

WASHINGTON STATE SENIOR GAMES

SUMMER 2024 - INDIVIDUAL REGISTRATION

REGISTRATION INSTRUCTIONS

1. Use this entry form if you are registering for an individual, doubles, or ballroom dance event.
2. If you are registering a team for basketball, soccer, softball, indoor volleyball, or beach volleyball, use the [team registration form](#).
3. For **Pickleball**, you must register and pay online at PickleballBrackets.com. Online registration for Pickleball opens on March 15 at 8:00 am.

REGISTRATION DEADLINES

Due to scheduling, registrations for most individual sports, volleyball, and basketball must be postmarked by **July 16, 2024**.

Other sport registration deadlines:

- Tennis: May 24, 2024
- Softball: June 6, 2024
- Ballroom Dance: June 8, 2024
- Bowling: July 8, 2024
- Cowboy Action Shooting: July 8, 2024
- Soccer: July 23, 2024
- Pickleball: July 24, 2024
- Badminton: July 25, 2024

PAYMENT INFORMATION

Please pay with a check made payable to **Washington State Senior Games**, or by supplying your credit card information on the registration form.

MAIL IN YOUR COMPLETED REGISTRATION FORM

Once you have completed your registration form and signed your waiver, mail them along with your check or credit card information to:

Washington State Senior Games
PO Box 14547
Tumwater, WA 98511-4547

Early Bird Discount

Save \$10 by mailing
your registration
forms by
May 21, 2024.

Your Registration Confirmation will be mailed to you within two weeks.

If you have any questions, please call **360-413-0148** for assistance
or email dianne@wasenior.games

2024 is a Qualifying Year
for the National Senior Games
in Des Moines, Iowa from
July 24 to August 4, 2025



INDIVIDUAL & DOUBLES SPORTS

ARCHERY

Sunday, July 21

Check-in and practice:
7:30 am to 8:45 am
Competition begins:
9:00 am

Skookum Archers

11209 Shaw Rd E
Puyallup, WA 98374

BADMINTON

Saturday, August 10

8:00 am to 5:00 pm

Bellevue Badminton Club (Mukilteo)

3616 South Road
Building D
Mukilteo, WA 98275

Registration deadline: July 25

BALLROOM DANCE

Saturday, July 13

10:00 am - Check-in/practice
11:00 am - Start time

The Olympia Center

222 Columbia St NW
Olympia, WA 98501

Registration deadline: June 8

BASKETBALL

Saturday, July 27

Hot Shot and Free Throw

8:00 am to 8:45 am
10:40 am to 11:25 am
After last 3-on-3 game

Capital High School

2707 Conger Ave NW
Olympia, WA 98502

BEACH VOLLEYBALL

Saturday, July 20

Men's & Women's Doubles
Sunday, July 21
Coed Doubles & Coed Quads

8:00 am - Check-in each day
9:00 am - Matches begin

DaKine Sports Center

2818 69th Ave W
Tacoma, WA 98466

BOWLING

Saturday, July 13 @ 1:00 pm

Saturday, July 13 @ 3:30 pm

Sunday, July 14 @ 1:00 pm

Westside Lanes

2200 Garfield St NW
Olympia, WA 98502

Registration deadline: July 8

COWBOY ACTION SHOOTING

Sunday, July 14

8:00 am to 4:00 pm

Evergreen Sportsmen's Club

12736 Marksman Rd SW
Olympia, WA 98512

Registration deadline: July 8

CYCLING

Sunday, August 4

7:30 am - Check-in begins
9:00 am - 5k Time Trial
10:00 am - 10k Time Trial
11:30 am - 40k Road Race

