

Please legibly place a check mark next to all the events you will be participating in - no limit!

5K Off Road Run/ Walk	<input type="checkbox"/>	Singles				
Basketball	<input type="checkbox"/>	Free Throw	<input type="checkbox"/>	Hot Shot		
Bowling (please circle bowling alley preference)	<input type="checkbox"/>	Singles	<input type="checkbox"/>	Mixed Doubles	<input type="checkbox"/>	Doubles
	<input type="checkbox"/>	All Star or Hi-Joy	<input type="checkbox"/>	All Star or Hi-Joy	<input type="checkbox"/>	All Star or Hi-Joy
Cycling-12k Time Trials	<input type="checkbox"/>	Singles				
Disc Golf	<input type="checkbox"/>	Novice	<input type="checkbox"/>	Experienced		
Horseshoes	<input type="checkbox"/>	Singles				
Mini Golf	<input type="checkbox"/>	Singles- 18 holes				
Trivia-Multi choice	<input type="checkbox"/>	Team of 2-8 - please indicate if you need to be placed on a team YES/NO				
Pickleball	<input type="checkbox"/>	Singles	<input type="checkbox"/>	Mens Doubles	<input type="checkbox"/>	Mixed Doubles
	<input type="checkbox"/>	Womens Doubles	<input type="checkbox"/>	Novice	<input type="checkbox"/>	Experienced
Ping Pong	<input type="checkbox"/>	Singles				
Swimming	<input type="checkbox"/>	Back Stroke	<input type="checkbox"/>	25 yds	<input type="checkbox"/>	50 yds
			<input type="checkbox"/>	100 yds	<input type="checkbox"/>	200 yds
	<input type="checkbox"/>	Breast Stroke	<input type="checkbox"/>	25 yds	<input type="checkbox"/>	50 yds
			<input type="checkbox"/>	100 yds	<input type="checkbox"/>	200 yds
	<input type="checkbox"/>	Butterfly Stroke	<input type="checkbox"/>	25 yds	<input type="checkbox"/>	50 yds
			<input type="checkbox"/>	100 yds	<input type="checkbox"/>	
	<input type="checkbox"/>	Free-Style	<input type="checkbox"/>	25 yds	<input type="checkbox"/>	50 yds
			<input type="checkbox"/>	100 yds	<input type="checkbox"/>	200 yds
<input type="checkbox"/>	Individual Medley	<input type="checkbox"/>	100 yds	<input type="checkbox"/>	200 yds	
Track Events	<input type="checkbox"/>	50 M	<input type="checkbox"/>	100 M	<input type="checkbox"/>	200 M
	<input type="checkbox"/>	400 M	<input type="checkbox"/>	800 M	<input type="checkbox"/>	1500 M
Field Events	<input type="checkbox"/>	Discus	<input type="checkbox"/>	Shotput	<input type="checkbox"/>	Hi-Jump
	<input type="checkbox"/>	Long Jump	<input type="checkbox"/>	Javelin	<input type="checkbox"/>	Hammer Throw



Bremerton's WEST SOUND SENIOR GAMES



A Community Partnership of



An Athletic Event for Ages 50 and up
July 11-14, 2018

5k Run/Walk ~ Basketball
Bowling ~ Cycling Time Trials
Disc Golf ~ Horseshoes
Mini-Golf ~ Multi-Choice Team
Trivia (new) ~ Pickleball
Ping Pong ~ Swimming
Track & Field



Register for only \$40*!

Registration fee covers your participation in any or all events. Events are held at various locations throughout Kitsap County. Late fee of \$10 for registrations received after June 13 or received the day of.

Call the Event Commissioner at 360.434-5706 for more info.

Download the registration packet at www.bwssg.com.

Checks
payable to
SUMS

Please complete, sign and return with payment to:
BWSSG, c/o Bremerton Sr Center 1140 Nipsic Ave, Bremerton, WA 98310



Welcome to the Senior Games!

