2019 Handbook

17th Annual

ALASKA INTERNATIONAL SENIOR GAMES

August 9-18, Fairbanks

It's a Golden Opportunity!

Special Dates

Thursday, July 25th is the FINAL DAY for Registration this year!!!

Packet Pickup

Packets will be available for pick up at the Pioneer Park Civic Center, 2300 Airport Way

Friday, August 9th from Noon to 7:00pm

Saturday, August 10th from 10:00am to 2:00pm

Out-of-town athletes, call for alternate pick up.

Opening Ceremonies and Gala Games

Friday, August 9th from 6pm – 8:30pm

Lots of Games and Activities!
Door Prizes! Finger Food! Fun!

Check the box on the registration form to let us know you are coming to the Opening Ceremonies and how many guests you are bringing.

Free for registered participants; guests are only $10 each.

Pioneer Park Civic Center, 2300 Airport Way

Dance Social

Friday, August 16th
Starting at 7pm
at the Pioneer Park Dance Hall

The Ballroom Dance Club will be your host.
Dancers must bring clean-soled, non-marking shoes.
Free entry for those bringing their AISG nametag. Guests are $6 each.

Mark the Date!

2020 AISG Games
August 7-16, 2020

Celebration of Athletes!

Enjoy a wonderful evening in a unique setting, delicious appetizers and door prizes!

Fountainhead Antique Auto Museum
212 Wedgewood Drive

Sunday, August 18th 6:00pm

Participants $20. Must sign up on the Registration Form, space is limited to 150.

Only $20 per Guest – Two Guest Limit

2019 17th Annual ALASKA INTERNATIONAL SENIOR GAMES

Hey seniors! Yes, even those "kids who are as young as 50" by December 31, 2019—**join the fun!** No experience required. **It's a Golden Opportunity!** The AISG Games are celebrated every summer in Fairbanks, Alaska.

The Registration Fee is $55 with an **Early Bird discount of $20** for registrations received by midnight Alaska Daylight Time (AKDT) on July 15th. **All registrations must be received by July 25th at midnight AKDT.** Some events will have an additional fee. AISG extends Free Registration, Sport Fees & Celebration of Athletes Ticket, to athletes 90 and over.

AISG is run by volunteers who dedicate many hours prior to the events to organize playing times and heats. Please only register for the events in which you intend to participate. If you decide not to, or cannot, attend, please notify the Commissioner prior to the start of the event. Your cooperation is appreciated!

Online registration will be available through our website at **www.alaskaisg.org**, which requires a credit card for payment. Please read the instructions carefully. For information, contact registration@alaskaisg.org.

Registration and entry forms are available to **print from our website** or mailed by special request. They can also be **picked up at the Big Dipper Ice Arena Skateroom** or the **AISG Office** (see below). Only check or cash can be used with a paper form. Complete the forms, sign them, and mail with your payment to:

AISG, PO Box 73225, Fairbanks, AK 99707

or drop them off in the door slot at:
AISG (downstairs Regency Court Mall)
54 College Road, Suite 6, Fairbanks

Welcome to the 17th Annual Alaska International Senior Games!

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National Senior Games Association®

Alaska International Senior Games is a member of the National Senior Games Association

General Information

Please bring your entry confirmation and name tag to each event.

Medals are awarded for Men and Women in 5-year age divisions (eg. 50-54, 55-59, etc.) except as noted in this Handbook. Medals are presented for the first, second and third places at the venue site. Check with your Sport Commissioner if you have any questions about an event or for details on doubles and mixed doubles play. For those athletes signing up without a partner in doubles events, priority in assigning partners will go to the athlete with the earliest registration date. Athletes may compete with only one partner per event.

Updates for each sport are located at www.alaskaisg.org/games/sports/. AISG schedule updates are posted at www.alaskaisg.org/games/schedule/. Athletes are responsible to make sure they have the latest information for their event.

Water and restrooms are available at all locations unless otherwise stated. Snacks are offered at most events. Phones are available for emergency use.

Bib numbers will be provided at events as needed.

The use of tobacco products or alcohol is not allowed during AISG events, or on FNSB School District, Big Dipper Ice Arena and UAF property.

Refunds:

All refund requests must be in writing and received by July 31, 2019. A processing fee of $20 will be assessed. Refund checks will be mailed by September 30, 2019. No refunds will be made if an event is canceled because of inclement weather or for no shows.

Archery

Commissioner

Bill Payton – 590-9737, bill@designalaska.com

Site

UAF Archery Range, Range Road, off Farmers Loop (first gated road north of Ballaine Lake)

In case of inclement weather check with Commissioner for location confirmation.

