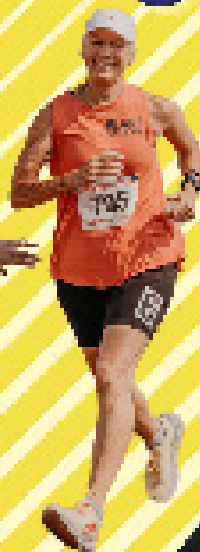
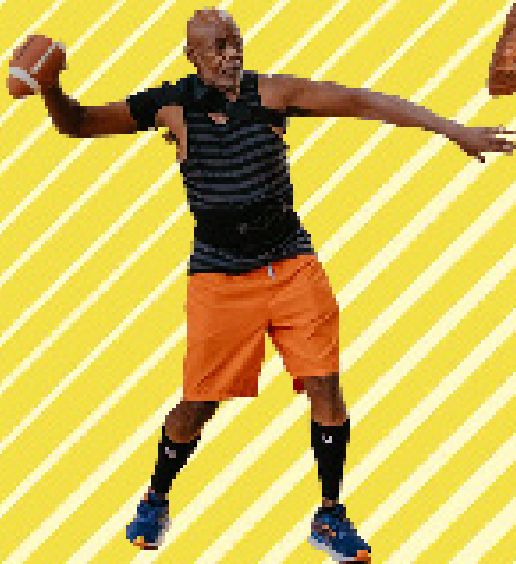
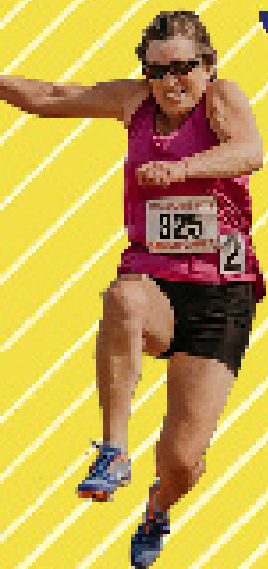


# REGISTRATION BOOK



COLUMBIA, MISSOURI  
JUNE 6 – 9, 2024



Palmer Park



[WWW.MOSENIORGAMES.ORG](http://WWW.MOSENIORGAMES.ORG)



# GENERAL INFORMATION

The Missouri State Senior Games (MSSG) is sponsored by the Show-Me STATE GAMES. For more information on the Missouri State Senior Games Program, contact the MSSG office:

1400 Rock Quarry Rd, Entrance 5  
Columbia, MO 65211  
PHONE 573-882-1462 FAX 573-884-4004  
Website - [www.moseniorgames.org](http://www.moseniorgames.org)

**PURPOSE** - The Missouri State Senior Games is an Olympic-style sports festival for senior (50+ Years old) athletes.

The purpose of the Missouri State Senior Games is to:

- Provide an annual physical fitness event to promote social, competitive, athletic and recreational activities for older adults.
- Promote and create an interest in lifetime sports, recreation, and physical exercise as a means of enhancing one's quality of life.
- Create an awareness of the abilities and capabilities of older citizens.
- Foster an amateur athletic network of participants, volunteers, and sports enthusiasts throughout Missouri that encourages and promotes healthier life-styles.
- Create private as well as public support for physical fitness and amateur athletic training.

**RESIDENCY** - The Missouri State Senior Games is an "Open" event which means that out of state residents are eligible and encouraged to participate. An athlete's state of residence is that state in which the person resides for at least six months out of the year.

For team sports, teams are no longer limited to the number of out-of-state players on their rosters. It is the captain's responsibility to declare team residency subject to NSGA (National Senior Games) approval, at the time of registration.

**AGE REQUIREMENTS** - To be eligible to enter an INDIVIDUAL SPORT/EVENT a person must be at least 50 years old as of December 31, 2024. The age division for all DOUBLES and MIXED DOUBLES competition will be determined by the age of the younger of the two players as of December 31, 2024.

For TEAM SPORTS (basketball, soccer, softball and volleyball) a person must be at least 50 years old as of December 31, 2024. (This date is used for team sports because it is the date most commonly associated with local league play.) The age DIVISION for a TEAM will be determined by the age of the YOUNGEST team member as of December 31, 2024. Athletes will be required to provide a driver's license with photo as proof of age when checking in. MSSG

reserves the right to require proof of age at any time during the games. Please have your driver's license with you at your events.

**HOUSING** - A list of Columbia **motels** compiled by the Columbia Convention and Visitors Bureau (CVB) is available on our website at [www.moseniorgames.org](http://www.moseniorgames.org). Anyone having difficulty locating a room may contact the CVB between (9a.m. - 5 p.m. Monday-Friday), at (800) 652-0987 or (573) 875-1231. The CVB provides **INFORMATION ONLY** concerning room availability, and cannot make reservations.

**WEATHER POLICY** - Sports using outdoor sites are weather dependent. Competitions will be conducted unless a Missouri State Senior Games official determines weather conditions to be potentially dangerous or life threatening, or if the playing fields would incur significant damage. Come prepared for all types of weather. Due to the cost incurred by the Missouri State Senior Games to produce the Games, no refunds will be given for cancelled or rescheduled events because of any circumstance beyond our control.

**INSURANCE** - It is expressly understood the Curators of the University of Missouri do not insure against, and accept no responsibility for, personal injury, property loss or damage to the participant which might be sustained by the participant as a result of his or her participation. Each participant is responsible for his or her own medical insurance.

**CONFIRMATION NOTICE** - Each participant (the captain in the case of team sports) will receive an email notice confirming the receipt of his or her entry.

