

Registration # _____ CIRCLE t-shirt S M L XL XXL XXXL

SHIRTS 3 X OR MORE WILL BE AN ADDITIONAL \$5.00 TO REGISTRATION FEE.

Seniors Center (If applicable) _____

Name _____

Phone# _____

Emergency Contact _____ PHONE# _____

DOB _____

AGE _____



3RD ANNUAL LCCA SENIOR GAME DAY- October 3, 2025

1355 W. Front St. Lonoke, AR 72086

Lonoke Communtiy Center

OCTOBER 3, 2025 \$20.00. Includes games, awards, t-shirts, lunch and snacks.

ALL REGISTRATIONS ARE DUE SEPTEMBER 8, 2025 /CONTACT us @ 501-676-6971 or 870-256-3751

I GIVE LCCA PERMISSION TO USE MY PHOTO FOR IN PROMOTING SENIORS SERVICES OR GAMES;

SIGNATURE _____ DATE _____

LIABILITY WAIVER

I THE UNDERSIGNED PARTICIPANT AGREE TO IDEMNIFY AND HOLD HARMLESS LCCA OR ANY OF THEIR REPRESENTATIVES FOR MY HEALTH; I WARRANT THAT I AM IN PHYSICAL HEALTH AND ABLE TO COMPETE IN THE EVENTS I HAVE SELECTED.

LCCA HAS PERMISSION TO HAVE A PHYSICIAN/RN/EMT TREAT ME IF NEEDED DURING MY PARTICPATION.

SIGNATURE _____ DATE _____

EMERGENCY CONTACT MUST BE COMPLETED AT THE TOP PART OF THIS FORM TO BE ACCEPTED TO PARTICIPATE.

GAME DAY SCHEDULE OF EVENTS

CIRCLE THE EVENTS YOU WISH TO ENTER.

*INDICATES A DROP BY EVENT-THOSE WILL REMAIN OPEN.

8-9 CHECK IN

9:00 OPENING CEREMONIES

9:30

Ring Toss *

200 Meter Walk

Daisy Air Gun *

Skip Bo

Compound Bow-Archery *

Baggo *

Spin casting *

Shot put *

Soft ball throw *

10:00

50 Meter Dash

Foot Ball Throw *

10:15 100 Meter Dash

10:30 400 Meter Walk

10:45 Nail Pounding *

11:00

Dominoes

Javelin *

LUNCH 11-1 ALL GAMES WILL END BY 1:00 P.M.

1:30 AWARDS

Email/Scan rachael@lonokecountyseniors.com or Leona@lonokecountyseniors.com

Or mail to 1103 Main St. Des Arc, AR 72040