

30th Memphis District Tennessee Senior Olympics

April 16-27, 2012



The Memphis District Senior Olympics is a special event for seniors 50 and older of all skill levels. 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 Memphis District:

Shelby, Fayette, Tipton & Lauderdale.

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

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, 2012.

Each participant must complete an entry form with fees.

Contact Kay.Lightfoot@memphistn.gov or 901-576-4255 with questions.

Participants may enter an unlimited number of events. However, you should not enter events that overlap in time. Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.

Presenting Sponsor



of Tennessee

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

Gold Sponsors



City of Memphis
Division of Park Services

stryker[®]

Bronze Sponsors

Frayser-Raleigh Senior Center Lucille McWherter Senior Center
Advisory Council Advisory Council

30th Annual Memphis District Olympics

Oath

Today the joy of competition calls me to the test
I have the opportunity to strive to reach my best.
I have learned with age that effort is the only true first place.
There is victory in accepting challenge, and in trying,
there is grace.

Early Bird Deadline
March 2, 2012
Final Deadline
March 16, 2012

Entry Forms

The final deadline is March 16, 2012. Entry form may be mailed to: Memphis District Senior Olympics, 1188 N. Parkway, Memphis, TN 38105 or brought to one of the Park Services Senior Centers.

Confirmation letter will be mailed on receipt of entry form. Athletes are responsible for verifying information for accuracy by April 1, 2012. No changes after April 1.

Fees

All participants must submit a completed entry form with fee. Pay \$20 entry fee by early bird deadline (March 2). Afterwards, the fee increases to \$30. The final deadline is Friday, March 16. There is a \$3 fee per event after the first ten events regardless of deadline. The entry fee includes medals, awards, shirt, & meals at opening, closing, and track & field.

Bowling	\$5.25 per event
Opening Ceremony	\$6.00 for guests <u>Reservation required</u>
Closing Luncheon	\$6.00 for guests <u>Reservation required</u>
Golf	\$14 for cart, to be paid at the course

Golf

There will be a shotgun start at 7:30am and golfers will play with their age groups. There will be prizes for a hole-in-one, closest to the hole, and longest drive. Men will use white tees and ladies the red tees. Tees at the State Finals are determined by National Senior Games qualification standards.

Inclement Weather

Any schedule changes will be announced at the event site and at Headquarters. Athletes must call Headquarters to verify time and location changes. Rain dates are Wednesday, April 25, and Thursday, April 26. Track & Field has priority over all other events.

Special Thanks to
Walgreens
&
Creative Aging Mid-South
for their support.

Teams

In doubles events and in team competitions, teams will compete in the division determined by the age of the youngest team member. Please include your team and/or partner's name. Partners must also submit a registration form.

Team Captains are responsible for submitting team entry forms and team roster by March 16, 2012. Rosters will be available at Park Services Senior Centers or download at www.tnseniorolympics.com. Each athlete must submit entry form.

Teams must be comprised of players from their division with one wild card allowed from any region; West (Memphis, Northwest, and Southwest); Middle (Greater Nashville, South Central, and Upper Cumberland); and East (Chattanooga, Southeast, East, and First). If unsure which counties comprise which district please visit our website at www.tnseniorolympics.com. Teams 75+ will not have restrictions and may be comprised of any player regardless of district.

Check In

If an athlete is not present at Game Time (even exhibition), he or she will be disqualified even if participating at another event. Game Time is Forfeit Time. Remember, do not leave items exposed in your vehicle at any of the event sites.

Opening Ceremony

Opening Ceremony will be at Orange Mound Center at 2590 Park Ave. on Tuesday, April 17, at 5p.m. Dinner will be served at 4:15p.m. Shirts will be distributed at this time. Guests may attend for \$6.00. Reservations are required. Additional parking will be available in the back of the building at Douglass and Hanley. You may use the rear entrance through the playground.