Dates/Times

Sunday, August 11

8:30am Check-in for warm-up
9:00am Competition begins

Fee

$15

- Course Set-up: Saturday, August 10, 9:00am – 1:00pm
- Practice: Saturday, August 10, 1:00pm – 4:00pm
- Participants may enter only one event:
  - Barebow Compound – no sights
  - Barebow Recurve – no sights
  - Compound Fingers – with sights
  - Compound Release – with sights
  - Recurve – with sights
- Bring your own equipment.
- FITA rules apply.
- Recurve bows – National Archery Assn (NAA) rules apply.
- Compound bows – National Field Archery Assn (NFAA) rules apply.
- Shooting 900 Rounds at 60, 50, 40 yards, with a 122 cm target face.

Basketball

Commissioner
TBA

Free Throw

Site
UAF SRC,
410 Tanana Loop

Dates/Times
Monday, August 12
Check-in/Warm-up 5:30pm
Start: 5:45pm

- Everyone must have clean, non-marking gym shoes.
- Men and women participate in separate divisions. Medals awarded in five-year age groups
- Each participant will have 10 shots.
- Ties will be broken with a shoot off.

3-on-3 Half Court

Site
UAF SRC,
410 Tanana Loop

Dates/Times
Monday, August 12
Check-in 6:00pm
Start: 6:30pm

Tuesday, August 13
Check-in 5:30pm
Start: 6:00pm

Fee
$20

- Teams will play on Monday and Tuesday evenings
- Players must register individually. If you already have a team, your team captain needs to fill out the Basketball Team Form. If you want AISG to place you on a team, fill out the Basketball Individual Form. Forms can be found at www.alaskaisg.org/games/sports/basketball or at the Big Dipper Ice Arena. Turn in forms by July 25.
- Everyone must have clean, non-marking gym shoes.
- Men and women play in separate divisions. Teams will play in the youngest member's age group.
- No Shot Clock
- Modified NCAA rules apply. Half court with 15 minutes running time per half (last 2 minutes stop time). Other rules in NSGA rulebook and our website.

Bocce

Sponsored by
American Legion Post 11

Commissioner
Angie Vanlandingham – (601) 918-0803, avanla@yahoo.com

Site
Weeks Field Community Park, next to Noel Wien Library, 1215 Cowles St

Dates/Times
Monday, August 12
8:30am check-in for ages 50-74 Singles start at 9:00am.
10:00am check-in for ages 75+ Singles start at 10:30am.
11:15am check-in for Random Doubles. Starts at noon.

- Random Doubles Tournament is limited to 64 players with no age groups. Partners will be drawn before the event, after the check-in. The format will be Round Robin Pools with playoffs.
- The "Basic Rules of Bocce" will be followed as found at www.bocce.org, except as modified by AISG. The Commissioner will determine the number of frames per game depending on the number of participants.

Bowling

Commissioner
Charlotte Perotti – 457-1332, clp@mosquitonet.com

Site
Arctic Bowl, 952 10th Avenue

Dates/Times
Check-in at 5:30pm

Tuesday, August 13
Singles – 6:00pm

Wednesday, August 14
Doubles – 6:00pm

Thursday, August 15
Mixed Doubles – 6:00pm

Fee
$15 each event

- Alley balls and shoes are available.
- Format will be scratch.
- Lanes will be assigned by the Commissioner.
- Tournament is not sanctioned by USBC.

Cycling

5K & 10K Time Trials

Commissioner

Simon Rakower – 699-8184, aws@mosquitonet.com

Site

Chena Lake Recreation Area

Dates/Times

Tuesday, August 13
6:30pm check-in for
7:00pm start

- 5K and 10K Time Trials
- Participants may enter only one event.
- Must have helmet and your own bike.

Disc Golf

Commissioner

Rick Robertson – 452-5305, rickrobe@gmail.com

Site

UAF Course, meet east of SRC near climbing wall

Dates/Times

Friday, August 16
1:00pm check-in for 1:30pm start

- Doubles and Mixed Doubles will play Best Throw Rules.
- Everyone plays in one age group. Participants may enter only one event.
- Lowest score wins.
- Some loaner discs available, call Commissioner.
- No restrooms available.

Golf

Commissioner

Pat DeRuyter – (907) 888-9157, patderuyter@gmail.com

Sites/Dates/Times

Tee times start at
9:00 am each day

Tuesday, August 13
18 Hole Golf and first day of 36 Hole Golf
North Star Golf Club or Fairbanks Golf Course, TBA

Wednesday, August 14
Second day of 36 Hole Golf
Chena Bend Golf Course

Thursday, August 15
Team Golf
Fairbanks Golf Course

Fee

$10 per event
Participants pay green and cart fees at the venue

- You can enter either 18 or 36 holes individual golf.
- You may also sign up for Team Golf. If you enter Team Golf, you must choose one of the following: Individual, Doubles, or Mixed Doubles. If you enter Doubles or Mixed Doubles, you must enter your partner's name. If you want to play with a partner, but don't have one, register as an individual and call the Commissioner. Red and Blue teams will be formed by random draw.
- If there aren't enough Doubles and Mixed Doubles groups, participants will play as individuals in match play for Team Golf.
- All golf events are scratch.
- For more information go to http://www.alaskaisg.org/games/sports/golf/.
- Tee times will also be posted on the website.

