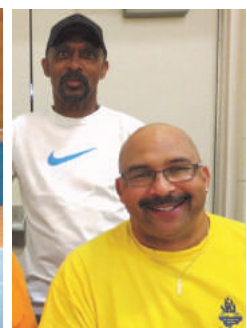




First District  
**Tennessee**  
Senior Olympics

Entry  
Deadline:  
August 25, 2017

September 6-30  
**2017**



The First District Tennessee Senior Olympics is a special event for seniors 50 and older that encompasses 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

## District Information

The Tennessee Senior Olympics hosts 10 district events across the state. It is necessary to participate in a district event to advance to the state finals. This does not apply to "open" sports offered at the state finals. Athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district.

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

Individuals and teams may participate in as many districts as desired. Registration and payment are required for each district. Out-of-district composition for team sports remains the same. If you are unable to participate in the First District Senior Olympics, please call (615) 200-8760 or visit the Tennessee Senior Olympics website, [www.tnseniorolympics.com](http://www.tnseniorolympics.com), to find information on other districts.

## Registration and Fees

Athletes may enter an unlimited number of events. However, they may not register for events that will overlap in time.

All participants are required to pay a one-time entry fee of **\$30.00**. The fee includes 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 **August 25, 2017**.

<b>Bowling</b>	\$6.00 per event
<b>Golf</b>	\$17.00 per person, to be paid to Cattails at Meadowview on the day of the event (fee includes cart). A practice round is available for an additional \$17.00 (including cart) on August 28–31 and September 5, 2017 only (no exceptions).

**If you are interested in receiving a bag lunch (sandwich, chips, etc.) during the Track/Field events on Saturday, September 9, 2017, please add \$8.00 to your registration fee (see Entry and Event Fees on page 6).**

## Inclement Weather

The First District 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. In the event of bad weather, it is your responsibility to call and check for changes. Call 423-341-2954 to check for information and updates to the schedule.

## Age Categories

The Tennessee Senior Olympics age categories are as follows:

<b>50–54</b>	<b>55–59</b>	<b>60–64</b>	<b>65–69</b>	<b>70–74</b>
<b>75–79</b>	<b>80–84</b>	<b>85–89</b>	<b>90–94</b>	<b>95+</b>

Participants will qualify for age divisions according to their age as of December 31, 2018. In doubles events and in team competitions, teams will compete in the age category determined by the age of the youngest team member.

## Rules and Equipment

All events will be conducted in accordance with the 2017 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 the Tennessee Senior Olympics website, [www.tnseniorolympics.com](http://www.tnseniorolympics.com). A copy of the rules for each event will be available at each event site.

Equipment for each event will be provided, unless stated in the rules of each event. Participants are advised to consult the *Official Rules Manual* about equipment for their event(s).

## Awards

Medals will be presented for first-, second-, and third-place finalists in each age/gender category. Any athlete who **participates** at a district event may advance to state finals in the exact sport/event in which he/she participated. The awards will be presented at the conclusion of each event.

## Check-In for Events

Unless notified by mail, email 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 cannot have already participated in the event.

Presenting Sponsor



# Event Schedule

## Wednesday, September 6

### Golf

9:30 a.m. Cattails at Meadowview, Kingsport  
(Golf practice round August 28–31 and September 5, 2017  
ONLY—No Exceptions. See details under Registration and Fees,  
page 2.)

## Saturday, September 9 (Please note change in start time for 100M Run at 8:00 a.m.)

### Track/Field Events

Science Hill High School (Kermit Tipton Stadium)

8:00 a.m.	100M Run
8:30 a.m.	800M Run
9:00 a.m.	50M Run
9:30 a.m.	Men's Long Jump/Triple Jump Women's Shot Put
10:30 a.m.	200M Run
11:00 a.m.	Men's Shot Put Women's High Jump/Long Jump
12:00 p.m.	Break—30 minutes Bag lunch available—see page 2 (Registration & Fees)
12:30 p.m.	400M Run
1:00 p.m.	Men's & Women's Javelin/Discus
2:00 p.m.	1500M Run
2:45 p.m.	Men's & Women's High Jump/ Softball Throw
3:30 p.m.	1500M Race Walk

