

*Lumber River Regional*  
**SENIOR GAMES**

*March 28 - May 28, 2026*



*Early Registration Deadline*  
**March 27, 2026**

*Senior Games Opening Ceremony*

**Pick Up T-Shirts and Bags**

**April 13, 2026 9:00 a.m.**

*Senior Games Closing Ceremony*

**May 28, 2026 5:00 p.m.- 8:00 p.m.**

*For More Information Contact*  
**Ursula Selles, Local Senior Games Coordinator**  
**910-775-9762**

*Coordinated by*  
*Lumber River Council of Governments Area Agency on Aging*

*This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored statewide  
by the North Carolina Division of Aging & Adult Services*

## GENERAL INFORMATION

- To be eligible to participate in the Lumber River Regional Senior Games, individuals must be a resident of Bladen, Hoke, or Robeson counties for a minimum of three consecutive months annually or request special permission to participate. Men and women compete in separate categories in the following five-year age groups:

50-54	55-59	60-64	65-69	70-74	75-79
80-84	85-89	90-94	95-99	100+	

- All events will be conducted in accordance with the 2025 edition of the *North Carolina Senior Games, Inc., Official Rules Book*, available at each event site.
- Official *Gold, Silver, and Bronze* medals will be presented to the First, Second, and Third place men and women finalists in each category, in each sports event, with the exception of those not offered at North Carolina Senior Games. Ribbons for Silver Arts are awarded to the First, Second, and Third place by category. The top three medalists in each athletic event, by gender and age group, are eligible for State Finals. First and Second place Visual and Heritage Arts winners; First place Literary Arts; and Performing Arts “Best In Show” are eligible for State Finals.
- Closing Ceremony– 70s Disco Fever Thursday, May 28, 2026 from (5:00 pm - 8:00pm)** Bill Sapp Center, 1100 North Cedar St. Lumberton NC, Performing Arts Show. **Meet the artist during reception hour (5:00pm - 6:00pm) Silver Arts Display. Strut in wearing your flyest disco threads!**
- Game officials reserve the right to cancel, delay, postpone or change the location of events due to inclement weather.
- Participants are encouraged to bring their own snacks in preparation for long event times and to come prepared for all weather conditions. Bring a lawn chair for your convenience.
- Event fees are to help cover charges for facility and equipment usage for activities you choose to enter. **Lumber River Regional Senior Games has a No Refund Policy.**
- Sportsmanlike conduct - Sportsmanlike conduct is expected at all events from all participants. Any participant exhibiting non-sportsmanlike behavior will be disqualified from that day’s event The Senior Games Coordinator and Events Coordinator reserve the right to render this decision.**

### EVENT VERIFICATION

Each participant is responsible for verifying their Schedule of Events. Changes can be made by calling Ursula Selles no later than Friday, April 10, 2026

**Events CANNOT be added during the games.**

*To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.*

*High-intensity types of activities are offered primarily for the conditioned, trained athlete.*

ENTRY FORM

To Enter, Complete the Following Information (4 pages) and Return to:

Ursula Selles
Local Senior Games Coordinator
Lumber River Regional Senior Games
30 C J Walker Road, Pembroke, North Carolina 28372

Name First Middle Last Date of Birth Month Date Year

Mailing Address Address where you receive mail City State Zip Code

Phone Number County

Email Address Gender (circle one): Male Female

Age (as of Dec. 31, 2026): This determines the age category in which you will compete.
\*Participants must be 50 years of age or better on Dec. 31, 2026

Please SELECT a T-shirt Size: M L XL XXL XXXL

I give permission to The Lumber River Council of Governments to use my photo in advertising and promotions. Signature

The information requested below is for statistical information only and will remain confidential.

My Ethnicity (circle): Black or African American Asian American Indian or Alaska Native Hispanic
White Native Hawaiian or other Pacific Islander Unknown/Refused

\*Notice fee changes to offset catering cost.

\*There are no separate fees for Silver Arts, registration fee is the same for every event.

Table with 2 columns: Fee Description and Amount. Rows include EARLY REGISTRATION FEE (\$15.00), LATE FEE (\$5.00), (OPTIONAL) ADDITIONAL SENIOR GAMES T-SHIRT (\$9.00), GOLF FEE (\$25.00), DONATION TO SENIOR GAMES, Guest Fee for Closing Ceremony (\$20.00), and TOTAL AMOUNT ENCLOSED.

