

ARCHERY

Sponsor: DIABETES & INTERNAL MEDICAL ASSOC.

Event Coordinator: Steve Rowlands

Event: Compound, Recurve, Compound W/O Sight

Schedule: Saturday, August 14, 2010 10:00am

Venue: Pocatello Field Archers Club
5880 Pocatello Creek Rd.

Divisions: 5-Year Age Brackets

Sport Fee: \$2.00 per event

FORMAT/RULES

Freeman Round

NAA (National Archery Association) Target Rules of Shooting will apply.

Archers may borrow equipment as needed.

No talking while on the line. Do not notch an arrow until you take your stance on the shooting line and the command is given to "commence firing." Wait for the signal to "recover" before stepping out in front of the shooting line.

On each target, one person will score at a time. While one person records the score on the score sheet, the person scoring will call the score of each arrow as it is removed, starting with his highest scoring arrow first. The person recording should stand beside and slightly in front of the target, not directly in front where an arrow suddenly pulled from the target could cause injury.

Count your arrows before leaving the target to return to the shooting line.

MEDALS

In each age division, Gold, Silver, and Bronze medals will be awarded to the first, second, and third places respectively. Fourth thru eighth place will receive ribbons. Awards will be presented immediately following the meet.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu, or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

BASKETBALL-MEN & WOMEN - 3 - ON - 3

Sponsor: DR. THOMAS CALL DDS

Event Coordinator: Jerry Sepich

Schedule: Saturday, August 7, 2010 9:00 am First Round, Second Round will be after the Basketball Shoot

Venue: Reed Gym, ISU Campus

Divisions: 5-year Age Brackets

Sport Fee: \$ 5.00 per person

REGISTRATION RULES

- There are no residency requirements for team members.
- Age division of team is determined by the age of the youngest player.
- Each player must register individually by July 27, 2010
- Individuals may play on only one team.

FORMAT/RULES

- Modified NCAA/NSGA rules will govern play.
- Team jerseys with numbers on front and back are required.
- The tournament will be round-robin and / or double elimination depending on the number of teams.
- If a team forfeits a game they may be removed from the tournament at the discretion of the Event Directors.
- Play will be (2) 12-minute halves - running time - with a 5-minute break between halves. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.

MEDALS

In each age division, Gold, Silver, and Bronze medals will be awarded to all team members on the first, second, and third place teams, respectively. Fourth thru eighth place will receive ribbons. Awards will be presented immediately following the championship games.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6 pm @ O.K. Ward Park

BASKETBALL SHOOT

Sponsor: CITIZENS COMMUNITY BANK

Event Coordinator: Jerry Sepich

Events: Hot Shot, Free Throw/3 Point

Schedule: Saturday, August 7, 2010 10:30am

Venue: Reed Gym, ISU Campus

Divisions: 5-year Age Brackets

Sport fee: \$3.00 per event

FORMAL/RULES

- Balls will be provided. If participant wishes to use his/her own ball, the ball must be official size, adhere to national standards and be approved by the Coordinator.

Free Throw

- Each contestant will shoot 25 free throws and will earn 1 point for each basket made.
- At the start of each competition participants are allowed 2 practice shots. If one of those is made, the participant has the option of starting with that shot.

3-Point shoot

- Each contestant will shoot 6 shots from the 3-Point line and will earn 3 points for each basket made. (Five spots will be marked and the shooter must use each of the designated spots. The 6th shot may be taken from any of the five locations.)
- At the start of each competition participants are allowed 2 practice shots. If one of those is made, the participant has the option of starting with that shot.

