

# 2019 Wyoming Senior Winter Games

*Welcome to beautiful Pinedale, Wyoming!*

## General Information:

Any person turning 50 years of age ON OR BEFORE December 31, 2019 is eligible to participate. Registration fee is \$50 and must be submitted with entry form. Onsite registrations will incur a \$10 late fee. If at all possible, please register online at <https://wyoming.nsga.com/registration>. Paper registration forms may be printed off of the website. **If you have questions about the games, or how to register, email JJ Huntley: [juliejoneshuntley@gmail.com](mailto:juliejoneshuntley@gmail.com)**. Registration will close February 6, 2019. There will be no refunds, except in the event of the Wyoming Senior Winter Games being cancelled, in which case, all registration fees will be fully refunded. All participants will be issued a bib with their participation number on it. The bib must be worn at all events or participation will not be permitted (if applicable to event). A valid form of identification must be presented at the time of registration to verify age. **\*\*\*WATER BOTTLES WILL NOT BE PROVIDED. BE SURE TO BRING YOUR OWN.\*\*\***

## Check-In:

Check-In will take place at the Pinedale Aquatic Center (PAC), 535 N Tyler Ave, Pinedale, WY. Visit [www.pinedalequatic.com](http://www.pinedalequatic.com). Check-In and distribution of the bibs will be available during the following times:

- Thursday, February 7th, from 10:00am to 6:00pm,
- Friday, February 8th, from 7:00am to 5:00pm
- Saturday, February 9th, from 7:00am to 5:00pm

All participants must be registered prior to their first event.

The culminating Banquet for athlete participants and their guests will be held Saturday, February 9th, at Rendezvous Pointe, beginning with Happy Hour (BYOB) and entertainment at 5:30pm. Dinner will be served at 6:00 pm, followed by a guest speaker. A slideshow of event highlights will be the backdrop for this occasion. The Banquet fee is included in registration for participants. Additional banquet tickets may be purchased at the time of registration (online, or check-in) for \$20. If you desire them, be sure to purchase additional banquet tickets at the time of registration.

**Read on about our fantastic venue sites.....**

## SUBLETTE COUNTY ICE ARENA

Amenities include three team changing rooms, concession area, restrooms, spectator bleachers, and handicapped accessible viewing area. The Sublette County Ice Arena is located at 1219 W Washington St, on the southwest end of Pinedale. More information about the rink and skate times, visit [www.sublette.com/hockey/](http://www.sublette.com/hockey/) or call (307)367-6313.

### Events: Speed Skating, Hockey Goal Shoot

Skates will be available to rent if needed.

- **Speed Skating:** Participants may choose one of the two following events:
  - ◆ 1 Lap (about 200 yards) Medals will be awarded to the top three in each age group.
  - ◆ 3 Laps (about 600 yards) Medals will be awarded to the top three in each age group.
- **Hockey Goal Shoot:** Hockey sticks and pucks will be provided.
  - ◆ Participants will shoot from the high slot at a hockey goal with target holes. Each participant will be given 10 shots; one point is scored for each goal scored in the lower corners, 2 points is scored for each goal in the “five hole”, and 3 points is scored for each goal in the upper corners. If needed, a five-shot tiebreaker will be used.

## WHITE PINE SKI AREA

The White Pine Ski Area & Resort is Wyoming's oldest ski area, located at 74 White Pine Rd Pinedale, in the beautiful Wind River Mountains just 10 miles from town. Visit <http://www.whitepineski.com/>.

### Events: Snowshoe Races, Alpine Skiing, Nordic Classic, Nordic Freestyle, Fat

**Bike Race** *Alpine, Nordic & Snowshoe equipment is available to rent at White Pine Ski Area. For Fat Bike rentals, call Kari DeWitt at 307-231-3210 and she will help you find one.*

**\*\*HELMETS ARE REQUIRED FOR ALPINE EVENTS\*\*** also available for rent

- **Alpine Events:**
  - ◆ Skiers will be able to purchase lift tickets at a discount by presenting their bib at the ticket booth on the day of their event.
  - ◆ Competition in each event will be based on age and sex. The women will run first, beginning with the oldest age group, followed by the men in the same order.
  - ◆ There will be two runs for each event; the best time of the two will be recorded.
    - Slalom: The course will be set on the lower intermediate trail with approximately 30 gates over 900 feet with a vertical drop of about 220 feet. The slalom is designed for less aggressive skiers. This race qualifies for the Nordic-Alpine Combination for ages 70+.
    - Giant Slalom: Course will be set on an intermediate to upper intermediate trail with approximately 20 gates over 4,900 feet with a vertical drop of about 850 feet.

→ **Nordic Events:**

- ◆ All Nordic events will start & finish to the north of the warming hut & restrooms, at the northwest end of the parking lot.
  - Nordic Classic: 2.5K, 5K and 10K - skating is not permitted.
  - Nordic Freestyle: 2.5K, 5K and 10K - skate and classic skiing allowed.
    - Men and women will race together in a mass start

→ **Snowshoe Race:**

- ◆ Both Snowshoe events will begin & end across the road from the warming hut on the Lower Surveyor Park Trail.
- ◆ Ski poles will be permitted.
  - 2.5km Snowshoe : Racers will mass start, race east (starting toward the Main Lodge) on the Lower Surveyor Park Trail in a clockwise direction, continue around the loop until they cross the finish line.
  - 1km Sprint Snowshoe : Racers will mass start, race east (starting toward the Main Lodge) on the trail and continue around the sprint loop (trail will be marked).

→ **Fat Bike Race:**

- ◆ The rugged and aesthetic Nordic ski trails near White Pine Ski Resort in the Wind River Mountains beckon two wheel riders to challenge themselves in a Fat Bike race. Races will be on varied courses of distances and degrees of difficulty. Bring your own bike or call Kari at 307-231-3210 for ideas to rent.

## **PINEDALE AQUATIC CENTER**

The Pinedale Aquatic Center (PAC), 535 N Tyler Ave. Pinedale, will be the central hub of the games. The facility offers a lap pool and a leisure pool, racquetball courts, indoor running track, climbing wall, and fitness area. All event schedules and results will be posted at PAC. [Visit www.pinedaleaquatic.com](http://www.pinedaleaquatic.com) to check out all this awesome facility has to offer.

### **Events: Indoor Walk, Pickleball, Swim Meet**

- **Indoor 1 Mile Walking Race:** This event will be offered Friday and Saturday, and will be held on the indoor walking track at PAC. Timers will be available Friday from 8am-5pm, and Saturday from 10am-4pm.
- **Pickleball:** All equipment will be provided, if needed. This unique sport combines tennis with a hint of badminton. Participants can compete in singles (gender based) and/or mixed doubles. All USPA rules will apply.
- **Swim Meet:** Events will include distances ranging from 25 meters to 200 meters and include all four competitive strokes (butterfly, backstroke, breaststroke, freestyle), as well as sidestroke and elementary backstroke.
  - ◆ In the event there are not at least 6 swimmers for one particular event, that event will be combined with another event of the same distance (i.e. when a 50 meter race is held it may have freestyle and backstroke swimmers).
  - ◆ Participants are limited to 5 individual events and one relay, not including the inner tube relay. Event registration for the swim meet will close at 7pm on Thursday, February 7th.

**Where to Stay? Where to Eat?** Information about Pinedale can be found at [www.visitpinedale.org](http://www.visitpinedale.org). Our restaurants, motels, and bed & breakfasts are waiting to serve you!