

2010 AISG Handbook



Presented By:



&



Alaska International Senior Games

P.O. Box 73225

Fairbanks, AK 99707

www.alaskaisg.org

907-978-2388

alaskaisg@gmail.com

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Welcome to the 8th annual

Alaska International Senior Games!

This year we are introducing Online Registration. Go to our website www.alaskaisg.org and click on the link “**Register Here**”. Please keep in mind that AISG is a total volunteer organization. When you register online you are helping us be more efficient. Thank you!

Registration and entry forms will also be available **to print from our website** or mailed by special request. They can also be **picked up at the Skate Room at the Big Dipper, 1920 Lathrop Street**. Complete the forms, sign them, and mail them with your payment to **AISG, PO Box 73225, Fairbanks, AK 99707** or **deliver them to the Big Dipper**.

Bocce and **Dance** are **new events** this year. **Racquetball** is back by popular demand and doubles have been added. The **Gala Games** will be part of the Opening Night extravaganza on August 13th. **Thanks to our sponsors** most of this year’s events have no event fee, so it’s easy to try something new!

Check with your Sport Commissioner for the details on doubles and mixed doubles play. If there is not an even number of players for these events, priority will go to the earliest registration date. In some non-qualifying events, partners will be drawn at random. Medals will be awarded at each event.

You can check for updates and changes at our **Blog** on our website: www.alaskaisg.org.

Events marked with an * are
qualifying events for the 2011

NSGA being held in
Houston, Texas

Check In & Packet Pickup

Week of August 9 – August 13, 2010
Big Dipper Ice Arena
1920 Lathrop Street
10 am – 6 pm

Opening and Gala Games

Friday, August 13 from 6 pm – 9 pm
Pioneer Park, Centennial Center
Packet Pickup Available
Door Prizes!
Food!
Fun!
Historic photo of all athletes!

Celebration of Athletes

Dinner – Games Highlights
Election of Board Members
Sunday, August 22 from 6 pm – 9 pm
Pioneer Park – Centennial Center
Door Prizes!

2010 AISG Board of Directors

President	Diann Darnall	diann.darnall@gmail.com
Vice President	Ernie Berry	ernest.berry@noaa.gov
Treasurer	Mary Ann Nickles	manickles@alaska.net
	Cam Carlson	rccarlson@gci.net
	Bob Carlson	rccarlson@gci.net
	Marcia Holm	marciaholm@gci.net
	Jane Lanford	jane@usibelli.com

Archery*

Commissioner:

Roger Weggel – 590-0927
ffrfw@uaf.edu

Site: TBA

Dates/Times/Events:

Tuesday, August 3

Wednesday, August 4

6:00pm - 9:00pm both days

Bring your own equipment.

6:00pm Check-in, equipment check and practice

6:30pm Competition begins

Compound, Fingers – with sights
Compound, Release – with sights
Barebow Compound – no sights
Barebow Recurve – no sights
Recurve – with sights

Event Fee:

Choose one event \$10.00

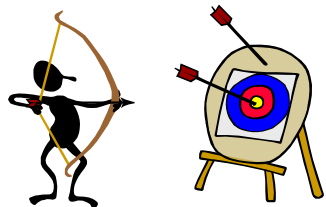
Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Emergency

Sport Rules:

Recurve bows - National Archery Assn (NAA) rules apply.

Compound bows – National Field Archery Assn (NFAA) rules apply.



Basketball 3-on-3*

Commissioner:

John Mancuso – 479-4608
jmancuso@alaska.net

Site: Patty Gym - UAF

Date/Times/Events:

Sunday, August 15

Time: 1:30pm – 4:30pm

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Sport Rules:

Modified NCAA rules will apply. Teams will play in youngest member's age group. Half court with 12 minutes running time/half (last 2 stop time). We hope to give teams a minimum of three games. Other rules in NSGA rulebook on website, changes possible based on entry numbers, space limitations or other circumstances.

Bocce

Commissioner:

Pat DeRuyter – 479-7853
patd@acsalaska.net

Site: Pioneer Park – Bocce Court

Date/Time/ Events:

Monday, August 16

10:00am

Singles and Doubles

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Bowling*

Commissioner:

Charlotte Perotti – 457-1332
clp@mosquionet.com

Site: Arctic Bowl
952 10th Avenue

Dates/Times/Event:

Check-in 30 minutes before start time.