Boston Harbor Elementary

7300 Zangle Rd NE
Olympia, WA 98506

DISC GOLF

Saturday, July 27

8:00 am - Check-in begins
9:00 am - First round starts

Woodland Creek Park

6729 Pacific Ave SE
Lacey, WA 98503

GOLF

Wednesday, July 17

8:00 am - Check-in begins
9:00 am - Tee times start

Tumwater Valley

4611 Tumwater Valley Dr SE
Tumwater, WA 98501

PICKLEBALL

Thu, Aug 1 Women's Doubles

Fri, Aug 2 Mixed Doubles

Sat, Aug 3 Men's Doubles

Sun, Aug 4 MW Singles

Rainier Vista Community Park

5475 45th Ave SE
Lacey, WA 98503

POWER WALKING

Saturday, July 27

8:00 am

Tumwater High School

700 Israel Rd SW
Tumwater, WA 98501

RACE WALKING

Saturday, July 27

8:45 am - 5k
11:30 am - 1500 meter

Tumwater High School

700 Israel Rd SW
Tumwater, WA 98501

RACQUETBALL

Saturday, July 20

LA Fitness - Lacey

1200 Galaxy Dr
Lacey, WA 98511

ROAD RUN 5K/10K

Saturday, July 27

7:30 am - Check-in begins
8:45 am - Start time

Tumwater High School

700 Israel Rd SW
Tumwater, WA 98501

ROCK CLIMBING

Friday, July 26

10:00 am Review rules
10:30 am Competition begins

Cirque Climbing

8276 28th Ct NE
Lacey WA, 98516

SHUFFLEBOARD

Monday, July 22 @ 2:30 pm

Tuesday, July 23 @ 8:30 am

Wednesday, July 24 @ 8:30 am

8:00 am Check-in each day

Little Creek Casino

91 West State Route 108
Shelton, WA 98584

SWIMMING

Sunday, July 28

8:30 am Warm up
9:30 am Competition begins

Briggs Community YMCA

1530 Yelm Hwy SE
Olympia, WA 98501

TABLE TENNIS

Saturday, June 22

Men's & Women's Singles
Sunday, June 23
Men's & Women's Doubles

9:00 am - Doors open
10:00 am - Matches begin

Tacoma Table Tennis Club

3623 112th St SW
Lakewood, WA 98499

TENNIS

Friday, June 7 @ 12:00 pm

Saturday, June 8 @ 8:00 am

Sunday, June 9 @ 9:00 am

The Valley Athletic Club

4833 Tumwater Valley Dr SE
Tumwater, WA 98501

Registration deadline: May 24

T&F - HAMMER

Sunday, July 28

8:30 am - Weigh-in/certify
10:00 am - Hammer
Women then men
After hammer - Weight
Women then men

Evergreen State College

2700 Evergreen Parkway NW
Olympia, WA 98505

TRACK AND FIELD

Saturday, July 27

9:00 am to 3:00 pm

Tumwater High School

700 Israel Rd SW
Tumwater, WA 98501

TRAP SHOOTING

Tuesday, July 9

10:00 am to 3:00 pm

Evergreen Sportsmen's Club

12736 Marksman Rd SW
Olympia, WA 98512

WALKING SOCCER

Saturday, August 3

Sunday, August 4

If you don't have a team,
register as an individual and
we will find a team for you.

Regional Athletic Complex

8345 Steilacoom Road SE
Lacey, WA 98513

WAIVER OF LIABILITY AND PAYMENT

THIS WAIVER MUST BE SIGNED AND RETURNED WITH YOUR ENTRY FORM AND PAYMENT

AGREEMENT, RELEASE AND WAIVER OF LIABILITY

It is my intent as a participant or player competing in the Washington State Senior Games sanctioned activities, while participating during activities that I am agreeable to the following:

- ✓ I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease.
- ✓ In consideration of having the opportunity to participate as either a team member or competitor, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Washington State Senior Games and its Board of Directors, National Senior Games Association, agents, volunteers, staff, coaches, trainers, officials, partner cities and sponsors, or others affiliated with the Games from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my preparation for or my participation in the Washington State Senior Games.
- ✓ I recognize and voluntarily accept all risks associated with my participation in the event, no matter how remote or unlikely. I realize that my activity may well include serious bodily injury, catastrophic spinal injury (including total or partial paralysis), permanent impairment, brain damage, and even death. I recognize that these injuries may be sustained by me from falling, tripping, being pushed, running, striking or being struck by a spectator, another participant, a vehicle, equipment used in the event, and the like.
- ✓ As an adult, I take full responsibility for my participation in this event and for the level at which I choose to participate. I have no impairment, physical or mental, that should preclude my participating in this event at the level that I choose. I am physically fit and capable of participating in this event at the level I choose. I understand that I can remove myself from participating in this event at any time I choose to do so.
- ✓ I do not expect Washington State Senior Games, its agents, volunteers, officers, employees, any partner cities or sponsors to coach, manage, instruct, or train me for this event. I recognize that it is my personal responsibility to learn, prepare, understand and obey the rules for this activity or event.
- ✓ Prior to participating as an athlete, I will inspect the facilities and equipment to be used and if I believe same to be unsafe, I will immediately report such conditions to the Sport Commissioner, Supervisor or Official connected with the Games of same and either decline to participate or assume the risk of participating.
- ✓ The undersigned expressly agrees that the foregoing Waiver and Release of all claims is intended to be as broad and inclusive as is permitted by the laws of Washington and that if any portion thereof is held invalid it is agreed that the balance shall notwithstanding, continue in full legal force and effect.
- ✓ Further, I grant full permission to use my photograph, picture, likeness and/or voice to appear in any official documentary, promotional (including any and all advertisements), television, radio or film coverage of the Games without compensation.
- ✓ I consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with the Games.
- ✓ I, the undersigned, have carefully read and voluntarily signed this hold harmless Waiver and Release of all claims and fully understand its contents and meaning as full waiver and release of all claims, liability and indemnity for Washington State Senior Games, its agents, volunteers, officers, employees and any partner cities and sponsors.