We are pleased to celebrate the 15th annual Bremerton's West Sound Senior Games for athletes ages 50 and better! The games will be conducted throughout Bremerton & Kitsap County at various venues.

Bremerton's West Sound Senior Games is not only a fitness program but also an athletic adventure that initiates a healthy life-style for women and men. This is accomplished through peer competition and a recognition of achievement. Sporting activities enhance both physical and mental well-being, as well as an increased sense of belonging and the fostering of friendships, for many years to come.

We encourage all men and women age 50 and better to make exercise and fun a regular part of your lifestyle. Our hope is that this annual event will not only stay with you for just a week, but will leave you with a lifetime of memories! We love to see your effort and your smiles. You are an inspiration to all ages! And with that... "LET THE GAMES BEGIN!"

Join Us for the Weekend

Bring the whole family and enjoy the many things that Bremerton and Kitsap County have to offer. **We are in the midst of locating a host hotel. Please call the Event Chair at (360)434-5706 for the hotel name and number.** The Bremerton Chamber of Commerce is also a great resource regarding local sights, call (360)479-3579 or go to www.visitkitsap.com or log onto www.bwssg.com

Washington State Senior Games

The 2018 Washington State Senior Games will be held July 20-22 in the cities of Olympia, Lacey and Tumwater. For more information about the Washington State Senior Games, call (360) 413-0148 or go to the following web site: www.pugetsoundgames.com.

BECOME A 2018 SPONSOR TODAY!!

Health, fitness, and personal recognition are key components for maintaining independent lifestyles. The 2018 Bremerton West Sound Senior Games are one avenue towards this goal. The games are open to men and women 50 years and over, and is a prelude competition to the Washington State Senior Games.

A wide variety of events is scheduled for the 2018 games. The primary goal of the committee is to offer a quality experience for all senior athletes. Your sponsorship keeps registration fees low and allows unlimited participation. Registration includes entry into all events, T-shirt (one per athlete) and registration packet.

Everyone wins: the sponsors, the participants and our community! Please give serious consideration to our funding request today.

Thanks to the event commissioners for coordinating the 2018 Bremerton's West Sound Senior Games!!

2018 SPONSORSHIP BENEFITS

Benefits	Sponsorship Level			
	Gold Medal \$1,000 & up	Silver Medal \$500	Bronze Medal \$300	Supporter \$200
Company Name in Program	●	○	●	●
Flier/Coupon in Registration Packet	●	○	●	●
Booth at Track and Field Event	●	○	●	
Hole Sponsorship at Mini Golf Tournament	●	○		
Your Banner Displayed at Events	●			

Event sponsorship and donation of services are also welcome. Please contact Monica Sorensen (360) 434-5706 for more information.

2018 OFFICIAL BWSSG ATHLETE ENTRY FORM

PERSONAL INFORMATION

Name (First) _____ (Last) _____

Address _____
(Inc. City, State, Zip)

Gender Male Female () _____
Contact Phone

Email Address _____

Age by Dec. 31, 2018

Birthdate (mo/day/yr) & Age

This event is for athletes ages 50+.

EMERGENCY CONTACT

Emergency Contact Name

() _____
Emergency Contact Phone

DOUBLES INFO.

Doubles Partner's Name/Event

Mixed Dbls Partner's Name/Event

MISC. INFORMATION

Participant Short-sleeve T-Shirt Size:(circle one)

Men's Shirt Sizes: S M L XLG XX-LG XXX-LG

Ladies Shirt Sizes: (fits snug) S M L XLG XX-LG XXX-LG

Where did you hear about Bremerton's West Sound Senior Games?

LODGING INFORMATION

Do you require overnight accommodations? If so, please contact the 360-434-5706 for more information.

