

For information Call:
252-972-1152

Entry Deadline:

April 1, 2020

Early Bird Deadline:

March 13, 2020



37th Annual
Down East
SENIOR GAMES
2020
We still got game!

April 25-May 20, 2020

New Decade...New Logo!

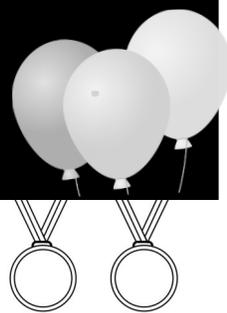


We hope you like the new look of Down East Senior Games. Be sure to look at our new 101's where you can come learn about sports & silver arts. Keep the first few pages of this registration as a reminder of all that is going on in 2020...

2020 Down East Senior Games

OPENING CEREMONIES
SAT. APRIL 25 @ 10AM
CLARK PARK, TARBORO

All are welcome! Bring your lawn chairs for open events, music, food truck & opening ceremonies. Register for the following open events: football throw, softball throw, basketball shooting, and FUN walk! Food is on your own. See page 6 to register



Awards Ceremony & Silver Follies

5 PM -7 PM

DESG Expo & Silver Arts Display: Free & found in the Art Exhibit & Theatre Lobby

5:30 PM

Dinner: \$12.00 per person. Pre-registration required- see page 6

7:00 PM

Silver Follies & Awards Ceremony: We close out the year with a BANG, join us for performances & awards while we close out 2020 Senior Games.

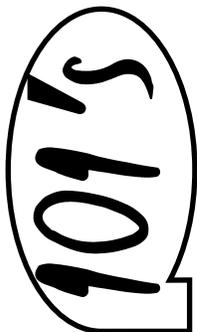


Visual, Heritage & Literary Arts on Display at

Imperial Centre

10:00am-5:00pm, Tuesday-Saturday and 1:00-5:00pm Sunday

270 Gay Street, Rocky Mount



- Tuesday, February 4: 1pm-3pm Pickleball & Cornhole 101 @ Hattie P. Staton Senior Center (Halifax County)
- Tuesday, February 11: 9am-11am Pickleball @ Rec Park (Wilson County)
- Thursday, February 20: 2pm Silver Arts Interest Meeting @ Nash Senior Center (Nash County)
- Tuesday, March 10: 9am-12pm Senior Games 101 Football Throw, Softball Throw, Horseshoes, Billiards @ E. L Roberson Center (Edgecombe County)
- Monday April 6: 11am-12pm Pickleball 101 @ Jo Story Senior Center (Roaknoke Rapids)

Registration Day *March 18th, 2020*

NEW TO SENIOR GAMES?
HAVE QUESTIONS?

GET THEM ANSWERED AT ONE OF
THE FOLLOWING PLACES:

- WILSON REC
- ROCKY MOUNT SENIOR CENTER
- NASH COUNTY SENIOR CENTER
- E.L. ROBERSION CENTER
- SOUTHERN NASH SENIOR CENTER

YMCA

DESG Ambassadors & staff will be at the Rocky Mount YMCA from 9AM-12PM with information and registrations. Come visit us on the following dates:

Feb. 13, 19 & 26

March 3, 12, 19

1000 Independence Dr
Rocky Mount, Nc 27804



Check us out
on Facebook!

We post updates
on registration and
event information
constantly. You
may even find
photos from
events!

We even have our own
website at:

www.rockymountnc.gov/desg

DESG 2020 Policy, Procedures & Rules

READ THIS SECTION IN DETAIL

For Everyone Participating:

- Participation in the Senior Games is limited to persons age 50 and over. Proof of age will be required
- Participants must be a North Carolina resident for a minimum of 3 consecutive months of the year
- Competition will be by age and sex divisions as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
- **Your age as of December 31, 2020 will determine the age category in which you will compete**
- **Photo Identification and verification of birthdate are required at event sites**
- All events are offered at State Finals except Adaptive Events- Medals or ribbons will be awarded for 1st, 2nd & 3rd place finalists in each age & sex division for all events except Fun Walk.
- No event will be delayed for latecomers. Match time is forfeit time. No shows - no refunds
- **Check-in for all events starts 30 min. prior to the listed start time– we will not check in anyone earlier than 30 min.**
- Picture ID is required for check in at EACH event. Remember to have personal medical information with you during events
- Facility addresses will be noted in your Confirmation Letter

