

*28th Annual Lumber River Regional*  
**HYBRID SENIOR GAMES**  
*April 14- May 28, 2021*



*Registration Deadline*  
**MARCH 26, 2021**

*Senior Games Drive Thru Kickoff*  
**Pick Up T-Shirts and Bags**

**April 14, 2021 10:00 a.m. - 12:00 p.m.**

*For More Information contact:*  
**Ursula Selles, Local Senior Games Coordinator**  
**910-775-9762**

*Coordinated by*  
**Lumber River Council of Governments Area Agency on Aging**

*This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored statewide  
by the North Carolina Division of Aging & Adult Services*

# GENERAL INFORMATION

- To be eligible to participate in the Lumber River Regional Senior Games, individuals must be a resident of Bladen, Hoke, or Robeson Counties for a minimum of three (3) consecutive months annually or request special permission to participate. Men and women compete in separate categories in the following five-year age groups:

50-54	55-59	60-64	65-69	70-74	75-79
80-84	85-89	90-94	95-99	100+	

- In accordance to the CDC and health and safety guidelines, times for sporting events will be assigned and mailed to participants in their age category.**
- All events will be conducted in accordance with the 2021 edition of the *North Carolina Senior Games, Inc., Official Rules Book*, available at each event site.
- Official *Gold*, *Silver*, and *Bronze* medals will be presented to the First, Second, and Third place men and women finalists in each category, in each sports event, with the exception of those not offered at North Carolina Senior Games. Ribbons for Silver Arts are awarded to the First, Second, and Third place by category. The top three medalists in each athletic event, by gender and age group, are eligible for State Finals. First and Second place Visual and Heritage Arts winners; First place Literary Arts; and Performing Arts “Best of Show” are eligible for State Finals.
- Score sheets for Virtual games can be picked up at the designated locations below between April 14<sup>th</sup> - May 21, 2021, submit scores to Ursula Selles by May 28, 2021 by 5:00 p.m.**
- Medals can be picked up at designated location in the county participants reside in.**
  - ~ **Bladen County participants - June 25, 2021 (1:00 pm -3:00 pm)** Bladen County Senior Center, 608 McLeod St. Elizabethtown NC 28337. Contact :Barbara McLaurin (910)-872-6331
  - ~ **Hoke County participants– June 11, 2021 (1:00 pm - 3:00 pm)** Hoke County Senior Center, 423 East Central Ave. Raeford, NC 28376. Contact: Brenda Molchan (910)-878-1242
  - ~ **Robeson County participants– June 16, 2021 (1:00 pm -3:00 pm)** LRCOG 30 CJ Walker Rd. Pembroke, NC 28372. Contact : Ursula Selles 910-775-9762.
- Enjoy Art in the Park** - Stroll around the walking trail at North East Park, located at 500 Hornets Rd., Lumberton, NC 28358 on **June 10, 2021 (10:00am-12:00pm)** and admire the entries of the Silver Arts.
- Game officials reserve the right to cancel, delay, postpone or change the location of events due to inclement weather. Participants are encouraged to bring their own snacks in preparation for long event times and to come prepared for all weather conditions.
- Event fees are to help cover charges for facility and equipment usage for activities you choose to enter. **Lumber River Senior Games has a No Refund Policy.**

## SPORTSMANLIKE CONDUCT

**Sportsmanlike Conduct is expected at all events from all participants. Any participant exhibiting non-sportsmanlike behavior will be disqualified from that day's events. The Senior Games Coordinator and Events Coordinator reserve the right to render this decision.**

## EVENT VERIFICATION

Each participant is responsible for verifying their Schedule of Events. Changes can be made by calling Ursula Selles no later than Friday, April 9, 2021

**Events CANNOT be added during the games.**

*To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete.*

## ENTRY FORM

**To Enter, Complete the Following Information (4 pages) and Return to:**

**Ursula Selles**  
**Local Senior Games Coordinator**  
**Lumber River Senior Games**  
**30 C J Walker Road, Pembroke, North Carolina 28372**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
*First Middle Last Month Date Year*

Mailing Address \_\_\_\_\_  
*Address where you receive mail City State Zip Code*

Phone Number \_\_\_\_\_ County \_\_\_\_\_

Email Address \_\_\_\_\_ Gender (check one): Male Female

Age (as of Dec. 31, 2021): \_\_\_\_\_ This determines the age category in which you will compete.  
**\*Participants must be 50 years of age or better on Dec. 31, 2021**

