## BC HORSESHOE ASSOCIATION

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## WHY MENTAL CONFUSION BEYOND 60??? Causes of: MENTAL CONFUSION IN THE THIRD AGE By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:
What are the causes of mental confusion in the elderly?
Some offer: "Tumors in the head". I answer: No!
Others suggest: "Early symptoms of Alzheimer's". I answer again: No!
With each rejection of their answers, their responses dry up.
And they are even more open-mouthed when I list the three most common causes:

- uncontrolled
diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.
When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.
*This habit of forgetting to drink fluids begins at age 60, when we have just over $50 \%$ of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.*

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.
*Conclusion:*
People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) *Get into the habit of drinking liquids*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work, as well as cucumbers.
*The important thing is that, every two hours, you must drink some liquid. Remember this!*
2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Did you like it?
So spread it out! DON'T FORGET TO DO IT NOW!
Your friends and family need to know for themselves and help you to be healthier and happier.
It's good to share! *For people over 60*


## BC DAY MIXED OPEN - UNSANCTIONED AUGUST 1, 2020

On July 20, 1871 British Columbia became the sixth province of Canada when it joined Confederation in 1871.

FIRST PLACE TIES BROKEN BY RINGER \%


| MIXED | CLASS A | (20 Shoes) | W-L | H/G | Rs S/P | PERCENT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1st TIE | BOB MCCAULEY | VICTORIA | 4-1 | 80.00\% | 72100 | $72.00 \%$ |
| 2nd TIE | ALLAN CUMMINGS | CENTRAL PARK | 4-1 | 80.00\% | 71100 | $71.00 \%$ |
| 3rd TIE | JUANITA LAYE | SUMMERLAND | 4-1 | 80.00\% | 69100 | 69.00\% |
| 4th | BARRY DEVOCHT | SOOKE | 2-3 | $70.00 \%$ | 58100 | $58.00 \%$ |
| 5 th | TOM MOFFAT | VICTORIA | 1-4 | 65.00\% | 54100 | $54.00 \%$ |
| 6 th | CIRIL NOVAK | QUESNEL | 0-5 | $70.00 \%$ | 55100 | $55.00 \%$ |
| MIXED | D - CLASS B | (20 Shoes) | W-L | H/G | Rs S/P | PERCENT |
| 1st | STEVE BISHOP | SOOKE | 5-0 | $70.00 \%$ | 57100 | $57.00 \%$ |
| 2nd | DON FLEMING | ABBOTSFORD | 3-2 | $60.00 \%$ | 41100 | $41.00 \%$ |
| 2nd | METOD NOVAK | . QUESNEL | 3-2 | $55.00 \%$ | 41100 | $41.00 \%$ |
| 4 th * | LORENZO FERRARA | - QUESNEL | 3-2 | $50.00 \%$ | 37100 | $37.00 \%$ |
| 5 th | MARCIE NORQUAY | . KAMLOOPS | 1-4 | $55.00 \%$ | 44100 | $44.00 \%$ |
| 6 th | LANCE WHITWORTH | VICTORIA | 0-5 | $40.00 \%$ | 31100 | 31.00\% |


|  |  | D - CLASS C | (20 Shoes) | W-L | H/G | Rs | S/P | PERCENT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1st |  | JENNA JOHN | KAMLOOPS | 5-0 | 60.00\% | 52 | 100 | 52.00\% |
| 2nd | * | CHANTAL WILSON | SOOKE | 3-2 | 60.00\% | 52 | 100 | 52.00\% |
| 3 rd | * | PARRI KIRK | LOVERDALE | 3-2 | 50.00\% | 38 | 100 | 38.00\% |
| 4 th |  | PHIL ERICKSON | QUESNEL | 2-3 | 60.00\% | 43 | 100 | $43.00 \%$ |
| 5th | ** | ORLANDO PELLIZZAR | UESNEL | 1-4 | 45.00\% | 35 | 100 | $35.00 \%$ |
| 6 th | * | JIM WILLIAMS | BBOTSFORD | 1-4 | $40.00 \%$ | 30 | 100 | $30.00 \%$ |