I have read this Waiver of Liability and I agree to its terms.

PRINT NAME _____

SIGN NAME _____

DATE SIGNED _____

PAYMENT CALCULATION

Basic Registration Fee (applies to all sports except golf)	select one	Total
I mailed my registration on or before May 21	\$ 25 <input type="checkbox"/>	
I mailed my registration after May 21	\$ 35 <input type="checkbox"/>	
Event Fee (applies to all sports except golf)	select one	
I'm registering for 1 event	\$ 10 <input type="checkbox"/>	
I'm registering for 2 events	\$ 20 <input type="checkbox"/>	
I'm registering for 3 events	\$ 30 <input type="checkbox"/>	
I'm registering for 4 events	\$ 40 <input type="checkbox"/>	
I'm registering for 5 or more events	\$ 50 <input type="checkbox"/>	
Golf Fee: I'm registering for the Golf Tournament	\$ 50 <input type="checkbox"/>	
I'm ordering a competitor t-shirt (style and size entered on the next page)	\$ 10 <input type="checkbox"/>	
I would like to make a donation to the Washington State Senior Games	Donation amount	
GRAND TOTAL		

Note: The event fee is based on the total number of **events** checked on your entry form.

PAYMENT INFORMATION

I'm paying by check

CHECK NUMBER
(If it's a Cashier Check or Money Order, you don't need to enter the check number)

I'm paying by credit card

AMOUNT PAID

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

CREDIT CARD NUMBER

--	--	--	--	--	--

EXPIRATION DATE (MM-YY)

--	--	--	--

CARD VERIFICATION CODE (ON BACK OF CARD)

SELECT YOUR EVENTS

CHECK THE BOX NEXT TO EACH EVENT YOU WISH TO ENTER

ARCHERY

ENTRY LIMITED TO ONE EVENT

- Barebow Compound
- Barebow Recurve
- Compound Fingers
- Compound Release
- Recurve

BADMINTON

- Singles
- Doubles _____ DOUBLES PARTNER
- Mixed Doubles _____ MIXED DOUBLES PARTNER

BALLROOM DANCE

See page 7

BASKETBALL

- Hot Shot
- Free Throw

BEACH VOLLEYBALL

Register using the [team registration form](#)

BOWLING

Note: You can only bowl in one event per session

SESSION 1: SATURDAY, JULY 13 AT 1:00 PM

- Singles LIMIT OF ONE EVENT PER SESSION
- Doubles _____ DOUBLES PARTNER FOR SESSION 1
- Mixed Doubles _____ MIXED DOUBLES PARTNER FOR SESSION 1

SESSION 2: SATURDAY, JULY 13 AT 3:30 PM

- Singles LIMIT OF ONE EVENT PER SESSION
- Doubles _____ DOUBLES PARTNER FOR SESSION 2
- Mixed Doubles _____ MIXED DOUBLES PARTNER FOR SESSION 2

SESSION 3: SUNDAY, JULY 14 AT 1:00 PM

- Singles LIMIT OF ONE EVENT PER SESSION
- Doubles _____ DOUBLES PARTNER FOR SESSION 3
- Mixed Doubles _____ MIXED DOUBLES PARTNER FOR SESSION 3

COWBOY ACTION SHOOTING

ENTRY LIMITED TO ONE CATEGORY

ALIAS _____

- Traditional B-Western
- Gunfighter Open Black Powder
- Duelist Classic Cowboy/Cowgirl