For Sport Participants:

- In doubles events, the age of the younger player is used to determine age group for competition. In team events, the age of the youngest player on team roster determines age group for competition.
- DESG reserves the right to cancel or combine age groups for any event due to insufficient registration.
- Safety and sportsmanlike conduct are paramount. DESG officials have the authority to disqualify, and/or remove anyone who exhibits inappropriate behavior or a condition of medical concern.
- **Some events last may hours, you are encouraged to bring a snack**
- **NEW– 1500 meter Power Walk– this differs from Race Walk where knees can be bent while walking**
- Bocce & Shuffleboard will be one game and not best 2 out of 3

For SilverArts Participants:

- All entries must be original works of the artist. Work must be created after age 50, and within the last 2 years
- Entries are only eligible for judging or display if they have never been entered in any SilverArts competition before
- Records are kept and your piece will be disqualified if recognized from past competitions
- Artist's name and title of the work must appear on, or be attached to the entry for identification
- You can review complete instructions and guidelines at: www.ncseniorgames.org & will be mailed in your confirmation letter
- All items must be dropped off and PICKED UP on the delegated days provided on the events schedule
- **You will not be able to pick up your SilverArts entries at closing ceremonies– Staff cannot assist you with this**
- **If you do not pick up your Silver Arts entries on the designated day—they will be located at the Rocky Mount Senior Center & NOT at the Imperial Centre. After one year any items left will become property of DESG.**

Sponsors & Hosts of the 2020 DESG

Silver Sponsors

Humana®

Bronze Sponsors



SHIP
Edgemcombe County



SHIP
Nash County

Hosts:

Wilson Parks & Recreation Department
Rocky Mount Parks & Recreation Department
Tarboro Parks & Recreation Department
Nash County Recreation & Senior Services
Hattie P. Staton Senior Center
Harrison Family YMCA
Upper Coastal Plain Area Agency on Aging

