



IOWA

senior games

**MEN AND
WOMEN
50+**



JUNE 9-13, 2021



WEST DES MOINES, IOWA

REGISTER NOW! | IOWASENIORGAMES.ORG



The Iowa Senior Games is the feature event for athletes ages 50+ and is open to in-state and out of state participants. 30 sports are offered with something for everyone. This event serves as the Iowa qualifying event for the National Senior Games (even-numbered years).

HALL OF FAME INDUCTION CEREMONY

The 2021 Hall of Fame Induction Ceremony will take place at Noon on Saturday, June 12, 2021 at the Valley High School track.

HOST HOTEL

HOTEL ROOM BLOCKS

The Iowa Senior Games is committed to providing multiple room blocks at area hotels to meet the needs of our participants. All room blocks are listed under "IOWA SENIOR GAMES".

Sheraton - West Des Moines

\$159/night

Call 515-223-1800

Book by May 20

Comfort Inn and Suites - West Des Moines

\$126/night

Call 515-440-3679

Book by May 19

Best Western Plus - West Des Moines

\$105/night

Call 515-226-0414

Book by May 9

Super 8 - Clive/West Des Moines

\$89/night

Call 515-226-0414

Book by May 18

GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



ELIGIBILITY

Anyone at least 50 years of age is eligible to participate. There are 10 - five year age divisions for men and women: 50-54, 55-59, 60-64, etc. **Age Determining Date:** December 31, 2021. In team/doubles events, the age of the youngest player on a roster will determine the team's division.

REGISTRATION DEADLINES & FEES

Registration fees and a signed liability waiver must accompany each registration form. Registration deadlines are determined by date of and type of event. **NO ENTRIES WILL BE ACCEPTED AFTER THESE DEADLINES.** Specific deadlines are listed on the entry form. \$30 for one sport, \$5 for each additional sport. \$45 fee for unlimited sports. After May 3, \$35 for one sport, \$5 for each additional sport. \$50 fee for unlimited sports. **Granny Basketball Participants:** \$40 for unlimited sports. After May 3, \$50. Fee includes one Granny Basketball Banquet ticket.

ADDITIONAL FEES

Bowling: \$10 (includes three games)
Golf: \$35 (includes green fees for 18 holes, 1/2 of a riding cart and lunch following the round. Willow Creek members will not be charged green fees)
Additional fees must be included with the submitted registration form.

HALL OF FAME INDUCTION CEREMONY

The 2021 Hall of Fame Induction Ceremony will take place at Noon on Saturday, June 12, 2021 at the Valley High School track during the Iowa Senior Games track meet. This event is open to the public free of charge.

IOWA GAMES EVENTS

Partnering with the Iowa Games, Iowa Senior Games registration automatically includes both events and a chance to win Iowa Games and Iowa Senior Games medals for Archery, Cornhole, Cycling Road Race, and Triathlon. The Cycling Time Trial also has an option to add on the 20K Iowa Games Trial for \$15. The 20k will take place at noon.

TEAM EVENTS

Each individual team member must register, pay, and fill out liability forms. Managers are responsible to mail in a completed Team Roster. Rosters will be checked prior to competition to ensure all team members have registered for the Games.

PACKET PICK-UP

These athletes will pick up their packet at the site of their **first** event: Sports held on Wednesday, June 9 and Thursday June 10 and Racquetball. All other sports held June 11, 12, and 13 will pick up packets at the Welcome Center at Valley High School, 3650 Woodland Ave, West Des Moines. Welcome Center hours are:
- June 9 & 10: 7:15 AM - 6 PM
- June 11 & 12: 7:30 AM - 4PM
- June 13: 8:00AM - Noon

NOTE TO ATHLETES AT CHECK-IN

Entries for all events will be posted online at www.iowaseniorgames.org. Please check these event lists to make sure you are listed in the events you registered for. If there is an error, contact us at info@iowaseniorgames.org, or 888-777-8881 prior to the Games. Do not wait until the event starts!

CANCELLATIONS/CHANGES

Iowa Senior Games officials reserve the right to cancel or change the format of an event due to weather, facility issues, or insufficient registration.

AWARDS

Medals will be awarded to the top 3 places in all age groups. Out of state participants will receive medals if they place among the top three overall. If applicable, the top three Iowa residents will also receive medals. All medals must be picked up during the Games.

SPORT RULES & REGULATIONS

Events are governed by Iowa Senior Games and follow rules set by the individual sport organizations. Rules are posted at www.iowaseniorgames.org.

EVENTS & STARTING TIMES

Participants in individual events must report at the designated starting times. Participants in individual tournament events must report 15 minutes before the designated starting time or forfeit participation in that event. Participants in team events are responsible for checking the schedule as a match or game may be scheduled at any time during the hours listed. If there is a time conflict between events in which you are entered, you may need to choose which event you participate in. Event schedule lists starting times for the competitions, please see website for specific sport schedules.

REGISTER NOW
IOWAseniorgames.org

EVENT SCHEDULE - All locations in West Des Moines unless noted.