Health

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

Event Sites

Bartlett Recreation Center 7700 Flaherty Place	385-6470
Bert Ferguson Mega Center 8505 Trinity Rd	527-8752
Davis Community Center 3371 Spottswood	323-8015
Fairgrounds Track Hollywood and Central	576-4255
Frayser-Raleigh Senior Center 3985 Egypt Central	383-9101
Hope & Healing 1115 Union Ave.	259-4673
Lewis Center Headquarters 1188 N. Parkway	576-4255
McWherter Senior Center 1355 Estate Drive	761-2462
Melrose Stadium 2870 Deadrick Avenue	576-6622
Orange Mound Center 2590 Park	576-6622
Overton Park Gazebo at E. Parkway	576-4255
Sea Isle Park 1264 Wellsville Rd.	576-4255
The Links at Galloway 3815 Walnut Grove	685-7805
WellWorX Tennis Complex 6161 Shelby Oaks Dr.	388-6580
Winchester Bowling Lanes 3703 South Mendenhall	362-1620
YMCA at Schilling Farms 1185 Schilling Blvd. East	853-2355

Please do not leave items exposed in your vehicle at any site.

Shirts

Athlete shirts may be picked up as follows:

April 17	Orange Mound Center (Opening Ceremony)
April 18	Fairgrounds Track
April 19-26	Lewis Center Headquarters
April 27	Frayser-Raleigh Senior Center (Closing Luncheon)

Sports Chairs

Golf	Nick Browndyke
Pickleball	Mike Morgan
Racquetball	David & Sandra Gross
Shuffleboard	Hickman Ewing
Table Tennis	Dennis Fritchie

Monday, April 16

Pickleball,	singles
9:00am	Bert Ferguson Mega Center

Tuesday, April 17

Horseshoes, men	
9:00 a.m.	McWherter Senior Center
Horseshoes, women	
12:00 p.m.	McWherter Senior Center
Racquetball	WellworX
9:30 a.m.	singles
11:30 a.m.	doubles
12:30 p.m.	mixed doubles
Softball Throw	
3:30 p.m.	Melrose Stadium
Opening Dinner	
4:15 p.m.	Orange Mound Center
Opening Ceremony	
5:00 p.m.	Orange Mound Center
Volleyball	
6:00 p.m.	Orange Mound Center
Hot Shot	
6:30 p.m.	Orange Mound Center

Wednesday, April 18

Fairgrounds Track	
First Aid by <i>Right at Home</i>	
Taping & Massage by <i>Spinal Health Care Asso.</i>	
1500M, men and women	7:00 a.m.
High Jump, men, 800M, women	7:30 a.m.
800M, men, Shot Put, women	8:30 a.m.
100M, women,	9:00 a.m.
100M, men, Long Jump, women	9:30 a.m.
Javelin, men, 200M, women	10:00 a.m.
400M, men, High Jump, women	10:45 a.m.
Long Jump, men	11:00 a.m.
50M, men & women	11:30a.m.
Complimentary Sack Lunch 11:30a.m.-12:30p.m.	
1500M Racewalk, men	12:00 p.m.
Shot Put, men	12:00 p.m.
Discus, women	12:15 p.m.
1500M Racewalk, women	1:15 p.m.
200M, men, Javelin, women	1:45 p.m.
Discus, men, 400M, women	2:15 p.m.

Thursday, April 19

Bowling, doubles
 9:00 a.m. Winchester Bowling Lanes
 Shuffleboard Orange Mound Center
 9:00 a.m. singles
 1:00 p.m. doubles, may be mixed
 Softball Game Sea Isle Park
 6:00 p.m. Male & Female

Friday, April 20

5K Run
 8:00 a.m. Overton Park
 5K Cycling
 9:30 a.m. Overton Park
 Bowling, singles
 9:00 a.m. Winchester Bowling Lanes