Hot Shot

- Each contestant will be allowed 2 one-minute rounds to make as many baskets as possible from any of the 5 designated spots. Competition will start under the basket at a lay-up spot.
- Each basket is worth 1 to 5 points, depending on the spot from which it was taken.
- Consecutive shots are allowed from any spot except the lay-up spot.
- A 15-point bonus will be awarded if a shooter attempts a shot from each one of the designated spots during a round. This bonus is awarded only once per 1-minute round.
- The best single-round score will determine the final score.
- Contestants must rebound their own shots.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth place will receive ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon @ 6pm @ O.K. Ward Park

BILLIARDS

Sponsor: POWERS CANDY, INC.

Event Coordinator: Bob Ivey
Event: 8-Ball Pool
Schedule: Monday, August 09, 2010 9:00am
Divisions: 5-year Age Brackets
Sport Fee: \$3.00 person

FORMAT /RULES

8-Ball Pool will be governed by standards rules recommended by: Billiard Congress of America.
Contestants are allowed to use their own cues.
Contestants must keep one foot on the floor while shooting.
A toss of the coin will determine who shoots first
No contestant shall make any remarks or utter any sounds within hearing of his opponent, nor make any movement that does or might interfere with opponent's play.
Any player repeatedly violating rules or guilty of any unsportsmanlike conduct may be barred from further participation in the contest.
Contestant will compete in singles only.
Flip for break
Ball in hand
Call Pocket
Banks & Combination called to pocket
8 ball break rerack
Open table after break
Run to 2 to win. If needed the match will be continued the next day.

MEDALS

First, Second, and Third places will receive Gold, Silver, and Bronze medals. Fourth thru eighth will receive ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

*Lunch-Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center
Opening Ceremony – Mon @ 6pm @ O.K. Ward Park*

BOWLING

Sponsor INTERMOUNTAIN BEVERAGE CO.

Event Coordinator: Tough Guy Lanes
Event: Singles, Doubles, Mixed Doubles
Schedule: Thursday, August 12, 2010 10:00am
Venue: Tough Guys, 403 E. Lewis
Division: 5-year Age Brackets
Sport Fee: \$6.00 per event, per person

FORMAT/RULES

- Participants may enter Singles, Doubles, Mixed Doubles, but may enter each event only once.
- For Doubles and Mixed Doubles, the age division will be determined by the age of the youngest partner.

MEDALS

In each event and in each age division the three highest scratch totals of the finals competition will win Gold, Silver and Bronze medals. Fourth thru eighth will receive ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

*Lunch – Mon., Tue., or Wed., or Thu., or Fri. 12 Noon @ Senior Center
Opening Ceremony – Mon @ 6pm @ O.K. Ward Park*

BRIDGE, DUPLICATE

Sponsor: QUAIL RIDGE

Event Coordinator: Joy Burke
Schedule: Tuesday, August 10, 2010 6:30pm
Venue: Quail Ridge, 797 Hospital Way
Sport Fee: \$2.00 per person

FORMAT/RULES

ACBL rules will be followed.

MEDALS

First, Second, and Third places will receive Gold, Silver, and Bronze medals. Fourth thru eighth will receive ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL Will be on Site during Play

BRIDGE, PAIRS

Sponsor: SHAVER'S PHARMACY

Event Coordinator: Jean Hoehner
Schedule: Wednesday, August 11, 2010 2:00pm
Venue: Pocatello Senior Center, 427 N. 6th Ave.
Sports Fee: \$3.00 per person

FORMAT/RULES

Rules will be given at event

MEDALS

First, Second and Third places will receive Gold, Silver, and Bronze medals. Fourth thru eighth will receive ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

*Lunch – Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center
Opening Ceremony – Mon @ 6pm @ O.K. Ward Park*

CHESS

Sponsor: PORTERS OFFICE PRODUCT'S

Event Coordinator: Jay Simonson
Events: Beginner, Intermediate, Advanced
Schedule: Thursday, August 12, 2010 9:00am
Venue: Pocatello Senior Center, 427 N. 6th Ave.
Sports Fee: \$3.00 per person

FORMAT/RULES

Rules will be given at event

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to first, second and third place teams, respectively. Ribbons will be awarded to fourth thru eighth places. Awards will be presented immediately following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

*Lunch- Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center
Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park*

CROQUET

Sponsor: IDAHO POWER CO.

