



Welcome to the 2022 Maine Senior Games

This is a qualifying year for the 2023 National Senior Games in Pittsburgh, PA

Below is important information regarding the 2022 events

Eligibility: Maine Senior Games is open to anyone 45 or over as of December 31, 2022. For doubles and team sports, the youngest age determines the age bracket. Age brackets are as follows: 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+. (Your age will be determined by your age as of December 31, 2022). The Maine Senior Games is an "open" event, which means that out-of-state residents are eligible and encouraged to participate.

Covid Guidelines: Be sure and check our website, www.maineseniorgames.com, for any precautions or expectations around Covid. We will have plenty of PPE products at each event.

Registration/Fees: Please note that you can register online or with the enclosed form. \$45 (\$5 of this is an online registration fee) will allow you to participate in one individual sport. For each additional sport, the cost is \$10 per sport. The same fee applies to out-of-state athletes. You may choose a maximum of six events for swimming and track & field (be sure to list your best times/distances or put NA). **Refunds (minus a \$10 processing fee) must be requested in writing no later than two weeks prior to your first event.** Golf and Ten Pin Bowling have extra fees. **Registration fees include a T-shirt and an athlete's bag, snacks and bottled water although only early registration will guarantee either or both of them. Please note: Your registration will not be completed without payment.**

Registration Deadline: Most sports have no deadlines and allow onsite registration. However, Pickleball, Basketball, Cornhole and Tennis are the exceptions, and you must be registered two weeks ahead of the scheduled date, earlier if an event fills up.

Insurance/Medical: Health insurance is your responsibility and each of you should bring proof of insurance in case of emergency. On site emergency medical support will be provided at many of the events.

Doubles/Mixed Doubles: Doubles refers to two persons of the same gender. Mixed doubles refers to a man and a woman. The age of the youngest participant will determine the age bracket for both the doubles and the mixed doubles events. For Ten Pin Bowling, Candlepin Bowling and Cornhole, you may enter either doubles or mixed, but not both. **You must have your partner's year of birth and email to register online or put no partner invited. Both partners must register.**

Awards: Gold, Silver and Bronze medals, as well as 4th place ribbons, will be given in each event and age group. Most awards will be given at the end of each sport competition but some, such as Swimming, Tennis, Track & Field and Pickleball will be given out during the event. We do not send medals/ribbons after the event, so please make sure you pick yours up before leaving.

Check-in: Be sure to check in at the registration table at least 30 minutes before the start to get warmed up for your event. Check-in will be at each event. Please bring identification with you. You will receive a T-shirt; athlete's bag and other information, while supplies last. Bottled water and snacks will also be available at most events at no cost. Candlepin Bowling, Ten Pin Bowling and Archery have lunch available onsite for a small fee.

Road Races: If you are entering ONLY one of the road races and no other event, the fee is \$25. If you enter more than one of these races or another sport, the regular fee of \$45 applies.

Team Registration: Team fee is \$175 for men's and women's basketball. Captains must go online to register their teams, followed by players registering. The player fee is \$7 for the online registration.

Hot Shot/Foul Shot: If you register to play on a basketball team you may register for the Hot Shot/Foul Shot for \$5.

Cancellation and Rain Dates:

MSG officials reserve the right to cancel any event due to insufficient registration, weather conditions or a State mandated Covid protocol. If an event is canceled, every effort will be made to contact all persons affected prior to the start of the MSG. In case of inclement weather, MSG officials reserve the right to cancel or postpone events to a later time or date. Some events have rain dates already built in. (see schedule)

Important Dates: The schedule of events is on our web page at www.maineseniorgames.org

Sports Offered: Archery, 3- on -3 women's and men's basketball, hot shot/foul shot, candlepin bowling, cornhole, cycling, golf, buoy toss, pickleball, racquetball (with NH Senior Games in NH), 1-mile road race/power walk, 5K road race/power walk & 10K road race, swimming, table tennis, ten pin bowling, tennis, and track & field.

Volunteers: We are always looking for volunteers to help at events. Some events are a few hours and some last all day. Most events are held on weekends although there are some held during the week. Please check the schedule and let us know if you can help out.

Photos: Photos will be taken at each event by our volunteer photographer, Pete Gleason. If Pete is not able to be there, I will take pictures. Once we get them downloaded and on to Flickr, I will send you the link so that you can view the pictures.

Directions: Directions and other information to each event are located on our website: www.maineseniorgames.org

Questions: Email Jo at maineseniorgames2020@gmail.com or call 207-286-4893

Sponsors: A special thanks to our presenting sponsor Martin's Point, Gold Sponsors Bangor Savings Bank, AARP and our Silver Sponsor Senior Planning Center.