



Sioux Falls Regional

2023

37TH

ANNUAL

SENIOR GAMES

For Ages 50 and better
May 29–June 3, 2023

**Organizations involved in planning
the Senior Games:**

Sioux Falls Parks and Recreation
Sioux Falls Public Schools
Midco® Aquatic Center
Great Life Suburban Lanes
Elmwood Golf Course
Active Generations



**CITY OF
SIOUX FALLS
PARKS & RECREATION**

Event Schedule

STARTS MAY 29

and runs through June 1, at 12 noon

Golf—9 holes (M&W)	3
Golf—18 holes (M&W)	3

THURSDAY, JUNE 1

4 p.m. Pool	1
4–7 p.m. Table Tennis Singles	1
Table Tennis Doubles	1
Partner _____	

FRIDAY, JUNE 2

8 a.m. Cycling Race—5,000 meters (M&W)	7
8 a.m. Cycling Race—10,000 meters (M&W)	7
9:30 a.m. Pickleball Mixed Doubles	9
Partner _____	
11 a.m. Bowling Mixed Doubles	2
–1 p.m. Partner _____	
1 p.m. Swimming (M&W)	
Freestyle (50-/100-/200-yard)	6
Back Crawl (50-/100-/200-yard)	6
Breast Stroke (50-/100-yard)	6
Butterfly (25-/50-/100-yard)	6
2 p.m. Horseshoes (M&W)	4

*Please check in at least 30 minutes prior to your event.
Some men's and women's events may be combined
due to number of entries.*

**MUST BE PRE-REGISTERED.
NO WALK-UPS THE DAY OF.**

SATURDAY, JUNE 3

Location

Track and Field Events (M&W):

8–10 a.m. Shot Put	5
Softball Throw	5
Discus	5
Javelin	5
8–9 a.m. High Jump	5
9–10 a.m. Standing Long Jump	5
Long Jump	5
Running Long Jump	5
10 a.m. 50-Meter Dash	5
10:15 a.m. 100-Meter Dash	5
10:25 a.m. 800-Meter Run	5
1500-Meter Run	5
800-Meter Walk	5
1500-Meter Walk	5
11 a.m. 400-Meter Dash	5
11:10 a.m. 400-Meter Walk	5
11:20 a.m. 200-Meter Dash	5
10:30 a.m. Pickleball Doubles (M&W)	9
Partner _____	
12 noon Bowling Singles (M&W)	2
1:30 p.m. Bowling Doubles (M&W)	2
Partner _____	
2 p.m. Basketball— Field Goals/Free Throws (M&W)	8
2 p.m. Shuffleboard M&W Singles	8
2 p.m. Bean Bag Toss (M&W)— Singles (50 Bags)	8

Event Locations

- | | | |
|---|--|--|
| 1 - Center for Active Generations
2300 West 46th Street | 5 - Lincoln High School
2900 South Cliff Avenue | 8 - Morningside Community Center
2400 South Bahnson Avenue,
connected to Harvey Dunn
Elementary School |
| 2 - Great Life Suburban Lanes
2621 South Spring Avenue | 6 - Midco® Aquatic Center
1601 South Western Avenue | 9 - Terry Redlin Elementary
1722 East Eighth Street |
| 3 - Elmwood Golf Course
2604 West Russell Street | 7 - Yankton Trail Park
Yankton Trail Park Road &
Minnesota Avenue | |
| 4 - McKenna Park
24th Street & Second Avenue | | |

37th Annual Sioux Falls Regional Senior Games ENTRY FORM • May 29–June 3, 2023

Name _____ ☐ Male ☐ Female
(please print) (Last) (First) (MI)

Address _____ Home Phone _____
(Street)

City _____ State _____ Zip _____ Office Phone _____

Email Address (in all caps) _____

Age Category (Age as of 9/1/2023) ☐ 50–54 ☐ 55–59 ☐ 60–64 ☐ 65–69 ☐ 70–74 ☐ 75–79

Date of Birth ____/____/____ ☐ 80–84 ☐ 85–89 ☐ 90–94 ☐ 95–99 ☐ 100+

Fee enclosed: ☐ By May 12 \$10 ☐ After May 12 \$15 **T-Shirt Size:** ☐ S ☐ M ☐ L ☐ XL ☐ XXL
Deadline: May 12, 2023.

