



First District
Tennessee
Senior Olympics

May 23-27, 2011
Golf Tournament - May 17, 2011

Entry Deadline
May 6, 2011

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

The following counties are included in the First District: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington.

General Information

Registration and Fees

Participants may enter an unlimited number of events. However, they may not register for events that will overlap in time. Athletes are allowed to compete in only one district Senior Olympics event. If you are unable to participate in the First District Tennessee Senior Olympics, please call (615) 902-9261 or visit our website, www.tnseniorolympics.com, to find information on other districts.

All participants are required to pay a one-time entry fee of \$20.00. The fee includes the awards and T-shirts. Below are additional event-related fees. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **May 6, 2011**.

Bowling	\$4.50 per event
Golf	\$17.00 per person to be paid at Cattails of Meadowview, includes cart. A practice round is available for \$17.00 from May 9-12, 2011 (no exceptions).

All participants must live within 30 miles of the Tennessee state line and be pre-registered to participate.

Age Categories

The Tennessee Senior Olympics age categories are as follows:

50-54	55-59	60-64	65-69	70-74
75-79	80-84	85-89	90-94	95+

Participants will qualify for age divisions according to their age as of December 31, 2011.

In doubles events and team competition, teams will compete in the division determined by the age of the youngest team member.

Important Rule Changes and Equipment

We surveyed team players this past summer regarding out-of-district limits for team members in basketball, softball, and volleyball. The majority voted to **not** eliminate the rule. Many felt that it is important to have a system in place to provide a level playing field for our teams. However, there was much interest in modifying the rule. On a **trial basis for 2011**, the following rule will be implemented by our board of directors:

Three grand divisions will be setup. These include West (the districts of Memphis, Northwest and Southeast), Middle (the districts of Greater Nashville, South Central, and Upper Cumberland) and East (the districts of Chattanooga, Southeast, East and First). Teams must be comprised of players from their division with one wild card allowed from any area. For example, a team from Greater Nashville may pick up any player from South Central and/or Upper Cumberland and also one player from East or West. If unsure which counties comprise which districts, please visit our website at www.tnseniorolympics.com. Teams 75+ will not have restrictions. Teams may be comprised of any player regardless of district.

All events will be conducted in accordance with the 2011 Tennessee Senior Olympics Official Rules Manual. A copy of the manual is provided to each District Coordinator. The complete rules manual is also available on our website, www.tnseniorolympics.com. A copy of the rules for each event will be available at each event site. An exhibition match will be required when feasible. For further information about all district dates and deadlines, visit www.tnseniorolympics.com or call 615-902-9261.

Equipment for each event will be provided by the Tennessee Senior Olympics unless stated otherwise in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

Awards

Medals will be presented for first, second, and third place finalists in each age/sex category. Any athlete who **PARTICIPATES** at a district may advance to state finals in the exact sport/event in which he/she participated. If your district offers the sport in which you would like to participate at the state finals, you **must** qualify in your district or another. The awards will be presented at the conclusion of each event.

Check-in for Events

Unless notified by mail or phone, check-in for events will be at the starting time listed on the schedule of events. Please allow ample time between events. Last minute substitutions will not be allowed unless it is a team event and a player cannot participate due to illness. The substitute must be a registered participant of the Senior Olympics and can not have already participated in the event.

Presenting Sponsor





Event Schedule

Tuesday, May 17

Golf

9:30 a.m. Cattails of Meadowview, Kingsport

Monday, May 23

Shuffleboard, singles

8:00 a.m. Johnson City Seniors' Center

Swimming Events

Freestyle 50M & 200M, Butterfly 100M, Breast stroke 50M & 200M, Individual Medley 200M, Backstroke 100M

1:30 p.m. Freedom Hall Pool, Johnson City

Tuesday, May 24

Shuffleboard, doubles

8:00 a.m. Johnson City Seniors' Center

Bowling, women's singles

10:00 a.m. Holiday Lanes, Johnson City

Bowling, men's singles

1:00 p.m. Holiday Lanes, Johnson City

Volleyball

4:00 p.m. ETSU Brooks Upper Gym, Johnson City

Wednesday, May 25

1500M Race Walk

8:00 a.m. Dobyys-Bennett High School, Kingsport

100M Run, 400M Run

8:45 a.m. Dobyys-Bennett High School

High Jump & Long Jump

9:30 a.m. Dobyys-Bennett High School

Bowling, doubles age 50-64

10:00 a.m. Holiday Lanes

Bowling, doubles age 65+

1:00 p.m. Holiday Lanes

Basketball Free Throw, 3-Point Shooting and Hot Shot Competition

4:00 p.m. ETSU Brooks Upper Gym

Basketball 3-on-3

5:30 p.m. ETSU Brooks Upper Gym

Thursday, May 26

200M Run, 800M Run & 1500M Run

8:00 a.m. Dobyys-Bennett High School

Javelin, Shot Put

9:30 a.m. Dobyys-Bennett High School

Bowling, mixed doubles age 65-74

10:00 a.m. Holiday Lanes

Discus, Softball Throw

10:00 a.m. Dobyys-Bennett High School

Bowling, mixed doubles age 50-64, 75+

1:00 p.m. Holiday Lanes

Table Tennis, singles, doubles and mixed doubles

1:00 p.m. Kingsport Senior Center

Swimming Events

Freestyle 100M & 400M, Butterfly 50M, Breast stroke 100M, Individual Medley 100M, Backstroke 50M & 200M

