to attend an event.

#### TEAM SPORTS

Team sports are EXCLUDED from this option. If an individual is playing on a team they are responsible to work with the team captain for proper payment into the event.

#### MEDICAL

The medical information form is required of everyone registering for the Pennsylvania Senior Games and must accompany the registration form or maybe turned in to the competition director at the start of your competition.

#### 2019 NATIONAL SENIOR GAMES



2018 is a qualifying year for the 2019 National Senior Games that will take place in Albuquerque, NM. Not all PSG sports are contested at the National Senior Games. Please check sport text for qualifying events. Visit the website at [www.nsga.com](http://www.nsga.com)

# SPORT INFORMATION OPTION 1 - Multi-Sport Entry

Refer to entry information section for sport description. Choose a maximum of 18 events from the sports listed below. Each boxed checked counts as 1 event except for both track and field and swimming. Follow the number of events for both swimming and track and field. Write the name and age of your partner on the line provided where applicable. Please choose events that will fit into your schedule as to avoid conflicts.

**ARCHERY** Barebow Compound  
 **ARCHERY** Barebow Recurve  
 **ARCHERY** Compound Bow (Aid Release)  
 **ARCHERY** Compound Bow (Finger Release)  
 **ARCHERY** Conventional Bow  


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 **3D ARCHERY**  


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 **BADMINTON** Singles  
 **BADMINTON** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **BADMINTON** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **BAGTOSS - CORNHOLE** Singles  
 **BAGTOSS** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **BAGTOSS** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **BASKETBALL** 3-Point  
 **BASKETBALL** "21"  
 **BASKETBALL** Foul Shooting  
 **BASKETBALL** Hot Shot  


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 **BOCCE**  


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 **BOWLING** Singles  
 **BOWLING** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **BOWLING** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **DARTS** Singles  
 **DARTS** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **DARTS** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **DISC GOLF**  


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 **FOOTBALL THROW**  


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 **GOLF (18 HOLE REGULATION) + Green Fees**  


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 **HORSESHOES** Singles  
 **HORSESHOES** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **PICKLE BALL** Singles  
 **PICKLE BALL** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **PICKLE BALL** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **RACQUETBALL** Singles  
 **RACQUETBALL** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_

**SHUFFLEBOARD** Singles  
 **SHUFFLEBOARD** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **SOFTBALL THROW**  


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 **SWIMMING** (Max Six Events)  

	<u>Seed Time</u>	
<input type="checkbox"/> Event #1	_____	200 yd IM
<input type="checkbox"/> Event #2	_____	50 yd Freestyle
<input type="checkbox"/> Event #3	_____	50 yd Breaststroke
<input type="checkbox"/> Event #4	_____	100 yd Backstroke
<input type="checkbox"/> Event #5	_____	100 yd Butterfly
<input type="checkbox"/> Event #6	_____	500 yd Freestyle
<input type="checkbox"/> Event #7	_____	200 yd Breaststroke
<input type="checkbox"/> Event #8	_____	200 yd Backstroke
<input type="checkbox"/> Event #9	_____	100 yd Freestyle
<input type="checkbox"/> Event #10	_____	100 yd Breaststroke
<input type="checkbox"/> Event #11	_____	50 yd Backstroke
<input type="checkbox"/> Event #12	_____	50 yd Butterfly
<input type="checkbox"/> Event #13	_____	100 yd IM
<input type="checkbox"/> Event #14	_____	200 yd Freestyle
<input type="checkbox"/> Event #15	_____	200 yd Butterfly
<input type="checkbox"/> Event #16	_____	400 yd IM

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 **TABLE TENNIS** Singles  
 **TABLE TENNIS** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **TABLE TENNIS** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **TENNIS** Singles  
 **TENNIS** Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 **TENNIS** Mixed Doubles \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  


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 **TRACK & FIELD (Max 6 events)**

<input type="checkbox"/> 100m Dash Women	<input type="checkbox"/> Long Jump Women
<input type="checkbox"/> 100m Dash Men	<input type="checkbox"/> Long Jump Men
<input type="checkbox"/> 200m Dash Women	<input type="checkbox"/> Shot Put Women
<input type="checkbox"/> 200m Dash Men	<input type="checkbox"/> Shot Put Men
<input type="checkbox"/> 400m Dash Women	<input type="checkbox"/> Discus-Women
<input type="checkbox"/> 400m Dash Men	<input type="checkbox"/> Discus-Men
<input type="checkbox"/> 800m Dash Women	<input type="checkbox"/> 1500m Walk Women
<input type="checkbox"/> 800m Dash Men	<input type="checkbox"/> 1500m Walk Men
<input type="checkbox"/> 1500m Run Women	<input type="checkbox"/> 5000m Race Walk Women
<input type="checkbox"/> 1500m Run Men	<input type="checkbox"/> 5000m Race Walk Men
<input type="checkbox"/> Triple Jump Women	<input type="checkbox"/> Javelin Women
<input type="checkbox"/> Triple Jump Men	<input type="checkbox"/> High Jump Women
<input type="checkbox"/> Javelin Men	<input type="checkbox"/> High Jump Men
<input type="checkbox"/> Hammer Men	<input type="checkbox"/> Hammer Women
<input type="checkbox"/> Pole Vault Men	<input type="checkbox"/> Pole Vault Women
<input type="checkbox"/> 50m Dash Men	<input type="checkbox"/> 50m Dash Women