Horseshoes

Sponsored by
North Pole Moose Lodge

Commissioner
Walter Crary –
322-6834,
walter_c77@hotmail.com

Site
Terry Miller Park
5th & Santa Claus Lane, North Pole

Dates/Times
Saturday, August 10

Singles – 9:30am check-in ages 70+
11:30 check-in ages 50-69

- Count-all scoring will be used. All matches will be conducted in accordance with National Horseshoe Pitcher's Assn. rules, except as modified on the AISG Horseshoe Rules on our website.

Ice Hockey – Coed

Sponsored by
Fairbanks Kiwanis

Commissioner
Laird Grantham – 322-9606, lairdg@ubc1243.org

Site
Big Dipper Ice Arena
1920 Lathrop Street

Dates/Times
Saturday, August 10
6:00pm – 8:30pm

Sunday, August 11
6:00pm – 8:30pm

Monday, August 12
6:00pm – 8:30pm

Fee
$30

- If you are new to AISG Hockey, a Skill Level form must be completed for this sport and turned in by July 25th. Forms available from the website or The Big Dipper Ice Arena Skateroom.
- All Teams will play in the same age group. Players may score only one goal per game. No checking; No slap shots. Teams must have a minimum of 2 men and 2 women on the ice at any time, not counting the goalie. Commissioner will form teams and set game times.
- All participants are required to wear minimal protective equipment while on the ice. This includes, but is not limited to: an HECC (Hockey Equipment Certification Council) approved helmet with proper fit, gloves, shin pads and elbow pads.
- Women may be as young as 45 years by December 31, 2019.

Indoor Shooting

Commissioner:
Grant Lewis – 488-2884, cell 388-4359
grantandpamlewis@alaska.net

Site
Tanana Valley Sportsman Association
1230 TVSA Way
(off Boat Street)

Dates/Times
Tuesday, August 13
.22 cal Rifle (50-ft)
Check-in at 12:45pm
Start at 1:00pm

Wednesday, August 14
.22 cal Pistol (25-ft)
Check-in at 12:45pm
Start at 1:00pm

Fee
$12 each event

- Bring your own equipment in safe working order.
- Competitors should sight in and practice shooting with their firearm well in advance of the event.
- Guns must be unloaded and cased upon arrival at the range.
- See AISG website for Rules.

Pickleball

Commissioner

Jamie Callahan – 452-8867, jcal59@outlook.com

Site

The Alaska Club
747 Old Richardson Hwy

The tournament will be held on the outdoor courts, weather permitting.

Dates/Times

9:00am – 1:00pm each day

Tuesday, August 13
Men's Singles &
Women's Doubles

Wednesday, August 14
Mixed Doubles

Thursday, August 15
Men's Doubles & Women's Singles

Check-in: 30 minutes prior to scheduled start time.

Fee

$5 each event

- Competitors must provide their own paddles. Balls will be provided.
- Athletes must wear proper, clean court shoes—no black sole shoes allowed on the court area.
- Tournament format will be determined by the commissioner after registration closes.
- Current USA Pickleball Association rules will apply except as modified by AISG. www.usapa.org.

Power Walk

Commissioner

Bob Baker – 455-6689,
bobandsharonbaker@gmail.com

Site

Lathrop High School Track
901 Airport Way
South of the High School

Dates/Times

Sunday, August 11 – 1500 meter distance
Check-in: 1:00pm
Start 1:15pm

- One foot must be on the ground at all times.
- Each advancing foot-strike is heel-to-toe.

Racquetball

Commissioner

Bonni Brooks – 980-3126,
bbrooks@thealaskaclub.com

Site

The Alaska Club
747 Old Richardson Hwy

Dates/Times

Singles, Doubles &
Mixed Doubles
Saturday, August 10,
10:00am – 4:00pm

Check-in: 30 minutes prior to your match time

- The Commissioner will arrange the specific match times.
- Matches will be conducted in accordance with USRA.

