

38th ANNUAL
DARE COUNTY SENIOR GAMES
Registration Packet



APRIL 18, 2026 through May 8, 2026

REGISTRATION BEGINS - TUESDAY, FEBRUARY 17th FINAL REGISTRATION DEADLINE - FRIDAY, APRIL 3rd

Presented by
Dare County Older Adult Services

Coordinating Agencies:

**Dare County Parks & Recreation Dept - Dare County Buildings and Grounds Dept
Outer Banks YMCA - Paradise Mini Golf - Outer Banks Bowling Center
Seascape Golf Course - Outer Banks Sporting Events - Manteo High School
National Park Services - Wright's Brothers Memorial - Pine Island Racquet Club
Thomas A. Baum Senior Center - Virginia S. Tillett Center - Fessenden Center**

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

DARE COUNTY SENIOR GAMES GENERAL INFORMATION

ELIGIBILITY:

Any Dare or Currituck County resident age 50 or older as of December 31, 2026. DCSG participants must reside in Dare County or Currituck County at least three consecutive months of the year. Proof of age and residency may be required at local registration and will be required at the state level. Qualifying winners are responsible for obtaining a State finals application from the local coordinator to participate in the NCSG state finals held in September in Raleigh, NC. The registration deadline for State finals is August 1, 2026.

For more information, call 919-851-5456 or visit www.ncseniorgames.org.

EVENTS:

All local events are listed on this registration form. Participants are required to provide their own equipment. Your age group is determined by your age as of December 31, 2026. Men and women compete in separate categories for athletic competition in the following five year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc. AGE OF YOUNGEST PARTNER WILL DETERMINE AGE GROUP.

Silver Arts categories are not separated by age or sex. You can find the rules and other info on the NCSG web site (www.ncseniorgames.org). SilverArts Literary Works need to be emailed to Annelise Wilcox at annelise.wilcox@darenc.gov by April 10th, 2026.

RULES:

All events will be conducted in accordance with the Official North Carolina Senior Games Rules Book which is available on the NCSG website (ncseniorgames.org). If you have a question about your event, check the rules prior to registration and contact the DCSG Event Director at 252-475-5644 for aubreyr@darenc.gov.

AWARDS:

Gold, Silver, and Bronze medals will be presented to the 1st, 2nd, and 3rd place finalists in each category for athletic competition and SilverArts entries. Only 1st, and 2nd place in Literary and Best in Show for Performing Arts Category will qualify for State Finals. Medals will be distributed at the Closing Ceremonies Dinner or at the Baum Center the week after the Dare County Senior Games are completed.

REGISTRATION FEES:

\$20 _____ Registration Fee (UNLIMITED EVENTS) from 2/17/26 to 3/27/26 at close of business

\$25 _____ LATE Registration (UNLIMITED EVENTS 3/28/26 to 4/3/26 with Final Deadline: 4/10/26)

ADDITIONAL FEES:

\$10 _____ Bowling for each event payable to OBX Bowling

\$40 _____ Golf payable to Seascape Golf Links the day of the event – includes cart fee

\$30 _____ Closing Ceremonies Dinner at the Outer Banks Brewing Station 5:30pm – 8:00pm on May 8th
(Dinner tickets must be purchased by May 1st, 2026)

If paying in cash please bring the correct change.

REFUNDS OR REGISTRATION CHANGES must be submitted via a written request no later than April 14, 2026 and are subject to final approval from the DCSG coordinator.

2026 DARE COUNTY SENIOR GAMES: OFFICIAL ENTRY FORM PARTICIPANT INFORMATION

ONLINE REGISTRATION AVAILABLE @ <http://torch.ncseniorgames.org>

REQUIRED INFORMATION

Please provide accurate information to ensure proper registration.
Emails will be the primary source of communication. Personal information will NOT be shared.

*FIRST NAME _____ MI _____ *LAST NAME _____

*MAILING ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

*HOME PHONE _____ *CELL PHONE _____

*DOB ____/____/____ *GENDER Male OR Female (Circle) *AGE AS OF 12/31/2026 _____

*EMAIL ADDRESS: _____ *

T-SHIRT (please circle size) XS S M L XL 2XL 3XL NONE

*I WILL or WILL NOT be attending the CELEBRATION OF GAMES & LUNCHEON on April 20, 2026.