Tuesday, August 17

Singles 2:00 & 6:00pm

Wednesday, August 18

Doubles 2:00 & 6:00pm

Thursday, August 19

Mixed Doubles 2:00 & 6:00 pm

Event Fee: \$15.00 each event

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Sport Rules:

1. Format will be scratch
2. Standings will be individual score totals in five year age groups
3. Lanes, partners and teams will be assigned as needed
4. Tournament is a non-sanctioned event



Cycling*

Commissioner:

Rocky Reifenstuhl – 474-8184
rocky@arcticrecreation.com

Site: Gravel Pit, 1.8 mile
Murphy Dome Road

Date/Times/Events:

Tuesday, August 17

6:00pm check-in time

5K, 10K, & 20K Time Trials

Simultaneously

Amenities:

Restrooms: No
Food: Yes
Water: Yes
Phones: No

Dance

Commissioner:

Kurt Byers – h474-4939 w474-6702
bluefox@acsalaska.net

Site: Pioneer Park
Centennial Center

Date/Times/Events:

Saturday, August 14

6:00pm – 9:00pm

Foxtrot – American
Swing – East Coast
Waltz – American Slow

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Gala Games

Commissioner:

Ernie Berry – 456-1446
ernest.berry@noaa.gov

Site: Centennial Center
Pioneer Park

Date/Times/Events:

Sunday, August 13
6:00pm – 9:pm

No experience necessary. Includes wellness walk, baggo toss, basketball shoot, nail hammering, cards, games, jigsaw puzzle, tai chi, and line dancing. Participate in as many as you wish.

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	Yes

Golf*

Commissioner:

Pat DeRuyter – 479-7853
patd@acsalaska.net

Event/Dates/Times:

54 Hole Scratch -- Participants will be called with start times

Tuesday, August 17 – 9:00am

Chena Bend Golf Club

Wednesday, August 18 – 9:00am

North Star Golf Club

Thursday, August 19 – 9:00am

Fairbanks Golf Course

Event Fee: \$65.00
Green Fees included

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	Yes

Horseshoes*

Commissioner:

Walter Cray – 322-6834
walter_c77@hotmail.com

Site: Terry Miller Park
5th & Santa Claus Lane
North Pole

Date/Times/Events:

Sunday, August 22
Singles 1:00pm – 3:00 pm

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	No

Sport Rules:

As per event requirement.

Indoor Shooting

Commissioner:

Rick Briggs – 389-2001
rickbriggs@att.net

Site: ADF&G Hunter Education
1501 College Road

Date/Times/Events:

Bring your own equipment.
Wednesday, August 18
Check-in at 12:45pm
.22 cal Rifle (50-ft) 1:00-3:00pm
Check-in at 2:45pm
.22 cal Pistol (25-ft) 3:00-5:00pm

Event Fee: \$10.00 each event

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	No

Indoor Shooting Event Rules:

Will be included in athletes' packets

Mini Golf

Commissioner:

Mary Ann Nickles – 456-6074
manickles@alaska.net

Site: Pioneer Park – Mini-Golf
1400 Airport Way

Date/Time/Event:

Saturday, August 21
11:00am

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	Yes



Race Walk*

Commissioner:

Janna Miller – 479-5585
janna@alaska.net

Site: Lathrop High School Track
901 Airport Way

Date/Time/Event:

Saturday, August 14
3:30pm
1500 Meter Race Walk

Amenities:

Restrooms:	No
Food:	Yes
Water:	Yes
Phones:	No

Racquetball*

Commissioner:

Clyde Lorenz – 457-7106
clorenz@gci.net

Site: Alaska Club North
150 Eagle Street

Dates/Times/Events:

Thurs. – Sat., August 19 - 21
Times arranged by Commissioner

Singles and Doubles

Amenities:

Restrooms:	Yes
Food:	Yes
Water:	Yes
Phones:	Yes

5K Road Race*

Commissioner:

Jane Lanford – 687-0769
jane@usibelli.com

Site: Woodriver Elem School,
5000 Palo Verde Dr.
(off Chena Pump Road)
Finish at Princess Lodge

Date/Times/Events:

Wednesday, August 18
Check-in at 6:00pm for 6:30 start
5 Kilometer running race

Amenities:

Restrooms:	at Finish
Food:	Yes
Water:	Yes
Phones:	No

Swimming*

Commissioner:

Marggie Rogge – 456-5019
goosem@gci.net

Site: Hamme Pool
901 Airport Way

Date/Time/Events:

Sunday, August 15
Check-in & warm-up Noon
Competition from 1:00 - 3:00 pm

Limit of 6 events each athlete

50 Yard Backstroke
50 Yard Breaststroke
50 Yard Butterfly
50 Yard Freestyle
100 Yard Backstroke
100 Yard Breaststroke
100 Yard Butterfly
100 Yard Freestyle
100 Yard IM Relay
200 Yard Freestyle
500 Yard Freestyle

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Sport Rules:

Seeding by lane and heat via estimated time provided by participant.