**FINANCIAL SUPPORT** - The Missouri State Senior Games is a non-profit organization. Registration fees are used to defray, in part, the cost of conducting the games. If you would like to contribute beyond the required fees, make your check payable to Missouri State Senior Games and mail to:

1400 Rock Quarry Rd, Entrance 5  
Columbia, MO 65211

# GENERAL INFORMATION - CONTINUED

**Medical Support** - There will be medical support/personnel provided by University of Missouri Healthcare at most events. If you must be transported by ambulance, the fee will be billed directly to you.

**Sports** - Sports included in the Missouri State Senior Games shall be those recognized by the National Senior Games Association. Other sports/activities which benefit the citizens of Missouri are also included.

**Playing Rules** - All NSGA qualifying sports/events shall be governed by the rules of the National Governing Body (NGB) for that sport where applicable. The NSGA and MSSG have modified some of these rules in the best interest of the participants. Playing rules for non-NSGA qualifying sports/events will be those that are most commonly used for senior competition. Variations may be used, but must be approved by the Missouri State Senior Games. Bowling is USBC sanctioned. Swimming is "recognized" by U.S. Masters Swimming. Tennis is USTA sanctioned. **A RULES SHEET WILL BE SENT TO ALL PARTICIPANTS FOR EACH SPORT THEY ENTER.**

**Registration** - All athletes must register in order to participate. The entry form must be completely filled out and submitted, along with all required fees, to the Missouri State Senior Games office POSTMARKED NO LATER THAN MAY 31, 2024. Softball and Triathlon will have different deadlines.

For team sports, each individual squad member must submit a completed entry form with the **LIABILITY WAIVER/CONSENT FOR MEDICAL TREATMENT STATEMENT SIGNED**. The team roster and entry fee shall be submitted by the team captain.

**Amateur Status** - Professional athletes shall not be eligible to compete in the Missouri State Senior Games in the sport in which they are a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally. A professional is someone who competes in a sport for money as a primary source of personal revenue. Persons who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport but who occasionally play for a minor amount of money are also not deemed professionals. **The NSGA shall have the final authority to determine who is deemed professional for the purpose of competing in NSGA events.**

**Awards** - In the Olympic tradition, gold, silver, and bronze medals will be awarded to the first, second, and third place winners in each age division of each event. See sport rules for procedures to break ties. Awards will be presented at the sport venue upon completion of the event. Awards not received on the day of the event may be picked up at the Missouri State Senior Games office (1400 Rock Quarry Rd, Entrance 5). **Awards will not be mailed following the games.**

In bowling, awards will be given for both scratch and handicap competition, but a participant may win only one award (scratch or handicap). Awards will be made first to the top three scratch places, then to the top three handicap places.

**Equipment** - Competitors are responsible for providing all personal equipment for competition. This includes table tennis paddles, pickleball and racquetball racquets, archery bows and arrows, practice balls, etc. Some equipment for other events such as shuffleboard cues, field events and team sports will be provided. Only athletic court shoes will be permitted on any court area. *Above the knee shorts are required for the Race Walk.*

Following are the weights of the field event implements to be used by each gender and age category for the track and field events:

	Shot	Discus	Javelin	Hammer	Weight Throw
<b>M50-59</b>	6kg	1.5kg	700g	6kg	25lb
<b>M60-69</b>	5kg	1.0kg	600g	5kg	20lb
<b>M70-79</b>	4kg	1.0kg	500g	4kg	16lb
<b>M80+</b>	3kg	1.0kg	400g	3kg	12lb
<b>W50-59</b>	3kg	1.0kg	500g	3kg	16lb
<b>W60-69</b>	3kg	1.0kg	400g	3kg	12lb
<b>W70-74</b>	3kg	1.0kg	400g	3kg	12lb
<b>W75+</b>	2kg	.75kg	400g	2kg	4kg

## POSTMARK DEADLINE DATES FOR ENTRIES

**ENTRIES FOR MOST EVENTS MUST BE POSTMARKED OR RECEIVED ONLINE NO LATER THAN JUNE 1, 2024.**

\*DEADLINE FOR SOFTBALL - JULY 1

\*PRE-REGISTRATION DEADLINE FOR TRIATHLON - JULY 1

**REMOVE PAGES 5-8 AND MAIL TO:  
MISSOURI STATE SENIOR GAMES  
1400 ROCK QUARRY RD, ENTRANCE 5  
COLUMBIA, MO 65211**

# ENTRY REGULATIONS

## AGE DIVISIONS OF COMPETITION (ALSO SEE PAGE 2)

- All athletes must be at least 50 years old on December 31, 2024 to be eligible to compete.
- Athletes may compete in only one (1) age division in an event and with only one doubles or mixed doubles partner in a sport.
- The following eleven age divisions will apply to both men and women for all individual and doubles competition: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+.
- Team events (3-on-3 basketball, bowling, soccer, softball, and volleyball) are divided into the following six divisions for both men and women: 50+; 55+; 60+; 65+, 70+ and 75 +. (Note: 3-on-3 Basketball will include an 80+ category.)
- When there are not enough entrants in any one age division for tournament events, the tournament will be drawn to combine age divisions and the rules governing the competition will be adjusted to best accommodate the combined group.