REGISTRATION FEE INFORMATION BOX

The \$40.00 entry fee allows unlimited event entry and includes:

*BWSSG Short Sleeve T-shirt *Participant Packet



(Received prior to June 13) Registration Fee (\$40.00)x _____ = \$ _____

(Received after June 13) Registration Fee (\$50.00)x _____ = \$ _____

TOTAL AMOUNT DUE \$ _____

Waiver - All Athletes Must Sign and Date This To Be Eligible For Participation

I fully realize and understand there are certain inherent risks to which I will be exposed because of the nature and level of the sports activity for which I have registered. I understand and agree that Bremerton's West Sound Senior Games, its agents and officials, assume no responsibility for injuries or illness I may sustain as a result of my physical condition or my participation in any Bremerton's West Sound Senior Games event. I understand it is my responsibility to provide my own accident and health coverage and that Bremerton's West Sound Senior Games, its agents and officials, do not provide any accident or health insurance for its participants or volunteers. I also give permission for the Bremerton's West Sound Senior Games to use or distribute, without limitation or obligation, any record of the event which may include my voice or image. I hereby waive and release, for myself, and agree to hold harmless the Bremerton's West Sound Senior Games in the execution of this event, and its agents and officials, volunteers, and successors from any and all claims, including the cost of defense which may be made for damages and/or injury to property or persons occasioned by any cause arising as a result of or in connection with my participation in this event.