Event Coordinator: Carolyn Fulton
Event: Singles and Doubles
Schedule: Thursday, August 12, 2010 1:00pm
Venue: Pocatello Senior Center, 427 N. 6th Ave.
Divisions: 5-year Age Brackets
Sports Fee: \$3.00 per event, per person

GAME OVERVIEW

- The game can be played by 2-6 players.
- Each player plays with one ball in singles, or doubles.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to first, second and third place teams, respectively. Ribbons will be awarded to fourth through eighth places. Awards will be presented immediately following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center

Opening Ceremony - Mon @ 6pm @ O.K. Ward Park

CYCLING

Sponsor: SEICOG

Event Coordinator: Rob VanKirk

Event: Criterium, Hill Climb, 5K & 10 K Time Trial,
20K & 40K, Road Race

Schedule: Tuesday, August 10 - Saturday, August 14, 2010
See Event Descriptions below

Divisions: 5-year Age Brackets
Sports Fee: \$3.00 per event, per person

FORMAT/RULES

Helmets are mandatory at all times
No bare shoulders

EVENT DESCRIPTIONS

Sponsor: BARRIES SPORTS

Criterium

Date: Tuesday - August 10

Time: 6:00pm

Venue: Holt Arena Parking Lot - ISU campus

Distance: 1km, technical course with seven turns. Riders in the 50-54 age group will ride with our masters 45+ and "B" riders. The race is 35 minutes plus two laps. Riders 55 years old and older will ride in a separate race that is 20 minutes plus two laps in length. Lapped riders may continue to ride, and we just keep track of how many laps down they are. Everyone finishes on the same lap, so the winner in each age class is the rider on the lead lap who finishes first. Next places are all the other riders on the lead lap in their order of finish, then the riders one lap down in their order of finish, then riders two laps down, etc.

Course: Closed Course at Holt Arena Parking Lot

Cycling Hill Climb:

Tandem Hill Climb: **IDAHO CENTRAL CREDIT UNION**

Date: Wednesday - August 11

Time: 6:30pm

Venue: Scout Mountain - Cherry Springs
Mink Creek Road

Distance: The hill climb is 5.1 miles and gains a total of 1000 feet. Grade is 2-3% for the first three miles and about 6% for the last two miles

Cycling 10K Time Trial:

Tandem 10K Time Trial:

Date: Friday-August 13

Time: 8:00am

Venue: Staging Point - Sinclair Station, Arimo, Id. Exit #40

Distance: Open 10K

Cycling 20K Road Race:

Tandem 20K Road Race:

Date: Friday - August 13

Time: 9:30am

Venue: Staging Point - Sinclair Station, Arimo, Id. Exit #40

Distance: Open 20k

Cycling 5K Time Trial:

Tandem 5K Time Trial:

Date: Saturday - August 14

Time: 8:00am

Venue: Staging Point - Sinclair Station, Arimo, Id. Exit #40

Distance: Open 5K

Cycling 40K Road Race:

Tandem 40K Road Race:

Date: Saturday - August 14

Time: 9:00am

Venue: Staging Point - Sinclair Station, Arimo, Id. Exit #40

Distance: Open 40K

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three fastest times. Ribbons will be awarded for fourth through eighth place. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center

Opening Ceremony - Mon. @ 6:00pm @ O.K. Ward Park

DANCE

Sponsor: IDAHO ORTHOPEDIC & SPORTS CLINIC, PA

Event Coordinator: Joanne DiCataldo

Event: Waltz, West Coast Swing, Free Style Swing, Texas Waltz, Rumba,
Cha - Cha, Country Western Cha-Cha, Tango, Salsa

Schedule: Thursday, August 12, 2010 6:00pm

Venue: Pocatello Senior Center, 427 N. 6th

Divisions: 5 year age brackets, couple, youngest competitor determine bracket

Sports Fee: \$3.00 per person, per dance

FORMAT/RULES

- You may enter as many dances as you want with the same or with different partners.
- Contestants must identify dance partner at the time of registration and all contestants must be registered. In case a partner becomes ill after registration, a substitute may be made.
- There will be no clothes changes
- There will be no exhibition dances among performers

MEDALS

In each event and in each age division Gold, Silver, and Bronze medals will be awarded to the three highest scores.