Road Races

Commissioner

Don Kiely – 455-6749, donkiely@alaskaisg.org

5-Kilometer Running Race

Chena Lake Recreation Area
Monday, August 12
Check-in at 6:00pm for
6:30pm start

10-Kilometer Running Race

Chena Lake Recreation Area
Wednesday, August 14
Check-in at 6:00pm for
6:30pm start

Swimming

Commissioner

Marggie Rogge – 388-1566, goosem@gci.net

Site

Hamme Pool
901 Airport Way

Dates/Times

Saturday, August 10
Check-in & warm-up at 5:00pm
Start 6:00pm

Limit of 6 events each athlete

50 Yard Backstroke	100 Yard Butterfly
50 Yard Breaststroke	100 Yard Freestyle
50 Yard Butterfly	100 Yard IM
50 Yard Freestyle	200 Yard Breastroke
100 Yard Backstroke	200 Yard Freestyle
100 Yard Breaststroke	500 Yard Freestyle

Table Tennis

Sponsored by

Fairbanks Emblem Club

Commissioner

Diann Darnall – 978-2388, diann.darnall@gmail.com

Site

UAF Patty Center
410 Tanana Loop

Dates/Times

Saturday, August 17
Check-in at 11:30am

Singles start at 12:00 noon
Random Doubles at 2:30pm

Sunday, August 18
Check-in at 9:00am

Doubles start at 9:30am
Mixed Doubles at 11:00am

Fee

$5 each event

- Some loaner paddles available.
- Everyone must have clean, non-marking gym shoes.
- USATT Rules. No white shirts.

NEW!

Team Toss

Commissioner

Rick Robertson 452-5305, rickrobe@gmail.com

Site

Pioneer Park, Moose Creek Pavilion
2300 Airport Way

Dates/Times

Saturday, August 17
Check-in at 9:00am for 9:15am start

- A Red and a Blue Team will be randomly drawn at 9:15am. Everyone must be signed up and present to be on a Team. Partners will be assigned starting stations.
- The stations will be either Bag Toss, Washers, or Lawn Darts.
- At each station, two partners from each team will compete to see who can score the most points with their tosses. The pair with the most points win the station for their Team.
- After all stations are completed, the Team with the most stations wins.
- Learn more at the OLLI/AISG Event, Tues., July 9 evening. Email diann@alaskaisg.org to register.

Tennis

Commissioner

Angie Vanlandingham, (601) 918-0803, avanla@yahoo.com

Site

Dan Ramras Community Tennis Courts
1025 14th Avenue (behind Mary Siah Rec Center)

Dates/Times

Saturday, August 10
Singles 10:00am – 5:00pm

Sunday, August 11
Doubles and Mixed Doubles 10:00am – 5:00pm

Fee

$5 each event

Tennis continued next page

Tennis continued

- Call the Commissioner for schedule. Check-in 15 minutes prior to match.
- All matches will be conducted in accordance with United States Tennis Association (USTA) rules. A match shall consist of two sets, regular scoring. If sets are tied, a 10-point super tiebreaker will be used to determine the winner.

Track & Field

Commissioner

Bob Baker – 455-6689, bobandsharonbaker@gmail.com

Site

Lathrop High School Track, 901 Airport Way, south of the High School

Dates/Times

Sunday, August 11
9:00am – 2:30pm

Check-in 15 minutes before your event

Shot Put	9:00am
Discus	9:00am
Javelin	9:00am
1500 Meter Run	11:45am
Standing Long Jump	12:05pm
Long Jump	12:05pm
Triple Jump	12:05pm
50 Meter Dash	12:10pm
200 Meter Dash	12:40pm
400 Meter Dash	2:00pm
800 Meter Run	2:25pm
100 Meter Dash	2:45pm

- All start times are estimated
- Medals presented following each event
- For the 1500 Meter Power Walk, athletes register under a separate event call "Power Walk." This event takes place at 1:15pm on Sunday, August 11 during Track & Field.

Trap Shooting

Commissioner

Rohn Abbott – 378-6659, RDA@shanwil.com

Site

Fairbanks Trap Club, (Go N of Fairbanks on New Steese Hwy, turn L on Hagelbarger Rd. 1 mile, then R on Old Steese, note sign on R approx. 100 yds.)

Dates/Times

Sunday, August 11
4:00pm Check in
4:30pm Start

Fee

$10 paid to Fairbanks Trap Club at the event

- Shooting 25 Single Targets.
- Bring your own equipment or check with the Commissioner ahead of time to borrow a shotgun.

Triathlon

Commissioner

Amber Barlow – (970) 203-5535 abarlow5@alaska.edu

Site

UAF Patty Center
410 Tanana Loop

Dates/Times

Sunday, August 18
9:00am – 9:30am Check-in
9:00am Pool open for warm-ups
9:45am Pre-race meeting
10:00am Race starts, swim based on time, two swimmers per lane

Team Triathlon

All of the above information applies. Teams may be mixed or same gender and all teams are in the same age group.

- Swimming – 400 Yards Freestyle
- Cycling – 20K, Helmets required
- Road Race – 5K
- May enter as an individual or as a team.