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 **MEDICAL FORM COMPLETED**  
 **RELEASE WAIVER SIGNED**

# 2018 PENNSYLVANIA SENIOR GAMES SCHEDULE OF EVENTS & ENTRY FORM

## OPTION 1—MULTI SPORT ENTRY FORM

TIMES LISTED ARE APPROXIMATE START TIMES

### 2018 Tentative Senior Games General Sports Schedule

The following schedule is to be used as a general guide for times of contested events at the Senior Games. Detailed schedules, draws, divisions, etc will be posted online at [www.premiersportingevents.com](http://www.premiersportingevents.com)

For specific sport information details please go to the sport webpage located on the PA Senior Games Homepage by visiting [www.premiersportingevents.com](http://www.premiersportingevents.com) and clicking on the PA Senior Games logo.

HEADQUARTERS		The Woodlands Inn
<b>THURSDAY JULY 26</b>		
Time	Event	Venue
10am	Power Walking	Kirby Park
10am	Football & Softball Throw	Kirby Park
10am	Bowling	Chacko's Bowling Center
10am	Pickleball	Newberry Estates
5pm	Darts	Murphy's Pub
<b>FRIDAY JULY 27</b>		
Time	Event	Venue
10am	Shuffleboard	Wilkes—McHale Complex
10am	Pickleball	Newberry Estates
10am	Bowling	Chacko's Bowling Center
10am	Basketball 3V3	Wilkes—McHale Complex
10am	Basketball Shooting	Wilkes—McHale Complex
10am	Racquetball	Penn State Wilkes-Barre
5pm	Cornhole—Bag Toss	Newberry Estates
9am	Track & Field	Hazleton High School
<b>SATURDAY JULY 28</b>		
Time	Event	Venue
10am	Badminton	Perkiomen School
10am	Bocce	Newberry Estates
10am	Tennis	Newberry Estates
10am	Bowling	Chacko's Bowling Center
10am	Football & Softball Throw	Misericordia Fields
10am	Badminton	Perkiomen School
10am	Volleyball Female	Wilkes—McHale Complex
10am	Pickleball	Newberry Estates
10am	Table Tennis	Nanticoke Table Tennis
1pm	Shooting Sports	Muhlenburg, PA
3 pm	Bowling No Tap Tournament	Chacko's Bowling Center
<b>SUNDAY JULY 29</b>		
Time	Event	Venue
9am	Volleyball Female	Wilkes—McHale Cpmplex
10am	Tennis	Newberry Estates
10am	Horseshoes	Newberry Estates
10am	Disc Golf	Nesbitt Park
1pm	Swimming	CYC Aquatics
<b>MONDAY JULY 30</b>		
Time	Event	Venue
9am	Golf	Wyoming Valley Country Club
<b>SATURDAY AUGUST 4</b>		
10am	Volleyball Male	Wilkes—McHale Complex
<b>SUNDAY AUGUST 5</b>		
9am	Volleyball Male	Wilkes—McHale Complex

### 2018 MAIL-IN ENTRY FORM OPTION 1

Directions: Complete this entry form, providing all information requested. A \$75.00 athlete entry fee (non-refundable) must accompany this form. Entry deadline is July 8. NO entries will be accepted after deadline. Mail the completed entry form and payment to: Pennsylvania Senior Games, c/o Keystone State Games, Inc., PO Box 1166 Wilkes-Barre, PA 18703. For assistance please contact Mike at the Pennsylvania Senior Games office at [mike@ksgoffice.com](mailto:mike@ksgoffice.com) **Save \$10 by registering online!**

**Name:**

Last Name	First Name	MI
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**Address:**

Street
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Street

City/Town	State	Zip
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City/Town

State

Zip

**Home Phone:**

**Date of Birth:**

**Age**

(Area Code)	-	-		
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Month	Day	Year
1	9	

Age
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(Area Code)

Month Day Year

**Cell Phone:**

**Gender:**

**PSG**

	-	-		
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Female  Male

Yrs Part

**E-mail Address:**

E-mail Address
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Write **ONE** County Residence Code:  Refer to County Code on Page

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, WILL COMPLETE THE MEDICAL INFORMATION TO THE BEST OF MY ABILITY, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**Final Check List:** Registration Fee \$75.00 by July 8 \$ \_\_\_\_\_

**PA Sr Games T-Shirt Size:** \_\_\_\_\_

**Donation:** (Optional) Check Choice

Funding  Equipment  General \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \$ \_\_\_\_\_

**THANK YOU FOR YOUR PARTICIPATION INTO THE  
2018 SENIOR GAMES!!!**

# PENNSYLVANIA SENIOR GAMES

## MEDICAL INFORMATION

THIS FORM MUST BE COMPLETED BY ALL PARTICIPANTS

PLEASE COMPLETE THIS FORM WITH YOUR MOST RECENT MEDICAL INFORMATION. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM.** PLEASE PRINT OR TYPE ALL INFORMATION.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(AS OF 12/31/18)