2020 Down East Senior Games Events Schedule

Activity	Time	Location	Activity	Time	Location
Wednesday, April 15					
Adaptive Events***	10:00 AM	Reid St - Wilson	Bowling Singles	9:30 AM	Rocky Mount Bowling Center
Saturday, April 25 DESG OPENING DAY					
Football Throw M&W	10:00 AM-12:00PM	Clark Park - Tarboro	Pickleball Singles/Doubles	9:00 AM - 12:00 PM	Harrison Family YMCA - RM
Softball Throw M&W	10:00 AM-12:00PM	Clark Park - Tarboro	Pickleball Mixed Doubles	2:00PM-4:00PM	Sunset Park Pickleball Courts
Basketball Shooting M&W	10:00 AM-12:00PM	Clark Park - Tarboro		3:30PM-5:30PM	Sunset Park Pickleball Courts
Saturday, May 2					
Opening Ceremony	12:00 PM	Clark Park - Tarboro	Bocce (Men)	9:00 AM - 12:30 PM	E. L. Roberson Center - Tarboro
SS Fun Walk & Music	12:00PM	Clark Park - Tarboro	Bocce (Women)	1:00 PM - 4 PM	E. L. Roberson Center - Tarboro
Food Vendors	10:00AM - 1:00PM	Clark Park - Tarboro	Shuffleboard (Men)	1:00 PM - 4 PM	E. L. Roberson Center - Tarboro
Monday, April 27					
1500 Meter Run	10:00 AM	Tarboro High School	Shuffleboard (Women)	9:00 AM - 12:30 PM	E. L. Roberson Center - Tarboro
1500 Meter Power Walk	10:00 AM	Tarboro High School		Tuesday, May 5	
1500 Meter Race Walk	10:00 AM	Tarboro High School	5K Run***	8:00 AM - 10 AM	Indian Lake Park - Tarboro
Standing Long Jump	10 AM - 11:30 AM	Tarboro High School	5K Race Walk***	8:00 AM - 10 AM	Indian Lake Park - Tarboro
Running Long Jump	10 AM - 11:30 AM	Tarboro High School	Cycling Events ***	10:30 AM - 1:00 PM	Indian Lake Park - Tarboro
Discus & Shotput***	10 AM - 11:30 AM	Tarboro High School	Tennis	1:00 PM - 4 PM	Indian Lake Park - Tarboro
Wednesday, May 6					
50 Meter Dash	11:30 AM	Tarboro High School	Croquet (Womens)	8:30 AM-10:30 AM	E. L. Roberson Center - Tarboro
100 Meter Dash	11:30 AM	Tarboro High School	Horseshoes (Mens)	8:30 AM-10:30 AM	E. L. Roberson Center - Tarboro
200 Meter Dash	11:30 AM	Tarboro High School	Horseshoes (Womens)	10:30 AM-12:30 PM	E. L. Roberson Center - Tarboro
400 Meter Dash	11:30 AM	Tarboro High School	Croquet (Mens)	10:30 AM-12:30 PM	E. L. Roberson Center - Tarboro
800 Meter Run	11:30 AM	Tarboro High School	Badminton	3:00PM	Braswell Center- Tarboro
Tuesday, April 28					
Table Tennis	9:00AM-11:00AM	Recreation Park Center-Wilson	Basketball Tournament	3:00PM	Braswell Center- Tarboro
Cornhole M&W	1:00 PM - 4 PM	Recreation Park Center-Wilson		Thursday, May 7	
Wednesday, April 29					
Billiards (Women)	9:00 AM	Nash County Senior Center	Bowling Doubles	8:30 AM	Rocky Mount Bowling Center
Billiards (Men)	11:00 AM	Nash County Senior Center	Bowling Mixed Doubles	11:00 AM	Rocky Mount Bowling Center
SilverArts Drop-Off	10:00 AM.-2:00 PM	Imperial Centre - Rocky Mount		Wednesday, May 20	
Literary Drop Off	10:00 AM.-2:00 PM	Imperial Centre - Rocky Mount	Awards Ceremony Dinner	5:00 PM - 7:00 PM	Imperial Centre - Rocky Mount
Thursday April 21					
			Silver Follies /Awards Ceremony	7:00 PM	Imperial Centre - Rocky Mount
			Silver Arts Reception & PickUp	3PM-5PM	Imperial Centre - Rocky Mount

*** Volunteers Needed

Down East Senior Games Entry Form

Please make a copy of your Registration Form before sending!

This is my first DESG

PLEASE PRINT LEGIBLY All participants must be North Carolina residents for a minimum of 3 consecutive months of the year.

FIRST NAME MI LAST NAME AGE DATE OF BIRTH
(as of Dec. 31, 2019)

MAILING ADDRESS CITY COUNTY ST ZIP CODE

Home Phone (_____) _____ Cell Phone (_____) _____ Gender (circle) MALE FEMALE

E-MAIL : _____

List any major health problems _____

EMERGENCY CONTACTS

Name _____ Relationship _____ Phone (_____) _____

Name _____ Relationship _____ Phone (_____) _____

T-SHIRTS: All participants receive a shirt (shirts are in men's sizes).

YOU MUST CIRCLE ONE: Small Medium Large X-Large 2X-Large 3X-Large I do not want a shirt

STATEMENT OF RELEASE/LIABILITY WAIVER FOR DOWN EAST SENIOR GAMES

*****This Section Must Be Signed by all Participants In Order To Compete - No Exceptions*****

I, the undersigned participant, hereby agree to indemnify, safe and hold harmless the Down East Senior Games and/or their sponsors, promoters, managers, and operators for my health, safety, or any injury resulting from my participation in and travel to or from the Games.