All events will be timed finals.

Starts will be a push off from the wall (no starting blocks).

The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously.

The backstroke and freestyle events require some part of the body to touch the wall at each turn and finish.

The order of the strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle.

Table Tennis*

Commissioner:

Diann Darnall – 479-5421
diann.darnall@gmail.com

Site: Patty Gym, UAF

Date/Times/Eventst:

Saturday, August 14
Warm-ups at 1:30 pm-
Singles* starts at 2:00 pm
Draw Doubles at 3:30 pm

Sunday, August 15
Warm ups at 9:30 am
Doubles* at 10:00am
Mixed Doubles* at 11:30 am

Event Fee: \$5.00 each event

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Sport Rules: USATT Rules

Trap Shooting

Commissioner:

Trish Yocum – 488-2667
tyocum@northstar.k12.ak.us

Site: Fairbanks Trap Club

Date/Time/Event:

Bring your own equipment.
Wednesday, August 18
6:00pm 25 Singles Targets

Event Fee: \$6.00

Amenities:

Restrooms: Yes
Food: No
Water: No
Phones: Yes

Tennis*

Commissioner:

Joe Sullivan – 460-7659
joe.sullivan@alaska.gov

Site: Dan Ramras Tennis Courts
1025 14th Avenue
(behind Mary Siah Rec Center)

Dates/Times/Events:

Call the Commissioner for schedule.
Check-in 15 minutes prior to match.

Saturday, August 21
Sunday, August 22
10:00am – 4:00pm both days
Singles, Doubles and
Mixed Doubles both days

Amenities:

Restrooms: Yes
Food: Yes
Water: Yes
Phones: Yes

Sport Rules:

All matches will be conducted in accordance with United States Tennis Association (USTA) rules.

A match shall consist of two sets. If sets are tied, a 10 point super tie-breaker will be used to determine the winner, i.e., winners in tiebreakers will be the first player(s) to reach 10 points with a margin of two points.

A player may be scheduled in more than one event. It is the player's responsibility to report scheduling conflicts to the Commissioner with sufficient time in order to reschedule or withdraw.

Track and Field*

Commissioner:

Jim Loftus – 479-8161
loftusfam@alaska.net

Site: Lathrop High School Track
901 Airport Way

Date/Times/Events:

Saturday, August 14
9:00am – 3:00pm

These are estimated times.

100 meter *	9:00am
Discus*	9:15am
1,500 meter*	9:30am
50 meter	10:00am
Long Jump*	10:15am
800 meter*	10:45am
200 meter*	11:15am
400 meter*	12:00pm
Shot Put*	12:15pm
Standing Long Jump	12:45pm
Triple Jump*	1:15pm
3000 meter	2:00pm
Javelin*	2:20pm

Amenities:

Restrooms: No
Food: Yes
Water: Yes
Phones: No



Triathlon*

Commissioner:

Ed Callaghan – 479-4917

edcallahan100@msn.com

Site: Patty Center, UAF

Date/Times/Events:

Sunday, August 22

10:00am – 2:00pm

Swimming – 400Yards Freestyle

Cycling – 20 K

Road Race – 5 K

Amenities:

Restrooms: Yes

Food: Yes

Water: Yes

Phones: Yes

Team Triathlon is not a qualifying event.

The same information applies as for

Triathlon but with mixed ages and genders.

Refunds:

All refund requests must be in writing and postmarked by July 31, 2010. A processing fee of \$20 will be assessed. Refund checks will be mailed by September 30, 2010. No refunds will be made if an event is canceled because of inclement weather.

Notes:

Thank You! Facility Sponsors

FNSB Parks and Recreation

FNSB School District

UAF Athletic Department

Mini Golf Fairbanks

Terry Miller Park, North Pole

The Alaska Club

Chena Bend Golf Club

North Star Golf Club

Fairbanks Golf Course

ADF&G Hunter Education

Fairbanks Trap Club

Arctic Bowl

Thank You! Volunteer Groups

Roller Girls

College Rotary Club

Ballroom Dance Club

Fairbanks Interior Table Tennis

North Pole Moose Lodge

Fairbanks Cycle Club

Taoist Tai Chi

Mark the Date
for next year's
AISG Games
August 12-21,
2011