## REGISTRATION AND FACILITY FEES MUST ACCOMPANY YOUR ENTRY

**INDIVIDUAL SPORTS REGISTRATION FEES:** Payment of the registration fee permits a person to enter any number of events within one sport except as outlined in the EVENT LIMITS section below. The registration fees are as follows:

- ◆ **BASIC REGISTRATION FEE:** The basic Registration Fee is \$35: for all participants.
- ◆ **SPORT FEE -- \$5** In addition, there is a Sport Fee of \$5.00 for each Sport entered. This allows you to do multiple events within a sport at the same price. But adding sports would require the additional sport fee.  
The cost for doing one sport like track and field would be \$35 (\$30 + \$5)

### SEPERATE REGISTRATIONS:

- ◆ Pickleball: Registration for pickleball is \$60 and will be separate from additional events / activities.
- ◆ Shooting: Registration fees for shooting will have a separate fee for each event registered.

**TEAM SPORTS REGISTRATION FEES:** Entry fees for team sports have been established as follows:

- ◆ **3 on 3 Basketball - \$100 Soccer - \$400 Softball - \$325 Volleyball - \$150**  
The team captain shall be responsible for submitting the team entry form/roster, the team fee, and the individual entry forms for team members. Team members do not have to pay a separate entry fee unless they enter individual sports (see entry fees for individual sports above).
- ◆ **The Registration Fee and the Sport Fee are NON-REFUNDABLE.**

### FACILITY / TARGET / MISCELLANEOUS FEES:

- ◆ **Bowling** requires an additional FACILITY FEE of \$9.00 for each event in which a participant bowls. This fee is not refundable after June 1.
- ◆ **Golf** requires an additional FACILITY FEE of \$20. This fee includes the greens fee for 18 holes and one half the fee for an electric cart. All golfers must ride. The fee is not refundable after June 1.

## EVENT LIMITS / TEAM ROSTERS

- You may enter up to four (4) sports, or as many events within a sport as you wish as long as they are not held at conflicting times. There are a few exceptions: **Swimming** - up to five events per day; **Tennis** - two events. Athletes may compete in more than one team sport but may only be on one (1) team roster as a player in any team sport. For doubles events, a participant may not duplicate entry in one event with a different partner. An individual may compete in only one archery event.
- The **team captain is responsible for submitting the team entry/roster for 3-on-3 basketball, soccer, softball, and volleyball** along with the required team fee and the signed individual entry forms for all team members.
- The **maximum number of players** that may be included on a team's roster is: **3-on-3 basketball - 10; soccer - 15; softball - 20; and volleyball - 15.**
- Entrants in **Swimming** shall include their best 2023 / 2024 performance for each event they enter for seeding purposes.
- All entrants in **Bowling** shall provide 2023 / 2024 average. If no 2023 / 2024 average, provide current average. All events will include both scratch and handicap formats. A person may enter all four Bowling events. "All-Events" awards will be presented to men and women bowlers in the scratch category only. The "All-Events" awards will be presented based on an individual's highest 9 game total pins from singles, doubles, mixed doubles, or team competition. Bowling team competition shall be for four person teams. A team may be comprised of any combination of men and women (i.e. all four can be women, likewise all four can be men.)

# 2024 MISSOURI STATE SENIOR GAMES ENTRY FORM

(PLEASE PRINT)

THIS PAGE MUST BE FILLED OUT COMPLETELY

Name \_\_\_\_\_  
(Last, First)

Address \_\_\_\_\_  
(Street) (City) (State) (Zip)

Telephone: Home: ( \_\_\_\_\_ ) \_\_\_\_\_ Work / Cell: ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

Birth Date \_\_\_\_\_ Age as of 12/31/2024 \_\_\_\_\_ Male or Female \_\_\_\_\_  
(Month/Day/Year)

## PARTICIPANT REGISTRATION FEES

SEE INSTRUCTIONS ON PAGE 4

### A. REGISTRATION FEE & SPORT FEE:

All entries will be charged a basic Registration Fee of \$35 = \$ 35.00

Plus

There is an additional SPORT FEE of \$5 per sport entered.

Number of Sports Entered (Limit of 4) \_\_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

### B. ADDITIONAL FACILITY FEES:

**Bowling Line Fee**- \$9.00 per event entered:  
(This is in addition to the entry fee.) No. \_\_\_\_\_ x \$9 = \$ \_\_\_\_\_

**Golf Greens and Cart Fee**  
(This is in addition to the entry fee.) \$20 = \$ \_\_\_\_\_

### C. TEAM ENTRY FEE: (To be submitted by Team Captain)

Sport \_\_\_\_\_ \$ \_\_\_\_\_

### D. VOLUNTARY CONTRIBUTION: \$ \_\_\_\_\_

### E. TOTAL FEES ENCLOSED: \$ \_\_\_\_\_

### SPECIAL REGISTRATION INFORMATION

The following sports have a separate registration process and will not be subject to the basic registration fee.

#### PICKLEBALL:

\$60. Flat fee will allow you to register \$ \_\_\_\_\_  
for 4 days of pickleball events.

#### SHOOTING:

\$25 for each Trap and Skeet Event \$ \_\_\_\_\_  
\$30 for Sporting Clays

**REGISTRATION DEADLINE:** MAY 31, 2024 FOR MOST EVENTS  
TRIATHLON (JULY 1), SOFTBALL (JULY 1)

**MAKE CHECKS PAYABLE TO:** MISSOURI STATE SENIOR GAMES

**MAIL ENTRY TO:** MISSOURI STATE SENIOR GAMES  
1400 ROCK QUARRY RD, ENTRANCE 5  
COLUMBIA, MO 65211

## WAIVER OF LIABILITY / CONSENT FOR MEDICAL TREATMENT

### YOU MUST SIGN THE WAIVER OF LIABILITY / CONSENT FOR MEDICAL TREATMENT STATEMENT

In consideration of my entry into the competition known as the Missouri State Senior Games, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any rights and claims for damages, including claims for loss, damages or injury to my person or property arising out of my performance or failure of performance, from the State of Missouri, the Governor's Council on Physical Fitness and Health, the National Sports Governing bodies, the Curators of the University of Missouri, the Show-Me STATE GAMES, the owner of the site of any competition I may be participating in, their agents, representatives, successors, and assigns.