Please SELECT a T-shirt Size: M L XL XXL XXXL \* New design

**I give permission to The Lumber River Council of Governments to use my photo in advertising and promotions.**

Signature \_\_\_\_\_

***The information requested below is for statistical information only and will remain confidential.***

My Ethnicity (check): Black or African American Asian American Indian or Alaska Native Hispanic  
 White Native Hawaiian or other Pacific Islander Unknown/Refused

My Annual Household Income is less than \$11,770 (1 person in household) \_\_\_\_ Yes

My Annual Household Income is less than \$15,930 (2 people in household) \_\_\_\_ Yes

I decline to answer/No Response \_\_\_\_

**REGISTRATION FEE** (must be received by March 26, 2021)..... **\$10.00**

**LATE FEE** ( occurs after registration deadline)..... **\$5.00**

**(OPTIONAL) ADDITIONAL SENIOR GAMES T-SHIRT** Please indicate size here ..... **\$ 9.00**

**GOLF FEE**..... (Required in addition to the Registration Fee)..... **\$25.00**

**DONATION TO SENIOR GAMES**..... \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** .....

Please make checks payable to: **Lumber River Regional Senior Games**  
**30 CJ Walker Rd**  
**Pembroke, NC 28372**

\$

# OFFICIAL ENTRY FORM FOR ATHLETES

**\* Selected games are in person. All games can be played virtually.**

**MEDALS CAN BE PICKED UP AT THE DESIGNATED LOCATION THE PARTICIPANT RESIDE IN.**

## INDIVIDUAL EVENTS

\_\_\_\_\_ Basketball Shooting \*  
 \_\_\_\_\_ Football Throw \*  
 \_\_\_\_\_ Golf \*  
 \_\_\_\_\_ Horseshoes \*  
 \_\_\_\_\_ Softball Throw \*  
 \_\_\_\_\_ Bowling (Singles)  
 \_\_\_\_\_ Bowling-Doubles (Same Sex Partner)  
 \_\_\_\_\_ Bowling Mixed Doubles (Opposite Sex Partner)

**Partner's Name Required** \_\_\_\_\_

\_\_\_\_\_ Table Tennis \*  
 \_\_\_\_\_ Shuffleboard \*  
 \_\_\_\_\_ Corn Hole \*  
 \_\_\_\_\_ Billiards  
 \_\_\_\_\_ Pickleball singles \*  
 \_\_\_\_\_ Pickleball doubles \*  
 \_\_\_\_\_ Pickleball mixed doubles \*

**Partner's Name Required** \_\_\_\_\_

\_\_\_\_\_ Bocce

## TEAM SPORTS \*3 players required

\_\_\_\_\_ Basketball Team (Women)

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

\_\_\_\_\_ Basketball Team (Men)

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

## TEAM SPORTS \*10 players required

\_\_\_\_\_ Softball Team (Women)

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

## INDIVIDUAL EVENTS

**Swimming**

\_\_\_\_\_ 50 yd. Freestyle \*  
 \_\_\_\_\_ 50 yd. Backstroke \*  
 \_\_\_\_\_ 50 yd. Breaststroke \*  
 \_\_\_\_\_ 50 yd. Butterfly \*  
 \_\_\_\_\_ 100 yd. Freestyle \*  
 \_\_\_\_\_ 100 yd. Backstroke \*  
 \_\_\_\_\_ 100 yd. Breaststroke \*  
 \_\_\_\_\_ 100 yd. Butterfly \*  
 \_\_\_\_\_ **5k Cycling (NEW)**

## TRACK & FIELD EVENTS

\_\_\_\_\_ Shot Put  
 \_\_\_\_\_ Discus  
 \_\_\_\_\_ 5K Power Walk  
 \_\_\_\_\_ 5K run  
 \_\_\_\_\_ 50 Meter Run  
 \_\_\_\_\_ 100 Meter Dash  
 \_\_\_\_\_ 200 Meter Dash  
 \_\_\_\_\_ 400 Meter Dash  
 \_\_\_\_\_ 800 Meter Dash  
 \_\_\_\_\_ 1500 Meter Run  
 \_\_\_\_\_ 1500 Meter Power Walk  
 \_\_\_\_\_ Silver Striders Fun Walk (*noncompetitive*)  
 \_\_\_\_\_ Standing Long Jump  
 \_\_\_\_\_ Running Long Jump