(Please circle one to provide an accurate count of the food order.)

* Closing Ceremony Dinner Tickets (\$30 each) total # of tickets _____

EMERGENCY CONTACT INFORMATION

*Name _____ *Phone _____ *Relationship _____

*Name _____ *Phone _____ *Relationship _____

FEES

\$20.00 Registration Fee- Start: February 17, 2026 Deadline: March 27, 2026

\$25.00 LATE Registration (after March 27) FINAL Deadline: April 3, 2026

ADDITIONAL FEES INCLUDE:

\$10 Bowling for each event payable to OBX Bowling

\$40 Golf payable to Sea Scape Golf Links the day of the event – includes cart fee

\$30 Closing Ceremonies at OBBS 5:30pm – 8:00pm on May 8, 2026

(If paying in cash, please bring the correct change.)

CHECKS payable to Dare County Senior Games (DCSG) Total Amount Enclosed: \$ _____

Mail Entry Forms with check/money order (do not mail cash) to:

**Dare County Senior Games
300 Mustian Street
Kill Devil Hills, NC 27948**

For registration assistance, contact the Baum Center Staff @ 252-475-5635.

**REFUNDS or REGISTRATION CHANGES must be submitted via a written request no later than
APRIL 14, 2026 and are subject to final approval from the DCSG coordinator.**

2026 DARE COUNTY SENIOR GAMES: OFFICIAL ENTRY FORM SILVERARTS

CHECK THE LINE TO THE LEFT OF YOUR CATEGORY CHOICE

(LITERARY ENTRIES MUST BE TO ANNELOISE.WILCOX@DARENC.GOV BY APRIL 10, 2026.)

LIMIT OF ONE ENTRY PER SUBCATEGORY

Entries must be the original work of the artist and completed within 2 years of the Local Games qualifying date. All pieces must have a title. If there is not a title, the registration will not be accepted.

HERITAGE ARTS

- _____ Basket Weaving
- _____ Stained Glass
- _____ Crocheting
- _____ Pottery (Thrown and Hand built)
- _____ General Fiber Arts
- _____ Jewelry
- _____ Knitting
- _____ Needle Work
- _____ Quilting (Machine Stitched)
- _____ Quilting (Hand stitched)
- _____ Weaving
- _____ Tole/Decorative
- _____ Wood Working
- _____ Wood Carving
- _____ Wood Turning

VISUAL ARTS

- _____ Acrylic
- _____ Drawing
- _____ Mixed Media (2D)
- _____ Mixed Media (3D)
- _____ Oil
- _____ Pastels
- _____ Photography (Film)
- _____ Photography (Digital)
- _____ Sculpture
- _____ Watercolor
- _____ Digital Art

LITERARY ARTS

(Email entries to ANNELOISE.WILCOX@DARENC.GOV BY 4/10/2026)

- _____ Essay (8 pages max, double space, non biographical)
- _____ Life Experience (autobiography, 8 pgs. max, double space)
- _____ Poem (40 lines max)
- _____ Short Story (8 pgs. max, double space)

LIST TITLE OF ENTRY ON LINES BELOW

Please list sub-category / title / size / weight / # of pieces of all entries submitted for Heritage, Visual and Literary Arts Categories:

CHEERLEADING

Group Name _____ Leader _____
Size Category _____ Music Information _____ Length of Act _____

PERFORMING ARTS

Act Name _____ Group/Solo _____ Number in Act _____
Music Information (Song Title) _____ Equipment Needed _____

2026 DARE COUNTY SENIOR GAMES: OFFICIAL ENTRY FORM

ATHLETIC EVENTS

FIRST NAME _____ LAST NAME _____ MI _____

CHECK THE LINE TO THE LEFT OF YOUR EVENT CHOICE

REFER TO EVENTS SCHEDULE OR DATES, TIMES, AND EVENT LOCATIONS.
 EVENT DIRECTOR: AUBREY REMIGE 252-475-5644 aubreyr@darenc.gov

BOWLING (extra fee)

_____ SINGLES
 _____ DOUBLES
 (partner name _____)
 _____ MIXED DOUBLES
 (partner name _____)

PICKLEBALL

_____ SINGLES
 _____ DOUBLES
 (partner name _____)
 _____ MIXED DOUBLES
 (partner name _____)

TABLE TENNIS

_____ SINGLES
 _____ DOUBLES
 (partner name _____)
 _____ MIXED DOUBLES
 (partner name _____)

CYCLING (recumbent put R)

