



Virginia Senior Games

Henrico County, VA ♦ May 16-19, 2018 ♦ (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 18, 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; 60-74; 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 Check-In	Stop by Athlete Check-in to receive your information packet, t-shirt, participant bag, and name tag. Belmont Recreation Center 1600 Hilliard Road, Henrico, VA 23228, (804) 652-1410 Tue, May 15 4-6 pm Wed, May 16 7 am-2 pm Thu, May 17 7 am-2 pm Fri, May 18 7 am-7 pm Sat, May 19 7-11 am	