

PASADENA SENIOR GAMES 2026

HOSTED BY



2026 Individual Registration Form

Online Registration: www.PasadenaSeniorCenter.org/activities-events/Senior-Games
or mail completed form with payment to **attn. Senior Games 85 E Holly St, Pasadena CA 91103**
Complete All Information (Please print clearly) and please sign waiver.

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____ Telephone () _____

E-Mail _____ Gender (M/F) _____
(Pasadena Senior Games does not share participant email addresses)

Birthdate (mm/dd/yyyy) _____ (Must be 50 years old or older by Dec. 31, 2026)

Emergency Contact Information

Print Name _____

Relationship _____

Telephone () _____

FOR OFFICE USE ONLY

Date Rec'd _____

Processed _____

Entered _____

Questions:

Contact Sports@PasadenaSeniorCenter.org or call (626) 685 6755



WAIVER must be signed and mailed with registration.

RELEASE OF LIABILITY

PHOTO AND FILM WAIVER: I hereby grant full permission to the organization, their agents, employees and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the Pasadena Senior Games.

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the Pasadena Senior Center and the organizers of the Pasadena Senior Games ("PSG"), hereinafter sometimes referred to as sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind of nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the PSG. I understand and agree that any dispute over injury or property damage caused by myself or another participant must be settled between the individuals. I warrant and represent to the organizers that I have prepared myself for the event(s) which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the PSG. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation for and participation in this event. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing condition which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the PSG.

Signature _____ Date _____

2026 PASADENA SENIOR GAMES REGISTRATION

Athlete's Name - Please Print

INDIVIDUAL SPORTS

Archery

(\$20 per event)

900 Round

Barebow Recurve

Compound Fingers

Compound Release

Recurve

Barebow Compound

Basketball Shooting

(\$20 for all)

Free Throw 3-Point Hot Shots

Cycling

(\$20 per event)

10K Time Trials 20K Road Race

Disc Golf

Online registration only at:

DiscGolfScene.com/Tournaments/California

No paper entries.

Fitness Challenge

(\$10)

Fitness Challenge

Pickleball

Online registration only at:

ipickle.com/PasadenaSeniorGames

No paper entries.

Power Walk

(\$10 per event)

5K Road 10K Road 1 MileTrack

Powerlifting

(\$10 per event)

Bench Press Weight:

Race Walk

(\$10 per event)

5K (Road) 1500M (Track)

10K (Road) 3000M (Track)

Athlete Registration fee required to participate in all individual and doubles events, with the exception of Disc Golf and Pickleball, which register through separate systems. Athletes registering for one of these three sports who also wish to sign up for other individual sports may request a waiver of the Athlete fee by contacting the Senior Games office at (626) 685-6755 or email Sports@PasadenaSeniorCenter.org after registering for Disc Golf or Pickleball but before registering for any remaining sports.

No Athlete fee is required if registering for Basketball Shooting **ONLY**.

Road Race

(\$10 per event)

5K Run 10K Run

Swimming

(\$10 per event)

Submit separate entry application on next page.

Table Tennis

(\$10 per event)

Singles

Doubles ** Partner _____ DOB _____

Mixed Doubles ** Partner _____ DOB _____

Track & Field

(\$10 per event)

50M

Discus

100M

Javelin

200M

Shot Put

400M

Long Jump

800M

Pole Vault

1500M Run

High Jump

5000M Run

Triple Jump

Softball Throw

**** Partner must register**

2026 PASADENA SENIOR GAMES

Attached USMS card here

Athlete's Name - Please Print

USMS Number

Warm Up 8:00 a.m.

Competition Begins 9:00 a.m.

Please register me for the following events.
Note: Novice division is for swimmers with limited competition experience.

Novice

Advanced

- | | |
|---|--|
| <input type="checkbox"/> 25Y Freestyle | <input type="checkbox"/> 50Y Freestyle |
| <input type="checkbox"/> 50Y Freestyle | <input type="checkbox"/> 100Y Freestyle |
| <input type="checkbox"/> 25Y Backstroke | <input type="checkbox"/> 200Y Freestyle |
| <input type="checkbox"/> 50Y Backstroke | <input type="checkbox"/> 500Y Freestyle |
| <input type="checkbox"/> 25Y Breaststroke | <input type="checkbox"/> 50Y Backstroke |
| <input type="checkbox"/> 50Y Breaststroke | <input type="checkbox"/> 100Y Backstroke |
| <input type="checkbox"/> 25Y Butterfly | <input type="checkbox"/> 200Y Backstroke |
| <input type="checkbox"/> 50Y Butterfly | <input type="checkbox"/> 50Y Breaststroke |
| <input type="checkbox"/> 100Y IM | <input type="checkbox"/> 100Y Breaststroke |
| | <input type="checkbox"/> 200Y Breaststroke |
| | <input type="checkbox"/> 50Y Butterfly |
| | <input type="checkbox"/> 100Y Butterfly |
| | <input type="checkbox"/> 200Y Butterfly |
| | <input type="checkbox"/> 100M IM |
| | <input type="checkbox"/> 200M IM |
| | <input type="checkbox"/> 400M IM |

SWIM MEET ENTRY FORM

All swimmers must complete this form in addition to the General entry application and submit both with proper event fees.