Awards will be presented after each event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., or Tue., or Wed., or Thu., or Fri. 12 Noon @ Senior Center

Opening Ceremony - Mon. @ 6pm @ O.K. Ward Park

DANCE - LINE

Sponsor: IDAHO ORTHOPEDIC & SPORTS CLINIC, PA

Event Coordinator: Barbara Jackson

Schedule: Thursday, August 12, 2010 6:00pm

Venue: Pocatello Senior Center, 427 N. 6th

Divisions: Beginner, Intermediate, Advanced, Round

Sport Fee: \$3.00 per person

FORMAT/ RULES

Dance in Lines or Round. Maximum of 4 minutes of dancing. Minimum of 3 participants

per group. Bring your own music. Beginner – just getting started in Line Dancing. Intermediate – One year of Line Dancing. Advanced – Won the intermediate category or 2 years dancing together (in Sync), You are judged on costume, choreography, and presentation. No clothes changes. You can dance in one line dance group only.

SUBJECT TO CHANGE

MEDALS

In each division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Awards will be presented after each event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch- Mon., or Tue., or Wed., or Thu., or Fri. 11:30am @ Senior Center
Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

DISC GOLF

Sponsor: HAMMER NUTRITION

Event Coordinator: Lance Clark
Schedule: Thursday, August 12, 2010 9:00am
Venue: Ross Park Disc Golf
Divisions: 5-year Age Brackets
Sports Fee: \$3.00 per event, per person

FORMAT/RULES

The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. Each consecutive throw is made from where the disc came to rest after the last throw. Score is determined by counting the number of throws made on each hole plus penalty throws and then summing the holes. The winner is the player who completes the course with the lowest score.

MEDALS:

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to first, second and third place respectively. Ribbons will be awarded to fourth thru eighth places. Awards will be presented immediately following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. 11:30 am @ Senior Center
Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

FUN RUN/WALK

Sponsor: QUAIL RIDGE

Event Coordinator: Lance Clark
Event: 5K, 10K Race Walk, 2.5K Fun Walk.; 5K, 10K Road Race
Schedule: Saturday, August 14, 2010 7:30am
Venue: O.K. Ward Park, 1400 W. Quinn Rd.
Divisions: 5-year Age Brackets
Fee: \$3.00 per event, per person

FORMAT/RULES

Proper Clothing & Have Fun
If you walk & jog you must enter the running event

MEDALS

In each event and in each age division Gold, Silver and Bronze medals will be awarded to the three fastest times. Ribbons for fourth thru eighth will be awarded. Awards will be presented after the competition.

SPORT SPONSOR SOCIAL On site following race

GOLF

Sponsor: BANK OF IDAHO

Event Coordinator: Dolly Morrison
Event: Golf 18 holes scratch play, Longest Drive, Putts, Closest to Pin
Schedule: Monday, August 9, 2010 8:00am
Venue: Juniper Hill Country Club - 6600 Bannock Hwy
Divisions: 5-year Age Brackets

Sports Fee: \$30.00 Green Fee
There will be a \$10.00 late fee if you register on day of Golf
Cart Fee - Pay at Golf Course or you may bring your own Cart

FORMAT/ RULES

- Foursomes are determined by the pro.
- Course required soft spikes
- All golfers must adhere to the local rules of the course ,
- Pace of play will be monitored during the tournament. Slow play will be warned and, if necessary, penalized.
- This is a 18 hole scratch tournament.
You must wear a collared shirt

MEDALS

In each event and in each age division, Gold, Silver, and Bronze medals will be awarded to the three lowest scores. Ribbons will be awarded to fourth thru eighth places. Awards will be presented after the competition. Prizes will be awarded to the Longest Drive - Putts, and Closest to the Pin for Men and Women

SPORT SPONSOR SOCIAL

Lunch at Juniper Hills Country Club following completion of play.