| IXED | CLASS E | S | W-L | H |  | /P | PERCENT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1st | BRIAN RICKABY | ABBOTSFORD | . 5-1.5 | 40.00\% | 33 | 100 | 0\% |
| 2nd * | DWAYNE BERTRAND | OTSFORD | 3 | 35 | 29 | 100 | 29 |
| 3 rd * | JUNE LAZENBY | TORIA | 3-2 | 50.00\% | 28 | 100 | $28.00 \%$ |
| 4th * | SHELLEY EVANS | E | 2-3 | 30.00\% | 27 | 100 | 27.00 |
| h | CHRIS VANIER | OKE | 2-3 | 35.00\% | 22 | 100 | 22.00 |
| 6 th | LUIK TANNER | BOTSFORD | -3.5 | 30.00\% | 24 | 100 | 24. |


| MIXED | CLASS F | (20 Shoes) | W-L H/G | Rs S/P | PERCENT |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1st | GAIL BISHOP | SOOKE | 4-1 30.00\% | 21100 | 21.00\% |
| 2nd | BILL BRUSSEE | AND | 3-2 25.00\% | 18100 | 0\% |
| 3 rd | CLIFF HUMBERST | ABBOTSFORD 2 | -2.5 25.00\% | 20100 | $20.00 \%$ |
| 4 th * | SUE BERTRAND | ABBOTSFORD | 2-3 25.00\% | 18100 | 18.00\% |
| 5 th * | BRUCE KEHLER | ABBOTSFORD | 2-3 30.00\% | 15100 | 15.00\% |
| 6 th | BOB PRICE | VINCIAL | -3.5 40.00\% | 23100 | $23.00 \%$ |

MIXED - CLASS G (20 Shoes) W-L H/G Rs S/P PERCENT 1st DOROTHY MILLER ....KAMLOOPS 4.5-. 5 30.00\% $1910019.00 \%$ 2nd BRUCE MILLER ......PROVINCIAL $4-145.00 \% 3910039.00 \%$ 3rd BERNIE LEPPER .....WINFIELD $3-2 \quad 30.00 \% 2110021.00 \%$ 4th DOUG FUNK .......ABBOTSFORD 2.5-2.5 15.00\% $1310013.00 \%$ 5th BRIAN RYDER .......PENTICTON $1-4 \quad 30.00 \% \quad 22100 \quad 22.00 \%$





## Definition of "OLD"

## j \#1 <br> I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD".

## \#2

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied: "Two years older than me" "So you're 96, " the undertaker commented. She responded, "Hardly worth going home, is it?"
\#3
Reporters interviewing a 104-year-old woman:"And what do you think is the best thing About being 104?" the reporter asked. She simply replied, "No peer pressure."
\#4
I've sure gotten old! I have outlived my feet and my teeth I've had two bypass surgeries, a hip replacement,New knees, fought prostate cancer and diabetes I'm half blind, Can't hear anything quieter than a jet engine, Take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia .Have poor circulation; Hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92 . Have lost all my friends. But, thank God, I still have my driver's license.

## \#5

I feel like my body has gotten totally out of shape, So I got my doctor's permission to Join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, By the time I got my leotards on, The class was over.

## \#6

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, She wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed.
"Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week"
\#7
My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.
\#8
Know how to prevent sagging? Just eat till the wrinkles fill out.
\#9
It's scary when you start making the same noises As your coffee maker.
\#10
These days about half the stuff In my shopping cart says, 'For fast relief.'
\#11


THE SENILITY PRAYER :
Grant me the senility to forget the people I never liked anyway, The good fortune to run into the ones I do, and The eyesight to tell the difference.

Now, I think you're supposed to share this with 5 or 6, maybe 10 others.