Please make checks payable to: Lumber River Regional Senior Games
30 CJ Walker Rd
Pembroke, NC 28372

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# OFFICIAL ENTRY FORM FOR ATHLETES

**All games are in person.**

**MEDALS CAN BE PICKED UP AT THE DESIGNATED LOCATION THE PARTICIPANT RESIDES IN.**

## INDIVIDUAL EVENTS

- \_\_\_\_\_ Basketball Shooting
- \_\_\_\_\_ Football Throw
- \_\_\_\_\_ Golf \_\_\_\_\_ Disc Golf \_\_\_\_\_
- \_\_\_\_\_ Horseshoes
- \_\_\_\_\_ Softball Throw
- \_\_\_\_\_ Bowling (Singles)
- \_\_\_\_\_ Bowling-Doubles (Same Sex Partner)
- \_\_\_\_\_ Bowling Mixed Dbls (Opposite Sex Partner)

**Partner's Name Required** \_\_\_\_\_

- \_\_\_\_\_ Table Tennis
- \_\_\_\_\_ Shuffleboard
- \_\_\_\_\_ Corn Hole Singles \_\_\_\_\_ Cornhole Doubles \_\_\_\_\_
- \_\_\_\_\_ Billiards \_\_\_\_\_ Cornhole Mixed Dbls \_\_\_\_\_
- \_\_\_\_\_ Pickleball Singles \_\_\_\_\_ **Partner's Name Required**
- \_\_\_\_\_ Pickleball Doubles
- \_\_\_\_\_ Pickleball Mixed Doubles

**Partner's Name Required** \_\_\_\_\_

- \_\_\_\_\_ Bocce \_\_\_\_\_

## TEAM SPORTS \*3 players required

### Basketball Team (Women)

- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_

### Basketball Team (Men)

- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_

## TEAM SPORTS \*5 players required

### Softball Team (Women)

- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_

## INDIVIDUAL EVENTS

- Swimming**
- \_\_\_\_\_ 50 yd. Freestyle
- \_\_\_\_\_ 50 yd. Backstroke
- \_\_\_\_\_ 50 yd. Breaststroke
- \_\_\_\_\_ 50 yd. Butterfly
- \_\_\_\_\_ 100 yd. Freestyle
- \_\_\_\_\_ 100 yd. Backstroke
- \_\_\_\_\_ 100 yd. Breaststroke
- \_\_\_\_\_ 100 yd. Butterfly

## TRACK & FIELD EVENTS

- \_\_\_\_\_ Shot Put
- \_\_\_\_\_ Discus
- \_\_\_\_\_ 5K Power Walk
- \_\_\_\_\_ 5K Run
- \_\_\_\_\_ 50 Meter Run
- \_\_\_\_\_ 100 Meter Dash
- \_\_\_\_\_ 200 Meter Dash
- \_\_\_\_\_ 400 Meter Dash
- \_\_\_\_\_ 800 Meter Dash
- \_\_\_\_\_ 1500 Meter Run
- \_\_\_\_\_ 1500 Meter Power Walk
- \_\_\_\_\_ Silver Striders Fun Walk (*noncompetitive*)
- \_\_\_\_\_ Standing Long Jump
- \_\_\_\_\_ Running Long Jump

**Events CANNOT be added during the games.**

## TEAM SPORTS \*5 players required

### Softball Team (Men)

- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_
- Players Name Required \_\_\_\_\_

### Important Information for Athletes

- ◆ **Disc Golf is a new event. This event is scheduled to be held in Fayetteville at Arnette Park.**
- ◆ **Golfers are required to provide their own equipment. Golfers must meet a minimum performance score and finish 1st, 2nd or 3rd place.**
- ◆ **Athletes competing in HORSESHOES and SHUFFLEBOARD not present at each event when called will be immediately forfeited from the event. **YOU MUST BE ON TIME.****
- ◆ **5K run: Headphones are not allowed.**
- ◆ **There are no virtual option events, games must be played in person.**