I, the undersigned, hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency.

Athlete's Signature

X \_\_\_\_\_

Date \_\_\_\_\_

# 2024 MISSOURI STATE SENIOR GAMES - ENTRY FORM

Place an (X) on the line next to the events you wish to enter and provide all information requested for each event.

\* denotes National Senior Games events.

## ARCHERY (Saturday, June 8 - 9 a.m.)

- \*  Recurve (with sights)
- \*  Barebow Recurve (no sights)
- \*  Compound Fingers (with sights)
- \*  Barebow Compound (no sights)
- \*  Compound Release

## BOWLING (Saturday, June 8 and Sunday, June 9)

-(Include \$9.00 line fee for each event entered.)

Provide '21-'22 average. If no '21-'22 average, provide current average.

List average

- \*  Bowling Doubles (Saturday 9:00 am)  
Partner's Name: \_\_\_\_\_
- \*  Bowling Singles (Saturday 2:00 p.m.)
- \*  Bowling Mixed Doubles (Sunday 8:30 a.m.)  
Partner's Name: \_\_\_\_\_
- \*  Bowling Team (Sunday 12:00 noon)  
Team Name: \_\_\_\_\_  
Captain: \_\_\_\_\_  
Team Members: 1) YOU 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

## CYCLING (Saturday, June 8 and Sunday, June 9)

- \*  Cycling 40K Road Race (Saturday 8 a.m.)
- \*  Cycling, 5K Time Trial - (Saturday 10:30 a.m.)
- \*  Cycling 20K Road Race - (Sunday 8 a.m.)
- \*  Cycling 10K Time Trial - (Sunday 10 a.m.)

## ELECTRONIC DARTS (Friday, June 7)

Darts - (Friday 12:30 p.m. - 4:00 p.m.)

## GOLF (Friday, June 7 - 8:00 a.m. tee times)

(Additional \$20 greens/cart fee with entry form)

ENTER EITHER SCRATCH OR HANDICAP

- \*  Scratch Tournament
- Handicap Tournament

## PICKLEBALL (Thursday June 6 to Sunday June 9)

- \*  Senior Games - Singles (Thursday following Mixed)
- \*  Senior Games - Doubles (Thursday)  
Partner's Name \_\_\_\_\_
- \*  Senior Games - Mixed Doubles (Friday)  
Partner's Name \_\_\_\_\_
- SMSG Singles (Saturday following Mixed)
- SMSG Doubles (Saturday)  
Partner's Name \_\_\_\_\_
- SMSG Mixed Doubles (Sunday)  
Partner's Name \_\_\_\_\_

USAPB or  
self rating

## BADMINTON / TABLE TENNIS

Badminton and Table Tennis will be held in conjunction with the St Louis Senior Olympics, May 24-28, 2024. Medal winners from these two events will be forwarded to the National Senior Games as qualifiers. Registration for these 2 sports will be separate and must be done through the St Louis Senior Olympics. **(314) 442-3164** or [www.stlouisseniolympics.org](http://www.stlouisseniolympics.org)

## RACE WALK / ROAD RACE (Saturday June 8 to Sunday 9)

- \*  1500 M Race Walk (Saturday, 3:00 p.m.)
- \*  5K Race Walk (Sunday, 7:30 a.m.)
- \*  5K Road Race (Sunday, 7:30 a.m.)

## RACQUETBALL (Saturday, June 8)

- \*  Racquetball Singles (Saturday 8:30 a.m.)
- \*  Racquetball Doubles (Saturday 8:30 a.m.)  
Partner's Name \_\_\_\_\_
- \*  Racquetball Mixed Doubles (Saturday 8:30 a.m.)  
Partner's Name \_\_\_\_\_

## SHOOTING (Saturday, June 8 and Sunday, June 9)

- Trap (Sat. 9 a.m.)
- Trap Doubles (Sat. 11 a.m.)
- Modified International Trap (Sat. 11 a.m.)
- Bunker Trap (Sat. 11:00 a.m.)
- 5 Stand (Sat. 11:00 a.m.)
- American Skeet (Sun. 10 a.m.)
- Skeet Doubles (Sun. 10 a.m.)
- International Skeet (Sun. 10 a.m.)
- Wobble Skeet (Sun. 10:00 a.m.)
- Sporting Clays (Sun. 10 a.m.)

## SHUFFLEBOARD - JUNE 15, ST LOUIS

- \*  Shuffleboard Open Doubles (9:00 a.m.)  
Partner's Name \_\_\_\_\_
- \*  Shuffleboard Singles (1:00 p.m.)

*Shuffleboard will be held in St Louis at the Salvation Army Community Center (824 Union Road).*

## SKILL CONTESTS (Friday June 7 and Saturday June 8)

(Note: the following group of six skill events is considered as one sport for the purpose of determining your registration fee.)

- Basketball - Free Throw Shooting (Fri., 12:30 to 4 p.m.)
- Basketball - Around the World (Fri., 12:30 to 4 p.m.)
- Football - Throw for Accuracy (Fri., 12:30 to 4 p.m.)
- Football - Throw for Distance (Sat., 9:00 to 11:30 a.m.)
- Softball - Throw for Accuracy (Fri., 12:30 to 4 p.m.)
- Softball - Throw for Distance (Sat., 9:00 to 11:30 a.m.)