Signature _____

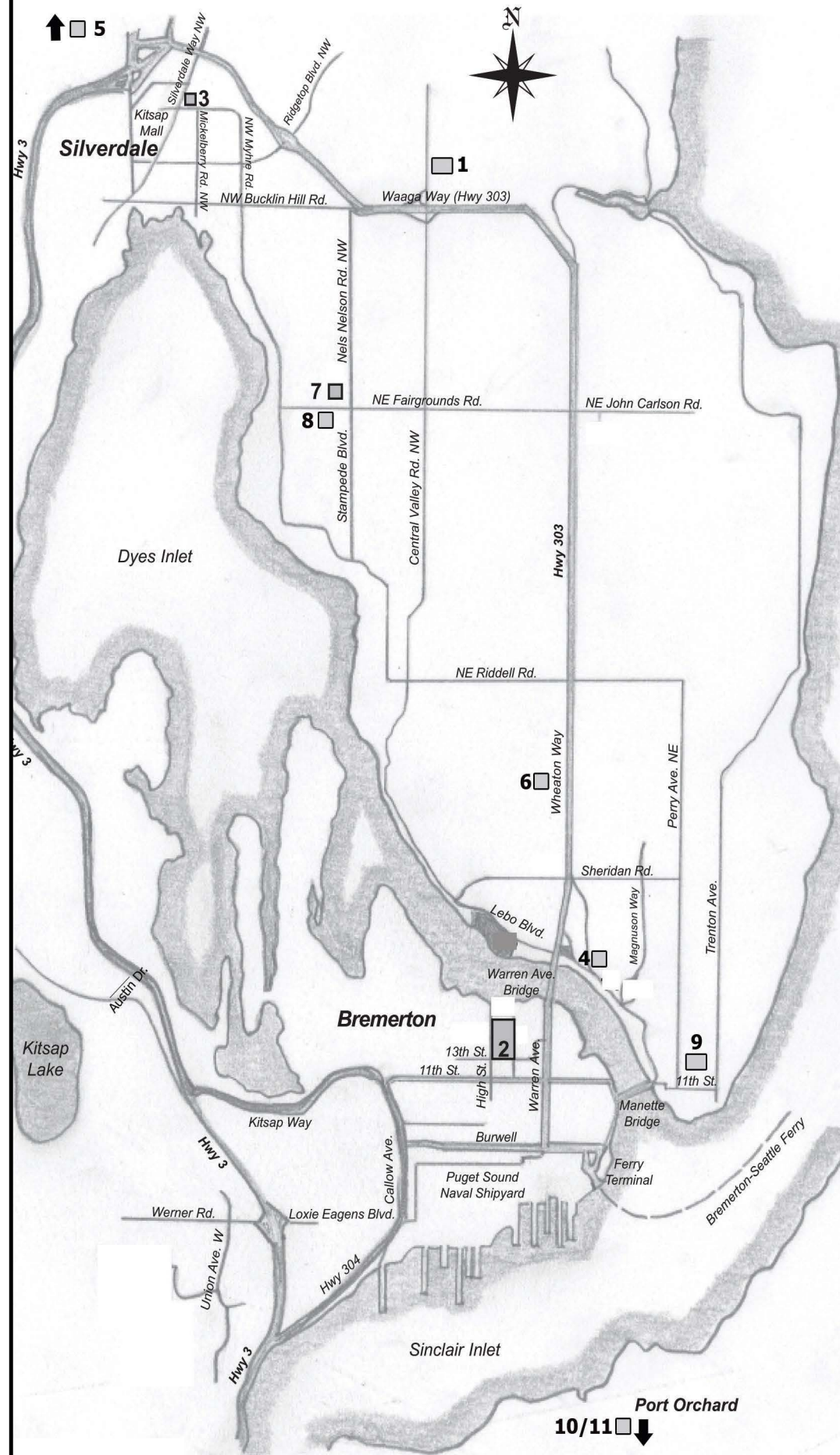
_____ Date

A Community Partnership of



Event Venue Map

- 1. NW Golf Range**
368 NE Waaga Way
Bremerton
- 2. Track and Field**
Bremerton High School
1500 13th St
Bremerton
- 3. Bowling**
All Star Lanes,
10710 Silverdale
Way NW, Silverdale
- 4. Basketball, Free Throw
and Pickleball**
Sheridan Park Comm. Center
680 Lebo Blvd., Bremerton
- 5. Cycling -12k**
Kitsap Memorial State Park
202 NE Park St, Poulsbo
- 6. Multiple Choice Team Trivia**
Arena Sports Bar
4111 Wheaton Way
Bremerton
- 7. 5K Off Road Run/
Walk and Horseshoes**
Kitsap Co. Fairgrounds
Near the Barns & Gordon Field
1200 NW Fairgrounds Rd.,
Bremerton
- 8. Swimming**
Olympic High School
7070 Stampede Blvd
Bremerton
- 9. Ping Pong**
Bremerton Senior Center
1140 Nipsic Ave., Bremerton
- 10. Disc Golf**
TBA
- 11. Bowling**
Hi-Joy Bowl
1011 Bethel Rd
Port Orchard



GENERAL INFORMATION

How to Enter - To enter, an Official Entry Form must be signed and completed. There is an entry form on pages 7 and 8 of this packet. Registration materials are also available on-line at www.bwssg.com. Completed forms and payment may be mailed to or dropped off at the Bremerton Senior Center, 1140 Nipsic Ave, Bremerton, WA 98310. (Hours are Monday-Friday, 8am to 3pm.)

Registration Fee - **\$40 for registrations received prior to the June 13th, 2018 deadline.** Official Entry Forms received after the date of June 13th, will be assessed a \$10 fee and are NOT guaranteed to receive participant packets and/or athlete T-shirts. (Postmarks are accepted.) The **non-refundable** registration fee covers **all** competitive events. In addition to 1st, 2nd and 3rd place medals, all pre-registered athletes will receive a BWSSG athlete T-shirt and a participation packet. Bremerton's West Sound Senior Games is entirely supported by corporate sponsorships and entry fees.

Why do we need your registration 3 weeks before the games begin? *This event takes several months to plan and there are many commissioners committed to organizing this event, as well as, sponsors. Deadlines help our volunteer commissioners to have accurate counts of participating athletes and are able to plan their events more effectively. Your timely return of the registration form along with your payment, assists us in not over-ordering senior games items, such as: medals, athlete T-shirts, registration packet contents and more, thus allowing the registration fees to remain reasonable.*

On-Site Registration - On-site registration **may** be available and late fees will be assessed and are accepted at the discretion of each event commissioner.

Confirmation Information - Exact start times may not be available until the week of July 2nd. Please see the schedule of events for approximate times, which will be posted to www.bwssg.com and will be available starting July 2nd. Event commissioners will contact participants to notify them of any schedule changes/updates.