# OFFICIAL ENTRY FORM FOR SILVERARTS

## HERITAGE ARTS

*Sub-category*

- \_\_\_\_\_ Arts and Crafts **Not eligible for State Finals**
- \_\_\_\_\_ Basket Weaving
- \_\_\_\_\_ Weaving
- \_\_\_\_\_ Crocheting
- \_\_\_\_\_ Jewelry
- \_\_\_\_\_ Needlework
- \_\_\_\_\_ Tole/ Decorative Painting
- \_\_\_\_\_ Woodworking
- \_\_\_\_\_ Woodcarving
- \_\_\_\_\_ Woodturning
- \_\_\_\_\_ Knitting
- \_\_\_\_\_ Pottery-Thrown & Hand Built
- \_\_\_\_\_ Quilting (hand stitched)
- \_\_\_\_\_ Quilting (machine stitched)
- \_\_\_\_\_ Stained Glass

## LITERARY ARTS

*Sub-category*

- \_\_\_\_\_ Essays (not autobiographical)
- \_\_\_\_\_ Poems
- \_\_\_\_\_ Life Experience (autobiographical)
- \_\_\_\_\_ Short Stories (fiction)

## CHEERLEADING

- \_\_\_\_\_ Cheer Group

## VISUAL ARTS

*Sub-category*

- \_\_\_\_\_ Acrylics
- \_\_\_\_\_ Drawing
- \_\_\_\_\_ Oil
- \_\_\_\_\_ Photography (digital)
- \_\_\_\_\_ Photography (film)
- \_\_\_\_\_ Watercolor
- \_\_\_\_\_ Mixed Media 2D 3D \_\_\_\_\_
- \_\_\_\_\_ Pastels
- \_\_\_\_\_ Sculpture
- \_\_\_\_\_ General Fiber Arts
- \_\_\_\_\_ Digital Art

**REMEMBER**

**You must  
NAME your  
entry below!**

## PERFORMING ARTS

*Sub-category*

- \_\_\_\_\_ Comedy/Drama
- \_\_\_\_\_ Dance
- \_\_\_\_\_ Line Dance
- \_\_\_\_\_ Instrumental Solo
- \_\_\_\_\_ Instrumental Small Group ( 2 to 4 people)
- \_\_\_\_\_ Instrumental Large Group (5 or more people)
- \_\_\_\_\_ Vocal Solo
- \_\_\_\_\_ Vocal Small Group (2 to 4 people)
- \_\_\_\_\_ Vocal Large Group (5 or more people)

**The TITLE(s) of your artwork or performance is REQUIRED for all Silver Arts entries. List your title (s) below:** \_\_\_\_\_

### IMPORTANT INFORMATION FOR SILVER ARTISTS

- Participants may enter in **ONE individual and ONE group performing arts category**. Participants are not allowed to perform the same act as performed within **TWO years** during Lumber River Regional Senior Games Performing Arts competition.
- Except for microphones, each participant must provide their own equipment (instruments, music stands, etc.) All instructors, directors, and accompanists must be registered participants of Lumber River Regional Senior Games.
- All SilverArts sub-categories are offered at the North Carolina Senior Games State Finals with the exception of Arts and Crafts and Adult Coloring.
- An artist may only submit **ONE** entry per Silver Arts sub-category.
- All artwork must be submitted between **April 27 - May 8, 2026** to the Lumber River Council of Governments' office at COM Tech Park, 30 C J Walker Road, Pembroke, NC 28372.
- All artwork will be displayed at the closing ceremony **May 28, 2026 (5p.m. – 8p.m.)**, Bill Sapp Center, 1100 North Cedar St. Lumberton NC 28358. **Meet the artist during reception hour (5p.m.-6p.m.)**.  
Participants must pick up their entries at the end of the event.

Lumber River Regional Senior Games reserves the right to request copies of performance pieces prior to acceptance of entry.

**OPTIONAL HEALTH INFORMATION**

List any specific medical conditions: \_\_\_\_\_

List all medications you are currently taking: \_\_\_\_\_

Do you: Have Trouble Hearing \_\_\_\_\_ Wear a Hearing Aid \_\_\_\_\_ Wear Glasses \_\_\_\_\_

Name of Personal Physician: \_\_\_\_\_

Emergency Contact Person: Name \_\_\_\_\_ Phone \_\_\_\_\_

**Required Statement of Release / Liability Wavier**

I, the undersigned participant, agree that prior to participating, will inspect the facilities and equipment to be used and if I believe anything to be unsafe, I will advise the coach or supervisor of such condition and refuse to participate.

I acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and serve social and economic losses which result not only from their own actions, in actions or negligence but the actions, in actions, or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. I assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

I hereby for myself, my heirs, executors, administrators and assigns, indemnify and hold harmless the Lumber River Regional Senior Games, the Lumber River Council of Governments, UNCP, Lumberton Bowling Center, Lumberton Recreational Department, Robeson County Parks and Recreation, Pembroke Parks and Recreation, Cumberland County Area Agency on Aging, Arnette Park, Bill Sapp Center, Pine St. Senior Center, Fairmont Golf Club, and after referred to as sponsors, their employees, representatives, and assigns from any and all actions, causes of actions, or claim of whatsoever kind of nature which I or my representative or assigns may have at any time in the future as result of any injury arising out of my participation in the Lumber River Regional Senior Games.

**I understand that my application must be received at the LRCOG office located at 30 CJ Walker Road, Pembroke, NC 28372 by 5 p.m. on March 27, 2026 in order for my application to be accepted.** This deadline is enforced to ensure fairness to all participants. No exceptions. I understand that I must pick up any medals earned at the designated location that I reside in or these items will be forfeited. **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 Final Entry Packet if I do not have internet access.** My State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 5:00 p.m. on August 1st. I understand that this deadline is strictly enforced in fairness of all.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**You must SIGN HERE in order for your application to be accepted.**

**Required Silver Arts Wavier**

Silver Arts is a “celebration of the creative expression of older adults in North Carolina.” The celebration unites the artist and the athlete by recognizing the similarities in both discipline, dedication, and pride in one’s accomplishments. SilverArts has four categories: Heritage, Literary, Performing, and Visual.

Silver Arts will be judged. Artists may not enter an art work if the art piece, performance, or literary work has previously been entered in State Finals. First and second place qualifiers in each sub-category of Heritage and Visual are eligible for State Finals. Only first place qualifiers will be accepted at State Finals in each sub-category of Literary Arts. One entry from the Performing Arts will be sent to State Finals.

Every effort will be taken to guard all entries, however Lumber River Regional Senior Games will not be held responsible for any damages. Participants are required to sign a waiver for artwork.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**You must SIGN HERE in order for your application to be accepted.**

# SCHEDULE OF EVENTS

**Registration and Rules Review will be held 30 minutes prior to each event.**

## Saturday, March 28

8:00 a.m.                      5K run/ powerwalk                      Lumber River Council of Governments                      30 CJ Walker Rd.

## Monday, April 13

9:00 a.m. - 9:30 a.m.    Opening Ceremony    Pembroke Recreation Complex    7164 Hwy 711                      Pembroke  
 9:45 a.m.                      Individual Sports                      Softball throw, Football throw    *Bring a lawn chair for your convenience*  
 10:00 a.m.                      Bocce

## Tuesday, April 14

9:00 a.m.                      Shuffleboard                      Bill Sapp Center                      1100 North Cedar St                      Lumberton

## Thursday, April 16

6:00 p.m.                      Basketball Tournament                      Methodist College                      5400 Ramsey St.                      Fayetteville

## Saturday, April 18

9:00 a.m.    Dick and Lenore Taylor Track    UNCP                      1 University Dr.                      Pembroke  
                     50 Meter Run                      Standing Long Jump                      Discus Throw                      100 Meter Run  
                     Running Long Jump                      Shot Put                      200 Meter Run                      400 Meter Run  
                     800 Meter Run                      1500 Meter Run                      Fun Walk                      1500 meter Power Walk

## Wednesday April 22

9:00 a.m.                      Basketball Shoot                      Bill Sapp Center                      1100 North Cedar St.                      Lumberton  
                     Table Tennis

## Friday, April 24

9:00 a.m.                      Horseshoes                      Sam Noble Park                      3924 Meadow Rd                      Lumberton

## Tuesday, April 28

9:00 a.m.                      Pickleball Singles                      Bill Sapp Center                      1100 North Cedar St                      Lumberton  
                     Pickleball Doubles  
                     Pickleball Mixed Doubles