## Lance.Whitworth@outlook.com



July 18-31 2021 World Tournament - Winnemucca, Nevada
 Horseshoes

HORSESHOES IN STOCK IN CANADA
Imperial Mustang Six Shooter Wrangler Lasso
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Snyder E-Z Flip Snyder E-Z Flip II Snyder Flip-Grip

All shoes are sanctioned by the NHPA * All pairs are weight matched * All shoes are guaranteed
We are pleased to support the B.C. Horseshoe Association


FROM WASHINGTON STATE - PHYL QUIST
We have officially cancelled the Bellingham International for 2020.

We do miss seeing our Canadians friends - hopefully next year will be a banner year for all of us.

## 난

## 2020 Canada Backyard Championship

Presented by:

## Email Tournament August $20^{\text {th }}$ to $31^{\text {st }}$

Grand Championship Round September $4^{\text {th }}$ to $14^{\text {th }}$

Email Tournament

- Open to Canadian Pitchers with 2020 HC membership. Must provide membership card.
- Pitchers will pitch seven (7) 40 shoe games and count all.
- Classes are mixed and will be determined by Canstat Backyard Average
- Must qualify by pitching
- in at least two (2) Canada 20 Shoe Challenges between June $15^{\text {th }}$ and August $20^{\text {th }}$ or,
- Pitch in the Canada Day Showdown 100 Shoe Challenge or the Mid Summer Showdown 100 Shoe Challenge
- Commemorative Patches for the each Class Winner

The Grand Championship Round announcement next week! Entry Forms available soon!

2020 Horseshoe Canada Backyard Championship Registration Now Open
Jason Rideout Aug 13th, 2020

The 2020 Horseshoe Canada Backyard Championships was a concept that Horseshoe Canada President Jason Rideout brought forward in early summer to the Horseshoe Canada Executive and Provincial representatives. From the initial meeting, further discussions and tinkering, the 2020 Backyard Championships are a reality!

The 2020 Backyard Championships are open to
pitchers who have a 2020 Horseshoe Canada membership and have played in a Canada 20 Tournament, one of the 100 Shoe qualifiers or a local tournament that has been recorded in the Backyard Canstats for 2020.

This tournament is a pre register tournament. Registration forms are located below. The tournament is free! Registrations must be submitted to the tournament director, Tom Moffat no later than August 20th. Once all registrations are received, the tournament classes will be released.

## ENTRY FORM INCLUDED ON PAGE 13

The format of the Championships is that pitchers will pitch 7 games of 40 shoes and be responsible for recording their score. It is a count all format. Your games can be pitched in your backyard or at your Club or League pits. Horseshoe Canada scoring rules apply to these games.

The "Mail- In" tournament runs from August 20th to August 31st. A pitcher can pitch their games during this time period and results must be submitted to the Tournament Director by 11:59 pm on August 31st.

Each class winner will receive a specially designed commemorative patch. Class winners are determined by their win/loss records in their class. Ties will be broken using ringer percentage.


Following the "Mail-In" Tournament, the Grand Championship Round will take place. The eight (8) top pitchers determined by ringer percentage in Mail In play will make up each division: Men, Ladies, Elders 30 Ft., Peewee, Junior Girls and Junior Boys.

The top 8 pitchers in each division will play 7 games of 40 shoes. Their win/loss records will determine the 2020 Horseshoe Canada Backyard Champion in each division.

The Grand Champions will receive a Grand Champion patch and a $\$ 50$ cash prize from our tournament sponsor, ANR!

Any questions about the tournament can be directed to the Tournament Director Tom Moffat, Horseshoe Canada President Jason Rideout, Dianne Beck or Andre LeClerc.

Thermo blanket, wind breaker, wireless speakers and ear pods


LOOKIING FOR HORSESHOES -

100-1544 Harve y Ave, Kelowna, BC V1Y 6 G2
BROWNS SOCIALHOUSE restaurant . bar , socialize

## Tyson Ralph-General Manager

 236-420-2282

CANADA HORSESHOE - (BCHA Newsletter advertiser) 627 Colby Drive Waterloo Ontario Canada N2V1B4 toll free: 877-
633-0177 519-742-3862 fax: 519-742-1843
website: https://canadahorseshoes.com/
TOMMY'S SHOE SHACK - (BCHA Raffle donation 2020 pair of TNT Shoes)