HAND & FOOT

Sponsor: BINGHAM MEMORIAL

Event Coordinator: Marge Deming
Schedule: Tuesday, August 10, 2010 5:00pm
Venue: Pocatello Senior Center, 427 N. 6th Ave.
Sports Fee: \$3.00 per person

FORMAT/ RULES

Rules will be given at event

MEDALS

In each event Gold, Silver and Bronze medals will be awarded to the three highest Scores. Fourth thru eighth will be awarded ribbons. Awards will be presented after event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch Mon., or Tue., or Wed., or Thu., or Fri., 11:30am @ Senior Center
Opening Ceremony Mon. @ 6pm @ O.K. Ward Park

HORSESHOES

Sponsor: COTTONWOOD COVE

Event Coordinator: Brian Poole & Jim Robinson
Event: Singles, Doubles, Mixed Doubles
Schedule: Saturday, August 14, 2010 1pm
Venue: Ross Park Horseshoe Complex
Division: 5-year Age Brackets
Sport Fee: \$3.00 per person per event

All Matches will be conducted in accordance with the National Horseshoe Pitching Association rules.

A participant must provide his/her own horseshoes. They must be 2-1/2 pound regulation shoes
Competition pitching distance.

Women 50-74-----30 ft.

Women 75+-----20 ft.

Men 50-69-----40 ft.

Men 70+-----30 ft.

For men & women 75+ games will be played to 21 points or the high score

after 30 shoes, whichever occurs first. No tie breakers allowed. Games will consist of 21 points for women and men through age 74

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented at the end of the competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch- Mon., or Tue., or Wed., or Thu., or Fri @ 11:30am @ Senior Center
Opening Ceremony Mon @ 6pm @ O.K. Ward Park

MOUNTAIN BIKE

Sponsor: U.S. BANK

Event Coordinator: Kirk Hendricks
Event: Cross Country
Schedule: Monday, August 9, 2010 1:00pm
Venue: Centennial Park, up City Creek
Sports Fee: \$3.00 per person

FORMAT/ RULES

Rules will be given at event.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to first, second and third place respectively. Ribbons will be awarded to fourth thru eight places. Awards will be presented immediately following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri @ 11:30am @ Senior Center
Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

PENTATHLON

Sponsor: BUTTER BURRS

Event Coordinator: Jody Olson
Event: Women: 100M Dash, High Jump, Shot Put, Long Jump, 800M Run
Men's: Long Jump, Javelin, 200M Dash, Discus, 1500M Run
Schedule: Monday, August 9 & Tuesday .August 10, 2010
See Track & Field for times
Venue: Davis Field @ ISU
Divisions: 5-year Age Brackets
Sports Fee: \$15.00 per person

FORMAT/ RULES

Rules will be the Same as for Track & Field

MEDALS

In each event Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented after event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri @ 11:30am @ Senior Center
Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

PICKLEBALL

Sponsor: SCOTT'S SKI & SPORTS

Event Coordinator: Doug Milder
Schedule: Saturday August 7, 2010 1:00 pm
Venue: Reed Gym ISU Campus
Sports Fee: \$3.00 per person

FORMAT/RULES

Rules will be given at event

MEDALS

Gold, Silver and Bronze medals will be awarded to the highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented after event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thur., or Fri @ 11:30am @ Senior Center
Opening Ceremony – Mon @ 6pm @ O.K. Ward Park

PINOCHLE, PAIRS

Sponsor: FRED MEYERS

Event Coordinator: Echo Mock
Schedule: Thursday, August 12, 2010 10:00am
Venue: Pocatello Senior Center
Sports Fee: \$3.00 per person

FORMAT/RULES

Rules will be given at event

MEDALS

Gold, Silver and Bronze medals will be awarded to the highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented after event.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center
Opening Ceremony: Mon. @ 6pm @ O.K. Ward Park

RACQUETBALL

Sponsor: FITNESS, INC.