2019 ALASKA INTERNATIONAL SENIOR GAMES

Alaska International Senior Games

2019 Entry Form

Online Registration is available, see instructions at **www.alaskaisg.org**

Entry must be received by July 25, 2019

Preferred Name: _____

Date of Birth: ____/____/_____ Gender: M / F

E-mail: _____

Phone: _____

Mail address: _____

_____

City, State, Zip: _____

Emergency Contact: _____

Phone: _____

Registration Fee $55.00
$20 Discount *if received by 7/15/19* $ _____
Age 90 and over Free

Total Event Fees from Page 2 $ _____

I will attend Opening/Gala Games, Free Yes No
___ Guest(s) @ $10.00 each $ _____

I will attend the Dance Social, Free Yes No
___ Guest(s) @ $6.00 each $ _____

I will attend Celebration of Athletes Yes No
Participant $20.00 $ _____
___ Guest(s) maximum 2 @ $20.00 each $ _____

Tax deductible Donation Thank You! $ _____

Total Amount attached $ _____

If this is your first year and you were recruited to sign up by someone, write their name here. They could win a prize!

_____

If you would like a T-shirt, circle your preferred size.
Women's t-shirts run small; mark one size larger

Women's (v-neck):	S	M	L	XL	XXL
Unisex (round neck):	M	L	XL	XXL	XXXL

Make check or money order to:
Alaska International Senior Games or AISG
Mail to: PO Box 73225
Fairbanks, AK 99707-3225 **OR**
Deliver to: AISG (downstairs Regency Court Mall)
54 College Road, Suite 6, Fairbanks

For Office Use Only, Do Not Write in this Box

Date received: _____ Initials_____

Cash/Check#_____ Acct # _____

ATHLETE WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the Alaska International Senior Games (AISG) program, the undersigned acknowledges and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for BODILY AND MENTAL INJURY, PERMANENT DISABILITY, DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY.

I further understand that many people participate in the activities, which are competitive in nature. If any such participant were to engage in disrespectful conduct toward me, including but not limited to, HARASSMENT, SEXUAL HARASSMENT OR ANY TYPE OF ASSAULT OR OTHER CRIME, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF AISG or the Released Parties listed below; and

2. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE ALASKA INTERNATIONAL SENIOR GAMES, INC, its officers, officials, volunteers, agents and/or employees, sponsoring agencies, sponsors, advertisers, and owners and lessors of premises used to conduct the event (hereinafter, the "Released Parties"), with respect to any and all of THE CLAIMS AND RISKS NOTED ABOVE, connected in any way with my involvement or participation in these activities WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law; and

3. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Released Parties from any and all liabilities connected in any way with my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law; and

5. I agree to treat all participants, volunteers, and spectators with respect. If I do not, I am solely responsible for my actions; and

6. I agree not to smoke or use tobacco products or alcohol during AISG events, or while on FNSB School District or UAF property; and

7. I willingly grant permission to the AISG, Inc. to use images captured during regular and special activities through video, photo and digital cameras to be used solely for the purposes of the AISG promotional material and publications, and waive any rights of compensation or ownership thereto; and

I HAVE READ and AGREE to the TERMS and CONDITIONS of this WAIVER and RELEASE of LIABILITY. I ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION in the Alaska International Senior Games.

Signature: _____ Date _____ /2019

Print name: _____

2019 ALASKA INTERNATIONAL SENIOR GAMES

Alaska International Senior Games

2019 Entry Form

Athlete Agreement: I understand that volunteers dedicate many hours prior to the events to organize playing times and heats. I agree to register only for the events in which I intend to participate. I also agree to notify the Commissioner prior to the start of the event, if I decide not to, or cannot, attend.

Signature _____ Print Name _____ Date _____

For more information go to www.alaskaisg.org/games/sports.

There are no event fees, *unless* listed below.

ARCHERY $15
Check only one
- ❑ Barebow Compound
- ❑ Barebow Recurve
- ❑ Compound Fingers
- ❑ Compound Release
- ❑ Recurve

BASKETBALL
Free Throw
- ❑ Women's
- ❑ Men's

3-on-3 Half Court $20
- ❑ Women's
- ❑ Men's

Team: _____

BOCCE
- ❑ Singles
- ❑ Random Doubles

BOWLING $15 per event
- ❑ Singles
- ❑ Doubles

Partner: _____
- ❑ Mixed Doubles

Partner: _____

CYCLING
Check only one
- ❑ 5K Time Trial
- ❑ 10K Time Trial

DISC GOLF
Check only one
- ❑ Doubles
- ❑ Mixed Doubles

Partner: _____

GOLF $10
Green Fees paid at venues
- ❑ 18 hole scratch ***OR***
- ❑ 36 hole scratch

Golf Team *Check only one* $10
- ❑ Individual
- ❑ Doubles:

Partner: _____
- ❑ Mixed Doubles:

Partner: _____

HORSESHOES
- ❑ Singles

ICE HOCKEY – COED
- ❑ Team Member $30

Sign up as individual and complete Hockey Player Evaluation form.