## Tommy's Shoe Shack

Guelph and Area Horseshoe Sales Representative pair of TNT Tom Gallina 519-824-3531 pair of TNT shoes $\$ 65.00$ 6 Woodfield Cres., R.R.\#5 Guelph ON N1E 0P1 Canada Email: horseshoez@hotmail.com

Tom Gallina - 6 Woodfield Cres., RR\#5 Guelph ON
Phone: 519-824-3531 - email horseshoez@hotmail.com
PRESIDENT HORSESHOES - Victoria Horseshoe Club Tom Moffat - email - xpostiex@gmail.com 250-474-1785

## FROM CLOVERDALE - JIM GRANT

At this time Cloverdale is Casual practice with the guidelines we have posted at the pits. No club house usage at this time.
The new executive as of our Oct 15th AGM will I am sure review all the rules we have in place at this time. If you have not heard I will not be standing for any positions at our AGM. To All be safe


## BROWNS SOCIALHOUSE

Owner/Operator
Browns Socialhouse Kamloops

## BC ON-LINE TEAM TOURNAMENT - SAM TOMASEVIC

Something different, doing an on-Line BC TEAM TOURNAMENT, team of 5 players, 20 shoe games, at a later date we will I email the results

A NORTH 1222.6
A SOOKE 1208.46
A VICTORIA 1199.29
A ABBOTSFORD 1180.67
A VERNON 1147.92
A VICTORIA 2143.31

B NORTH 2139.76
B SALMON ARM 124.55
B KAMLOOPS 1124.37
B KAMLOOPS 291.31

NORTH 1
CIRL
LORENZO
METOD
PHIL
ORLANDO
HELENE
BERNARD
NORTH 1

NORTH 2
TOM
BRUCE JEAN PAUL JEANETTE BOB
NORTH 2
KAMLOOPS
MARCIE.
JENA DOROTHY MURIEL BETTY KAMLOOPS

| NOVAK | 60.39 |
| :--- | ---: |
| FERRARA | 45.41 |
| NOVAK | 45.18 |
| ERICKSON = S |  |
| PELLIZZARI | 36.86 |
| BOUDREAU | 34.84 |
| HAMEL 2.5 |  |
|  | $\mathbf{2 2 2 . 6 8}$ |


| HAMAKAWA | $\mathbf{3 7}$ |
| :--- | ---: |
| MILLER | 27.5 |
| BOURGOIN | 27.27 |
| FERRARA | 26.3 |
| PRICE | 21.69 |
|  | 139.76 |

NORQUAY 44
JOHN 44.22
MILLER
SCALLON
HART
1


Trevor Linden Fitness


Located in Abbotsford, Langley, Metrotown, North Delta, orth Vancouver, Fleetwood, White Rock, Coquitlam, Downtown, South Burnaby, Central City, Maple Ridge \& Newton


C ABBOTSFORD 289.9
C SOOKE $2 \quad 86.83$
C VERNON $2 \quad 76.09$
C SOOKE $3 \quad 26.86$

## VERNON 1

ALLAN
DWIGHT
DON
BILL
BERNIE
DORIS
VERNON 1

VERNON 2

| JAKE | KONRAD | 21.2 |
| :--- | :--- | ---: |
| MARSHALL | MERONIUK | 19.04 |
| GERALD | WINTER | 13.68 |
| MARVIN | FRIESEN | 12.17 |
| MIKE | CARNEY | 10 |
| SHELDON | WESSELL =S |  |
| VERNON 2 |  | $\mathbf{7 6 . 0 9}$ |
| ABBOTSFORD 1 |  |  |
| DON | FLEMING | 46.09 |
| DAVE | ROWELL | 39.43 |
| JIM | WILLIAMS | 36.14 |
| SYDNEY | DEHAAN | 33.76 |
| DWAYNE | BERTRAND | $\mathbf{2 5 . 2 5}$ |
| LIUK | TANNER=S |  |
| ABBOTSFORD 1 |  | $\mathbf{1 8 0 . 6 7}$ |