Saturday, April 21

YMCA at Schilling Farms
 45-minute warm-up time in the water 9am
 Opening Ceremony 9:45am
 200Y Individual Medley, women 10:00 a.m.
 200Y Individual Medley, men 10:10 a.m.
 50Y Freestyle, women 10:20 a.m.
 50Y Freestyle, men 10:25 a.m.
 100Y Breaststroke, women 10:30 a.m.
 100Y Breaststroke, men 10:40 a.m.
 50Y Butterfly, women 10:50 a.m.
 50Y Butterfly, men 10:55 a.m.
 200Y Backstroke, women 11:00 a.m.
 200Y Backstroke, men 11:10 a.m.
 100Y Freestyle, women 11:20 a.m.
 100Y Freestyle, men 11:30 a.m.
 50Y Breaststroke, women 11:40 a.m.
 50Y Breaststroke, men 11:45 a.m.
 100Y Butterfly, women 11:50 p.m.
 100Y Butterfly, men 12:00 p.m.
 50Y Backstroke, women 12:10 p.m.
 50Y Backstroke, men 12:15 p.m.
 200Y Freestyle, women 12:20 p.m.
 200Y Freestyle, men 12:30 p.m.
 100Y Backstroke, women 12:40 p.m.
 100Y Backstroke, men 12:50 p.m.
 500Y Freestyle, women 1:00 p.m.
 500Y Freestyle, men 1:15 p.m.
 100Y Individual Medley, women 1:30 p.m.
 100Y Individual Medley, men 1:40 p.m.
 200Y Breaststroke, women 1:50 p.m.
 200Y Breaststroke, men 2:00p.m.

Monday, April 23

Golf
 7:30 a.m. The Links at Galloway
 Tennis, mixed doubles/doubles
 9:00 a.m. WellworX
 Bowling, mixed doubles
 9:00 a.m. Winchester Bowling Lanes
 Table Tennis Davis Community Center
 1:00 p.m. singles
 2:00 p.m. doubles
 3:00 p.m. mixed doubles

Tuesday, April 24

Badminton Davis Community Center
 9:00 a.m. mixed doubles
 9:45 a.m. doubles
 11:00 a.m. singles
 Tennis, singles
 1:00 p.m. WellWorX
 Basketball Free Throw
 2:00 p.m. Davis Community Center
 3 Point shot
 3:00 p.m. Davis Community Center
 Basketball 3-on-3
 4:00 p.m. Davis Community Center

Wednesday, April 25

Rain date for all outside events

Pickleball Bert Ferguson Mega Center
 1:00 p.m. doubles
 3:00 p.m. mixed doubles

Thursday, April 26

2nd Rain date

Friday, April 27

Closing Luncheon 12:00noon
Frayser-Raleigh Senior Center
3985 Egypt Central 383-9101

Athletes will enjoy a delicious meal and special awards will be presented. Reservations are required and admission for guests is \$6.00.

Please bring your confirmation letter to all events!

Please Print

Did you participate in 2011? Yes _____ No _____

Last Name _____ First _____ Initial _____

Street Address (include apartment number) _____

City _____ State _____ Zip Code _____ County _____

Phone Number _____ - _____ - _____ E-mail Address _____

Cell Phone _____ - _____ - _____ Date of Birth ____/____/____ Male ____ Female ____
Month Day Year

T-Shirt Size: M ___ L ___ XL ___ XXL ___ XXXL ___

Senior Center memberships

Events Note: Open events at the State Olympics include:

Archery, Cycling, 5K & 10K Road Races, Racquetball, Power & Fitness Walk

Health Information

List specific health conditions or problems that need to be known in case you need emergency treatment:

Family Doctor _____

Phone () _____

Emergency Contact _____

Phone () _____

Entry & Event Fees

___ Earlybird Fee (Before March 2nd) \$20.00

___ Registration Fee \$30.00

___ I am entering over ten events
-10= _____ X \$3.00 = \$ _____

___ I am participating in _____
bowling event(s) X \$5.25 = \$ _____

___ I will attend Opening Ceremony

___ I will bring ___ guest(s) for
Opening Ceremony X \$6.00 = \$ _____

___ I will attend Closing Luncheon

___ I will bring _____ guest(s) for
Closing Luncheon X \$6.00 = \$ _____

___ Donation \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

All fees are non-refundable!