INDOOR SHOOTING
$12.00 per event
- ❑ Rifle .22 caliber
- ❑ Pistol .22 caliber

PICKLEBALL $5 per event
- ❑ Singles
- ❑ Doubles

Partner: _____
- ❑ Mixed Doubles

Partner: _____

POWER WALK
- ❑ 1500 Meter

RACQUETBALL
- ❑ Singles
- ❑ Doubles

Partner: _____
- ❑ Mixed Doubles

Partner: _____

ROAD RACE
- ❑ 5 Kilometer
- ❑ 10 Kilometer

SWIMMING
Limit of six events only
- ❑ 50 yd Backstroke
- ❑ 50 yd Breaststroke
- ❑ 50 yd Butterfly
- ❑ 50 yd Freestyle
- ❑ 100 yd Backstroke
- ❑ 100 yd Breaststroke
- ❑ 100 yd Butterfly
- ❑ 100 yd Freestyle
- ❑ 100 yd IM
- ❑ 200 yd Breastroke
- ❑ 200 yd Freestyle
- ❑ 500 yd Freestyle

TABLE TENNIS $5 per event
- ❑ Singles
- ❑ Doubles

Partner: _____
- ❑ Mixed Doubles

Partner: _____
- ❑ Random Doubles

TEAM TOSS
- ❑ Team

TENNIS $5 per event
- ❑ Singles
- ❑ Doubles

Partner: _____
- ❑ Mixed Doubles

Partner: _____

TRACK & FIELD
- ❑ 50 Meter Dash
- ❑ 100 Meter Dash
- ❑ 200 Meter Dash
- ❑ 400 Meter Dash
- ❑ 800 Meter Run
- ❑ 1500 Meter Run
- ❑ Discus
- ❑ Javelin
- ❑ Long Jump
- ❑ Shot Put
- ❑ Standing Long Jump
- ❑ Triple Jump

TRAP SHOOTING *Shooting fee paid at venue*
- ❑ 25 Targets

TRIATHLON
Check only one
- ❑ Individual
- ❑ Team Triathlon

Team: _____

TOTAL EVENT FEES $_____

Place this Total on the other side of this Entry Form

2019 ALASKA INTERNATIONAL SENIOR GAMES

Event Schedule

Times listed are start times

Athletes come early to check-in.