Event Coordinator: Jay Liljenquist
Event: Doubles
Schedule: Last of January, 2011 Call Fitness, Inc.
Venue: Fitness, Inc.. 1800 Garrett Way #19

FORMAT/RULES

Rules will be given at event

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented at the end of competition

SPORT SPONSOR SOCIAL will be on site during the tournament

SHUFFLEBOARD

Sponsor: JAPANESE AMERICAN CITIZENS LEAGUE

Event Coordinator: Jeanne Moore
Event: Singles, Doubles
Schedule: Tuesday, August 10, 2010 9:00am
Venue: First Congregational Church, 309 N. Garfield
Divisions: 5 year Age Brackets
Sports Fee: \$3.00 per event, per person

FORMAT/RULES

All shuffleboard matches will be ruled in accordance with official rules of the National Shuffleboard Association, Inc.

- Players may use their own cues for competition play.
- It is the responsibility of the athlete to check in 15 minutes prior to their playing time at the event.
- Athletes may qualify in singles and or doubles
Doubles partners may be either of the same or mixed gender. Age bracket for doubles is determined by the age of the younger partner.
- Singles and doubles matches will consist of eight (8) frames or 45 minutes, whichever comes first. The winner(s) will be determined by the highest score at the end of the match.
- A double-elimination tournament will be held for each age bracket. (Best two out of three when only 2 players are registered. A round robin will be held for three players. If only one person or team is registered in an age group they must play an exhibition match.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented after the competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

SOFTBALL

Sponsor: QUINN MEADOWS

Event Coordinator: Jerry Sepich
Event: Team Softball
Schedule: Friday, August 13, & Saturday August 14, 2010
Thursday, August 12, 2010, if needed.
Venue: Tydeman Field
Divisions: 5 year Age Brackets
Sports Fee: \$ 10.00 per person

FORMAT/RULES

- This tournament will be conducted in accordance with Amateur Softball Association (ASA) rules.
- Teams must provide their own bats, gloves and practice balls
- Teams must be all one gender.
- Team rosters shall be limited to 20 persons, including non-playing coaches, non-playing captains and non-playing bench personnel.
- All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
- Athletes may compete on no more than two teams.
- Age division for all team competition will be determined by the age of the youngest team player as of December 31 2010.
- Tournament format will be round robin (pool play), with as many teams as possible advancing to a single elimination championship bracket. The SISG reserve the right to change the tournament format of any age division based on entry numbers, space restrictions or other circumstance.
- A strike zone will be used.
- Medal cleats will not be permitted.
- All team members must check-in at the Pocatello Senior Center.
- SISG badges and picture ID must be in players' possession during all games and will be randomly checked. A copy of the playoff bracketing will be available for

pickup by the Team Manager or his representative at the Senior Center.

MEDALS

Medals of Gold, Silver, Bronze will be awarded to each team member for first, second and third. Ribbons will be awarded to fourth thru eighth places. Awards will be presented following the competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30 Noon @ Senior Center

Opening Ceremony – Mon @ 6pm @ O.K. Ward Park

SWIMMING

Sponsor: POCATELLO EYE CARE

Event Coordinator: Ron Endo & Kim Bodily
Event: Backstroke, Breaststroke, Butterfly,
Freestyle, Ind. Medley, Elem. Back,
Sidestroke
Schedule: Monday, August 9, thru Wednesday, August 11, 2010
See Event Schedules Below
Venue: Reed Gym @ ISU
Divisions: 5 year Age Brackets
Sports Fee: \$3.00 per event

FORMAT/RULES

- Swimmer's Age Division for competition will be determined by their age on
- December 31, 2010.
- Event is USMS recognized. World records are not recognized.
- Pool is indoor with 6 lanes 25 yards.
- The forward start may be taken from the starting block, the pool deck or a push from the wall. The backstroke start is taken from the wall.
- For all events except "distance" events, all women will compete first, by age division, then all men will compete, by age division.