## Monday, September 11

### Shuffleboard—Singles, Doubles (may be mixed)

9:00 a.m. Kingsport Senior Center, Kingsport

## Wednesday, September 13

### Pickleball—Singles, Doubles and Mixed-Doubles

1:00 p.m. Memorial Park Community Center,  
Johnson City

## Thursday, September 14

### Table Tennis—Singles, Doubles and Mixed-Doubles

1:00 p.m. Kingsport Senior Center, Kingsport

## Friday, September 15

### Horseshoes

9:00 a.m. Rock Springs Community Park, Kingsport

## Tuesday, September 19

### Bowling—Singles (Men and Women) (Practice @ 8:45 a.m.)

9:00 a.m. Holiday Lanes, Johnson City

## Wednesday, September 20

### Bowling—Doubles (all ages) (Practice @ 8:45 a.m.)

9:00 a.m. Holiday Lanes, Johnson City

## Thursday, September 21

### Bowling—Mixed-Doubles (all ages) (Practice @ 8:45 a.m.)

9:00 a.m. Holiday Lanes, Johnson City

## Monday, September 25

### Swimming Events:

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

1:00 p.m. Kingsport Aquatic Center, Kingsport

## Thursday, September 28

### Swimming Events:

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

1:00 p.m. Kingsport Aquatic Center, Kingsport

## Saturday, September 30

### Basketball Free Throw, Three-Point Shooting and Hot Shot Competition

9:30 a.m. ETSU Center for Physical Activity,  
Johnson City

### Basketball 3-on-3

11:00 a.m. ETSU Center for Physical Activity,  
Johnson City

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## Event Sites

### Cattails at Meadowview

1901 Meadowview Parkway, Kingsport  
Phone: (423) 578-6622

### ETSU Wayne G. Basler Center for Physical Activity

1244 Jack Vest Drive, Johnson City  
Phone: (423) 439-7980

### Holiday Lanes

117 Broyles Drive, Johnson City  
Phone: (423) 282-6521

### Kermit Tipton Stadium (Science Hill High School)

501 Liberty Bell Parkway, Johnson City  
Phone: (423) 378-8400

### Kingsport Aquatic Center

1820 Meadowview Parkway, Kingsport  
Phone: (423) 343-9758

### Kingsport Senior Center

1200 East Center Street, Kingsport  
Phone: (423) 392-8400

### Memorial Park Community Center

510 Bert Street, Johnson City  
Phone: 423-434-6237

### Rock Springs Community Park

1720 Rock Springs Road, Kingsport  
Phone: (423) 341-2954

## District T-Shirts

Shirts are distributed to the senior center of your choice for pick-up about a week before the games. If you prefer, your t-shirt can be made available at one of the event sites above. **Indicate on the front of the entry form which senior center or event site is most convenient for you.**

## Health

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

## Special ETSU Guidelines

1. Access for loading and unloading of equipment must be accomplished from adjacent parking areas. Vehicles must be parked in legal parking spots. (A parking permit will be issued).
2. No alcoholic beverages or illegal substances are permitted on the ETSU campus.
3. Remove and properly dispose of all trash and debris from Center for Physical Activity and any other facilities used by participants for an event.

## Senior Olympics State Finals

### June 2018—Williamson County, TN

The Tennessee Senior Olympics State Finals are scheduled for June 2018 in Williamson County, TN. The exact dates will be posted at [www.tnseniorolympics.com](http://www.tnseniorolympics.com) by the end of the year.

**To be eligible for the 2018 state finals, athletes must participate in a fall 2017 district event.**

**District participants will participate and qualify in age divisions that match the state finals age determination. Age at the district games will be determined by the athlete's age as of December 31 of the following calendar year.**

**Athletes must be 50 years old by December 31 of 2018 to compete in the 2018 state finals.**

Open sports that do not require district qualification include archery, cycling, the 5K and 10K road races, racquetball, and the power and fitness walk. Sports not offered at your home district are also considered to be open. **This list is subject to change by our board of directors. Notification of changes will be via email.**

Registration for the state finals will open in early March 2018. Details will be emailed to all district participants.

You **MUST** participate at the district level to attend the state finals in June 2018.