If you are a member of the United States Masters Swimming, **attach a copy of your membership card** and complete all other information. Non-USMS swimmers need only complete the personal information.

RULES

USMS rules will govern the Advanced Division of the meet. Recognized by Southern Pacific Masters Swimming for U.S. Masters Swimming. All swimsuits must conform to USMS rule 102.12. Times in the advanced division will be submitted to the Top Ten Recorder. There is a limit of five events in the advanced division and six in the Novice.

Total Swimming Fees Due: \$ _____
 # of events x \$10

Event & Number	Est. Time

Online registration and order of events is available at
www.PasadenaSeniorCenter.org/Senior-Games
 Registration Questions: (626) 685 6755 or Sports@PasadenaSeniorCenter.org



WAIVER on Individual Entry Application must be signed and mailed with this Swim Meet Form.

2026 PASADENA SENIOR GAMES REGISTRATION

Sport	Amount per event, in addition to Registration fee (\$45)	# of events	total for sport
Archery	\$20/event		
Basketball Shooting	\$20 for all 3 events. No Athlete fee required.		
Cycling	\$20/event		
Disc Golf	Register at DiscGolfScene.com/Tournaments/California		
Fitness Challenge	\$10		
Pickleball	Register at ipickle.com/PasadenaSeniorGames		
Power Walk	\$10/event		
Powerlifting	\$10		
Race Walk	\$10/event		
Road Race	\$10/event		
Swimming	\$10/event		
Table Tennis	\$10/event		
Track & Field	\$10/event		
ATHLETE FEE	Not required if only registering for Basketball Shooting.		\$45
Donation	Your additional donation helps the Pasadena Senior Games.		
	TOTAL		\$

Payment Information

- Check (Make Payable to Pasadena Senior Center)
- Cash
- Credit Card (Fill in info to the right)

Name: _____

Phone #: _____

Email: _____

Credit Card Information

- Visa MC AmEx

Address/City/Zip _____

Card # _____

Exp Date _____ V Code _____

Name on Card _____

Signature _____

Entry Information

Eligibility

The 2026 Pasadena Senior Games is open to all athletes 50 years or older as of December 31, 2026. The Pasadena Senior Games is an "open" games and welcomes both California and out-of-state athletes and teams.

Age Divisions

Competition for all individual and doubles events is in five-year age groups for both men and women beginning at age 50, up to and including 100+. The top age division for team sports is 80+.

Individual divisions are determined by your age as of December 31, 2026. Doubles and team sports divisions are determined by the age of the youngest player as of December 31, 2026. The right is reserved to combine age groups in any event due to insufficient entries or other conditions.

How to Enter

- Online: Register at www.PasadenaSeniorCenter.org/activities-events/senior-games.
- Mail: Mail completed registration form with payment to Pasadena Senior Center, Attn: Senior Games, 85 E Holly Street, Pasadena, CA 91103. (Mail must be received and acknowledged by sport registration deadline, which varies by sport. PSC is not responsible for entries lost or delayed in the mail.)
- In Person: Bring completed registration form with payment to the Welcome Desk at the Pasadena Senior Center at the above address, during open hours (Monday – Friday 8:00 a.m. and 4:30 p.m.)

Athlete Amenities

All registered participants will receive an athlete gift and a link to online Results Book published following the completion of the Games.

Fees

- Registration Fees - Individuals and Doubles: Athletes participating in individual or doubles events pay a \$45.00 athlete registration fee and any applicable event fees. The exceptions are Disc Golf and Pickleball which register separately and have the registration fee included in the event fees. Registration fee is not required if ONLY registering for Basketball Shooting.
- Event Fees – Individual and Doubles: Unless otherwise indicated, individual and doubles competition requires an additional event fee (fees vary per sport). The exception is

Disc Golf and Pickleball. The event fees for those sports are included with their registration.

- Teams Registration/fee: Team sports have a per team entry fee (fees vary per sport), but no individual athlete registration requirement. However, team members who also choose to register for individual or doubles events will be required to pay the individual athlete registration fee unless it is Basketball Shooting, Disc Golf, or Pickleball.

