



Senior Sports Days

PORTSMOUTH DEPARTMENT OF PARKS AND RECREATION



*Celebrating
Older Americans Month*
"POWER BY CONNECTION"



Robert Batcher
2024 Sports Day
Keynote speaker



***"From Portsmouth to Paris,
Celebrating Olympic Games 2024"***

Monday, May 6, 2024

Billiards & Table Tennis

Senior Station

3500 Clifford St.

Tuesday, May 7, 2024

Track & Field at I.C Norcom High School

1801 London Blvd

Opening Ceremony & Senior Information Fair

Portsmouth Sportsplex

1800 Portsmouth Blvd.

Wednesday, May 8, 2024

Table Games

Checkers

Dominoes

Spades

Portsmouth Sportsplex

1800 Portsmouth Blvd.

Thursday, May 9, 2024

Active Games

Beanbag

Bocce Ball

Corn Hole

Pickleball

Softball Hit & Throw

Awards Ceremony

Portsmouth Sportsplex

1800 Portsmouth Blvd.

**KEEP THIS SHEET FOR YOUR INFORMATION
2024 PORTSMOUTH SENIOR SPORTS DAYS**

2024 Senior Sports Days Information Sheet

INFORMATION AND REGISTRATION FORM

Organized By:

Portsmouth Department of Parks and Recreation
Portsmouth Task Force on Aging
Senior Sports Day Executive Committee

Virginia Senior Games:

Virginia Senior Games will be September, 5 – 8, 2024. Information will be available at registration table.

Eligibility:

Any Hampton Roads resident 50 and older. Complete both sides of registration form mail or drop off on or before March 31, 2024.

To Register:

Include all registration fees, make checks or money orders payable to Portsmouth City Treasurer. **NO REFUNDS AFTER APRIL 5, 2024.**

Registration Fees:

\$40 - Full Registration
includes four days of competition events, lunch and one t-shirt.

\$15 - Daily Registration
includes daily competition events, lunch, and one t-shirt for the selected day.

\$10 - Spectator Only
includes access to watch competition events and lunch. **No t-shirt will be provided.**

_____ **One t-shirt per registered participant** _____

Registered Participants:

Mail or drop off registration form to:
Portsmouth Department of Parks and Recreation
Senior Station
3500 Clifford Street
Portsmouth, VA 23704

You will receive written conformation by mail which must be presented on the days of your events.

Lunch:

Lunch will be provided May 6 - 9, 2024.

Additional Information:

Please select **ONE** event per time slot. If you select more than one event, the committee will select an event for you.

Registration packets will be given on the day of your first event. You are the only person that can pick up your registration packet, the committee will not give your packet to anyone other than the registered participant.

Schedule Of Events:

Monday, May 6, 2024

- **Billiards**
9 am check in
Event start time 10 am
Senior Station
3500 Clifford St.
- **Table Tennis**
9 am check in
Event start time 10 am
Senior Station
3500 Clifford St.

Tuesday, May 7, 2024

- **Track & Field**
Registration opens 7:30 am
(Pick up on field)
Event start time 8:30 am
- **I.C. Norcom Track Field**
1801 London Blvd.
Portsmouth, VA 23704
- **Senior Information Day**
9 am – 2 pm
Opening Ceremony 11 am
Portsmouth Sportsplex
1801 Portsmouth Blvd.

Wednesday, May 8, 2024

- **Indoor/Outdoor Events**
Registration opens 8 am
Events start 9 am
- **Portsmouth Sportsplex**
1801 Portsmouth Blvd.
Portsmouth, VA 2370

Thursday, May 9, 2024

- **Outdoor Events**
Registration opens 8 am
Events start 9 am
- **Awards Ceremony 2pm**
From Portsmouth
to Paris Olympic Games

Registration Form:

Please check those events you wish to enter. Individual events may be cancelled if there is insufficient registration or inclement weather.

Schedule Of Events

Select only one event per time period each day

Monday May 6, 2024

Select one event per time slot

9 am: Registration opens

10 am _____ Billiards
10 am _____ Table Tennis

Tuesday, May 7, 2024

Select one event per time slot

8:30 am _____ ½ Mile Walk
9 am _____ 1 Mile Walk
9:30 am _____ 50 Meter Dash
10 am _____ 100 Meter Dash
10 am _____ Discus Throw
10 am _____ Relay 4x100 meter Relay
10 am _____ Shot Put

9 am – 2 pm: Senior Information Fair

11 am: Tuesday Opening Ceremony

12:30 pm – 1:30 pm: Lunch and Raffle

1:30 pm _____ Corn Hole
1:30 pm _____ Softball Hit & Throw

Wednesday, May 8, 2024

Select one event per time slot

8 am: Registration opens

9 am _____ Dominoes
10 am _____ Pickle Ball
10 am _____ Spades

12:30 pm – 1:30 pm: Lunch

1:30 pm _____ Checkers
1:30 pm _____ Frisbee Throw

Thursday, May 9, 2024

Select one event per time slot

8 am: Registration opens

8:30 am _____ Bocce Ball
9:30 am _____ Beanbag Throw
9:30 am _____ Horseshoes
10 am _____ Basketball Throw

12:30 pm – 1:30 pm: Lunch

2 pm: Awards Ceremony

From Portsmouth to Paris, Olympic Games

Registration Form: PLEASE PRINT all information below.

Name: _____
(Last) (First) (Middle)

Address: _____
(Street) (City) (State) (Zip)

Phone Number: (Home) _____ (Cell) _____

Email address: _____

Age Group: Circle One

(50-54) (55-59) (60-64) (65-69) (70-74) (75-79) (80-84) (85-89) (90-94) (95+)

T-Shirt Size: ☐ Medium ☐ Large ☐ X Large ☐ 2X Large ☐ 3X Large ☐ 4X Large

Date of Birth: _____ **Gender:** ☐ Female ☐ Male

Emergency Contact and phone number: _____

One shirt per registered participant. T-shirts will not be provided to spectators.

Type of Registration (please select one) _____

☐ Full Registration: \$40.00

☐ Spectator Only (choose each day you will attend):
\$10.00 per day

☐ Daily Registration (choose each day you will attend):
\$15.00 per day - **One t-shirt per registered participant**

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday

Dietary Options (please select one): ☐ Meat Option ☐ Vegan Option

You must be present in order to receive your registration package on the day of your event/events.

NO REFUNDS AFTER APRIL 5, 2024.

Statement of Understanding

Hold Harmless Assumption of Risk

I, _____, a participant in the Senior Sports Days to be held at all locations listed, beginning Monday, May 6 - Thursday, May 9, 2024 agree that I will indemnify and hold harmless the City of Portsmouth, The Department of Parks and Recreation and the Portsmouth Task Force on Aging, and their assigns from and against all loss or damage suffered by the participant at the Senior Sports Days. I thoroughly understand that I _____, am assuming the risk for my activities during the Senior Sports Days.

I hereby grant the City of Portsmouth, Department of Parks and Recreation and it's agents permission to take or have taken still and moving pictures for the primary purpose of promoting and aiding the City of Portsmouth, Department of Parks and Recreation and Portsmouth Task Force on Aging and its work. I understand that the pictures may be revoked by me in writing to the City of Portsmouth, Department of Parks and Recreation and Portsmouth Task Force on Aging.

(Signature)

(Date)