

**SOUTHEAST IDAHO SENIOR GAMES  
POCATELLO, IDAHO  
AUGUST 07 – AUGUST 14, 2010**

The Southeast Idaho Senior Games is endorsed by the Idaho Governor's Council on Physical Fitness & Sports and belongs to the U.S. National Senior Games Organization

**GOALS**

To provide participants 50 years of age and better with opportunities for competition, fun and camaraderie at state levels, thereby contributing to the physical, mental, and emotional well-being of individuals

To improve and maintain all aspects of positive health in older adults throughout all states by encouraging the growth of a Northwest Area network of Senior Games organizations.

To provide opportunities for the social & competitive interaction of participants, families, volunteers and spectators through the games.

To emphasize and actively promote the importance of regular exercise and constructive activity at any age.

To provide an athletic, recreational and competitive experience for older adults at the Southeast Idaho Senior Games.

To celebrate the vitality of life through example, and to create an awareness of opportunities that exist for joyful and active lifestyles.

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**MISSION STATEMENT**

Southeast Idaho Senior Games is committed to providing adults, age 50 and better, with an opportunity and motivation to participate at Local, State and National games in events that promote physical, mental, social and emotional well-being.

**SOUTHEAST IDAHO SENIOR GAMES INFORMATION**

**Eligibility:** Game athlete, 50 years and better by December 31, 2010 may enter all Southeast Idaho Senior Games. Athletes of any age may enter Duplicate Bridge, Race Walk, Road Race and Triathlon.

**Registration Fees:** Game registration fee is \$15.00. If you register after July 27, 2010 the late fee will be \$20.00. An additional event fee for each event the athlete is participating in must be added to the registration fee.

**Registration Deadline:** Game registration must be in the Southeast Idaho Senior Games office by July 27, 2010 to guarantee a t-shirt.

**Confirmation Letters:** Will be e-mailed to you.

**Game Check In:** Game packets may be picked up starting August 4, 2010 at the Senior Games office at the Pocatello Senior Center 427 N. 6<sup>th</sup>. Office hours are 7:00am – 5:00pm. You must pick up your packet prior to your event.

**Game Updates:** Event Schedule updates and changes, if any, will be posted at the Senior Games office at the Pocatello Senior Center prior to competition.

**Refunds:** Requests for refunds must be made to SISG in writing and postmarked no later than July 1, 2010. Refunds after this date will only be granted due to emergency medical reasons and will be for only event fees.

**Game Shuttle:** The Games will not provide transportation to any event.

**Medals:** Gold, Silver and Bronze medals will be awarded to the first, second, and third place winners, ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each event for each age division, 50-54, 55-59, 60-64, 65-69, 70-74, 75-etc. Medals will be awarded after each event. Any medals not picked up will be available at the Senior Games office the following day. No medals will be mailed.

**Draw:** Divisions may be combined to provide better competition. Awards, however, will be given according to age groups.

**Medical:** There will be medical personnel at many sites. If you must be transported by ambulance, it will be at your expense.

**Opening Ceremony:** Will be August 09, 2010 at 6:00pm at O.K. Ward Park on Quinn Rd. Sponsored by Highland Hills/Ridge Wind

**New for 2010:** Pickleball

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