**SWIMMING - (Saturday, June 15 and Sunday, June 16)**

*Will be swam in conjunction with the Show-Me State Games swimming.*

**Best '23/'24 Performance**

**Saturday, June 15 - 8:30am session begins**

- \* \_\_\_ 200 yd. Ind. Medley \_\_\_\_\_
- \* \_\_\_ 100 yd. Freestyle \_\_\_\_\_
- \* \_\_\_ 50 yd. Butterfly \_\_\_\_\_
- \* \_\_\_ 500 yd. Freestyle \_\_\_\_\_

**Saturday, June 15 - 1:30pm session begins**

- \* \_\_\_ 200 yd. Butterfly \_\_\_\_\_
- \* \_\_\_ 100 yd. Backstroke \_\_\_\_\_
- \* \_\_\_ 200 yd. Freestyle \_\_\_\_\_
- \* \_\_\_ 100 yd. Breaststroke \_\_\_\_\_
- \* \_\_\_ 200 yd. Backstroke \_\_\_\_\_

**Sunday, June 16 - 9:00am session begins**

- \* \_\_\_ 200 yd. Breaststroke \_\_\_\_\_
- \* \_\_\_ 100 yd. Butterfly \_\_\_\_\_
- \* \_\_\_ 50 yd. Freestyle \_\_\_\_\_
- \* \_\_\_ 100 yd. Ind. Medley \_\_\_\_\_
- \* \_\_\_ 50 yd. Breaststroke \_\_\_\_\_
- \* \_\_\_ 50 yd. Backstroke \_\_\_\_\_
- \* \_\_\_ 400 yd. Ind. Medley \_\_\_\_\_

**TENNIS (Friday, June 7 and Saturday, June 8)**

- \* \_\_\_ Tennis Singles (Friday 8 a.m.)
- \* \_\_\_ Tennis Doubles (Friday 1 p.m.)  
Partner's Name \_\_\_\_\_
- \* \_\_\_ Tennis Mixed Doubles (Saturday 8 a.m.)  
Partner's Name \_\_\_\_\_

**TRACK AND FIELD (Saturday, June 8)**

- \* \_\_\_ 400 Meter Run - 8:00 a.m.
- \* \_\_\_ Shot Put - W-10:00 a.m., M-8:00 a.m.
- \* \_\_\_ Discus - W-8:00 a.m., M-9:30 a.m.
- \* \_\_\_ 100 Meter Dash - 9:00 a.m.
- \* \_\_\_ Running Long Jump - M & W-9:00 a.m.
- \* \_\_\_ Pole Vault - W-9:30 a.m., M-10:30 a.m.
- \* \_\_\_ 1500 Meter Run - 10:00 a.m.
- \_\_\_ Co-Ed Relay (4 X 100) - 10:45 a.m.
- \* \_\_\_ 200 Meter Dash - 11:30 p.m.
- \* \_\_\_ Triple Jump - M & W-11:30 a.m.
- \* \_\_\_ 800 Meter Run - 12:30 p.m.
- \* \_\_\_ Javelin - M & W-1:00 p.m.
- \_\_\_ Standing Long Jump - M & W-1:00 p.m.
- \* \_\_\_ 50 Meter Dash - 1:30 p.m.
- \* \_\_\_ High Jump - W & M 2:00 p.m.
- \_\_\_ 800 M Prediction Walk/Run - 2:30 p.m.
- \* \_\_\_ 1500 Meter Race Walk - 3:00 p.m.

**TRIATHLON (Sunday, July 21)**

(1/2 mile swim, 15 mile bike, 3 mile run)

- \* \_\_\_ Triathlon - (Sunday, July 21, 8 a.m.)

**WASHERS (Friday, June 7)**

- \_\_\_ Washers (Fri., 3:00 p.m.)

# TEAM SPORTS

**\*BASKETBALL (Friday, June 7)**

- \_\_\_ Basketball 3-on-3. (Friday 9 a.m.)
- (Team Entry/Roster form and fee shall be submitted by the captain.)
- Captain's Name: \_\_\_\_\_
- Team Name : \_\_\_\_\_

**\*SOCCER (Saturday, July 27 and Sunday, July 28)**

- \_\_\_ Soccer - (July 29-30)
- (Team Entry/Roster form and fee shall be submitted by the captain.)
- Captain's Name: \_\_\_\_\_
- Team Name : \_\_\_\_\_

**\*SOFTBALL (Women July 19-20, Men July 27-28)**

- \_\_\_ Softball
- (Team Entry/Roster form and fee shall be submitted by the captain.)
- Captain's Name: \_\_\_\_\_
- Team Name : \_\_\_\_\_

**\*VOLLEYBALL (Saturday, June 8)**

- \_\_\_ Volleyball
- (Team Entry/Roster form and fee shall be submitted by the captain.)
- Captain's Name: \_\_\_\_\_
- Team Name : \_\_\_\_\_

# 2024 TEAM ENTRY FORM/ROSTER - MISSOURI STATE SENIOR

## TO ENTER A TEAM

1. The team captain shall complete and submit this TEAM ENTRY FORM/ROSTER along with the required team fee and the individual entry forms for all team members.
2. **Each individual player must complete and submit an entry form with the Waiver of Liability / Consent for Medical Treatment statement signed.**
3. Exact, identical team name must appear on all individual entry forms. Please establish an accurate, identical team name for identification purposes and inform all team members of this requirement.
4. An individual's name may appear on only one team roster per age group.
5. Additions or deletions to the team roster may be made up to the team's first contest. **However, any roster changes made following the entry deadline date shall not result in a change in the team's age division.**

**CAPTAINS NOTE:** The **maximum roster size** by sport is: Basketball, 3-on-3—10; Soccer—15; Softball—20; and Volleyball—15. For qualification into the National Senior Games, there are no longer rules limiting the number of out-of-state athletes on rosters. A team's state designation is based on the state of residency for the majority of players listed on the roster. **Team fees are:** 3-on-3 basketball - **\$100**; Soccer - **\$400**; Softball - **\$325**; and Volleyball - **\$150**. **Your official playing roster will be determined by completed individual entry forms received by the Senior Games office** The age division of each team will be determined by the age of the youngest team member as of December 31.

