



Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



| | | |
|-------------------------------|---|-------------------------|
| Sport | <i>Basketball Free Throw</i> | |
| Events | Men's, Women's | |
| Dates & Times | Friday, May 15, 12:00 p.m. | |
| Location | Eastern Henrico Recreation Center 1440 N. Laburnum Avenue Henrico, VA 23223 | |
| Contact Person | Elbert Grinnell | |
| | Phone: (804) 652-1421 | Email: gri10@henrico.us |
| Format of Event | Each participant shall shoot 4 rounds of 5 free throws each, equaling a total of 20 free throw attempts. The organizer reserves the right to change the format for any age division based on entry numbers, space restrictions, or any other circumstances. | |
| Rules | Total number of free throws made out of 20 will determine winners. Free throw attempts will be made from the customary free throw line for men and women. Women age 70+ have the option to shoot from 3 feet forward of the free throw line. | |
| Awards | Gold, Silver, and Bronze Medals will be given for Men's and Women's Divisions in each age category (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition. | |
| Entry Regulations | Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered "open" games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program. | |
| Equipment | | |
| Athlete Packet Pick-Up | <p>Packet Pick-Up is where athletes can pick up their information packet, VSG 2020 t-shirt, participant bag, and name tag. Multiple pick-ups are permitted. Athletes DO NOT need to pick up packets prior to their events in order to participate. However, shipping charges will apply to athletes who are not onsite to pick up their registration packets or medals and would like them later.</p> <p>BELMONT RECREATION CENTER 1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410</p> <p>Tue, May 12 4:00pm-6:00pm Wed, May 13 7:00am-2:00pm Thu, May 14 7:00am-2:00pm Fri, May 15 7:00am-6:00pm Sat, May 16 7:00am-10:00am</p> | |