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, BlueCross BlueShield of Tennessee, City of Memphis Division of Park Services, Bartlett Recreation, Hope & Healing, Winchester Bowling Lanes, Stryker, Fairgrounds Track, WellWorX, Melrose Stadium, YMCA, 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 Memphis District 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 2012 District Senior Olympics without remuneration.

Signature _____

Date _____

Remember to sign your Waiver!!!!!!!

Please tear and return this page only.

**Make checks payable to Senior Olympics.
Scholarships are available.
Donations are tax deductible!**

_____ **Badminton (singles)**(4)

_____ **Badminton (doubles)**(5)
Partner's Name _____

_____ **Badminton (mixed doubles)** (6)
Partners's Name _____

Basketball

_____ **3 Point Shot** (7)
 _____ **Free Throw**(8)
 _____ **Hot Shot** (40)
 _____ **3 on 3** (9)

Team Name: _____

Team Captain: _____

_____ **Bowling (singles)**(10)

_____ **Bowling (doubles)**(11)
Partner's Name _____

_____ **Bowling (mixed doubles)**(12)
Partner's Name _____

_____ **Cycling, 5K**(13)

Field Events

_____ **Long Jump**(14) _____ **Javelin**(15) _____ **Shot Put**(16)
 _____ **Discus**(17) _____ **High Jump**(18)

_____ **Golf** (19)

_____ **Horseshoes** (20)

_____ **Pickleball (singles)**(21)

_____ **Pickleball (doubles)**(22)
Partner's Name _____

_____ **Pickleball (mixed doubles)**(23)
Partner's Name _____

_____ **Racquetball (singles)**(24)

_____ **Racquetball (doubles)** (25)
Partner's Name _____

_____ **Racquetball (mixed doubles)** (26)
Partner's Name _____

_____ **Run, 5K** (27)

***#'s to the right are for the benefit of the Computer Tech.

_____ **Shuffleboard (singles)** (28)

_____ **Shuffleboard (doubles, may be mixed)** (29)
Partner's Name _____

_____ **Softball Throw** (30)
 _____ **Sotball Team** (31)
Team Name: _____

Team Captain: _____

Swimming (select only 6 events)

Backstroke __ **50Y**(50) __ **100Y**(51) __ **200Y**(52)

Breaststroke __ **50Y**(53) __ **100Y**(54) __ **200Y**(55)

Butterfly _____ **50Y**(56) _____ **100Y** (57)

Freestyle __ **50Y**(58) __ **100Y**(59)
 _____ **200Y**(60) _____ **500Y**(61)

Individual Medley (4 strokes) __ **100Y**(62) __ **200Y**(63)

_____ **Table Tennis (singles)** (64)

_____ **Table Tennis (doubles)**(65)
Partner's Name _____

_____ **Table Tennis (mixed doubles)**(66)
Partner's Name _____

_____ **Tennis (singles)**(67)

_____ **Tennis (doubles)**(68)
Partner's Name _____

_____ **Tennis (mixed doubles)**(69)
Partner's Name _____

Track Events

_____ **50M**(76) _____ **100M** (70) _____ **200M**(71) _____ **400M**(72)
 _____ **800M**(73) _____ **1500M**(74) _____ **1500M Racewalk** (75)

_____ **Volleyball**(80)
Team Name: _____

Team Captain: _____

Please Note: Team Captain must submit all team entry forms as well as roster at one time to be officially entered. Team Captain may be under age 50, but must still register.

Rules and Equipment

All events will be conducted in accordance with the 2012 Tennessee Senior Olympics Official Rules Manual. A copy of the rules for each event will be available at each event site. An Official Rules Manual is available for review at each Park Services Senior Center.

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

Athletes must provide their own equipment for the following events: Bowling, Cycling, Javelin and Golf. Athletes are advised to bring lawn chairs for the Horseshoes, Softball Throw and Track and Field events.

All cyclists must wear helmets. Snorkels are not allowed in the pool. Athletes are encouraged not to wear white shirts in the Table Tennis event.