Sport \_\_\_\_\_ Team Name \_\_\_\_\_ Age Division \_\_\_\_\_

Softball Sub-Division (Recreational, Intermediate, or Competitive): \_\_\_\_\_

Name of Captain \_\_\_\_\_ Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work/Cell Phone (\_\_\_\_) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Player Name (Last, First)	Address of Residence		Birthdate (M,D,Y)	Age as of 12-31-2024
	City	State		
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

I hereby certify that the above information is true and correct and that I understand and agree to the conditions for team entries.

Signature of Captain \_\_\_\_\_ Date \_\_\_\_\_

Keep a copy of this roster for your files. Roster can be changed up to the start of a team's first contest.

Mail to: Missouri State Senior Games - 1400 Rock Quarry Rd, Entrance 5 - Columbia, MO 65211



# NSGA RECOGNIZED SPORTS

**ARCHERY** - Men and women compete separately. All categories will compete by age divisions. Categories are: Recurve; Barebow Recurve (No sights); Compound Fingers; Compound Release; and Barebow Compound (No Sights). Format: 900 American Round - 60 yds, 50 yds, 40 yds. 30 Arrows at each distance. Must provide own bow and arrows.

**BADMINTON** - Singles, Doubles, and Mixed Doubles. Enter through the St Louis Senior Olympics.

**3-ON-3 BASKETBALL** - Men's and women's divisions (50+, 55+, 60+, 65+, 70+, 75+, 80+) will be offered. Half court by two teams of three players. Teams need numbered jerseys. Teams limited to ten (10) players. For qualification into the National Senior Games, there are no longer rules limiting the number of out-of-state athletes on rosters.

**BOWLING** - Men and women singles, doubles, mixed doubles and team - 3 games per event. Bowling competition will include a 4 person team event which is not an NSGA qualifier. Teams may be comprised of any combination of men and women (i.e. all four can be women, likewise, all four can be men). A person may enter all four bowling events. Singles, doubles and team formats will include both scratch and handicap competition (only scratch place winners will qualify for nationals).

**CYCLING** - 5K and 10K Timed Trials; 20K and 40K Road Races. Must provide own helmet and bike. Hard shell helmets (Ansi or Snell approved, with sticker affixed) are required. Multi-gear bikes are required.

**GOLF** - 18 Hole - a.m. tee times - medal play. Must provide own clubs and balls. Carts are required. Submit cart and greens fees with entry form. Both a SCRATCH and a HANDICAP tournament will be played simultaneously. Golfers may ONLY participate in one of the two formats - SCRATCH OR HANDICAP - and must pre-determine which one they are entering. Medals will be presented to age group place winners in both tournaments. Participants wishing to compete in the Handicap (Net) Tournament must present a current USGA Handicap card when they check-in at the golf course Friday morning. Golfers who do not have an established handicap will play in their age division scratch competition. Only scratch scores will be used to determine qualifiers for nationals. Spectators welcome but no carts available.

**PICKLEBALL** - The event will be held at various outdoor facilities in Columbia. Men's and women's singles and doubles competition. Must provide own racquet. Balls will be provided. Please indicate either your USPA rating or self-rating on the entry form.

**RACEWALK** - All age categories will compete simultaneously. Race distances include: 1,500M and 5K to be held on separate days. Athletes must wear above-the-knee shorts and adhere to proper racewalking techniques.

**RACQUETBALL** - Men's and women's singles and doubles competition. Must provide own racquet. Balls will be provided. Proper court shoes required. Lensed eyewear designed for racquet sports is mandatory.

**ROAD RACE** - The 5K will be the only distance ran. All age categories will run simultaneously (men and women combined).

**SHUFFLEBOARD** - Men's and women's singles and open doubles divisions. Indoor courts. Cues and discs will be provided.

**SOCCER** - An 8 v 8 tournament on a 50 yd X 100 yd field. Competition will be held in one age division. Because of the warm weather, it has been decided to play the tournament over two days rather than one day.

**SOFTBALL (JULY 27-28)** - Men's and women's divisions (50+, 55+, 60+, 65+, 70+, 75+) will be offered. **Teams must provide own equipment. This will include 2 softballs per game. Teams will hit their own ball.** The Slow-Pitch ball for Men must be a **12 inch, COR .52 / Compression .300.** Teams need numbered jerseys. Teams limited to 20 players. For qualification into the National Senior Games, there are no longer rules limiting the number of out-of-state athletes on rosters. In age brackets where the number of entries will permit, teams will be divided into competitive and recreational divisions.

**SWIMMING** - Meet will be ran in conjunction with the Show-Me State Games. Sessions will begin at the designated times and will run continuously until the end of the meet. Men's and women's divisions. Must provide your own suit, towel, goggles and cap. Any swimmer who uses improper methods in order to gain an advantage will be disqualified. U.S. Masters swimming rules will apply. False starts will not be allowed. Events will be conducted in yards. An athlete may enter no more than five events per day. All events will be timed finals.