FRIDAY, JUNE 4

5 PM Softball Tournament
Raccoon River Park

WEDNESDAY, JUNE 9

8 AM Pickleball (50-64): Mixed Dbls
Doubles/Singles to follow
Valley High School
1 PM Disc Golf Tournament
Pete Crivaro Park, Des Moines

THURSDAY, JUNE 10

8 AM Golf Tournament
Willow Creek Golf Course
8 AM Shuffleboard: Singles/Doubles
Valley Southwoods Gymnasium
8 AM Pickleball (65+): Mixed Dbls
Doubles/Singles to follow
Valley High School
2-5 PM Horseshoes - Holiday Park

FRIDAY, JUNE 11

8:30 AM Tennis: Singles
Valley Southwoods Tennis Courts
8:30-10 AM Basketball: Free Throws
Valley High School
9 AM Table Tennis: Singles
Four Mile Community Center, DSM
10-11:30 AM Basketball Shooting:
Around the World
Valley High School
11 AM-12:30 PM Football & Softball Throws:
Distance & Accuracy
Valley High School Track
NOON Table Tennis: Doubles/Mixed
Four Mile Community Center, DSM
1 PM Bowling: Mixed Doubles
Val Lanes
1 PM 3-on-3 Basketball
Valley High School
1 PM Racquetball: Singles
Wellmark YMCA, Des Moines
1-2 PM Frisbee Throw: Distance & Accuracy
Valley High School Track
2:30-4 PM Field Goal & Soccer Kick
Valley High School Track

SATURDAY, JUNE 12

8:30 AM Granny Basketball
Valley High School
8:30 AM Tennis: Doubles/Mixed
Valley Southwoods Tennis Courts
9 AM Badminton: Singles to start
Doubles/Mixed to follow
Valley Southwoods Gym
NOON Bowling: Singles
Val Lanes

SATURDAY, JUNE 12 (continued)

NOON Hall of Fame Induction Ceremony
Valley High School Track
1 PM Racquetball: Doubles/Mixed
Wellmark YMCA, Des Moines

Track & Field Schedule

Steve Lynn Memorial Track and Field Valley High School Track

8-9:30 AM Triple Jump
8-10 AM Javelin Throw
8:15 AM 5,000 M Race Walk
9:15 AM 100 M Dash
10-11:30 AM Standing Long Jump
10-11:30 AM High Jump (65+)
10:15 AM 1,500 M Run
10:45 AM 400 M Run
11:15 AM 1,500 M Power Walk
12:30 PM 50 M Dash
12:30-2 PM Running Long Jump
12:30-2 PM High Jump (50-64)
1-1:30 PM Shot Put (80+)
1-1:30 PM Discus (70-79)
1:00 PM 800 M Run
1:30-2 PM Shot Put (70-79)
1:30-2 PM Discus (80+)
1:30 PM 200 M Dash
2-2:30 PM Shot Put (65-69)
2-2:30 PM Discus (60-64)
2:30-3 PM Shot Put (60-64)
2:30-3 PM Discus (50-59)
3-3:30 PM Shot Put (50-59)
3-3:30 PM Discus (65-69)

SUNDAY, JUNE 13

8:30 AM Granny Basketball
Valley High School
10 AM Swimming (Warm-up at 9 AM)
Valley High School Pool
NOON Bowling: Doubles
Val Lanes

OTHER IOWA GAMES EVENT DATES

SUNDAY, JULY 11

8 AM Triathlon - Big Creek, Polk City

SATURDAY, JULY 17

8 AM Road Race: 5k & 10k - Clive
4 PM Cornhole - Clive Aquatic Center

SATURDAY, JULY 31

9 AM Archery - Lot G3, ISU, Ames

SUNDAY, AUGUST 1

9 AM Archery (Cont.) - Lot G3, ISU, Ames

SATURDAY, AUGUST 7

9 AM Cycling Time Trial
Ballard East Elementary, Cambridge

SUNDAY, AUGUST 8

8:30 AM Cycling Road Race
Boone Scenic Valley Railroad



JUNE 9-13, 2021
West Des Moines, Iowa

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 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 11

- ☐ Singles
- ☐ Doubles Partner: _____

CYCLING

- ☐ 5K Time Trial ☐ 10K Time Trial
- ☐ 20K Iowa Games Time Trial (\$15 fee)
- **Iowa Games Time Trial begins @ 12:00 PM**
- ☐ 26 Mile Road Race

DISC GOLF

- ☐ 18 Holes

GOLF TOURNAMENT (Additional \$35 fee)

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

HORSESHOES

- ☐ 100 Shoe Pitch

2021 INDIVIDUAL ENTRY FORM

FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ 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 OPTION (ADDITIONAL \$15) ORDER BY MAY 17

EMERGENCY CONTACT INFORMATION

NAME _____ RELATIONSHIP _____ PHONE _____

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 12

Clive Running Festival

- ☐ 5K **or** ☐ 10K

SHUFFLEBOARD

- ☐ Singles
- ☐ Doubles Partner: _____

SWIMMING (Masters # 401-R003)

- 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 - register at 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
\$23 per additional ticket
Number of additional tickets: _____

SOFTBALL

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

Fees: \$30 for one sport, \$5 for each additional sport. \$45 for unlimited sports. (After May 3, \$35 for one sport, \$5 for each additional sport, \$50 for unlimited sports).

****Granny Basketball participants** - \$40 fee for unlimited sports (\$50 after May 3). Fee includes Granny Basketball banquet. Additional banquet tickets are \$23 per person.

☐ Early Registration Postmarked by May 3

☐ Final Registration

**Postmarked by May 10
Online by May 17**

Badminton
Pickleball
Racquetball
Shuffleboard
Table Tennis
Tennis
Team Sports

**Postmarked by May 17
Online by May 24**

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

_____ **REGISTRATION FEE**

_____ **EXTRA EVENT FEES**

_____ **DRI-FIT SHIRT OPTION**

_____ **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

REMEMBER TO COMPLETE WAIVER FORM ON NEXT PAGE

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: _____