Please read and sign the waiver and hold harmless agreement at the bottom of the page.

Waiver and Hold Harmless Agreement

The user agrees to indemnify, defend and hold the City, and its officers, agents and employees harmless from any and all liability, damages, actions, claims, demands, expenses, judgments, fees and costs of whatever kind or character, arising from, by reason of, or in connection with the use of the facilities described herein. It is the intention of the parties that the City, and its officers, agents and employees shall not be liable or in any way responsible for injury, damage, liability, loss or expense resulting to the user and those it brings onto the premises due to accidents, mishaps, misconduct, negligence or injuries either in person or property.

User expressly assumes full responsibility for any and all damages or injuries which may result to any person or property by reason of or in connection with the use of the facilities pursuant to this Agreement, and agree to pay the City for all damages caused to the facilities resulting from user's activities hereunder.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

SIGN HERE

Signature _____

Date _____



Schedule Changes

Participants will be notified via phone, email, or social media postings for any changes or adjustments in events, schedule, and location.

For More Information

Call Nick at 605-978-6927. You can also visit our website at www.sioxfalls.org/senior-games.

Deadline

Advance registration deadline is 5 p.m.

Friday, May 12, 2023.

PLEASE COMPLETE BOTH SIDES OF ENTRY FORM!



37th Annual Sioux Falls Regional Senior Games ENTRY FORM • May 29–June 3, 2023

Return this entry form to the address below, with the entry fee. Make checks payable to Sioux Falls Parks and Recreation. Deadline to guarantee shirt: May 12, 2023.

Sioux Falls Parks and Recreation
231 North Dakota Avenue
Sioux Falls, SD 57104



PLEASE COMPLETE BOTH SIDES OF ENTRY FORM!

STARTS MAY 29

and runs through June 1 at 12 noon

Location

- | | | |
|--------------------------|---------------------|---|
| <input type="checkbox"/> | Golf—9 holes (M&W) | 3 |
| <input type="checkbox"/> | Golf—18 holes (M&W) | 3 |

THURSDAY, JUNE 1

- | | | |
|--------------------------|-------------------------------|---|
| <input type="checkbox"/> | 4 p.m. Pool | 1 |
| <input type="checkbox"/> | 4–7 p.m. Table Tennis Singles | 1 |
| | Table Tennis Doubles | 1 |
| | Partner _____ | |

FRIDAY, JUNE 2

- | | | |
|--------------------------|---|---|
| <input type="checkbox"/> | 8 a.m. Cycling Race—5,000 meters (M&W) | 7 |
| <input type="checkbox"/> | 8 a.m. Cycling Race—10,000 meters (M&W) | 7 |
| <input type="checkbox"/> | 9:30 a.m. Pickleball Mixed Doubles Partners | 9 |
| | Partner _____ | |
| <input type="checkbox"/> | 11 a.m. Bowling Mixed Doubles | 2 |
| | –1 p.m. Partner _____ | |
| | 1 p.m. Swimming (M&W) | |
| <input type="checkbox"/> | Freestyle (50-/100-/200-yard) | 6 |
| <input type="checkbox"/> | Back Crawl (50-/100-/200-yard) | 6 |
| <input type="checkbox"/> | Breast Stroke (50-/100-yard) | 6 |
| <input type="checkbox"/> | Butterfly (25-/50-/100-yard) | 6 |
| <input type="checkbox"/> | 2 p.m. Horseshoes (M&W) | 4 |

Detach entry form and mail or deliver with
\$10 fee to Sioux Falls Parks and Recreation
by 5 p.m., **Friday, May 12, 2023.**

The registration fee will be \$15 for any registrations received after
that date. Registration will be accepted until time of event.
Bowling and golfing have additional fees that are payable at
time of event.

