

FIRST NAME _____ LAST NAME _____ EMAIL _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE (CELL PREFERRED) _____ DATE OF BIRTH (MM/DD/YYYY) _____ GENDER MALE FEMALE
 T-SHIRT SIZE SMALL MEDIUM LARGE X-LARGE XX-LARGE XXX-LARGE Dri-Fit (Additional \$15) Order by May 15
 EMERGENCY CONTACT INFORMATION - NAME _____ RELATIONSHIP _____ PHONE _____

INDIVIDUAL SPORTS

Unless noted, all sports include unlimited events

ACCURACY AND DISTANCE

- Basketball Shooting - Around the World
- Basketball Shooting - Free Throws
- Football - Accuracy Throw
- Football - Distance Throw
- Football - Field Goal Kick
- Frisbee - Accuracy Throw
- Frisbee - Distance Throw
- Soccer - Accuracy Kick
- Softball - Accuracy Throw
- Softball - Distance Throw

ARCHERY

Register at www.iowagames.org

BADMINTON

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

BOWLING (Add \$10 fee per event)

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

CORNHOLE - register by July 17

- Singles
- Doubles Partner: _____

CYCLING - register by July 10

- 5K Time Trial 10K Time Trial
- 26 Mile Road Race
- Please add Iowa Games events \$15/event

**An Iowa Senior Games representative will contact you regarding registration for Iowa Games

DISC GOLF

- 18 Holes

GOLF TOURNAMENT (Additional \$38 fee)

- 18 Holes
- Paired with: _____
- Paired with: _____
- Paired with: _____

Tee Time preference:

- 7:30am-10:00am 10:00am-12:30pm

HORSESHOES

- 100 Shoe Pitch

PICKLEBALL

- Division 1 (4.5 - 5.0)
- Division 2 (3.5 - 4.0)
- Division 3 (1.0 - 3.0)
- Player Rating: _____
- Rated By: _____
- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

RACQUETBALL

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

ROAD RACE - register by July 17

- Clive Running Festival
- 5K

SHUFFLEBOARD

- Singles
- Doubles Partner: _____

SWIMMING (Masters # 403-R002)

- Limit of 8 events
- 100 Backstroke
- 100 Breaststroke
- 100 Butterfly
- 100 Freestyle
- 100 Individual Medley
- 200 Backstroke
- 200 Breaststroke
- 200 Butterfly
- 200 Freestyle
- 200 Individual Medley
- 400 Individual Medley
- 50 Backstroke
- 50 Breaststroke
- 50 Butterfly
- 50 Freestyle
- 500 Freestyle

TABLE TENNIS

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

TENNIS

- Player Rating: _____
- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

TRACK & FIELD

Steve Lynn Memorial

- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Run
- 800 Meter Run
- 1,500 Meter Run
- 1,500 Power Walk
- 5,000 Race Walk
- Discus High Jump Javelin
- Long Jump Shot Put
- Standing Long Jump Triple Jump

TRIATHLON/DUATHLON

Register at www.iowagames.org

TEAM SPORTS

BASKETBALL - 3 ON 3

- 3 on 3
- Team Name: _____
- Team Manager: _____

GRANNY BASKETBALL**

- Granny Basketball
- Team Name: _____
- Team Manager: _____

GRANNY BASKETBALL BANQUET

1 ticket included with registration
 \$30 per additional ticket
 Number of additional tickets: _____

SOFTBALL

- Softball Tournament
- Team Name: _____
- Team Manager: _____

HALL OF FAME INDUCTION CEREMONY

The 2023 Hall of Fame Induction Ceremony will take place at Noon on Saturday, June 10, 2023 at the Valley High School track.

Fees: \$30 for one sport, \$5 for each additional sport. \$45 for unlimited sports. (After May 1, \$35 for one sport, \$5 for each additional sport, \$50 for unlimited sports).

****Granny Basketball participants** - \$45 fee for unlimited sports (\$50 after May 2). Fee includes Granny Basketball banquet. Additional banquet tickets are \$30 per person.

Early Registration
Postmarked by May 1

Final Registration
Postmarked by May 15
Online by May 22

- Badminton
- Pickleball
- Racquetball
- Shuffleboard
- Table Tennis
- Tennis
- Team Sports

Postmarked by May 22
Online by May 30

- Accuracy & Distance
- Bowling
- Disc Golf
- Golf Tournament
- Horseshoes
- Swimming
- Track & Field

_____ **REGISTRATION FEE**

_____ **EXTRA EVENT FEES**

_____ **DRI-FIT SHIRT OPTION**
 (additional \$15)

_____ **DONATION**
 (tax deductible)

_____ **TOTAL**

Make checks payable to:
 Iowa Senior Games

Mail entry form, waiver & fee to:
 Iowa Senior Games
 1421 S. Bell Ave. #104
 Ames, Iowa 50010

IOWA SENIOR GAMES WAIVER

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Iowa Senior Games, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Iowa Senior Games in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Iowa Senior Games and without compensation to me.

THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, co-sponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

Signature: _____ Date: _____

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