CYCLING

- 5k Time Trial
- 10k Time Trial
- 40k Road Race
- 5k Time Trial - recumbent bike/trike (non-fairing)
- 10k Time Trial - recumbent bike/trike (non-fairing)

DISC GOLF

- 18-Hole Tournament (2 rounds)

GOLF

- 18-Hole Tournament
- _____ FOURSOME PARTNER 1 HANDICAP INDEX
- _____ FOURSOME PARTNER 2 CARD NUMBER (GHIN)
- _____ FOURSOME PARTNER 3

PICKLEBALL

For Pickleball, you must register and pay online for the Pickleball tournament on PickleballBrackets.com

If you are registering for Pickleball along with another sport or sports:

- Complete your registration and payment online for Pickleball first.
- Print, fill out, and mail an entry form along with your payment for the other sport(s).
- Please note on your entry form that you have already paid for Pickleball and list the events that you registered for online for Pickleball.
- For your fee calculation, you already paid your basic registration fee when you paid for Pickleball so just calculate the fees for the additional events.

If you have any questions, please call 360-413-0148 or email dianne@wasenior.games



SELECT YOUR EVENTS

CHECK THE BOX NEXT TO EACH EVENT YOU WISH TO ENTER

POWER WALKING

1500 meter Power Walk

RACE WALKING

5k Race Walk
 1500 meter Race Walk

RACQUETBALL

Singles
 Doubles _____
DOUBLES PARTNER

ROAD RACE

5k Run/Walk
 10k Run

ROCK CLIMBING

Individual

SHUFFLEBOARD

Singles
 Doubles _____
DOUBLES PARTNER

SWIMMING

SEED TIME (YOUR LAST RECORDED TIME)

500 yd freestyle _____
 100 yd breaststroke _____
 25 yd butterfly _____
 200 yd freestyle _____
 25 yd backstroke _____
 *200 yd freestyle relay, mixed _____
 50 yd freestyle _____
 200 yd IM _____
 50 yd breaststroke _____
 200 yd backstroke _____
 100 yd freestyle _____
 400 yd IM _____
 *100 yd medley relay, mixed _____
 100 yd butterfly _____
 25 yd breaststroke _____
 50 yd butterfly _____
 100 yd backstroke _____
 200 yd breaststroke _____
 100 yd IM _____
 25 yd freestyle _____
 50 yd backstroke _____
 200 yd butterfly _____

* = No Fee for Relays

TABLE TENNIS

Singles
 Doubles _____
DOUBLES PARTNER
 Mixed Doubles _____
MIXED DOUBLES PARTNER
 Random Draw Doubles
 Giant Round Robin

TENNIS

Singles _____
TENNIS LEVEL
 Doubles _____
DOUBLES PARTNER
 Mixed Doubles _____
MIXED DOUBLES PARTNER

TRACK & FIELD

50 m
 100 m
 200 m
 400 m
 800 m
 1500 m
 High Jump
 Long Jump
 Triple Jump
 Pole Vault
 Discus
 Javelin
 Shot Put
 Hammer Throw _____
 Weight Throw _____
USATF # (HAMMER & WEIGHT THROWS ONLY)

TRAP SHOOTING

16 yard Singles (100 targets)

WALKING SOCCER

Individual (will be added to a team)



BALLROOM DANCE

FOR EACH DANCE YOU ARE ENTERING, CHECK ONE BOX WITHIN EACH COLUMN GROUP

COMPETITOR NAME _____

PHONE # _____

PARTNER _____

PARTNER IS DANCE INSTRUCTOR (PRO)

PHONE # _____

Ballroom dancers must fill out and send pages 3, 4, and 7.

DANCE	SYLLABUS		LEVEL			STYLE		PERFORMANCE		CLASSIFICATION	
	OPEN	CLOSED	BRONZE	SILVER	GOLD	AMERICAN	INTERNATIONAL	GROUP	SOLO	AM/AM	PRO/AM
Rumba	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cha Cha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bolero	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
East Coast Swing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mambo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paso Doble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Samba	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waltz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foxtrot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Viennese Waltz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quickstep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salsa <input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
West Coast Swing <input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Club 2-Step <input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hustle <input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Argentine Tango <input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Country <input type="checkbox"/>	Style of dance:								Solo	<input type="checkbox"/>	<input type="checkbox"/>
Formation Team <input type="checkbox"/>	Style of dance:								Solo	<input type="checkbox"/>	<input type="checkbox"/>

If you are dancing with more than one partner, please submit the details on a separate copy of this page.