_____ 1 MILE
 _____ 5K
 _____ 10K

SWIMMING (limit 6 events)

BACKSTROKE

_____ 50 YARDS
 _____ 100 YARDS
 _____ 200 YARDS

BREASTSTROKE

_____ 50 YARDS
 _____ 100 YARDS
 _____ 200 YARDS

BUTTERFLY

_____ 50 YARDS
 _____ 100 YARDS
 _____ 200 YARDS

FREESTYLE

_____ 50 YARDS
 _____ 100 YARDS
 _____ 200 YARDS
 _____ 500 YARDS

INDIVIDUAL MEDLEY

_____ 100 YARDS
 _____ 200 YARDS
 _____ 400 YARDS

GENERAL EVENTS

_____ CROQUET BOCCE
 _____ HORSESHOES
 _____ BILLIARDS
 _____ SHUFFLEBOARD
 _____ FUN WALK
 _____ CORNHOLE
 _____ DISC GOLF
 _____ MINI-GOLF
 _____ FOOTBALL THROW
 _____ GOLF
 (extra fee and see statement below)

TRACK & FIELD limit 5 events)

_____ 50 METER RUN
 _____ 100 METER RUN
 _____ 200 METER RUN
 _____ 400 METER RUN
 _____ 800 METER RUN
 _____ 1500 METER RUN
 _____ 1500 POWER WALK
 _____ SOFTBALL THROW
 _____ DISCUS THROW
 _____ SHOT PUT
 _____ STANDING LONG JUMP
 _____ RUNNING LONG JUMP
 _____ FLYING PIRATE 5K
 (see statement below)

FLYING PIRATE 5K STATEMENT:

Athletes must sign up for the 5k race on OBXSE.com using the payment code provided by the DCSG Event Director.

GOLF STATEMENT:

To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the TOP 3 of their age group. MPS is available from the DCSG

Event Director or at on www.ncseniorgames.org.
 (NCSG rulebook)

2026 DARE COUNTY SENIOR GAMES: OFFICAL ENTRY FORM LIABILITY WAIVER

RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Dare County Senior Games and Dare County Government and its instrumentalities, including all sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person firm or corporation associated therewith (hereinafter sometimes referred to as the "Games Sponsors"), of and from any and all claims, demand costs, expenses, and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Dare County Senior Games. I further agree to hold harmless the Games Sponsors from any damage, loss, or theft that may occur to art work. I certify that the art piece(s) I enter are my own work, was/were created within the last two years, and after the age of 50.

I warrant, represent and certify that: (a) I have been advised by the Games Sponsors that, in my best interests, I should consult my physician prior to my preparation for and participation in the Dare County Senior Games; (b) I am covered by hospitalization or medical insurance through private carrier, Medicare or Medicaid, or otherwise, which provides for the payment of health care benefits for illness or injury arising from my participation in the Dare County Senior Games; (c) I recognize and understand that my preparation for and participation in the Dare County Senior Games may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular or other disorder which I may have, hereby resulting in serious or life threatening physical harm to me; (d) I am in good physical health and condition, am physically able to compete in the events I have selected and have been so certified by my physician; and I know of no physical restriction whatsoever which would prohibit my participation in the Dare County Senior Games; (e) I grant permission to the Games Sponsors to have a physician or Emergency Medical Technician attend me if it is deemed necessary during my participation in the Dare County Senior Games. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending the program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Center may result from the actions, omissions, or negligence of myself and others, including, but not limited to, county employees, volunteers, and program participants and their families.

I grant to Dare County Senior Games the free and unrestricted right to use my name and picture in any broadcast, telecast or other written photographic account of the Dare County Senior Games without my remuneration.

"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 Finals 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 11:59 p.m. on August 1st! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered."