I have prepared myself for the events which I have entered, by practicing prior to the Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by Down East Senior Games that it would be in my best interest to consult my physician prior to my preparation in the Games. The Down East Senior Games has my permission to have a physician attend me if it is deemed necessary during my participation in the Games. I am covered by hospitalization or medical insurance through a private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury from my participation in the Senior Games.

I, the undersigned participant, grant to Down East Senior Games, the right to use any pictures taken of me during the Games to be held April 25-May 21, 2020 without any remuneration.

I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry packet. My State Finals Entry Form must be received in the NCSG office in Raleigh by August 1. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

Signature _____ Date _____

SIGN!

SILVER ARTS UNDERSTANDING

*****This Section Must Be Signed by all SilverArts Participants In Order To Compete - No Exceptions*****

I undersigned participant, hereby agree that I am releasing Down East Senior Games (DESG) from all responsibility of any damages that may incur to my entries. By signing this I understand it is my responsibility to deliver and pick up my entries or request someone to do so for me on the designated days and times set forth by DESG. DESG can not store items after May 31, 2020 and is not responsible for entries not picked up by the undersigned. I understand that if I am participating in Silver Arts performances that the majority of the group, must attend the sound check rehearsal. The Rehearsal will answer all your questions and provide a chance to be on stage and test sound. I undersigned participant, understand that exceeding the 3-minute time limit will result in disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the final note/movement of your act. **I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry packet. My State Finals Entry Form must be received in the NCSG office in Raleigh by August 1.** I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

Signature _____ Date _____

SIGN!

Continue to the next page...

Please indicate the sports you wish to compete in!

SAT. Ap. 24 Opening

Basketball Shooting Softball Throw
 Football Throw Silver Striders Fun Walk

MON. Ap. 27 Track & Field

50M Dash 1500M Race Walk
 100M Dash 1500M Power Walking
 200M Dash Discus Throw
 400M Dash Running Long Jump
 800M Run Shot Put
 1500M Run Standing Long Jump

TUES. Ap.28

Cornhole
 Table Tennis
 Singles
 Doubles Partner _____
 Mixed Doubles Partner _____

WED. Ap. 29

Billiards

THUR. Ap. 30 Pickleball

Singles
 Doubles Partner _____
 Mixed Doubles Partner _____

THUR. Ap. 30 & May 7

Bowling -(\$8.00 Fee for each)

Singles
 Doubles Partner _____
 Mixed Doubles Partner _____

THUR. Ap. 30 Swimming

Swimmers may enter up to 6 swimming events!

50 Yd. Backstroke 200 Yd. Butterfly
 100 Yd. Backstroke 50 Yd. Freestyle
 200 Yd. Backstroke 100 Yd. Freestyle
 50 Yd. Breaststroke 200 Yd. Freestyle
 100 Yd. Breaststroke 500 Yd. Freestyle
 200 Yd. Breaststroke 100 Yd. Individual Medley
 50 Yd. Butterfly 200 Yd. Individual Medley
 100 Yd. Butterfly

SAT. May 2 Bocce Ball Shuffleboard

TUES. May 5

Tennis

Singles
 Doubles Partner _____
 Mixed Doubles Partner _____

Cycling 1 Mile 5K 10K

Run/Race Walk 5K Run 5K Race Walk

WED. May 6

Croquet Horseshoes

Badminton

Singles
 Doubles Partner _____
 Mixed Doubles Partner _____

BASKETBALL TOURNAMENT**

You must have your own team formed

For Team Sports, All Players Must Register Individually!

Team Name _____ Age Group: _____

Captain's Name _____

Entry Fee: Required for ALL Participants (Fee entitles you to enter Athletic events and/or SilverArts + optional shirt)

\$ _____ **\$15 Early Bird Registration** **Received on or BEFORE March 15, 2020**

\$ _____ **\$20 Regular Registration fee** **Received AFTER April 15, 2020**

\$ _____ Award Ceremony Dinner **add \$12.00 per person** (per person)

\$ _____ **CONTRIBUTION** to Down East Senior Games (tax-deductible)

DESG Friend:\$1 - \$25 Recognition in the printed Program

DESG Donor: \$25 + Recognition in the printed Program

OPTIONAL EVENTS: _____ #attending Opening Ceremony _____ #attending Award Ceremony/Silver Follies

Return this form **signed and with payment** (check made out to **City of Rocky Mount**) to:

\$ _____ TOTAL AMOUNT ENCLOSED

Make sure to include all event & sport fees!