**Events CANNOT be added during the games.**

## TEAM SPORTS \*10 players required

\_\_\_\_\_ Softball Team (Men)

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

**Players Name Required** \_\_\_\_\_

## IMPORTANT INFORMATION FOR ATHLETES

- ♦ **Bowlers may choose to participate at any local bowling alley of their choice, bowling fee will apply.**
- ♦ Bowlers must choose to compete in **ONLY ONE** of the following: Doubles or Mixed Doubles.
- ♦ Golfers are required to provide their own equipment.
- ♦ Athletes competing in HORSEHOES and SHUFFLEBOARD not present at each event when called will be immediately forfeited from the event. **YOU MUST BE ON TIME.**
- ♦ 5K run: Headphones are not allowed.
- ♦ To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the conditioned, trained athlete.
- ♦ **Gloves and hand sanitizer will be provided.**

# OFFICIAL ENTRY FORM FOR (VIRTUAL) SILVERARTS

## HERITAGE ARTS

### Sub-category

- \_\_\_\_\_ Arts and Crafts **Not eligible for State Finals**
- \_\_\_\_\_ Basket Weaving
- \_\_\_\_\_ Crocheting
- \_\_\_\_\_ Jewelry
- \_\_\_\_\_ Needlework
- \_\_\_\_\_ Tatting and Needlelace
- \_\_\_\_\_ Tole/ Decorative Painting
- \_\_\_\_\_ Woodworking
- \_\_\_\_\_ Woodcarving
- \_\_\_\_\_ China Painting
- \_\_\_\_\_ Hooked, Braided and Woven Rugs
- \_\_\_\_\_ Knitting
- \_\_\_\_\_ Pottery-Thrown & Hand Built
- \_\_\_\_\_ Quilting
- \_\_\_\_\_ Stained Glass
- \_\_\_\_\_ Weaving

## LITERARY ARTS

### Sub-category

- \_\_\_\_\_ Essays/Articles
- \_\_\_\_\_ Poems
- \_\_\_\_\_ Life Experience
- \_\_\_\_\_ Short Stories (fiction)

## VISUAL ARTS

### Sub-category

- \_\_\_\_\_ Acrylics
- \_\_\_\_\_ Drawing
- \_\_\_\_\_ Adult Coloring **Not eligible for State Finals**
- \_\_\_\_\_ Oil
- \_\_\_\_\_ Photography
- \_\_\_\_\_ Watercolor
- \_\_\_\_\_ Charcoal
- \_\_\_\_\_ Mixed Media
- \_\_\_\_\_ Pastels
- \_\_\_\_\_ Sculpture

### REMEMBER

**You must  
NAME your  
entry below!**

## PERFORMING ARTS

### Sub-category

- \_\_\_\_\_ Comedy/Drama
- \_\_\_\_\_ Dance
- \_\_\_\_\_ Line Dance
- \_\_\_\_\_ Instrumental Solo
- \_\_\_\_\_ Instrumental Small Group ( 2 to 4 people)
- \_\_\_\_\_ Instrumental Large Group (5 or more people)
- \_\_\_\_\_ Vocal Solo
- \_\_\_\_\_ Vocal Small Group (2 to 4 people)
- \_\_\_\_\_ Vocal Large Group (5 or more people)

**The TITLE(s) of your artwork or performance is REQUIRED for all Silver Arts entries. List your title (s) below:**

### IMPORTANT INFORMATION FOR SILVER ARTISTS

- Participants may enter in ONE individual and ONE group performing arts category. Participants are not allowed to perform the same act as performed within TWO years during Lumber River Senior Games Performing Arts competition.
- Performing Arts are virtual and video entries must be recorded on a disc or flash drive and submitted to LRCOG, at 30 CJ Walker Rd. Pembroke NC 28372 between **May 17 - May 21, 2021**.
- All SilverArts sub-categories are offered at the North Carolina Senior Games State Finals with the exception of Arts and Crafts.
- An artist may only submit ONE entry per Silver Arts per sub-category.
- All artwork must be submitted between **May 17 - May 21, 2021**, to the Lumber River Council of Governments' office at 30 C J Walker Road, COMtech Park, Pembroke, NC.
- All art work will be displayed at Art in the Park, **June 17, 2021 (10:00 a.m. -12:00 p.m.)**, North East Park, at 500 Hornets Rd. Lumberton, NC 28358. **Participants must pick up their entries at 12:00 p.m.**
- Lumber River Senior Games reserves the right to request copies of performance pieces prior to acceptance of entry.