**TABLE TENNIS** - Singles, doubles, mixed doubles divisions. Enter through the St Louis Senior Olympics.

**TENNIS** - Singles, doubles and mixed doubles divisions. Balls provided. Participants must wear tennis shoes and provide own racquet.

**TRACK AND FIELD** - Surfaces of the shot put and discus rings are concrete. The running track, high jump and javelin aprons, and all runways are all-weather surfaces. Spikes for the all-weather surfaces may be no longer than 1/4 inch. Official throwing implements will be provided, competitors may use personal implements, provided they meet rule specifications. Vaulters must provide own pole.

The following track & field events are not included in the National Senior Games and are thus "non-qualifiers": Standing Long Jump; Co-Ed Relay (4 x 100); 800 Meter Prediction Walk. Each Co-Ed Relay team shall consist of two men and two women (teams will be put together the day of the event). For the 800 Meter Prediction Walk, each contestant will estimate how long it will take him/her to complete the course. Medals will be awarded to the man and woman in each age group who estimates his/her time most accurately. See page 3 for implement weights.

**TRIATHLON (SUNDAY, JULY 21)** - Approximately 800m swim, 15 mile bike and 5K run. Distances subject to slight changes.

**VOLLEYBALL** - Men's and women's divisions (50+, 55+, 60+, 65+ 70+, 75+) will be offered. Teams need numbered jerseys. Proper court shoes required. Teams must provide own equipment. Tournament balls provided. Teams limited to 15 players. For qualification into the National Senior Games, there are no longer rules limiting the number of out-of-state athletes on rosters. Rally scoring.

# NON-NSGA SPORTS

**DARTS** - Soft Tipped Darts. Throwing distance - 7' 9<sup>1/4</sup>". All equipment will be provided. Report to the venue any time between 9 a.m. and noon. **50-59 age group** - The game starts at 501 points. The total score from darts thrown is subtracted from starting score of 501. Game ends when the first contestant reaches zero exactly. Place winners will be determined by the fewest number of darts thrown. **60+ age group** - High Score/Count up. Contestants throw 24 darts. Place winners will be determined by the highest score after 24 darts are thrown.

## SHOOTING EVENTS (TRAP, SKEET, SPORTING CLAYS)

Outstanding venue. Bring your own shotgun. All events are 12 gauge; you may shoot other gauges, but any other gauge will be classified as 12 gauge. Classes (A,B,C) will be determined by the Lewis method after all participants shoot. The top scoring third of all participants will be placed in Class A. The middle third will be placed in Class B and the lowest scoring third will be placed in Class C. Trap singles and doubles will shoot 50 targets at 16 yards. Skeet will shoot 50 targets. International skeet will be 50 birds using international skeet rules. Skeet doubles will be shot using NSAA format of 50 birds. Modern skeet will be 50 birds. Sporting clays and 5 Stand will be 50 bird shoots -12 gauge or smaller. Modified International Trap will be 50 birds; the participants may shoot twice at each target.

## SKILL EVENTS (BASKETBALL SHOOTING)

Women will use the smaller (women's) ball. Men will use the regulation size (men's) ball. Balls will be provided.

**Basketball Free Throw Shooting**—Five (5) practice shots, twenty-five (25) official free throws from the free throw line.

**Basketball "Around the World Shooting"**—Five (5) practice shots (one from each of the five (5) designated spots) and fifteen (15) official shots three (3) consecutively from each of the five (5) designated spots marked on the floor. Shooting distances: Men 50-74, 19 feet; Men 75+, 15 feet; Women 50-74, 17 feet; Women 75+, 13 feet.

## SKILL EVENTS (FOOTBALL THROWS)

Men will throw a mid-size football. Women will throw a Jr. League size football. Balls will be provided.

**Football Throws for Accuracy:** Five consecutive throws will be made by each contestant from the following distances: Men 8 & 12 yards; Women 7 & 10 yards. One warm-up throw is permitted from each distance. The target will be a 25 inch diameter circle cut in a 4 x 8 plywood sheet. The center of the circle will be 5 feet off the ground. Nine (9) points will be awarded for each throw that goes through the target from the 7 & 8 yard lines and twenty (20) points will be awarded for each successful throw from the 10 & 12 yard lines.

**Football Throws for Distance:** One warm-up throw. Two (2) consecutive throws for distance, with the longest throw recorded. Standing or running throws, overhand or underhand throws may be used.

## SKILL EVENTS (SOFTBALL THROWS)

Both men and women throw standard 12 inch softball. Balls will be provided.

**Throws for Accuracy:** Use same target and same throwing and scoring formats as for football accuracy throw event above. Distances are: Men: 8 & 12 yards; Women: 7 & 10 yards.

**Throws for Distance:** Use same throwing and scoring as Football throw.

**WASHERS** - A game that is played and scored very similar to Horseshoes. Metal washers, measuring 2 inches in diameter, are pitched from a distance of 15 feet into a 4 inch PVC pipe standing vertically on a 15 inch X 15 inch wood base.

# 2025 SUMMER NATIONAL SENIOR GAMES

The Summer National Senior Games are held during odd numbered years. Athletes qualify for the National Senior Games through competition at state qualifying sites held during even numbered years.

## QUALIFYING FOR THE 2025 SUMMER NATIONAL SENIOR GAMES

The **2024 Missouri State Senior Games** is a Qualifying site for the 2025 Summer National Senior Games that will be held in Des Moines, IA. National Senior Games events are marked with an asterisk (\*) on the Missouri State Senior Games entry form.