ADDRESS \_\_\_\_\_ GENDER  Female  Male

PHONE/CELL \_\_\_\_\_ EMERGENCY CONTACT NAME \_\_\_\_\_

E-MAIL \_\_\_\_\_ EMERGENCY CONTACT PHONE \_\_\_\_\_

WILL EMERGENCY CONTACT BE AT THE COMPETITION?  Yes  No

PLEASE CHECK ANY KNOWN MEDICAL CONDITIONS:

Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hernia	<input type="checkbox"/> Yes <input type="checkbox"/> No
Bladder/Bowel Problems	<input type="checkbox"/> Yes <input type="checkbox"/> No	Indigestion	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Discomfort When Exercising	<input type="checkbox"/> Yes <input type="checkbox"/> No	Joint Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chest Pains	<input type="checkbox"/> Yes <input type="checkbox"/> No	Leg Pain On Walking	<input type="checkbox"/> Yes <input type="checkbox"/> No
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	Low Back Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Hearing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Lung Disease	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty in Seeing	<input type="checkbox"/> Yes <input type="checkbox"/> No	Osteoporosis	<input type="checkbox"/> Yes <input type="checkbox"/> No
Drug Allergies (List Below)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Passing Out Spells	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heart Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No	Shortness of Breath	<input type="checkbox"/> Yes <input type="checkbox"/> No

CURRENT MEDICATIONS \_\_\_\_\_

LIST DRUG ALLERGIES \_\_\_\_\_

ARE YOU ALLERGIC TO BEE STINGS? \_\_\_\_\_

DATE OF MOST RECENT MEDICAL EXAMINATION \_\_\_\_\_

DOCTOR'S NAME \_\_\_\_\_ PHONE \_\_\_\_\_

**I ATTEST THAT THE ABOVE INFORMATION IS CORRECT**

PARTICIPANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**THIS IS A RELEASE WAIVER—AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC. athletic / sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL 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 and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, 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 heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE PENNSYLVANIA SENIOR GAMES c/o KEYSTONE STATE GAMES, INC., their officers, officials, agents and / or employees, other participants, SPONSORING agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY loss or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned, declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es) / team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Pennsylvania Senior Games in any manner incidental to my participation in the Pennsylvania Senior Games without compensation to me.
8. Signature is on the Application Page

PENNSYLVANIA COUNTY CODE LISTING FOR APPLICATION					
00 - OUT OF STATE	12 - CAMERON	24 - ELK	36 - LANCASTER	48 - NORTHAMPTON	60 - UNION
01 - ADAMS	13 - CARBON	25 - ERIE	37 - LAWRENCE	49 - NORTHUMBERLAND	61 - VENANGO
02 - ALLEGHENY	14 - CENTRE	26 - FAYETTE	38 - LEBANON	50 - PERRY	62 - WARREN
03 - ARMSTRONG	15 - CHESTER	27 - FOREST	39 - LEHIGH	51 - PHILADELPHIA	63 - WASHINGTON
04 - BEAVER	16 - CLARION	28 - FRANKLIN	40 - LUZERNE	52 - PIKE	64 - WAYNE
05 - BEDFORD	17 - CLEARFIELD	29 - FULTON	41 - LYCOMING	53 - POTTER	65 - WESTMORELAND
06 - BERKS	18 - CLINTON	30 - GREENE	42 - MCKEAN	54 - SCHUYLKILL	66 - WYOMING
07 - BLAIR	19 - COLUMBIA	31 - HUNTINGDON	43 - MERCER	55 - SNYDER	67 - YORK
08 - BRADFORD	20 - CRAWFORD	32 - INDIANA	44 - MIFFLIN	56 - SOMERSET	
09 - BUCKS	21 - CUMBERLAND	33 - JEFFERSON	45 - MONROE	57 - SULLIVAN	
10 - BUTLER	22 - DAUPHIN	34 - JUNIATA	46 - MONTGOMERY	58 - SUSQUEHANNA	
11 - CAMBRIA	23 - DELAWARE	35 - LACKAWANNA	47 - MONTOUR	59 - TIOGA	

**REGISTRATION INFORMATION**

**REGISTRATION HOURS FOR SENIOR GAMES**

ALL PA SENIOR GAMES athletes will check-in at their prospective sport venue the day of the competition—There will be NO central registration area this year for PA Senior Games.

Athletes that DO NOT send their MEDICAL RELEASE FORM into the office are to turn it in to the sport leader the day of their FIRST SCHEDULED SPORTING EVENT.

Designated times and location for PA Sr Games T-shirts will be posted online at [www.premiersportingevents.com](http://www.premiersportingevents.com)

**REGISTER ONLINE AND SAVE!**

**ONLINE REGISTRATION:** Option 1 & 2—Register online and not only save time but save money!!! Savings of \$10.00 for registering online!!!

**CONTACT INFORMATION**

PA Senior Games • PO Box 1166, Wilkes-Barre, PA 18703 • [www.premiersportingevents.com](http://www.premiersportingevents.com)