EVENT SCHEDULE Warm Up will be at 1:00pm

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
200 yard backstroke	100 yard breaststroke	50 yard free
1650 yard freestyle	50 yard back	50 yard breaststroke
200 yard breaststroke	100 yard fly	50 yard Ele. Back
	25 yard free	100 yard IM
	25 yard Ele. Back	25 yard breaststroke
	100 yard free	50 yard fly
	100 yard Medley Relay	200 yard freestyle
	50 yard side	100 yard free relay
	200 yard IM	25 yard fly
	25 yard back	100 yard back
	25 yard side	500 yard free
	800 yard free	

MEDALS

Medals of Gold, Silver, Bronze will be awarded to each team member for first, second and third place. Ribbons will be awarded to fourth thru eighth places. Awards will be presented following the competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon @ 6pm @ O.K. Ward Park

TABLE TENNIS

Sponsor: LES SCHWAB – YELLOWSTONE STORE

Event Coordinator: Mike Merzlock
Event: Single, Doubles
Schedule: Wednesday, August 11, 2010 1:00pm
Division: 5-year Age Brackets
Venue: Reed Gym, ISU Campus
Sports Fee: \$3.00 per event, per person

FORMAT RULES

- Participants must play in their own age bracket in singles.
- Age bracket for doubles will be determined by the age of the youngest partner.
- Participants may enter only one age category in age events.
- All matches will be conducted in accordance with U.S. Table Tennis Association rules.
- Participants may use their own paddle and it must be any material, size, shape or weight in accordance with USTTA rules.
- A toss of the coin will determine who serves first.
- Competition will be singles and doubles. Doubles partner must be of the same gender.
- Shoes must be rubber-soled.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch - Mon., Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

TENNIS

Sponsor: REGENCE/BLUE SHIELD

Event Coordinator: Ken Azbil
Event: Singles, Doubles, Mixed Doubles
Schedule: Saturday, August 7, 2010
Singles, 8:00am
Doubles, 10:00am
Venue: Juniper Hills Country Club 6600 Bannock Hwy.
Division: 5-Year Age Brackets

FORMAT/RULES

- All tennis matches will be conducted in accordance with U.S. Tennis Association rules.
- Participants may enter a maximum of 2 events. The 2 events may include a maximum of one each of Singles, Doubles, and/or Mixed Doubles.
- Depending on the number of entries received, some draws may be combined.
- Tie-breakers for 3rd sets may be used.
- Partners cannot be substituted mid-tournament.
- Matches will not be rescheduled to accommodate participants' schedules in other sports.

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (Ticket Required)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

TRACK & FIELD

Sponsor: J.R. SIMPLOT COMPANY

Event Coordinator: Jerry Sepich
Event: 50m, 100m 200m, 400m, 800m, 1500m Runs
400, 1500 Race Walk
800m walk Estimated Time
Discus, Shot Put, Javelin, Hammer Throw, High Jump, Long Jump,
Standing Long Jump, Triple Jump, Football Throw, Softball Throw,
Pole Vault, 4x100M Relay
Schedule: Monday, August 9, & Tuesday, August 10, 2010
See Event Schedules Below
Divisions: 5-year Age Brackets
Venue: Davis Field, ISU
Sports Fee: \$3.00 per event, per person

FORMAT RULES

Age division for competition and SISG Records will be based on participants age on December 31, 2010.