Entry Guidelines

- Individual Events: An individual may enter as many sports, and events within each sport, as permitted by the entry limitations of that sport and scheduling constraints. Registration and appropriate event fees must be received before each sport's specific deadline.
- Doubles Events: Both partners in a doubles competition must submit an individual entry application with payment by the sport's stated deadline, specify his/her partner and year of birth.
- Team Sports: Each team captain or manager must submit the team registration and payment prior to their sport's deadline. Late registration will NOT be accepted for team sports. Registration must include team name and age category (based on the birthdate of the youngest player on the team). The player roster with names and birthdates is due on or before the registration deadline. All players must submit contact information and sign a waiver before play begins (this can be done ahead of time, or at check-in the day of the first game).

Entry Deadlines

Each sport has its own entry deadline. Two events allow day-of-event registration: Basketball Shooting and Cycling. For all other sports, late registrations will not be accepted. Please refer to each sport's listing for specific deadlines.

Registration Confirmation

Online registrations will receive immediate confirmation of registration. Registrations mailed or hand-delivered to the Pasadena Senior Center will receive confirmation within five working days after receipt of registration.

Refunds

Refunds for individual sports will be given only with advance notice.

- 30 days or more before registered sport: full refund
- 14-29 days before registered sport: full refund minus \$10 processing fee
- 0-14 days before registered sport: full refund minus \$20 processing fee
- Refunds will not be given if requested after the registered sport has commenced

SPORTS INFORMATION

Rules

All competitions will be conducted in accordance with the rules and formats established by each sport's federation, as modified by the National Senior Games Association (NSGA). The current NSGA Rule Book is posted at www.nsga.com. Each athlete is responsible for familiarizing himself/herself with the rules prior to competition.

Schedules

- Individual: approximate starting times of individual competitions are listed on each individual sport's flyer (available at www.PasadenaSeniorCenter.org/activities-events/senior-games, or hard copy by request to 626-685-6755 or to sports@PasadenaSeniorCenter.org.)
- Team sports: For Basketball and Softball, the brackets with approximate start times will be emailed to the team captains/managers 3 days before each tournament.
- Multiple Sport entries: Athletes planning to enter multiple sports or events should check the competition schedule for possible conflicts and plan accordingly. No event will be delayed due to an athlete's conflict in schedule.

Officials

Certified officials will be in attendance at the following events: Archery, Basketball, Cycling, Power Walk, Race Walk, Road Race, Softball, Swimming, Tennis and Track and Field. The Sports Commissioners and/or Tournament/Meet Directors, together with the officials, have been given the authority to make all decisions relative to conduct of the tournament/meet rules and sportsmanship.

Equipment

Athletes are responsible for supplying their own equipment unless otherwise noted. Mark your personal items and do not leave valuables unattended. Pasadena Senior Games is not responsible for any lost or stolen items.

Uniforms/Clothing

Athletes must wear athletic-type clothing and shoes usual and customary for the sports in which they are competing. Clothing and shoes which are inappropriate may be cause for disqualification. Sports Commissioners have been given authorization to make this determination. Please refer to the flyer for each individual sport for details.

Sportsmanship/Conduct

Unsportsmanlike conduct on the part of any competitor, captain, coach, non-playing bench personnel or spectator will not be condoned by the Pasadena Senior Games. Conduct that is not in the spirit of the Games may result in immediate disqualification and/or removal from competition.

Any issues of unsportsmanlike or inappropriate conduct should be reported immediately to the event's Commissioner or the presiding sports official.

Protest Policy

An athlete desiring to protest any aspect of the competition shall do so to the Sports Commissioner at the time of occurrence. Protests may be oral or written. The Commissioner will evaluate the protest and render a decision. All decisions are final and not subject to further appeal.

Awards

Medals will be awarded to all first, second, and third place finishers in each age division for each event.

Novice Divisions

You do not need to be an elite athlete to participate at the Pasadena Senior Games. All sports are open to novices, but it is expected that athletes are familiar with the accepted rules of their chosen sports. If you have a question about your ability or competition level, please contact the Games office of the Pasadena Senior Center at 626-685-6755 or sports@PasadenaSeniorCenter.org.

NATIONAL SENIOR GAMES QUALIFYING INFORMATION

Competitions at Pasadena Senior Games

Pasadena Senior Games are one of four different California Senior Games hosting competitions that qualify athletes to register for 2027 National Senior Games (Tulsa, OK). Please note the qualification status of sports offered at 2026 Pasadena Senior Games:

- **Qualifiers:** Archery, Cycling, Road Race (5K/10K), Swimming, Table Tennis, Track & Field
- **Non-Qualifiers at PSG** (qualifying competitions will be held at San Diego Senior Games): Pickleball, Women's 3-on-3 Basketball
- **Open Sports at Nationals** (do not require qualifying): Disc Golf, Power Walk, Powerlifting
- **Not offered at 2027 Nationals:** Basketball Shooting, Co-Ed Softball, Fitness Challenge, Race Walk

Policy Governing Determination of Gender for the Purposes of Competition in at 2027 National Senior Games:

To be eligible to register for the 2027 National Senior Games, athletes agree to participate in the gender category that aligns with the sex they were assigned at birth.