## OPTIONAL HEALTH INFORMATION

List any specific medical conditions: \_\_\_\_\_

List all medications you are currently taking: \_\_\_\_\_

Do you:    Have Trouble Hearing \_\_\_\_\_    Wear a Hearing Aid \_\_\_\_\_    Wear Glasses \_\_\_\_\_

Name of Personal Physician: \_\_\_\_\_

Emergency Contact Person:    Name \_\_\_\_\_    Phone \_\_\_\_\_

### Required Statement of Release / Liability Wavier

I, undersigned participant, agree that prior to participating, will inspect the facilities and equipment to be used and if I believe anything to be unsafe, I will advise the coach or supervisor of such condition and refuse to participate.

I acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which result not only from their own actions, in actions or negligence but the actions, in actions, or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. I assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

I hereby for myself, my heirs, executors, administrators and assigns, indemnify and hold harmless the Lumber River Regional Senior Games, the Lumber River Council of Governments, UNC-Pembroke, Lumberton Bowling Center, Lumberton Recreational Department, Robeson County Parks and Recreation, Pembroke Parks and Recreation, Bladen County Parks and Recreation, Bill Sapp Center and Fairmont Golf Club, Southeastern Lifestyle Fitness Center, here and after referred to as sponsors, their employees, representatives, and assigns from any and all actions, causes of actions, or claim of whatsoever kind of nature which I or my representative or assigns may have at any time in the future as result of any injury arising out of my participation in the Lumber River Regional Senior Games.

**I understand that my application must be received at the LRCOG office, 30 CJ Walker Road, Pembroke, by 5 p.m. on March 26, 2021 in order for my application to be accepted.** This deadline is enforced to ensure fairness to all participants. No exceptions. I understand that I must pick up any medals earned at the designated location that I reside in or these items will be forfeited. **I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my local Senior Games to determine if I qualified for State Finals and to get a State Final Entry Packet if I do not have internet access.** My State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 5:00 p.m. on August 1st. I understand that this deadline is strictly enforced in fairness of all.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**You must SIGN HERE in order for your application to be accepted.**

### Required SilverArts Wavier

SilverArts is a “celebration of the creative expression of older adults in North Carolina.” The celebration unites the artist and the athlete by recognizing the similarities in both discipline, dedication, and pride in one’s accomplishments. SilverArts has four categories: Heritage, Literary, Performing, and Visual.

SilverArts will be judged. Artists may not enter an art work if the art piece, performance, or literary work has previously been entered in State Finals. First and second place qualifiers in each sub-category of Heritage and Visual are eligible for State Finals. Only first place qualifiers will be accepted at State Finals in each sub-category of Literary Arts. One entry from the Performing Arts will be sent to State Finals.

Every effort will be taken to guard all entries, however Lumber River Regional Senior Games will not be held responsible for any damages. Participants are required to sign a waiver for artwork.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**You must SIGN HERE in order for your application to be accepted.**



# SCHEDULE FOR (IN PERSON) EVENTS

**Registration and Rules Review will be held 30 minutes prior to each event.  
Facemasks must be worn at in person events. Must Adhere to social distancing guidelines when brining lawn chairs.**

## Wednesday, April 14

10:00 a.m. - 12:00 p.m.	Drive Thru Senior Games Kick Off Pick up t-shirts, bags and Virtual Score Sheets if preferred	Lumber River Council of Governments 30 CJ Walker Rd. Pembroke
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## Wednesday, April 21

9:00 a.m.	Pickleball	Sammy Cox Park	750 Norment Rd. <i>Bring a lawn chair for your convenience</i>	Lumberton
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**Designated times will be assigned to each age category, confirmations will be sent out prior to event.**

## Friday, April 23

9:00 a.m.	Horseshoes	Sam Noble Park	3924 Meadow Rd. <i>Bring a lawn chair for your convenience</i>	Lumberton
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Wednesday, April 28