You are encouraged to make a copy prior to mailing!

BRING TO: Your local Senior Center or

MAIL TO: Rocky Mount Senior Center
PO Box 1180
Rocky Mount, NC 27802



Return this page with your Entry Form and Entry Fees by April 1, 2020

ALL SILVER ARTS Drop-off is April 27, 2020

10:00am-2:00pm at the Imperial Arts Centre,
200 Gay St, Rocky Mount, NC 27802

NO Early Drop-offs Permitted—but anyone can drop off on behalf of you

ALL SILVER ARTS Pick-up is

May 21, 2020 from 3pm– 5pm

at the Imperial Arts Centre,
200 Gay St, Rocky Mount, NC 27802

LITERARY ARTS

___ **Poem** Title: _____

___ **Short Story (fiction)** Title: _____

___ **Essay (not autobiographical)** Title: _____

___ **Life Experience** Title: _____

Performing Arts

NOTE: Your act must be 3 minutes or less. If it runs over 3 minutes you will be disqualified.

___ **Comedy / Drama** ___ Solo ___ Group # of participants in act _____

Group leader name _____ Phone no. _____

Name of Act: _____

___ **Dance** ___ Solo ___ Group # of participants in act _____

Group leader name _____ Phone no. _____

Group Name/Description _____

___ **Line Dance** ___ Solo ___ Group # of participants in act _____

Group leader name _____ Phone no. _____

Name of Act: _____

___ **Vocal** ___ Solo ___ Group # of participants in act _____

Group leader name _____ Phone no. _____

Name of Act: _____

Song Selection _____

___ **Instrumental** ___ Solo ___ Group # of participants in act _____

Group leader name _____ Phone no. _____

Name of Act: _____

Music Selection: _____

MISCELLANEOUS (NON- Sanctioned event)

NEW! - Submissions can include: floral arrangements, wreaths, wine&design type paintings, door hangers, colored pictures, DIY Crafts, & any unique non-traditional pieces that may fall into this category. All artwork must still have been completed by yourself- but it is acceptable that items were initially set up for you. (3 entries per person maximum)

1. _____ 2. _____
3. _____

VISUAL ARTS (NCSG sanctioned events)

PAINTING - You may enter one painting per category:

1. *Watercolor* Title: _____
2. *Oil* Title: _____
3. *Acrylic* Title: _____
4. *Pastels* Title: _____

DRAWING - You may enter one drawing

Title: _____

SCULPTURE - You may enter one sculpture

Title _____

PHOTOGRAPHY (Digital) - You may enter one photograph

Title: _____

PHOTOGRAPHY (Film) - You may enter one photograph

Title: _____

MIXED MEDIA - You may enter one piece. *Mixed Media is using one or more art media types.*

Title: _____

HERITAGE ARTS (NCSG sanctioned events)

BASKET WEAVING

Title _____

QUILTING (*machine stitched*)

Title _____

CROCHET

Title _____

STAINED GLASS

Title _____

JEWELRY

Title _____

TOLE/DECORATIVE PAINTING

Title _____

KNITTING

Title _____

WEAVING

Title _____

NEEDLEWORK

Title _____

WOODCARVING

Title _____

POTTERY (*Thrown or Hand built*)

Title _____

WOODWORKING

Title _____

QUILTING (*hand stitched*)

Title _____

WOODTURNING

Title _____

Please indicate the sports you wish to compete in!

SWIMMING - Swimmers may enter up to 6 swimming events!