Cancellations - Officials reserve the right to cancel or reschedule any event due to insufficient registration, inclement weather, or other unforeseeable circumstances. Refunds will be at the discretion of the event chairman.

How Many Sports/Events May I Enter - You may enter as many sports or events as you desire. Your registration fee covers **all the events** listed throughout this packet.

Who Can Enter - **Any person age 50 years or older as of December 31, 2018** may participate in Bremerton's West Sound Senior Games. Athletes will compete in their age bracket. Age brackets are based on the athlete's age as of December 31, 2018. For individual events there will be five-year age groups for men and women as follows; 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+. For doubles, mixed doubles and team competitions, age brackets include 50-54, 55-59, 60-64, 65-69, and 70+. The youngest participant's age determines the team age bracket.

Awards - Customized awards of gold, silver and bronze will be given to the first, second and third place finishers. Awards are given Olympic style, giving attention and honor to the winning athlete.

Check-In - Registration packets can be picked up at a location to be determined. Once the games begin, your packet will be available at your first scheduled event.

Event Locations - All events and activities will be held throughout Kitsap County. (Map is on page 6.)

Transportation - Participants must provide their own transportation to and from all events and venues.

Uniforms/Equipment - All athletes must wear the athletic attire usual and customary for the sport(s) in which they are competing and are responsible for their own equipment for all events. See the event notes in this registration book for details or contact the appropriate event commissioner.

Insurance - Bremerton's West Sound Senior Games does not carry medical insurance to cover injuries which occur during the games. It is expected that all participants carry their own medical insurance for any and all medical injuries that might occur. All participants must sign the waiver on the entry form.

BOWLING

Information: Wednesday, July 11-Thursdays, July 12, 1 PM at All Star Lanes, 10710 Silverdale Way and Friday, July 13, 1 PM Hi-Joy Bowl, 1011 Bethel Rd, Port Orchard (please indicate preference on sign-up sheet)

Divisions: Singles, Doubles and Mixed Doubles. Commissioners will contact participants regarding the exact time and date of their match.

Commissioner: Judy Ghrist, (360)876-8973, ghristj@hotmail.com and Sherron Peterson

5K OFF-ROAD RUN/WALK

Information: Wednesday, July 11, 6:30 PM Kitsap County Fairgrounds, 1200 NW Fairgrounds Rd., Bremerton

Notes: USTAF rules apply. Cross country course with grass, trails and some compact gravel and pavement. Moderately challenging with slight upgrades and downgrades.

Commissioner: RS Lucke, (360)509-4525, run@hotfoot5k.com

MINI GOLF

Information: Thursday, July 12, 10-12 AM NW Golf Range, Waaga Way, Bremerton

Notes: Participants will be notified of their play time (staggered times) prior to games. Play will be 18 holes and competition will be within age brackets. There will be food, sponsor booths and other activities while waiting for medals and everyone to finish. Number of shots per hole will be limited to keep play moving. Score keepers will be at each hole to ensure accuracy!

Commissioner: Monica Sorensen, (360)434-5706, monica_sorensen@hotmail.com

HORSESHOES

Information: Thursday, July 12, 4:30 PM Kitsap County Fairgrounds, 1200 NW Fairgrounds Rd., Bremerton

Divisions: Mens and Womens

Notes: Games will be 30 shoe count-all. Women and 70+ men will pitch from 30'. Bring your own horseshoes, limited equipment will be available.

Commissioner: Rex Tauscher, (360) 479-0668 rtauscher@comcast.net

FREE THROW/HOT SHOT

Information: Thursday, July 12, 6 PM Sheridan Park Comm. Center, 680 Lebo Blvd., Bremerton

Notes: Free throw and Hot Shot contests are open to EVERYONE! Test your basketball shooting skills from the free throw line and various spots on the court.