**MUST BE PRE-REGISTERED.
NO WALK-UPS THE DAY OF.**

SATURDAY, JUNE 3

Location

Track and Field Events (M&W):

- | | | |
|--------------------------|-------------------------------------|---|
| <input type="checkbox"/> | 8–10 a.m. Shot Put | 5 |
| <input type="checkbox"/> | Softball Throw | 5 |
| <input type="checkbox"/> | Discus | 5 |
| <input type="checkbox"/> | Javelin | 5 |
| <input type="checkbox"/> | 8–9 a.m. High Jump | 5 |
| <input type="checkbox"/> | 9–10 a.m. Standing Long Jump | 5 |
| <input type="checkbox"/> | Long Jump | 5 |
| <input type="checkbox"/> | Running Long Jump | 5 |
| <input type="checkbox"/> | 10 a.m. 50-Meter Dash | 5 |
| <input type="checkbox"/> | 10:15 a.m. 100-Meter Dash | 5 |
| <input type="checkbox"/> | 10:25 a.m. 800-Meter Run | 5 |
| <input type="checkbox"/> | 1500-Meter Run | 5 |
| <input type="checkbox"/> | 800-Meter Walk | 5 |
| <input type="checkbox"/> | 1500-Meter Walk | 5 |
| <input type="checkbox"/> | 11 a.m. 400-Meter Dash | 5 |
| <input type="checkbox"/> | 11:10 a.m. 400-Meter Walk | 5 |
| <input type="checkbox"/> | 11:20 a.m. 200-Meter Dash | 5 |
| <input type="checkbox"/> | 10:30 a.m. Pickleball Doubles (M&W) | 9 |
| | Partner _____ | |
| <input type="checkbox"/> | 12 noon Bowling Singles (M&W) | 2 |
| <input type="checkbox"/> | 1:30 p.m. Bowling Doubles (M&W) | 2 |
| | Partner _____ | |
| <input type="checkbox"/> | 2 p.m. Basketball— | |
| | Field Goals/Free Throws (M&W) | 8 |
| <input type="checkbox"/> | 2 p.m. Shuffleboard M&W Singles | 8 |
| <input type="checkbox"/> | 2 p.m. Bean Bag Toss (M&W)— | 8 |
| | Singles (50 Bags) | |

Locations

- | | |
|-----------------------------------|----------------------------------|
| 1 - Center for Active Generations | 6 - Midco® Aquatic Center |
| 2 - Great Life Suburban Lanes | 7 - Yankton Trail Park |
| 3 - Elmwood Golf Course | 8 - Morningside Community Center |
| 4 - McKennan Park | 9 - Terry Redlin Elementary |
| 5 - Lincoln High School | |

Event Guidelines

Please check in to your event 30 minutes earlier. Starting times are approximate.

Basketball-Field Goals/Free Throws (25 of each)—Morningside Community Center.

Bean Bag Toss—Participation is open for singles (50 bags). Location is at Morningside Community Center. If you have a board set, please bring it. Rules will be provided.

Bowling—\$2 per game (collected at Great Life Suburban Lanes—shoes included). Three lines will be bowled in both the singles and doubles events. If you're bowling in the doubles, you must provide your own partner. The age division for doubles will be determined by the lower age of the two partners as of September 1, 2023. **There will be no handicapping.**

Cycling Races—Held at Yankton Trail Park. Enter off South Minnesota Avenue (if southbound on Minnesota Avenue, turn is immediately after crossing I-229 interchange); course will be through park; helmets required.

Golf—Golf tee times available Monday, May 29, through Thursday, June 1, at 12 noon for both the 18 holes and the east 9. Play at Elmwood Golf Course, 2604 West Russell Street. Call or visit Elmwood for reservations and fees at 605-367-7092.

Horseshoes—Played at McKennan Park pits near 24th Street and Second Avenue; provide own shoes.

Pickleball—Will be held at Terry Redlin Elementary.

Pool—Active Generations.



Shuffleboard—Morningside Community Center. Six ends—shoot for total score.

Swimming—Midco® Aquatic Center, 1601 South Western Avenue.

Table Tennis—Center for Active Generations. The age division for doubles will be determined by the lower age of the two partners as of September 1, 2023.

Track & Field—Held at Lincoln High School. If spikes are used, only 1/8" spikes are allowed. Track attire is required.

Some men's and women's events may be combined due to the number of entries. Events with four or less pre-registered may be canceled.



To register for the Sioux Falls Senior Games



Detach entry form and mail or deliver with **\$10 fee** to Sioux Falls Parks and Recreation by 5 p.m. **Friday, May 12, 2023.**

The registration fee will be \$15 for any registrations received after that date. Registration will be accepted until time of event. Bowling and golfing have additional fees that are payable at time of event.

If an ADA accommodation is needed, please contact the Human Relations Office at 605-367-8745 or humanrelations@siouxfalls.org at least 5 business days before the event.