Signature _____

PRINTED NAME: _____ Date: _____

2026 DARE COUNTY SENIOR GAMES : OFFICAL ENTRY FORM

SILVERARTS GUIDELINES

ADDITIONAL INFORMATION CAN BE FOUND ON NCSG WEBSITE (<http://www.ncseniorgames.org>)

GENERAL SILVERARTS GUIDELINES (Revised for 2026)

SPECIFIC CATEGORY REQUIREMENTS ARE ON THE NEXT PAGE

1. SilverArts is a Senior Games program and must be promoted as such. It must be held locally between February 1 and June 15. If SilverArts is held separately from the sports competition, the SilverArtists should be included, and recognized, as a part of the Local Games: i.e., showcases, performances, awards ceremonies, special events, etc.
- 2 All persons entering SilverArts must be 50 years of age or better as of December 31, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
3. A Local Game must offer at least half of the official categories and/or sub-categories. Additional categories and sub-categories not offered at State Finals may be offered by a Local Game, but winners should be informed that they will not qualify for State Finals.
4. An artist may only submit one (1) entry per sub-category at State Finals; except in Performing Arts - an artist may only have one (1) entry per size of Act in each sub-category.
5. Each Local Games may send/submit a first and second place qualifier in each Literary Arts sub-category; one Act/entry in Performing Arts and Cheerleading to State Finals; and the first, second and third place qualifiers in each Heritage and Visual Arts sub-category. A participant may only submit one entry per sub-category. The Local Game may determine how to choose the Performing Act to represent their Game at State Finals.
6. NCSG will judge SilverArts at State Finals. Medals will be awarded in each sub-category in Visual, Literary, and Heritage Arts. Medals in Performing Arts will be awarded to solo, small group (2 - 4 performers), and large group (5 or more performers) in each sub-category.
7. The SilverArts entry/entries entered at State Finals must be the same entry/entries that won in the Local Games competition.
8. Entries must be the original work of the artist and must have been completed within 2 years of the Local Games' qualifying date.
9. An art entry may only be entered in one (1) SilverArts sub-category at State Finals.
10. Artists must not submit an entry if the piece/performance/entry has been showcased in the previous SilverArts Showcase at State Finals.
11. Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Category Requirements, will not be considered in the judging process.
12. Local Games should include the NCSG SilverArts Guidelines and the Specific Category Requirements within the Local Games SilverArts Entry Form. A print-ready copy is in the SilverArts Manual, on the PPA and on the website.
13. The safety and sportsmanlike conduct of everyone is of paramount concern. Senior Games Officials have the authority to disqualify, and/or remove, from current and future NCSG programs, anyone who exhibits inappropriate behavior or a condition of medical concern. Falsifying information in the registration process will not be permitted and may result in disqualification from current and future Senior Games activities.

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS- Revised for 2026

All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals. Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.

See SilverArts Guidelines for general requirements.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Entries from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5' (Height).
- Entries can be no heavier than 50 pounds.
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artists must submit a photo of entry when registering online or with the State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- All artwork, except free standing pieces, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork not properly wired will not be displayed.
- Artwork, except free standing pieces, can be no larger than 36" x 42", including matting and frame.
- Free standing pieces may be Sculpture, Mixed media & Digital Art
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (height).
- Entries can be no heavier than 50 pounds.
- Groupings (sets) may have no more than 3 pieces per grouping (set).
- Photography Film or Digital - determined by the medium on which the image is recorded.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- 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.
- Artists must submit a photo of entry when registering online or with the State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All Essay, Life Experience, and Short Story entries must be typed, double-spaced on 8-1/2 x 11 paper, and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial"). Essays, Life Experiences, and Short Stories can be no longer than 8 pages.
- Poetry entries must be typed, on 8-1/2 x 11 paper, and have a minimum of 1" margins, but double spacing is not required. (Appearance must support and contribute to the meaning of the poem and its impact.) A minimum font size is 10-pt type (preferably "times new roman or arial"). Poems can be no longer than 40 lines.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries must be submitted upon registration. Online copies must be in a pdf format. Mailed copies should have one original and two additional copies with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the final note of music or movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will not be counted to determine size of act, but no one under age 50 as of Dec. 31st will be permitted on stage and an accompanist must be a registered participant.
- At State Finals, all performers for all acts must enter and exit stage left or begin and end on the stage. See the stage diagram.
- At State Finals, if recorded music is used, it must be an mp3 file (submitted electronically or on a flash drive, CD's cannot be accepted). Music must be submitted with online registration or sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the flash drive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted in any vocal category.
- The Group Leader, who must be a participant, must complete the SilverArts Information Form for the group and submit it with their State Finals online registration or Entry Form and each member of the group must submit their own personal State Finals Entry Form by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.