9:00 a.m.	Shuffleboard Table Tennis	North East Park	500 Hornets Rd. <i>Bring a lawn chair for your convenience</i>	Lumberton
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Wednesday, May 5

9:00 a.m.	Golf	Fairmont Golf Club	11979 NC Hwy 130 Bypass	Fairmont
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## Friday, May 7

1:00 p.m.	Swimming	Southeastern Fitness Center	4895 Fayetteville Rd.	Lumberton
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Wednesday, May 12

9:00 a.m.	Football Throw Basketball Shooting Softball Throw	Pembroke Recreation Complex	7164 Hwy 711 <i>Bring a lawn chair for your convenience</i>	Pembroke
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Friday, May 14

9:00am	Bocce	Lumber River Council of Governments	Pembroke <i>Bring a lawn chair for your convenience</i>
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Thursday, May 20

9:00 a.m.	Cornhole	Sammy Cox Park	Lumberton <i>Bring a lawn chair for your convenience</i>
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**Designated times will be assigned to each age category confirmations will be sent out prior to event.**

## Thursday, June 17

10:00 a.m.-12:00 p.m.	Art in the Park	North East Park	Lumberton
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## (VIRTUAL EVENTS )

5K Run	5K Power Walk	Silver Striders Fun Walk	5K Cycling	Bowling	Billiards
50 Meter Run	100 Meter Run	200 Meter Run	400 Meter Run	800 Meter Run	1500 Meter Run
1500 Meter Power Walk	Running Long Jump	Standing Long Jump	Shot Put	Team Sports (Basket ball, Softball)	

**VIRTUAL EVENT SCORES MUST BE TURNED INTO LOCAL COORDINATOR, URSULA SELLES  
BY 5:00PM MAY 28, 2021.**

**You may print score sheets from the NC Senior Games website ([www.ncseniorgames.org](http://www.ncseniorgames.org)) or  
pick them up at the designated locations. (see General Information Page)**

# (VIRTUAL) SILVERARTS REQUIREMENTS

## HERITAGE ARTS

- Entries must be the work of the individual and not a group effort.
- Heritage Arts entries must be an original work. Patterns may be used but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks and string). Two dimensional work not properly famed and wired will not be displayed.
- Frame works can be no longer than 36"x 24", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in a 3'x3' area.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Entries must be the **original** work of the artist, must be a work created **after** the artist is age 50, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- The Heritage Arts piece entered at the State Finals must be the same piece that won at the Local Games.

## VISUAL ARTS

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string).
- Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 35" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Entries must be the **original** work of the artist, must be work created **after** the artist is age 50, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick up the entry at/during the designated times.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- The Visual Arts piece entered at State Finals must be the same piece that won at the Local Games.

## PERFORMING ARTS

- **Performing Arts entries limited to three (3) minutes of time. Exceeding the time limit will result in automatic disqualification. Time begins as soon as your musical selection begins.**
- Performing Arts entries are categorized into the following: (a) soloist (1 performer), (b) small groups (2-4 performers), or (c) large groups (5 or more performers). Accompanists will be counted to determine group size.
- **Participants must record their act and submit on a disc or flash drive to LRCOG 30 CJ Walker Rd. Pembroke by 5:00 p.m. on May 21, 2021.**
- Voice presentations must be a **live** performance by the artist. Background music can be taped. Lip-sync is not permitted as a performing art.
- **The Group Leader must provide a listing of group members and submit it with their Entry Form and each member of the group must submit their own personal Entry Form by the deadline.**
- The Performance at State Finals must be the same performance that won at the Local Games (i.e. same song, music, dance, etc.)
- No live animals are allowed in an act except for service animals.

## LITERARY ARTS

- Poems can be no longer than 40 lines and must be typed.
- Short Stories, essays, and life experiences can be no longer than 8 pages, typed and double-spaced.
- All entries must have a title page which includes the title of work, sub-category, and name of artist.
- Artist's name should appear on the content pages.
- Entries must be the **original** work of the artist, must be created **after** the artist is age 50, and must be completed within **2 years** of the Local Games qualifying date.
- The literary arts piece entered at State Finals must be the same piece that won at the Local Games.



**\*\*PLEASE NOTE CHANGES IN  
SCHEDULED TIMES FOR SOME  
OF THE EVENTS**