## Tuesday, May 5

1:00 p.m.                      Bowling Singles                      Lumberton Bowling Center                      2205 Godwin Ave                      Lumberton

## Thursday, May 7

9:00 a.m.                      Cornhole Singles                      Bill Sapp Center                      1100 North Cedar St.                      Lumberton  
                     Cornhole Doubles/mixed Doubles

## Friday, May 8

12:00 p.m.                      Swimming                      UNCP                      1 University Dr.                      Pembroke

## Tuesday, May 12

1:00 p.m.                      Bowling Doubles                      Lumberton Bowling Center                      2205 Godwin Ave                      Lumberton

## Thursday, May 14

9:00 a.m.                      Golf                      Fairmont Golf Club                      11979 NC Hwy 130 Bypass                      Fairmont

## Tuesday, May 19

11:00 a.m.                      Billiards                      Lumberton Bowling Center                      2205 Godwin Ave                      Lumberton

## Wednesday, May 20

9:00 a.m.                      Disc Golf                      Arnette Park                      2165 Wilmington Hwy                      Fayetteville

## Thursday, May 28

5:00 p.m.– 8:00 p.m.    Closing Ceremony    Bill Sapp Center                      1100 North Cedar St.                      Lumberton

**70s Disco Fever...Strut in wearing your flyest disco threads!!**

The body achieves what the mind believes..... Can't stop! Won't stop!

# SILVERARTS REQUIREMENTS

## HERITAGE ARTS

- Entries must be the work of the individual and not a group effort.
- Heritage Arts entries must be an original work. Patterns may be used but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks and string). Two dimensional work not properly famed and wired will not be displayed.
- Frame works can be no larger than 36"x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in a 3'x5' area.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Entries must be the **original** work of the artist, must be a work created **after** the artist is age 50, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- The Heritage Arts piece entered at the State Finals must be the same piece that won at the Local Games.

## VISUAL ARTS

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string).
- Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 35" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Entries must be the **original** work of the artist, must be work created **after** the artist is age 50, and must have been completed within **2 years** of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick up the entry at/during the designated times.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and Silver Arts Information Form. Photos cannot be returned.
- The Visual Arts piece entered at State Finals must be the same piece that won at the Local Games.

## PERFORMING ARTS

- **Performing Arts entries limited to three (3) minutes of time. Exceeding the time limit will result in automatic disqualification. Time begins as soon as your music or movement begins.**
- Performing Arts entries are categorized into the following: (a) soloist (1 performer), (b) small groups (2-4 performers), or (c) large groups (5 or more performers). Accompanists will be counted to determine group size.
- Music on a flash drive must be delivered to Lumber River Council of Governments office by **Friday, May 22, 2026.** Pick up music at the end of closing ceremony
- No phones considered as part of audio equipment
- Artist/group must indicate any audio equipment needed during the performance on the Silver Arts Registration Form after the title of the performance
- Lumber River Regional Senior Games can provide microphones. The act is responsible for all other equipment and props (including keyboard, etc.)
- Voice presentations must be a **live** performance by the artist. Background music can be recorded. Lip-sync is not permitted as a performing art.
- **The Group Leader must provide a listing of group members and submit it with their Entry Form and each member of the group must submit their own personal Entry Form by the deadline.**
- The performance at State Finals must be the same performance that won at the Local Games (i.e. same song, music, dance, etc.)
- No live animals are allowed in an act except for service animals.
- Performers need to arrive at 4:00 p.m. for sound check and equipment set up.

## LITERARY ARTS

- Poems can be no longer than 40 lines and must be typed.
- Short Stories, essays, and life experiences can be no longer than 8 pages, typed and double-spaced.
- All entries must have a title page which includes the title of work, sub-category, and name of artist.
- Artist's name should appear on the content pages.
- Entries must be the **original** work of the artist, must be created **after** the artist is age 50, and must be completed within **2 years** of the Local Games qualifying date.
- The literary arts piece entered at State Finals must be the same piece that won at the Local Games.



**\*\*PLEASE NOTE CHANGES IN SCHEDULED TIMES  
And Locations FOR SOME OF THE EVENTS**