- | | |
|---|--|
| <input type="checkbox"/> 50 Yd. Backstroke | <input type="checkbox"/> 100 Yd. Butterfly |
| <input type="checkbox"/> 100 Yd. Backstroke | <input type="checkbox"/> 200 Yd. Butterfly |
| <input type="checkbox"/> 200 Yd. Backstroke | <input type="checkbox"/> 50 Yd. Freestyle |
| <input type="checkbox"/> 50 Yd. Breaststroke | <input type="checkbox"/> 100 Yd. Freestyle |
| <input type="checkbox"/> 100 Yd. Breaststroke | <input type="checkbox"/> 200 Yd. Freestyle |
| <input type="checkbox"/> 200 Yd. Breaststroke | <input type="checkbox"/> 500 Yd. Freestyle |
| <input type="checkbox"/> 50 Yd. Butterfly | <input type="checkbox"/> 100 Yd. Individual Medley |
| | <input type="checkbox"/> 200 Yd. Individual Medley |

PICKLEBALL

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

TENNIS

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

TABLE TENNIS

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

BOWLING – (\$8.00 Fee for each)

*Only Scratch scores will be accepted for bowling events.

- Singles *No Handicap Score awards*
- Doubles Partner _____
- Mixed Doubles Partner _____

INDIVIDUAL SPORTS

- | | |
|--|---|
| <input type="checkbox"/> 50M Dash | <input type="checkbox"/> Cycling - 10K |
| <input type="checkbox"/> 100M Dash | <input type="checkbox"/> Discus Throw |
| <input type="checkbox"/> 200M Dash | <input type="checkbox"/> Running Long Jump |
| <input type="checkbox"/> 400M Dash | <input type="checkbox"/> Shot Put |
| <input type="checkbox"/> 800M Run | <input type="checkbox"/> Standing Long Jump |
| <input type="checkbox"/> 1500M Run | <input type="checkbox"/> Bocce Ball |
| <input type="checkbox"/> 5K Run | <input type="checkbox"/> Corn Hole |
| <input type="checkbox"/> 1500M Race Walk | <input type="checkbox"/> Croquet |
| <input type="checkbox"/> 5K Race Walk | <input type="checkbox"/> Horseshoes |
| <input type="checkbox"/> SilverStriders Fun Walk | <input type="checkbox"/> Shuffleboard |
| <input type="checkbox"/> Cycling - 1 Mile | <input type="checkbox"/> Billiards |
| <input type="checkbox"/> Cycling - 5K | |

OPENING DAY EVENTS

- | | |
|--|---|
| <input type="checkbox"/> Basketball Shooting | <input type="checkbox"/> Softball Throw |
| <input type="checkbox"/> Football Throw | <input type="checkbox"/> Silver Striders Fun Walk |

BADMINTON

- Singles
- Doubles Partner _____
- Mixed Doubles Partner _____

BASKETBALL TOURNAMENT**

You must have your own team formed

****For Team Sports, All Players Must Register Individually!****

- Team Name _____ Age Group: _____
- Captain's Name _____
- Phone # (____) _____

Entry Fee: Required for ALL Participants (Fee entitles you to enter Athletic events and/or SilverArts + optional shirt)

Number attending _____ Opening Ceremony Number attending _____ Award Ceremony/Silver Follies (participants/guests0

\$ _____ Award Ceremony Dinner **add \$12.00 per person** (participants/guests)

\$ _____ **\$15 Early Bird Registration Received on or BEFORE March 15, 2019 OR**

\$ _____ **\$20 Regular Registration fee Received AFTER March 15 - NO Registration after April 1, 2019!**

\$ _____ **CONTRIBUTION** to Down East Senior Games (tax-deductible)

- | | |
|---------------------------|---|
| DESG Patron: \$1 - \$24 | Recognition in the printed Program as a DESG Patron |
| DESG Friend: \$25 - \$99 | Recognition in the printed Program as a DESG Friend |
| DESG Donor: \$100 - \$249 | Recognition in the printed Program as a DESG Donor |

Return this form **signed and with payment** (check made out to **City of Rocky Mount**) to:

\$ _____ TOTAL AMOUNT ENCLOSED

Make sure to include all event & sport fees!

You are encouraged to make a copy prior to mailing!