The 2025 Summer National  
Senior Games will be held July 24 - August 4, 2025 in  
Des Moines, Iowa

Web Site for NSGA info: [www.nsga.com](http://www.nsga.com)

# 2024 MISSOURI STATE SENIOR GAMES EVENTS / TIMES

## THURSDAY, JUNE 6

8:00 a.m. Pickleball Doubles Albert-Oakland Park  
Pickleball Singles Albert-Oakland Park

## FRIDAY, JUNE 7

8:00 a.m. Pickleball Mixed Doubles Albert-Oakland Park  
Tennis Singles Cosmo Park Courts  
Golf Lake of the Woods Golf Course  
9:00 a.m. Basketball 3-on-3 Armory Sports and Rec Center  
12:30 p.m. Basketball Free Throws Armory Sports and Rec Center  
Basketball Around the World Armory Sports and Rec Center  
Darts (Electronic) Armory Sports and Rec Center  
Football - Throw for Accuracy Armory Sports and Rec Center  
Softball - Throw for Accuracy Armory Sports and Rec Center  
1:00 p.m. Tennis Doubles Cosmo Park Courts  
3:00 p.m. Washers Armory Sports and Rec Center

## SATURDAY, JUNE 8

8:00 a.m. Cycling, 40K Road Race Hatton-McCredie Elem. School  
Tennis, Mixed Doubles Cosmo Park Courts  
Track - Shot Put (Men) Battle High School  
Track - Discus (Women) Battle High School  
Track - 400 M Run Battle High School  
8:30 a.m. Racquetball Wilson's Fitness Center  
9:00 a.m. Archery Gans Creek Park  
Bowling-Doubles AMF Town & Country Lanes  
Shooting, Trap Prairie Grove Shotgun Sports  
FB/SB Distance Throw Battle High School  
Volleyball Various Sites, Columbia MO\*  
Track - Running Long Jump Battle High School  
Track - 100 M Dash Battle High School  
9:30 a.m. Track - Discus (Men) Battle High School  
Track - Pole Vault (Women) Battle High School  
10:00 a.m. Track - 1500 M Run Battle High School  
Track - Shot Put (Women) Battle High School  
10:30 a.m. Track - Pole Vault (Men) Battle High School  
Cycling 5K Time Trial Hatton-McCredie Elem. School  
10:45 a.m. Track - Co-Ed 4x100 M Relay Battle High School  
11:00 a.m. Shooting-Trap Doubles Prairie Grove Shotgun Sports  
Shooting-Mod. Intern'tl Trap Prairie Grove Shotgun Sports  
Shooting-Bunker Trap Prairie Grove Shotgun Sports  
Shooting-5 Stand Prairie Grove Shotgun Sports  
11:30 a.m. Track - Triple Jump Battle High School  
Track - 200 Meter Dash Battle High School  
12:30 p.m. Track - 800 Meter Run Battle High School  
1:00 p.m. Track - Standing Long Jump Battle High School  
Track - Javelin Battle High School  
1:30 p.m. Track - 50 M Dash Battle High School  
2:00 p.m. Bowling, Singles (M & W) AMF Town & Country Lanes  
Track - High Jump Battle High School  
2:30 p.m. Track - 800 M Prediction Run Battle High School  
3:00 p.m. Track - 1500M Race Walk Battle High School

## SUNDAY, JUNE 9

7:30 a.m. 5000 Meter Race Walk Park Restaurant  
5000 Meter Road Race Park Restaurant  
8:00 a.m. Cycling, 20K Road Race Hatton-McCredie Elem. School  
8:30 a.m. Bowling, Mixed Doubles AMF Town & Country Lanes  
10:00 a.m. Cycling, 10K Time Trial Hatton-McCredie Elem. School  
Shooting-American Skeet Prairie Grove Shotgun Sports  
Shooting-Skeet Doubles Prairie Grove Shotgun Sports  
Shooting-International Skeet Prairie Grove Shotgun Sports  
Shooting-Modern Skeet Prairie Grove Shotgun Sports  
Shooting-Sporting Clays Prairie Grove Shotgun Sports  
12:00 noon Bowling, Team AMF Town & Country Lanes

## SATURDAY, JUNE 15

8:30 a.m. Swimming - session 1 Hickman High School Pool  
(200 IM, 100 Free, 50 Butterfly, 500 Free)  
9:00 a.m. Shuffleboard, Doubles Salvation Army Comm. Center  
St Louis, MO  
1:00 p.m. Shuffleboard, Singles Salvation Army Comm. Center  
St Louis, MO  
1:30 p.m. Swimming - session 2 Hickman High School Pool  
(200 Butterfly, 100 Back, 200 Free, 100 Breast, 200 Back)

## SUNDAY, JUNE 16

9:00 a.m. Swimming - session 3 Hickman High School Pool  
(200 Breast, 100 Fly, 50 Free, 100 IM, 50 Breast, 50 Back, 400 IM)

## SUNDAY, JULY 21

8:00 a.m. Triathlon Philips Lake, Columbia MO

## SATURDAY, JULY 27-28

9:00 a.m. Softball Rainbow Softball Complex  
9:00 a.m. Soccer Cosmopolitan Park

\*Check website [www.moseniorgames.org](http://www.moseniorgames.org) for updated information on locations for sports that list various sites.

Missouri State Senior Games  
1400 Rock Quarry Rd, Entrance 5  
Columbia, MO 65211

# 2024 Missouri State Senior Games Columbia, Missouri

[www.moseniorgames.org](http://www.moseniorgames.org)

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