



MANTECA SENIOR GAMES

April 25-30, 2009



The San Joaquin valley city of Manteca is hosting its first annual Senior Games for individuals over 50 years old with competition in thirteen sports at six venues throughout the city. These regional city games lead up to the State Senior Games to be held June 7-22 in Pasadena; The National Senior Games to be held in the San Francisco bay area 1-15 August; and the world senior Games to be contested in St. George, Utah 5-17 October.

For further information on the entire program, refer to: www.VisitManteca.org

TRACK and FIELD COMPETITION INFORMATION

Wednesday, April 29, 2009

Sierra High School, 1700 Thomas St., Manteca, 95337

FACILITY

Track: composite decomposed granite/dirt surface. 3/8 inch spikes or 'flats' allowed

Runways: LJ-TJ-PV runways Atlas latex surface. 1/4 inch spikes only

Shot Put-Discus rings: Brushed concrete

High Jump: will be contested off grass approach, spiked shoes allowed

Locker rooms and showers will be available: Sierra High School or the 2009 Manteca Senior Games Committee is not responsible for any items left in the locker rooms or facility. Bring your own lock and towel

USATF Completion Rules will be followed

Track and Field Event coordinator: Coach Anthony Chapman: 209.858-7410, achapman@mUSD.net

TRACK EVENTS:

- Running events start at 3:00 pm, and will run as quickly as possible in order. There is no 'set' time schedule.
- Check-in with clerk-of-the course adjacent to the snack bar on the north end of the track. (*approx. 30 minutes prior to event*)
- For track events, the number of heats will be determined based on the number of entries.
- All track events are by time trials.
- Start-up blocks are available for competitors in the 100, 200, and 400 meter races. Athletes should not plan to use start-up blocks without prior training. Race officials have the right to determine an athlete's capability for safe block use.

Tentative Time Schedule

Class	Event	Class	Event
Women	50m	Men	100m
Men	50m	Women	3000m (<i>not contested at Nat'l Sen. Games</i>)
Women	1500m	Men	3000m (<i>not contested at Nat'l Sen. Games</i>)
Men	1500m	Women	200m
Men	400m	Men	200m
Women	400m	Women	800m
Women	100m	Men	800m

FIELD EVENTS

- Field events will begin at 2:30pm and will be run in sequence so that when one finishes, the next event may begin ahead of/behind schedule...notice will be given over the P-A system.
- Check-in 30 minutes prior to event starting time at event sites
- Opening heights will be determined day of the meet, while minimum measuring marks are listed next to event
- For field events, if there are more than 12 athletes in any age division, a qualifying round may be held
- The order of competition is determined by the field judge
- Competition by age group will be combined when necessary
- High jump will be based on three misses at the highest point

Tentative Field Event Schedule

		4:00		
2:30				
Men	Pole Vault		Women	Pole Vault
Women	Shot Put		Men	Shot Put
Men	Discus		Women	Discus
Women	Long Jump		Men	Long Jump
Men	Triple Jump		Women	Triple Jump
Women	High Jump		Men	High Jump

Following are the weights of the various implements (subject to change) to be used for each gender and age division. All implements must be weighed and measured from 12:30-2:00pm to be used in competition.

Age Division	Discus	Shot Put
M50-54	1.5kg	6kg
M55-59	1.5kg	6kg
M60-64	1.0kg	5kg
M65-69	1.0kg	5kg
M70-74	1.0kg	4kg
M75-79	1.0kg	4kg
M80+	1.0kg	4kg
W50-54	1.0kg	3kg
W55-59	1.0kg	3kg
W60+	1.0kg	3kg

2009 Manteca Senior Games General Information

ELIGIBILITY

All participants must be at least 50 years of age on or before December 31, 2008. There is no upper age limit. Proof of age may be required at event check-in. The Manteca Senior Games is open to all California residents and nonresidents. This will be a qualifying event for the California State Senior Games Championships.

AGE DIVISIONS

Age divisions for all events are in five-year age groups except where noted: 50-54, 55-59, 60-64, etc. A participant's competition age will be based on their age as of December 31, 2008. The age division for all doubles and team competition will be determined by the age of the youngest team player as of 12/31/2008. The right is reserved by the Manteca Senior Games Commission to combine age groups in any event due to insufficient entries or other conditions.

HOW TO ENTER

You may enter any sport or event subject to the entry limitations of that sport. Mail your completed entry form and check/money order by **March 20, 2009**. A late fee will apply until March 20, 2009 after which registration will be closed.

FEES

There are 3 types of fees: Registration, Event and Team Fees. A \$25 Registration Fee for each individual participant covers the administrative costs of the Games. Event Fees for specific activities cover the actual cost of the particular sport. Team Fees include both the Registration and Event Fees. All athletes will receive a T-Shirt, Athlete Gift Bag & Results Book.

ENTERING MORE THAN ONE SPORT

Those entering more than one sport must be aware of possible schedule conflicts. No competition will be delayed to accommodate a conflict. Athletes who are participating in a team sport (on a team) must pay individual event fees if they enter an individual event. No refunds will be given due to event conflicts, and no schedule changes will be made to accommodate multi-sport entrants.

REGISTRATION DEADLINE

The early bird registration deadline is **March 20, 2009** (postmarked). After 3/20/2009, an additional \$10 late fee will be charged for all individual sport entries. The final registration deadline is **March 30, 2009**. Entries postmarked after the 3/30/2009 deadline may be accepted if space is available. Registrations will not be processed until all fees are paid and the liability waiver is signed and dated. No registrations or entries will be accepted on the day of events and /or games.