Fri., Aug. 9

Opening/Gala Games
Pioneer Park Civic Center
6:00pm

Sat., Aug. 10

Horseshoes – 70+
Terry Miller Park NP
9:30am

Racquetball
The Alaska Club
10:00am

Tennis
Dan Ramras Courts
10:00am

Horseshoes – 50-69
Terry Miller Park NP
11:30am

Ice Hockey – Coed
Big Dipper Ice Arena
6:00pm

Swimming
Hamme Pool
6:00pm

Sun., Aug. 11

Track & Field
Lathrop HS
9:00am

Archery
UAF Archery Range
9:00am

Tennis
Dan Ramras Courts
10:00am

Power Walk
Lathrop High School
1:15pm

Trap Shooting
Fairbanks Trap Club
4:30pm

Ice Hockey-Coed
Big Dipper Ice Arena
6:00pm

Mon., Aug. 12

Bocce – Singles
Weeks Field Park
9:00am 50-74
10:30am 75+

Bocce – Random Doubles
Weeks Field Park
Noon

Basketball – Free Throw
UAF SRC
5:45pm

Ice Hockey – Coed
Big Dipper Ice Arena
6:00pm

5K Road Race
Chena Lake Recreation
6:30pm

Basketball – 3-on-3 Half Court
UAF SRC
6:30pm

Tues., Aug. 13

Golf
North Star Golf Club or Fairbanks Golf Course, TBA
9:00am

Pickleball – Womens Doubles & Mens Singles
The Alaska Club
9:00am

Indoor Shooting – Rifle
TVSA Range
1:00pm

Bowling – Singles
Arctic Bowl
6:00pm

Basketball – 3-on-3 Half Court
UAF SRC
6:00pm

Cycling
Chena Lake Recreation Area
7:00pm

Wed., Aug. 14

Golf
Chena Bend Golf Course
9:00am

Pickleball – Mixed Doubles
The Alaska Club
9:00am

Indoor Shooting – Pistol
TVSA Range
1:00pm

Bowling – Doubles
Arctic Bowl
6:00pm

10K Road Race
Chena Lake Recreation
6:30pm

Thurs., Aug. 15

Golf – Team Golf
Fairbanks Golf Course
9:00am

Pickleball – Womens Singles & Mens Doubles
The Alaska Club
9:00am

Bowling – Mixed Doubles
Arctic Bowl
6:00pm

Fri., Aug. 16

Disc Golf
UAF Course
1:30pm

Dance Social
Dance Hall, Pioneer Park
7:00pm

Sat., Aug. 17

Team Toss
Pioneer Park, Moose Creek Pavilion
9:15am

Table Tennis
UAF Patty Center
12:00 Noon

Sun., Aug. 18

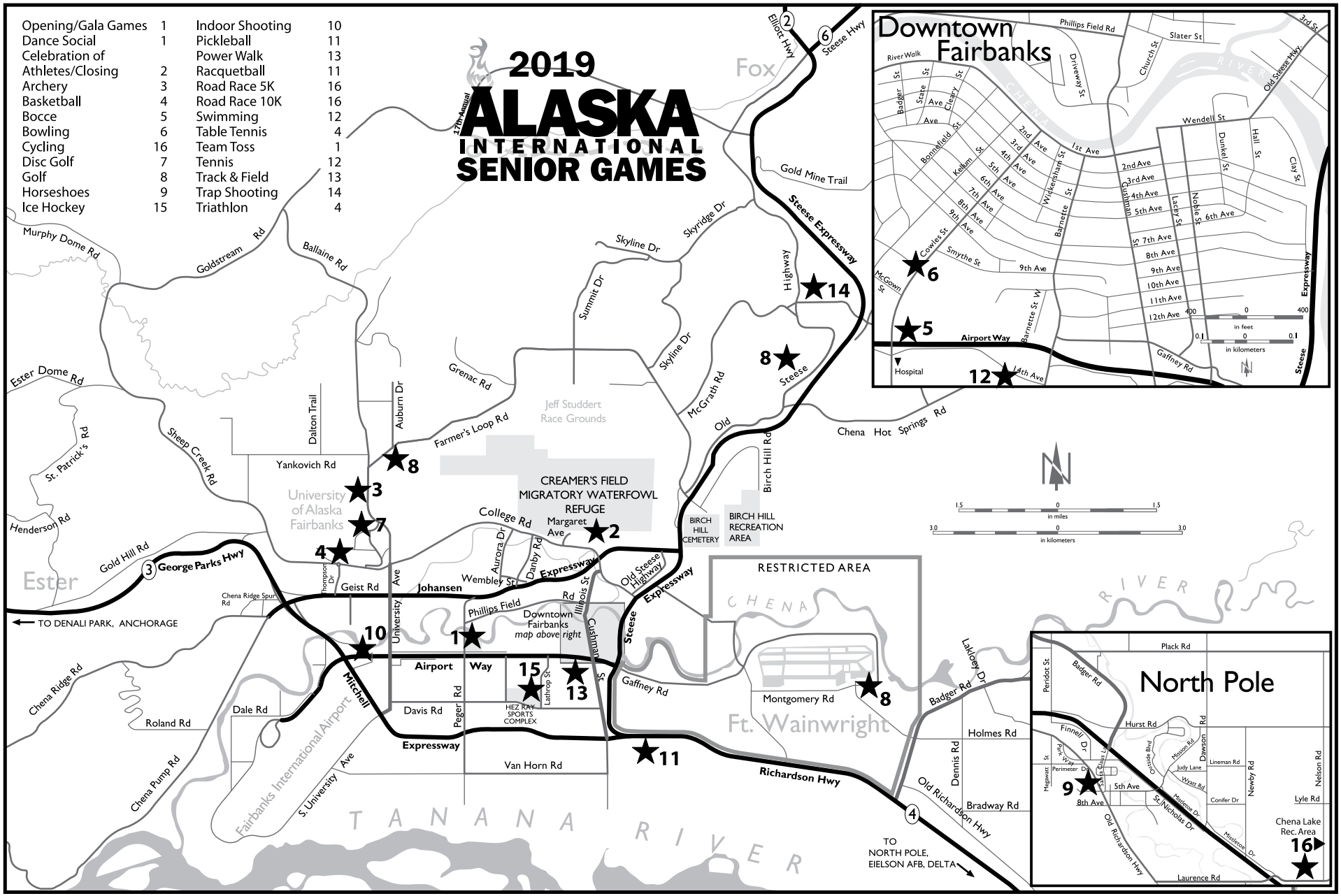
Table Tennis
UAF Patty Center
9:30am

Triathlon
UAF Patty Center
10:00am

Celebration of Athletes
Antique Auto Museum
6:00pm

Schedule updates will be posted at www.alaskaisg.org/games/schedule

(907) 978-2388
info@alaskaisg.org
www.alaskaisg.org


2019
ALASKA
INTERNATIONAL
SENIOR GAMES
17th Annual
Opening/Gala Games 1
Dance Social 1
Celebration of Athletes/Closing 2
Archery 3
Basketball 4
Bocce 5
Bowling 6
Cycling 16
Disc Golf 7
Golf 8
Horseshoes 9
Ice Hockey 15
Indoor Shooting 10
Pickleball 11
Power Walk 13
Racquetball 11
Road Race 5K 16
Road Race 10K 16
Swimming 12
Table Tennis 4
Team Toss 1
Tennis 12
Track & Field 13
Trap Shooting 14
Triathlon 4
Fox
Elliott Hwy
Steese Hwy
Gold Mine Trail
Steese Expressway
Murphy Dome Rd
Goldstream Rd
Ballaine Rd
Skyline Dr
Skyridge Dr
Summit Dr
Highway
Ester Dome Rd
St. Patrick's Rd
Sheep Creek Rd
Dalton Trail
Auburn Dr
Grenac Rd
Farmer's Loop Rd
Jeff Studdert Race Grounds
McGrath Rd
Old Steese
Chena Hot Springs Rd
Birch Hill Rd
Yankovich Rd
University of Alaska Fairbanks
CREAMER'S FIELD MIGRATORY WATERFOWL REFUGE
BIRCH HILL CEMETERY
BIRCH HILL RECREATION AREA
Henderson Rd
Gold Hill Rd
George Parks Hwy
College Rd
Margaret Ave
Aurora Dr
Danby Rd
Wembley St
Old Steese Highway
Expressway
Ester
Thompson Dr
Geist Rd
Johansen
University Ave
Chena Ridge Spur Rd
TO DENALI PARK, ANCHORAGE
Phillips Field Rd
Downtown Fairbanks