KAMLOOPS 2
AL
KEVIN
DALE
LORNE
GORDON
KAMLOOPS
SOOKE TEAM 1
BARRY DEVOCHT

## STEVE

 CHANTAL BISHOP51.0349.06
41.32
30.61
36.44
208.46

AM
NEIL
EDWIN
JACK
BEN
SALMON ARM

VICTORIA 1
BOB
WEI
RICHARD
PAT
NICK
VICTORIA 1
VICTORIA 2
SHARON
LYNN
DEDAR
CLAYTON
MARLENE
VICTORIA 2

| RICKABY | 28.54 |
| :--- | :--- |
| HUMBERSTONE | 19.61 |
| BERTRAND | 16.75 |

BERTRAND 16.75
FUNK 13
PHOENIX 11
ANDRES = S
HERRIOT =S
ALITILA $=S$
ABBOTSFORD $2 \quad 88.9$
SALMON ARM
KIDD 33.83
LAROCQUE 28.8
KREIG 26.69

JOHNSON 18.13
GARTNER 17.1
124.55

| MCCAULEY | 61.72 |
| :--- | ---: |
| XIAO | 37.7 |
| STEVENS | 35.94 |
| STEVENS | 32.04 |
| NICHOLAS | 31.89 |

199.29

| DUNN | 37.85 |
| :--- | ---: |
| COUSINS | 34.55 |
| DILION | 26.02 |
| WHITE | 22.84 |
| HARGRAVES | 22.55 |
|  | $\mathbf{1 4 3 . 8 1}$ |

Samantha Mount
Assitant Manager, Member Services
Coast Capital Saving a Federal Credit Union
James Bay Branch
Mutual Fund Representative
World source Financial Management Inc.
direct line 2504838485 .
T: 250.483 .8485
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# RYAN SCHWARTZ 

GENERAL MANAGER
375 Water St, RYAN@STEAMWORKS.COM Vancouver, bc 604-689-2739 hoodie 2 wine glasses


## Legion

Bryan Lutz
Marketing Coordinator
bryan.lutz@legionbcyukon.ca


BC / Yukon Command \#101-17618 58 Ave Surrey, BC V3S 1L3
Tel: 604-575-8840 \#112
Fax: 604-575-8820

## FROM SUMMERLAND - JUANITA LAYE

Nick Culic brought Margaret into Penticton Hospital last week with numbness in her left arm and left side. He was met at the Emergency doors and They took Margaret in. She was in Penticton Hospital a few days then finally sent to Kelowna General for a cardiogram .Margaret had 2 stints put in. We are praying for Margaret and Nick

## BCHA ANNUAL MEETING - TOM MOFFAT - PRESIDENT

With the province still in the midst of Covid-19 partial shutdowns and no tournaments this year, our annual AGM will not be able to be held in person. So we have as an executive come up with a plan to get the business done in a different way. We are required by the Society Act to hold an AGM within 15 months of the last one.

We will be holding a Zoom AGM for replacement of our in person meeting. Only delegates for each club depending on existing membership numbers will be able to vote at the AGM on any issues. Other members may attend to observe.


It is recommended that you familiar yourself with Zoom and/or get someone to help you get connected for this meeting. It is the clubs responsibility to find a way to have their delegates there and
able to communicate at the meeting.
We will have a couple practice zoom meetings in advance for anyone needing some practice with the Zoom application that must be downloaded on your computer, phone, or tablet.

