

2023 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, 2022. 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, 2022. 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, 2022.

d. For hammer throw an athlete must submit verification of having competed in one USA Track & Field sanctioned competitions between January 1 and December 31, 2022.

e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2022. 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 1 and December 31, 2022.

g. Athletes must submit to the NSGA office by no later than **March 15, 2023**, 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 period.

40K Road Race Verified **completion** of **ONE** 40K race during the qualifying period.

Non-Ambulatory

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

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

Road Race

5K Verified **completion** of **ONE** 5K race during the qualifying period.

10K Verified **completion** of **ONE** 10K race during the qualifying period.

Track & Field

Hammer Throw Verified **completion** of **ONE** USA Track & Field sanctioned competitions during the qualifying period.

Pole Vault Verified jump meeting the **MPS** for your age division/gender at a USA Track & Field sanctioned competition during qualifying period.
(See official NSGA Rulebook for minimum performance standards.)

Triathlon

Verified **completion** of **ONE** triathlon during the qualifying period.

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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: 2023 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, 2023.**

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
Road Races: 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