BRING TO: Your local Senior Center or

MAIL TO: Rocky Mount Senior Center
PO Box 1180
Rocky Mount, NC 27802

Silver Arts Entry Eligibility & Guidelines

LITERARY ARTS

Drop-off is April 19, 2019, 9:00am - 1:00pm at Rocky Mount Senior Center, 427 S. Church St., Rocky Mount, NC 27803

- You may enter one piece per category. Entries must be typed, double-spaced on an 8 1/2" x 11" page, and have a minimum of 1" margins. A minimum font size of 10 is required. Entries must be an original work of the artist, and created after age 50. Submit original work plus one (1) photocopy. Original entries will not be returned, so make a photocopy of your work before submitting.
- A typed cover sheet listing the following must accompany all entries:
1) Name/Address/Phone Number, 2) Title of Entry, and 3) Category in which piece is being entered.
Entries must be sent with registration information.
- LENGTH LIMITATIONS: Poems: cannot exceed 40 lines (typed); Short Stories, Life Experiences and Essays: cannot exceed 8 pages, typed and double-spaced.
- **Gold & Silver Medal winners in each Literary Arts category will be eligible to enter NC Senior Games State Finals.**

VISUAL ARTS

Drop-off is May 9, 2018 at the Imperial Centre for Arts & Sciences, 200 Gay St, Rocky Mount, NC 27802 between 10:00am - 2:00pm

- Entries in Painting, Drawing and Photography must not exceed 36" x 42" (including matting and frame), and cannot exceed 40 pounds. The art piece must be an original work, not a print, and created within the last 2 years.
- Entries must be framed and wired for hanging. No serrated hooks or string. Two-dimensional artwork not properly framed and wired will not be displayed!
- Sculptures cannot exceed the following dimensions: Height: 60 inches; Width: 36 inches; Length: 36 inches, weight no more than 50 lbs.
- Sculpture groupings (sets) may have no more than three (3) pieces maximum per grouping/set.
- Do not submit your artwork with your entry form.
- **Gold, Silver, Bronze Medal winners in each Visual Arts category are eligible to enter the NC Senior Games State Finals.**

HERITAGE ARTS

Drop-off is May 9, 2019 at the Imperial Centre for Arts & Sciences, 200 Gay St, Rocky Mount, NC 27802 between 10:00am - 2:00pm

All entries are judged based on the following criteria:

- Entries for Heritage Arts must be the work of the individual, not a group effort. One (1) entry per category is allowed.
- Patterns may be used, but no stamped pieces will be accepted. Framed work must be securely wired and ready to be hung; no serrated hooks or string).
- Framed works can be no larger than 36"x 42", including matting and frame and no heavier than 40lbs.
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within, or attached to one of the 3 pieces of the set.
- **Gold, Silver, Bronze Medal winners in each Visual Arts category are eligible to enter the NC Senior Games State Finals.**

PERFORMING ARTS

Judging is Tuesday, May 21 as part of the SilverArts Follies and Awards Ceremony at the Imperial Centre Rocky Mount at 6:30pm

- **All performances are limited to 3 minutes in length maximum. If it runs over, you will be disqualified.**
- In performances involving two or more people, all performers, including accompanists must register individually in *SilverArts*.
- No changes in a performing group may be made after the April 1, 2019 entry deadline.
- Voice presentations must be a live performance by the artist. Background music can be taped. **Lip-synch is not permitted** as a performing art. Small props are allowed if provided by the performer (i.e. chairs, music stands, etc.).
- A piano, microphone and CD player will be provided for performers. **CD must be provided by the performer(s)/must be of high quality.**
- No one under age 50 will be permitted to perform on stage, and accompanists must be a registered participant in DESG.
- **"Best in Show" (Act with highest number of points) Performing Arts act is eligible to enter NCSG State Finals**

ALL SILVER ARTS Drop-off is April 27, 2020
10:00am-2:00pm at the Imperial Arts Centre,
200 Gay St, Rocky Mount, NC 27802

ALL SILVER ARTS Pick-up is
May 21, 2020 from 3pm– 5pm
at the Imperial Arts Centre,
200 Gay St, Rocky Mount, NC 27802