MEDALS

Gold, Silver and Bronze medals will be awarded in all events at each sport's venue after the final competition. Any medals not picked up at these times will be available at the Games Headquarters after the Games. None will be mailed.

EQUIPMENT

Participants are required to provide their own implements and equipment for the events entered. Please be sure to mark your personal items and do not leave valuables unattended. Manteca Senior Games Commission is not responsible for the loss or damage of any athlete's personal equipment or effects.

SPORTSMANSHIP/CONDUCT

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification from competition without any refund of fees paid. Sports Commissioners and Manteca Senior Games staff reserves the right to disqualify any competitor.

UNIFORMS

All athletes must wear the athletic-type clothing and shoes usual and customary for the sport(s) in which they are competing. Team sports require like color and style numbered uniforms. Clothing, shoes or equipment that are inappropriate may be cause for disqualification. The Manteca Senior Games Sport Commissioners have been authorized to make this determination. If you have any questions, please contact the sport commissioner.

INSURANCE

The Manteca Senior Games has a General Liability Policy for the Games. This insurance covers medical costs only when an accident or injury is caused by our negligence. It is expressly understood that this insurance does not cover property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from competition. EACH PARTICIPANT IS RESPONSIBLE FOR THEIR OWN MEDICAL INSURANCE.

Free Medical Screening will be provided by Manteca Doctors Hospital, Tenet Health Care. Locations and hours will be announced.

MEDICAL ASSISTANCE

Athletic trainers and/or physicians from Manteca Doctors Hospital will be donating their time on site at most of the events. Emergency medical assistance will also be in place at most events. If you must be transported by ambulance, it will be at your expense.

REFUND POLICY

No refund will be made if an entrant fails to compete for whatever reason including medical injury or event cancellation due to inclement weather, war, or an act of God. Refunds of entry fees may occur for:

- 1) Entries received after the maximum number of entries has been accepted.
- 2) Insufficient entries in an age division or sport causing cancellation of the division or sport.
- 3) Entries of non-qualified participants.

HOUSING, FOOD AND TRANSPORTATION

Athletes are responsible for their own housing, food and transportation.

Manteca is 90 miles east of San Francisco, and 70 miles south of Sacramento between highways 5 and 99.

Best Western Executive Inn & Suites

1415 E. Yosemite Avenue
Manteca, CA 95336
Telephone: 209-825-1415
<http://bestwesternintl.com>

Comfort Inn Manteca
1920 E. Yosemite Ave
Manteca, CA 95336
Telephone: 209-239-6115
<http://www.comfortinn.com/hotel/ca957>

Holiday Inn Express Manteca
179 Commerce Ave.
Manteca, CA 95336
Telephone: 209-239-5600
<http://hiexpress.com/mantecaca>

Manteca Inn

150 Northwoods Ave.
Manteca, CA 95336
Telephone: 209-239-1291
<http://Mantecainn.com>

Travelers Inn

1106 W Yosemite Av e.
Manteca, CA, 95336
Telephone: 209-823-31

EVENT CANCELLATION/POSTPONEMENTS

In the event of inclement weather or unusual, extenuating circumstances, Games Officials or the Manteca Senior Games Commission reserve the right to cancel or postpone outdoor events to a later time. During the Games, call Games Information (209) 823-7229 if the weather looks uncertain. The Manteca Senior Games Commission also reserves the right to cancel any event due to insufficient entries and reserves the right to combine age divisions. Refer to the refund policy for refund information. There will be no refunds for events cancelled due to weather, war, or an act of God.

ALL SCHEDULED TIMES AND LOCATIONS ARE SUBJECT TO CHANGE

WELCOME RECEPTION

Saturday, April 25, 2009 at 6:30pm

Dell Webb Community Multipurpose Room, 1451 Americana Street, north Manteca

AFTER THE GAMES RESULTS BOOK

The Official 2009 Manteca Senior Games results book will be published on our web site and/or mailed to the address on your registration form. The results should be ready by May 30, 2009.

2009 MANTECA SENIOR GAMES COORDINATOR

John Heath-Events/Membership Manager, Manteca Convention and Visitors Bureau

phone: 209-823-7229, e-mail: Mtcascvb1@aol.com, website: www.visitmanteca.org

QUALIFYING FOR CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS

The 2009 Manteca Senior Games are a qualifying event for the California State Senior Games Championships. For more information about other qualifying events and senior games in California, please visit our website at <http://californiaseniorgames.com/vents.html>.

FUTURE SENIOR GAMES FOR 2009



California Senior Games: 7-22 June in Pasadena

www.californiaseniorgames.com



National Senior Games: 1-15 August in the San Francisco bay area

www.2009SeniorGames.org



World Senior Games: 5-17 October in St. George, Utah

www.seniorgames.net

2009 INDIVIDUAL ENTRY FORM – MANTECA SENIOR GAMES, page 2 OF 2

Please place a check mark or entry time if required by each event you are entering:
Event Fees listed below are to cover direct costs, in addition to the \$25 Registration Fee.

TRACK & FIELD EVENTS

Track Events (\$5 ea)

- TR - 01 50M Dash
- TR - 02 100M Dash
- TR - 03 200M Dash
- TR - 04 400M Dash
- TR - 05 800M Dash
- TR - 06 1500M Run
- TR - 07 3000M Run

Field Events (\$5 ea)

(athletes must provide their own implements)

- FD - 02 Pole Vault
- FD - 03 Long Jump
- FD - 04 Triple Jump
- FD - 06 Discus Throw
- FD - 08 Shot Put
- FD - 09 High Jump