1:30 p.m. Freedom Hall Pool

Friday, May 27

Horseshoes

9:00 a.m. Rock Springs Recreation Center, Kingsport

Pickleball, singles, doubles & mixed doubles

1:00 p.m. Lynn View High School, Kingsport

Event Sites

Cattails of Meadowview

Address: 1901 Meadowview Parkway, Kingsport

Phone: (423) 578-6622

Dobyns-Bennett High School

Address: 1800 Legion Drive, Kingsport

Phone: (423) 378-8400

ETSU Brooks Upper Gym

Address: Campus Drive, Johnson City

Phone: (423) 439-7980

Holiday Lanes

Address: 117 Broyles Drive, Johnson City

Phone: (423) 282-6521

Johnson City Seniors' Center

Address: 607 E. Myrtle Avenue, Johnson City

Phone: (423) 434-6237

Kingsport Senior Center

Address: 1200 E. Center Street, Kingsport

Phone: (423) 392-8400

Lynn View High School

Address: 257 Walker Street, Kingsport

Phone: (423) 765-0134

Rock Springs Recreation Center

Address: 1720 Rock Springs Road, Kingsport

Phone: (423) 349-0909

District T-Shirts

Shirts are distributed to the senior centers for pick-up about a week before the games. Indicate on the entry form which center is most convenient for you.

Health

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor in regards to practice, preparation, and competition in these events or any similar physical activity.

Inclement Weather

The Tennessee Senior Olympics reserves the right to cancel or postpone events in case of inclement weather or other extenuating circumstances. Any schedule changes will be announced at the event site.

Special ETSU Guidelines

1. No vehicle will be permitted to drive or park on the fields at any time. Access for loading and unloading of equipment must be accomplished from adjacent parking areas. Vehicles must be parked in legal parking spots.
2. No alcoholic beverages or illegal substances are permitted on the ETSU campus.
3. Remove and properly dispose of all trash and debris from Brooks Upper Gym and any other facilities used by participants for an event.

Senior Olympics State Finals

July 22-28, 2011/ Williamson County

Each participant in the District qualifies for the Tennessee Senior Olympics State Finals in the **exact** sport/event in which they participated. Open sports include archery, cycling, the 5K & 10K road races, softball, power & fitness walk and racquetball. Pickleball will be closed this year at the state finals which means it is necessary to participate in your district if it is offered.

IT IS NECESSARY TO REGISTER FOR THE STATE FINALS. Participating in a district event does not automatically register an athlete for participation in the state finals.

Entry forms may be downloaded from the website and mailed in for registration. If computers are not available, athletes may call and request a form be mailed. A reminder postcard will be mailed to all athletes who participated in a district with this information.

- The early bird deadline to register: May 21, 2011
- The final deadline to register: June 4, 2011 (with the exception of First TN athletes. They may use the early bird rate until June 4).
- **TEAM CAPTAINS WILL BE RESPONSIBLE FOR THE REGISTRATION OF THEIR TEAM.** This can be done by mailing a roster and all entry forms together. Blank rosters may be downloaded at www.tnseniorolympics.com.

After the deadline, there will be an additional \$100.00 fee per player (plus entry fee) to add players to the roster of the team that exceeds the minimum to take the floor/field plus one.

- Participants will receive a confirmation letter and newsletter by early July.
- Registration is mandatory. **Athletes may not show up in Williamson County and be added.**

Health Information

Do you have specific health conditions or problems that would need to be known in case you need emergency treatment?

- No
- Yes _____

Family Doctor _____

Phone () _____

Emergency Contact _____

Relation _____

Phone () _____

- Are you a first-time Senior Olympics athlete?

- No
- Yes, but I wasn't recruited by a returning athlete
- Yes, and I was recruited by a returning athlete and their name is _____

Entry and Event Fees

Registration Fee \$ 20.00

I am participating in bowling
_____ x \$4.50 = \$ _____
number of events

Extra T-shirt +\$8.00 (Size _____) \$ _____

Donation \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to
"First TN Development District"*

If you are participating in golf, those fees are payable at the Cattails of Meadowview Golf Course on the day of your event.

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, First District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Dobyns-Bennett High School, First Tennessee Area Agency on Aging & Disability, East Tennessee State University, Holiday Lanes, Cattails of Meadowview, Johnson City Schools, First TN Development District, Johnson City Parks & Recreation, Johnson City Seniors' Center, Kingsport Senior Center, Lynn View High School, Rock Springs Recreation Center and any other sponsoring agencies or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the First District Tennessee Senior Olympics and planned special events. To the best of my knowledge, I have no physical restrictions which would prohibit my competing in the event(s) I have selected. Senior Olympics has my permission to have emergency medical personnel attend me during my participation in the Senior Olympics if it is deemed necessary.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the 2011 District Senior Olympics without remuneration.

Signature _____ Date _____

This form must be completed and postmarked along with all fees by May 6, 2011 in order to participate. Forms may be mailed to: First District Tennessee Senior Olympics, 3211 North Roan Street, Johnson City, TN 37601 (Please note our new address)

Please include your team and/or partner's name when registering for doubles and team events. Partners must also submit a registration form. You may not enter an event after the deadline.

Final Checklist

- I completed the Official Entry Form and the Event Registration Form.
- I completed the Health Information Form and signed the Liability Waiver.
- I completed the **Entry Form** in full and included a check or money order for the total amount payable to First TN Development District and will submit all forms before May 6.
- I understand I may not enter any event after the deadline.

Contact Information

Teresa Sutphin, tsutphin@ftaad.org

Address: First District
Tennessee Senior Olympics
3211 North Roan Street
Johnson City, TN 37601

Phone: (423) 722-5120

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3211 North Roan Street
Johnson City, TN 37601**