Commissioner: Scott Evans, (360)473-5427, scott.evans@ci.bremerton.wa.us

PICKLEBALL

Information: Friday, July 13-Saturday, July 14, 9 AM Sheridan Park Comm. Center, 680 Lebo Blvd., Bremerton

Divisions: Beginner/Novice, Singles/Mixed Doubles, Men's and Women's Doubles

Notes: Tournament format will depend on number of participants.

Commissioner: Kitty Campagna, (360) 471-8969, mskittycamp@gmail.com

SWIMMING

Information: Friday, July 13, 5-8 PM Olympic High School Pool, 7070 Stampede Blvd, Bremerton

Events (in yards):

Back Stroke	25	50	100	200	
Breast Stroke	25	50	100	200	
Butterfly	25	50	100		
Freestyle	25	50	100	200	500
Individual Medley			100	200	

Commissioner: Chriss Kuykendall, (360)990-5199, swimbwssg@gmail.com

PING PONG

Information: Saturday, July 14, 10 AM Bremerton Senior Center, 1140 Nipsic Ave, Bremerton

Divisions: Singles

Notes: Tournament depends on the number of participants. Matches will be best of five games. Players should wear dark solid colored shirts and provide their own paddle(s). USATT rules will apply. Balls will be provided.

Commissioner: Ken Quitugua, (360)692-4472, kendoq@gmail.com

TRIVIA - MULTI-CHOICE

Information: Saturday, July 14, 6pm Arena Sports Bar and Grill, 4111 Wheaton Way, Bremerton

Divisions: By team not age (prize for the cleverest name)

Notes: Participants will be separated by teams of 2 to 8 players. There will be 2 rounds of 30 multiple choice questions on electronic tablets. 1 round will be Senior Specific and 2nd round will be general trivia. Top scoring three teams will receive medals as per their placement. Special prize for team name creativity. Registered participants may only be at specified seating tables and participate in event. No cell phones will be allowed. Some food/or drink may be supplied as refreshment, but participants are responsible for their own meals.

Commissioner: Jon Handel 360-689-3418, www.jonboystivia.com

TRACK & FIELD

Information: Saturday, July 14, 10 AM Bremerton High School Stadium 1500 13th St, Bremerton

Events: Track - 50m, 100m, 200m, 400m, 800m, 1500m
Field - Discus, Shotput, High/Long Jump, Hammer Throw and Javelin

Notes: Track - Up to 1/4" spikes are allowed and must be provided by the athlete. Blocks are allowed. USTAF (NSG) rules will apply. **Must provide your own Javelin and a current USTAF card.**

Commissioners: John Gardner, jgardner@donobi.net

DISC GOLF

Information: Saturday, July 14, 1 PM TBA

Divisions: Novice and Experienced

Notes: **1-2pm:** Sign-up, Rules, Techniques prior to tournament. Time for practice and instruction. "Loaner" discs will be provided and discs will be available for purchase if desired. **2-4pm:** 18-hole tournament and medal ceremony.

Commissioner: Dan Glynn, (360)471-7634, danglynn8@gmail.com

CYCLING - 12K TIME TRIAL

Information: Wednesday, July 11, 1:30 PM Big Valley Road, Poulsbo

Divisions: Men & Women-12k

Notes: There is no room for parking on Big Valley. Please park at Kitsap Memorial Park. (Discover pass required at State Parks or \$10 day use fee. Alternative parking is being sought, consult your athlete packet prior to attending the event for updated parking info.) The start line is about 2 miles up Big Valley Road from Kitsap Memorial Park. Restrooms are available at the park. Be careful crossing the highway. Please provide your own equipment, helmets are required.

Commissioner: Patti Austad, paustad54@gmail.com

VOLUNTEERS

We need you to help with the 2018 Senior Games! Many of these events could not be possible without volunteers. Are you able to spare a few hours assisting with one or two events? Since each event relies on volunteers differently, contact that commissioner directly and let him/her know of your availability. Or if you are not sure who needs help, contact the Senior Games Chair at 360-434-5706 and she will let you know where you are most needed!

**REGISTER FOR AS MANY EVENTS
AS YOU ARE ABLE TO FOR ONE FEE!!**