Awards

Medals will be presented for first, second, and third place finalists in each age/sex category. The fourth place finalist will receive a ribbon. Outstanding Athletes and the Dorothy Peete Spirit Award winners will be recognized at the Closing Luncheon on Friday, April 27, at Frayser-Raleigh Senior Center. Guests may attend for \$6.00 (see entry form). The male and female athletes with the most points in the five (5) ten (10) year age divisions will be named Outstanding Athletes. The Senior Olympics Committee will choose the Dorothy Peete Spirit Award winners.

District Information

The Tennessee Senior Olympics hosts ten district events across Tennessee. Athletes are encouraged to participate in their home district (determined by county of residence). Teams and individuals may participate in as many districts as desired. Registration and payment required for each district. Team members may travel to other districts to play in a team sport even if all individual sports have been played in another district. All athletes are eligible to advance to the state finals in the exact sport/event in which they participated.

TN Senior Olympics State Finals

July 13-19, 2012

Williamson County, TN

Every 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, 5K & 10K road races, power & fitness walk, and racquetball. Pickleball is now a closed event.

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. Athletes will be able to register online by clicking the link at www.tnseniorolympics.com. In addition, entry forms may also be downloaded from the site 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 participate in a district. State email address is info@tnseniorolympics.com and phone number is 615-200-8760.

Early bird deadline: May 11, 2012

Final deadline: May 25, 2012

Participants will receive a confirmation letter and newsletter by early July.

Team captains will be responsible for the registration of their teams. This includes submitting a roster along with all entry forms or online registration. Blank rosters may be downloaded at www.tnseniorolympics.com. After the deadline there will be an additional \$100 fee per player (plus entry fee) to add players to the roster of a team that exceeds the minimum to take the floor/field plus one.

Registration is mandatory. Athletes may not show up and be added. Absolutely NO new players regardless of circumstances may be added 10 days prior to the start of the Games.

Inclement weather updates available at 615-200-8760

National Senior Games-Olympics

The National Senior Games are scheduled for June 2013 in Cleveland, Ohio. 2012 will be a qualifying year. For information, rules, and minimum performance standards visit www.nationalseniorgames.org

30th Memphis District Senior Olympics
1188 N. Parkway
Memphis, TN 38105

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MEMPHIS, TN

FREE Swim Clinics
Practice/Instruction with
Masters Swim Coach and Official
Saturdays, March 3 & 10 & April 7 & 14
11am-12noon
YMCA at Schilling Farms
Thursday, March 8, 11:30am-1pm
Bartlett Recreation Center

ADDRESS SERVICE REQUESTED

FREE Pickleball Clinics
Thursday, February 16, 2-3:30pm
YMCA at Schilling Farms
Tuesday, March 6, 1-3pm
Hope & Healing

FREE Shuffleboard Clinics
Tuesday, February 28, 10:30am & 4:30pm
Orange Mound Center

FREE Track & Field Clinic
Friday, March 9, 1:30pm
Fairgrounds Track

Contact Information

Frayser-Raleigh Senior Center (Lori or Madaline)

3985 Egypt Central 38128
383-9101

Lori.Fageol@memphistn.gov

Lewis Center for Senior Citizens (Terrie or Kay)

1188 N. Parkway 38105
576-4255

Kay.Lightfoot@memphistn.gov

McWherter Senior Center (Ann or Lonnie)

1355 Estate Drive 38119
761-2462

Lonnie.Lewis@memphistn.gov

Orange Mound Center (Floyd, Vanessa or Kristine)

2590 Park 38114
576-6622

Vanessa.Ford@memphistn.gov

Tennessee Districts

Chattanooga	May 7-12
East Tennessee	April 20-25
First Tennessee	May 8-25
Greater Nashville	April 30-May 5
Northwest	April 23-May 11
South Central	April 9-13
Southeast	April 19-28
Southwest	April 17-30
Upper Cumberland	April 30-May 11

(615)200-8760

www.tnseniorolympics.com