



# 55+ CENTRAL REGIONAL GMS 2024 REGISTRATION FORM

- Open to all 55+ residents living in Central Region (6 Districts: Parry Sound, Simcoe, York, Durham, Muskoka/Haliburton, and Kawartha Lakes/Peterborough/Northumberland)
- **You can participate in multiple events**
- Participants must be current members of the OSGA and provide completed waivers
- Each individual or team member must complete their own registration online or by using this manual form
- Registration Deadline: 2 weeks prior; online registration will be available soon
- There is a regional admin fee of \$5 for each event; pickleball has an additional \$10 venue fee
- Event Dates & Venues listed on 2<sup>nd</sup> page; please retain that page for future need
- For any questions, refer to 2<sup>nd</sup> page for host district contact information
- Registration & payment of entry fee grants OSGA the right to use my image in any format, style, form, or media.
- I hereby give my permission to have the OSGA secure professional medical care if required in their judgement

<b>PLEASE PRINT CLEARLY</b>	<b>M/F/Non-Binary:</b>
<b>Name:</b>	<b>Birthdate:</b>
<b>Address:</b>	<b>Phone:</b>
<b>Town &amp; District #:</b>	<b>Postal Code:</b>
<b>Email:</b>	

EVENT	X	Please CIRCLE/CHECK ALL your event choices			PARTNER(S)	
<b>BOWLING - 5 Pin</b>		<b>SINGLES: Men or Women:</b> \$18.00 for 3 games, including rental shoes No outside food or beverages allowed \$5 regional admin fee	<b>55+</b>	<b>65+</b>	<b>75+</b>	N/A
<b>DISC GOLF 18 Holes – Par 3 Low Gross Scoring</b>		<b>SINGLES: Men or Women:</b> \$5 to rent 3 discs, \$13 including HST to play \$5 regional admin fee Lunch soup/sandwich/chips/tea or coffee - \$20	<b>55+</b>	<b>70+</b>		Free lesson prior for Novice Players
<b>GOLF – 18 Holes Low Gross Scoring</b>		<b>SINGLES: Men or Women:</b> \$72.26, including shared cart \$5 regional admin fee	<b>60+</b>	<b>70+</b>		N/A
<b>PICKLEBALL</b> 4 INDOOR A/C Courts		<b>MIXED DOUBLES: (3.0 Only)</b> Orange balls in use; t-shirts with similar colour are not permitted Bring own lunch and water \$5 regional admin fee + \$10 venue fee	<b>55+</b>	<b>60+</b>	<b>65+</b>	
<b>SWIMMING</b>		<b>SINGLES: Men or Women – Open Sprint:</b>	<b>50 m</b>	<b>55+</b>		N/A competitive categories may change based on # of registrations
		<b>SINGLES: Men or Women – Open Sprint:</b>	<b>25 m</b>	<b>65+</b>	<b>75+</b>	
		<b>SINGLES: Men or Women – Prediction:</b>	<b>200 m</b>	<b>55+</b>		
		<b>SINGLES: Men or Women – Prediction</b>	<b>100 m</b>	<b>65+</b>		
		\$5 regional admin fee				
<b>TENNIS OUTDOOR 3 Hard Surface Courts</b>		<b>DOUBLES: Men or Women or Mixed</b> \$5 regional admin fee		<b>55+</b>	<b>65+</b>	
<b>WALKING – OUTDOOR Paved Path</b>		<b>SINGLES: Men or Women Prediction</b> <b>SINGLES: Men or Women Nordic Prediction</b> \$5 regional admin fee	<b>55+ 3 km</b>	<b>70+ 1 km</b>	<b>70+ 1 km</b>	N/A

**EMERGENCY CONTACT:** \_\_\_\_\_ (Name of Individual) \_\_\_\_\_ (Relationship) \_\_\_\_\_ (Phone)

# EVENT DATES, VENUES, & CONTACT INFORMATION RE 2024 CENTRAL REGIONAL GAMES

*(Please retain this page at home for future information)*

EVENT DATE & TIME	LOCATION	HOST DISTRICT & REGISTRATION INFO'N	TOURNAMENT CONVENOR DAY OF EVENT
<b>BOWLING - 5-PIN</b> <b>Sun. Sept. 8</b> <b>1 pm</b>	Northshore Lanes Northumberland Mall 1111 Elgin St. West <b>Cobourg</b>	D12: Eva Ferguson (289) 252 1162 eva.ferguson@cogeco.ca	Bob Chatten, Owner (289) 252-1709 Northshorelanes22@gmail.com
<b>DISC GOLF</b> <b>18 Holes; Par 3</b> <b>Wed. Sept. 25</b> <b>11 AM</b> <i>Free Lesson Prior</i> Raindate: Oct. 2	Haute Goat Farm 1166 5th line <b>Between Newtonville &amp; Port Hope</b>	D12: Eva Ferguson (289) 252-1162 eva.ferguson@cogeco.ca	D12: Eva Ferguson (289) 252-1162 eva.ferguson@cogeco.ca
<b>GOLF – 18 Holes</b> <b>Tues. Sept. 10</b> <b>9:30 am</b>	Kedron Dells Golf Club 2400 Ritson Rd N. <b>Oshawa</b>	D13: Maureen Keeping Cell: (416) 577-8867 makeeping13@gmail.com	Maureen Keeping Cell: (416) 577-8867 makeeping13@gmail.com
<b>PICKLEBALL</b> <b>3.0 MIXED ONLY</b> <b>Tues. Oct. 15</b> <b>9 am to 4 pm</b>	SG Nesbitt Memorial Arena 55 Parkside St. <b>Minden</b>	D11: Jennifer Coates (705) 749-3787 Jennifercoates148@gmail.com	Maureen Keeping Cell: (416) 577-8867 makeeping13@gmail.com
<b>SWIMMING</b> <b>Fri. Sept. 20</b> <b>1:30 to 3 pm</b>	Jack Burger Sports Complex 60 Highland Dr. <b>Port Hope</b>	D12: Eva Ferguson (289) 252-1162 eva.ferguson@cogeco.ca	Convenor: Lori Wills Bus: 905-885-2474 lwills@porthope.ca
<b>TENNIS</b> <b>Sat. Sept. 7</b> <b>10 am</b> Raindate: Sept. 8	Town Park Recreation Centre 62 McCaul Street <b>Port Hope</b>	D12: Eva Ferguson (289) 252-1162 eva.ferguson@cogeco.ca	Convenor: Rebecca Vaughan 289-251-7229 vaughanrebecca@yahoo.com
<b>WALK / RUN</b> <b>Prediction or Nordic</b> <b>Thurs. Oct. 3</b> <b>10 am</b> Raindate: Oct. 10	Head Lake Rotary Park 13 York St <b>Haliburton</b>	D11: Jennifer Coates (705) 749-3787 jennifercoates148@gmail.com	Convenor: Sharon Ferris 416-998-2564 fershar22@sympatico.ca

## PARTICIPATING / HOST DISTRICTS:

- D3 - Parry Sound
- D11 - Muskoka / Haliburton (Host)
- D12 - Kawartha Lakes / Peterborough / Northumberland (Host)
- D13 - Durham (Host)
- D14 - York
- D28 - Simcoe