Relays do not need to be indicated on the registration form, they will be organized on site. There will be an additional charge for relays.

USATF rules and equipment standards apply..

Only one bib number will be assigned to each contestant for the entire meet.

Participants must report to the Bull Pen when the event is called.

Spikes up to 1/4-inch will be allowed and must be provided by the athlete.

All races are final.

EVENT SCHEDULE

Monday *Men Pen	Tuesday *Women Pen
11:00am 1500M Race Walk	* 100M Dash
* Long Jump	Standing Long Jump
11:15am	
11:30am *200M Dash	400M Race Walk
	*Long Jump
11:45am 800M Est. Walk	
Triple jump	
12:00pm	50M Dash
	*Shot Put
12:15pm 400M Run	
12:30pm *Discus	* 800M Run
12:45 *1500 M Run	
1:00pm	4 x 100M Relay
	Softball Throw
1:15pm	
1:30pm *Javelin	
1:45pm	Football Throw
2:00pm	
2:15pm Pole Vault	*High Jump
2:30pm	
2:45pm Hammer Throw	
(Bartz Field)	

MEDALS

In each event and in each age division, Gold, Silver and Bronze medals will be awarded to the three highest scores. Fourth thru eighth will be awarded to the three highest scores. Fourth thru eighth will be awarded ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL (TICKET REQUIRED)

Lunch – Mon., or Tue., or Wed., or Thu., or Fri. @ 11:30am @ Senior Center

Opening Ceremony – Mon. @ 6pm @ O.K. Ward Park

TRIATHLON

Sponsor: **CENTER FOR ORTHOPEDIC REHABILITATION**

Event Coordinator: Lance Clark

Event: 5kRun, 20K Bike, 500yd. Swim

Schedule: Saturday, August 7, 2010

Men's 7:30am, Women's 8:00am, Team's 8:30am

Divisions: 5-year Age Brackets

Venue: Ross Park Aquatic Complex, 2901 S. 2nd. Ave.

Sports Fee: \$ 10.00 per Individual Triathlete

\$ 10.00 per Individual on teams.

SHIRTS MICROFIBER T-SHIRT INCLUDED WITH FEE

FORMAT/RULES

- The triathlon will be governed by the Triathlon Federation/USA competitive rules with the exception noted below.
- All participants must provide their own bike, helmet, running and swimming gear.
- No drafting. No cyclist shall take pace behind another rider closer than 10 meters (33 feet) long, 2 meters (7 feet) wide surrounding every bicycle.
- Hard shell helmets are required (ANSI or Snell approved with sticker affixed) Multi-gear (free-wheel) bikes with front and rear brakes required. **FIXED GEAR BICYCLES ARE NOT PERMITTED.**
- There may be no protective shield, faring, or other device on any part of the bicycle (including but not limited to, the frame, wheels, handlebars, chain wheel or accessories) which has the effect of reducing air resistance.
- The TRIATHLON consists of: road race 5K, cycling 20K, swimming 500 yards.
- Wave start Division by Event Coordinator
- On request times for the 5K run will be posted to 5K run event

RELAY TRIATHLON

- Two or three person team. (men, women, or mixed).
- Age division for teams are combined ages of 150-169, 170-189, 190-209, 210-219. 220+.
- Must pre-register.
- Partner must be touched to continue.
- Same distances as in Triathlon.
- Same rules as in Triathlon.
- If an athlete competes in both the Triathlon and the Relay Triathlon, that athlete must compete in the first leg of the relay.

MEDALS

In each event and in each age division, Gold, Silver, and Bronze medals will be awarded to the three lowest time. Fourth thru eighth will be awarded ribbons. Awards will be presented following competition.

SPORT SPONSOR SOCIAL Lunch will follow completion of the Triathlon @ Aquatic Park @ Ross Park. **Sponsored by Quail Ridge**