map above right
Illinois St
Cushman St
Steese
RESTRICTED AREA
CHENA
RIVER
Airport Way
Lathrop St
HEZ RAY SPORTS COMPLEX
Peger Rd
Davis Rd
Gaffney Rd
Montgomery Rd
Ft. Wainwright
Ladyloey Dr
Badger Rd
Holmes Rd
Dennis Rd
Bradway Rd
Richardson Hwy
Old Richardson Hwy
Chena Ridge Rd
Roland Rd
Dale Rd
Mitchell Expressway
Fairbanks International Airport
S. University Ave
Van Horn Rd
Chena Pump Rd
TANANA RIVER
TO NORTH POLE, EIELSON AFB, DELTA
Downtown Fairbanks
Phillips Field Rd
River Walk
Slater St
Church St
Driveway St
Old Steese Hwy
Wendell St
Hall St
Dunkel St
Claw St
Noble St
Lacey St
Cushman St
Barnette St
Wickersham St
Bonnifield St
Kellum St
Cowles St
Smythe St
McGown St
Barnette St W
Airport Way
Hospital
Gaffney Rd
Steese Expressway
1st Ave
2nd Ave
3rd Ave
4th Ave
5th Ave
6th Ave
7th Ave
8th Ave
9th Ave
10th Ave
11th Ave
12th Ave
14th Ave
in feet
in kilometers
in miles
North Pole
Plack Rd
Peridot St
Badger Rd
Finnell Dr
Hurst Rd
Dawson Rd
Lineman Rd
Judy Lane
Wyatt Rd
Conifer Dr
Newby Rd
Nelson Rd
Lyle Rd
Chena Lake Rec. Area
Old Richardson Hwy
St. Nicholas Dr
Mistletoe Dr
Laurence Rd
Megawatt St
Perimeter Dr
Trans Alaska Pipeline
Outside Blvd
Mission Rd
5th Ave
8th Ave

Recruit Friends Sweepstakes

If you are a 2019 AISG Participant and you recruit a new athlete (someone who has not participated since 2015), ask them to write your name on the Entry Form. That will enter you in the **Recruit Friends Sweepstakes**!

There's no limit to the number of recruits who can enter your name. The more you recruit, the more chances you have to win a prize.

Grand Prize: $100 Cash! Also, prizes of $50 Cash and Free Registration for 2020 (a $55 value). Prizes will be drawn at the Celebration of Athletes on August 18, 2019. Only one prize can be won per person.

Recruit! Recruit! Recruit! Let's see some new faces!

Graphic designer Jill Marshall and Board President Diann Darnall hold AISG's seventh National Senior Games Award for *Excellence in Games Promotion*!

Thank you, Jill for your creativity!

Thank You! Volunteer Groups

College Rotary Club
Ballroom Dance Club
Fairbanks Cycle Club
Taoist Tai Chi
North Pole Moose Lodge
Fairbanks Interior Table Tennis
American Legion Post 11
Team RWB Fairbanks

Special thanks to our photographers: Larry Mitchell, Lisa Mitchell and Diann Darnall.

Thank You! Facility Providers

FNSB Parks and Recreation
University of Alaska Fairbanks
FNSB School District
Fairbanks Trap Club
The Alaska Club
Arctic Bowl
North Star Golf Club
Chena Bend Golf Course
Fairbanks Golf Course
Tanana Valley Sportsmen's Association Range
City of North Pole

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Northwest Senior Games

If you're traveling and want to check out some other Senior Games, here are websites for Games in the Northwest.

Arizona – February and March
www.seniorgames.org

California – Months vary
www.californiaseniorgames.org

Idaho – Early August
www.idahoseniorgames.org

Nevada – Sept. 8-Oct. 12
www.nevadaseniorgames.com

Utah – October 7-19
www.seniorgames.net

Washington – July
www.pugetsoundgames.com

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907-978-2388
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