The AGM will be held on Sept 17, 2020 at 7pm this is a Thursday night. For any info please contact one of the executive members for clarification


## BC HORSESHOE ASSOCIATION

AGM - AGENDA - SEPTEMBER 17, 2020 - 7PM - VIA ZOOM
Call to order
Moment of silence
Acceptance of the 2019 AGM minutes

Acceptance of the Financial Report (a few questions And short explanation From Brian Ryder

Correspondence

President Report

President Awards

coupon good for 2 medium pizza, 2 salads, 2 litre pop
 310-0001

Announcement of the winning bid for the 2021 Western Classic

## Election of officers

VICE PRESIDENT - Tony Rondow will stand - please email TOM MOFFAT

SECRETARY - Brian Ryder will stand

REGIONAL REP - ISLAND/POWELL RIVER/LOWER MAINLAND - Gail Bishop will

REGIONAL REP - INTERIOR/NORTH - Juanita Laye - will stand

Misc housekeeping

Open Discussion

## BC HORSESHOE ASSOCIATION

## 2020 MEMBERSHIPS AS OF JULY 31, 2020- DELEGATES

| \#OF ADULT |  |
| ---: | ---: |
|  | MEMBERS |

ABBOTSFORD 48
CENTRAL PARK
CLOVERDALE
COMOX
22
2
DRY CREEK
KAMLOOPS
LADYSMITH
28
PENTICTON
POWELL RIVER
PRINCE GEORGE
PROVINCAL
QUESNEL
SALMON ARM
SOOKE
14
SUMMERLAND
VERNON
18
VICTORIA
WINFIELD
TOTAL
7-24 members = 1
25-49 members $=2$
50-74 members $=3$
$75-100$ members $=4$
\#OF DELEGATES

1 additional delegate for each 25 members thereafter
Delegates need to email a letter signed by their President
Email Brian Ryder brian_ryder@telus.net in advance


| Name: |  | Horseshoe Canada Card \#: |
| :---: | :---: | :---: |
| Street Address: |  | Date of Birth: Year ___ Month ___ Day_ |
| City: | Province: | Cell Phone Number: |
| Postal Code: | E-mail Address: |  |

Select Class for Grand Championship Round

| Open Ladies | Open Men | Junior Girls |
| :---: | :---: | :---: |
| Elders (30 Ft.) | Peewee | Junior Boys |

Please read carefully:

1. Any pitcher 12 years old or younger for the entire calendar year may register in the Pee Wee Class.
2. Any pitcher 18 years old or younger for the entire calendar year may register in the Junior Class.
3. Men may register for the Elders 30 Ft. Class in the year they become 65 years old. Men under 65 may be included in this class with a doctor's certificate.
4. Must present current Horseshoe Canada Membership Card at registration.

## Mail In (Email) Tournament Format (August 20 to August 31)

- Pitchers will pitch seven (7) 40 shoe games and count all scoring.
- Scoresheet Recommended: https://www.horseshoepitching.com/pdfs/scoresheet.pdf
- 8 Pitchers per class. Classes are mixed (Men, Women, Elders, Juniors and Peewee);
- Classes determined by Backyard Canstats Average. Must meet tournament qualifications.
- Class Winner will receive a commemorative patch,
- Scoresheets must be submitted to Tournament Director by August 31, 11:59 PM Pacific.


## The Grand Championship Round (September 4 to September 14)

- The Top 8 Pitchers by Ringer Percentage in each division (Men, Women, Elders, Junior Boys, Junior Girls and Peewee) will advance to the Grand Championship Round. 2 alternate pitchers will be selected as substitutes in case of drop outs.
- Each division will have its pitchers pitch (7) 40 shoe games and submit their scoresheets by September $14^{\text {th }}$ at $11: 59 \mathrm{pm}$.

ENTRY FORM MUST BE RECEIVED
BY THE TOURNAMENT DIRECTOR NO LATER THAN WED, AUGUST 20, 2020
(Inclusion in the tournament cannot be guaranteed for late entries.)

E-Mail Entries To: Tom Moffat
Tournament Director
phone: 250-474-1785
e-mail: xpostiex@gmail.com

PARTICIPANTS LIABILITY RELEASE: In consideration of participating in such activity, I hereby waive, release and forever discharge the Horseshoe Canada Association, all officers, employees, agents and servants of the afore stated organization, and all fellow participants of this event, for any and all action, cause of action, damage, loss or injury, which I may suffer as a consequence of participating in the 2020 Horseshoe Canada Backyard Championships. In addition it is understood that HC has sole rights to any and all pictures and/or articles for publication.

