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, horseshoes 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, 2018. An athlete qualifying in either of the cycling time trials (5K and 10K) is reciprocally qualified in the other. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.
   b. For 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, 2018. 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, 2018.
   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, 2018.
   e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2018. All triathletes have the opportunity to participate under the “limited” event criteria regardless if a state offers the event.
   f. For non-ambulatory bowling, horseshoes and shuffleboard an athlete must submit verification of having competed in one non-ambulatory competition between January and December 31, 2018.

Athletes must submit to the NSGA office by no later than March 15, 2019, 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

<table>
<thead>
<tr>
<th>Sport/Event</th>
<th>Qualifying Requirement Under Limited Event Rule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cycling</strong></td>
<td></td>
</tr>
<tr>
<td>20K Road Race</td>
<td>Verified completion of ONE 20K race during the qualifying year.</td>
</tr>
<tr>
<td>40K Road Race</td>
<td>Verified completion of ONE 40K race during the qualifying year.</td>
</tr>
<tr>
<td><strong>Non-Ambulatory</strong></td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td>Verified completion of ONE non-ambulatory event during the qualifying year.</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Verified completion of ONE non-ambulatory event during the qualifying year.</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>Verified completion of ONE non-ambulatory event during the qualifying year.</td>
</tr>
<tr>
<td><strong>Road Race</strong></td>
<td></td>
</tr>
<tr>
<td>5K</td>
<td>Verified completion of ONE 5K race during the qualifying year.</td>
</tr>
<tr>
<td>10K</td>
<td>Verified completion of ONE 5K race during the qualifying year.</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td></td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Verified completion of ONE USA Track &amp; Field sanctioned competitions during the qualifying year.</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Verified jump meeting the MPS for your age division/gender at a USA Track &amp; Field sanctioned competition during qualifying year. (See official NSGA Rulebook for minimum performance standards.)</td>
</tr>
<tr>
<td><strong>Triathlon</strong></td>
<td>Verified completion of ONE triathlon during the qualifying year.</td>
</tr>
</tbody>
</table>
2019 National Senior Games - Limited Event Verification Form

Please read the instructions and NSGA Rule D on Limited Events before completing this form.

Send to: National Senior Games Association
ATTN: 2019 Limited Events
PO Box 5630
Clearwater, FL 33758-5630
EMAIL: 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 ___________________________

CITY ___________________________ STATE ___________________________ ZIP ______

DAY PHONE (______) ___________________________ CELL PHONE (______) ___________________________

EMERGENCY CONTACT ___________________________ RELATIONSHIP ___________________________

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 enter. Step 2: Complete the information below for each sport/event.

Triathlon ☐ Pole Vault ☐ Hammer Throw ☐ Cycling ☐
Road Races: ☐ 20K ☐ 40K
Road Race ☐ 5K ☐ 10K

NAME OF EVENT ___________________________

HEIGHT CLEARED ___________________________

DISTANCE THROWN ___________________________

TIME FINISHED ___________________________

NAME OF EVENT DIRECTOR ___________________________

DATE OF EVENT ___________________________

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 ___________________________