

2021 National Senior Games - Limited Event Verification Form Instructions

Please read **ALL** instructions before completing the attached form.

General Information from the NSGA Rule Book



D. QUALIFICATION FOR “LIMITED” EVENTS

The NSGA defines a “limited” event as one in which an athlete can qualify in ways other than by participating in a NSGA qualifying games. Events that are considered “limited” are 20K and 40K cycling, hammer throw, pole vault, 5K/10K road race, triathlon and the following non-ambulatory sports - bowling and shuffleboard. The rules for qualifying for these events are as follows.

1. If a “limited” event (except triathlon) is offered at the NSGA qualifying games in an athlete’s home state, the athlete must qualify for that event by participating in a NSGA qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a NSGA qualifying games.
2. If a “limited” event is not offered at the NSGA qualifying games in an athlete’s home state, the athlete may qualify for that event by meeting the following criteria:
 - a. For 20K or 40K cycling road race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2020. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.
 - b. If your state did not offer the 5K and 10K road race an athlete must submit verification of having completed one 5K or 10K event between January 1 and December 31, 2020. The road race events are reciprocal. If you compete in a 5K or 10K road race event; you will qualify for both.
 - c. For pole vault an athlete must submit verification of having met the NSGA minimum performance standard for pole vault in any USA Track & Field sanctioned competition between January 1 and December 31, 2020.
 - d. For hammer throw an athlete must submit verification of having competed in one USA Track & Field sanctioned competition between January 1 and December 31, 2020.
 - e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2020. All triathletes have the opportunity to participate under the “limited” event criteria regardless if a state offers the event. f. For non-ambulatory bowling and shuffleboard an athlete must submit verification of having competed in one non-ambulatory competition between January and December 31, 2020.
3. Athletes must submit to the NSGA office by no later than **March 15, 2021**, a Limited Event Verification form, available on the NSGA website, along with a copy of the official results or other public document illustrating the results.

Documentation Required for Limited Event Verification Form

Sport/Event

Qualifying Requirement Under Limited Event Rule

Cycling

- 20K Road Race* Verified **completion** of **ONE** 20K race during the qualifying year.
40K Road Race Verified **completion** of **ONE** 40K race during the qualifying year.

Non-Ambulatory

- Bowling* Verified **completion** of **ONE** non-ambulatory event during the qualifying year.
Shuffleboard Verified **completion** of **ONE** non-ambulatory event during the qualifying year.

Road Race

- 5K* Verified **completion** of **ONE** 5K race during the qualifying year.
10K Verified **completion** of **ONE** 5K race during the qualifying year.

Track & Field

- Hammer Throw* Verified **completion** of **ONE** USA Track & Field sanctioned competitions during the qualifying year.
- Pole Vault* Verified jump meeting the **MPS** for your age division/gender at a USA Track & Field sanctioned competition during qualifying year.
(See official NSGA Rulebook for minimum performance standards.)

Triathlon

- Verified **completion** of **ONE** triathlon during the qualifying year.

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Please read the instructions and NSGA Rule D on Limited Events before completing this form.

Mail to: National Senior Games Association
ATTN: 2021 Limited Events
PO Box 5630
Clearwater, FL 33758-5630



**National
Senior Games
Association**

Please **PRINT** clearly or **TYPE**. Keep a copy for your records. or
NSGA must **RECEIVE** this form **by MARCH 15, 2021.**

EMAIL to: REGISTRATION@NSGA.COM

Section I: Athlete Information

NOTE: Name and address must be same one you use to register for the National Games.

COPY of PHOTO ID with DATE OF BIRTH information must be attached.

| | | | | | |
|-------------------|----------------|----------------------------|-----------|-------------------------------|---------------------------------|
| FIRST NAME | MIDDLE INITIAL | LAST NAME | NICKNAME | | |
| MAILING ADDRESS | | | APT/SUITE | <input type="checkbox"/> MALE | <input type="checkbox"/> FEMALE |
| CITY | STATE | ZIP | E-MAIL | | |
| () | () | () | | | |
| DAY PHONE | CELL PHONE | DATE OF BIRTH (MM/DD/YYYY) | | | |
| () | () | () | | | |
| EMERGENCY CONTACT | RELATIONSHIP | TELEPHONE | | | |

Section II: Event Information

Copies of results for the completed event must be **ATTACHED**. **Step 1:** Check the box for the sport/event you wish to qualify.

Step 2: Complete the information below for each sport/event.

Triathlon Pole Vault Hammer Throw Cycling Road Race Non-Ambulatory

20K
 40K

5K
 10K

Bowling:
Shuffleboard:

| | |
|---------------------------|--------------------------------|
| NAME OF EVENT | HEIGHT CLEARED |
| DATE OF EVENT | DISTANCE THROWN |
| NAME OF EVENT DIRECTOR | TIME FINISHED |
| PHONE # OF EVENT DIRECTOR | TRIATHLON RUN DISTANCE & TIME |
| | TRIATHLON BIKE DISTANCE & TIME |
| | TRIATHLON SWIM DISTANCE & TIME |

Section III: Certification by Athlete

I verify that the information on this form is accurate.

SIGNATURE OF COMPETITOR

DATE