**Visit [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for more information about the state finals.**

## National Senior Games

The next National Senior Games—the Senior Olympics—are scheduled for 2019 in Albuquerque, New Mexico.

Qualification for this event will occur at the 2018 Tennessee Senior Olympics State Finals.

For more information, please visit [www.nsga.com](http://www.nsga.com).

# Entry Form

## General Information (Please Print)

<b>Last Name</b>	<b>First Name</b>	<b>Middle Initial</b>
_____	_____	_____
<b>Street Address (Include Apartment Number)</b>		
_____		
<b>City</b>	<b>State</b>	<b>Zip Code</b>
_____	_____	_____
<b>County</b>	<b>Date of Birth (Month/Date/Year)</b>	
_____	____/____/____	
<b>Phone Number</b>	<b>Male</b>	<b>Female</b>
_____	<input type="checkbox"/>	<input type="checkbox"/>
		<b>Age (as of 12/31/2018)</b>
		_____
<b>Email Address</b>		
_____		

### T-Shirt Size (Circle Preferred Size)

S	M	L
XL	XXL	XXXL

**Senior Center or  
Event Where You Will  
Pick Up Your T-Shirt**

\_\_\_\_\_

\_\_\_\_\_

## Events (Open events at the state level include Archery, Cycling, 5K & 10K Road Races, Racquetball, & Power/Fitness Walk)

<input type="checkbox"/> Basketball Free Throw	<input type="checkbox"/> Shuffleboard (Singles)
<input type="checkbox"/> Basketball Hot Shot	<input type="checkbox"/> Shuffleboard (Doubles—May Be Mixed)
<input type="checkbox"/> Basketball Three-Point Shooting	Partner's Name _____ Age _____
<input type="checkbox"/> Basketball 3-on-3	<input type="checkbox"/> Swimming (Indicate Each Event—Up To 6 Events)
Team Name _____	Backstroke: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M
Captain* _____	Breaststroke: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M
<input type="checkbox"/> Bowling (Singles)	Butterfly: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M
<input type="checkbox"/> Bowling (Doubles)	Freestyle: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M
Partner's Name _____ Age _____	Indiv. Medley (4 strokes): <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M
<input type="checkbox"/> Bowling (Mixed-Doubles)	<input type="checkbox"/> Table Tennis (Singles)
Partner's Name _____ Age _____	<input type="checkbox"/> Table Tennis (Doubles)
<input type="checkbox"/> Field Events (Indicate Each Event)	Partner's Name _____ Age _____
<input type="checkbox"/> Javelin <input type="checkbox"/> Shot Put <input type="checkbox"/> Discus	<input type="checkbox"/> Table Tennis (Mixed-Doubles)
<input type="checkbox"/> Triple Jump <input type="checkbox"/> High Jump <input type="checkbox"/> Long Jump	Partner's Name _____ Age _____
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track Events (Indicate Each Event)
<input type="checkbox"/> Golf	Run/Walk: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M
<input type="checkbox"/> Horseshoes	<input type="checkbox"/> 800M <input type="checkbox"/> 1500M
<input type="checkbox"/> Pickleball (Singles)	Racewalk: <input type="checkbox"/> 1500M
<input type="checkbox"/> Pickleball (Doubles)	
Partner's Name _____ Age _____	
<input type="checkbox"/> Pickleball (Mixed-Doubles)	
Partner's Name _____ Age _____	

**\* Team captains must submit team roster(s) by August 25, 2017. No exceptions!**

### Health Information

Do you have specific health conditions or problems that medical personnel should be aware of in case of an emergency?

- No
- Yes (please explain) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Family Doctor \_\_\_\_\_  
Phone (     ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_  
Relationship to Competitor \_\_\_\_\_  
Phone (     ) \_\_\_\_\_

Are you a first-time Senior Olympics athlete?

- No
- Yes, but I wasn't recruited by a returning athlete
- Yes, I was recruited by a returning athlete  
Name \_\_\_\_\_

### Entry and Event Fees

- Registration Fee (includes one t-shirt) \$ 30.00
  - I am participating in Bowling events:  
\_\_\_\_\_ (no. of events) x \$6.00 = \$ \_\_\_\_\_
  - Extra T-Shirt = \$8.00 (size: \_\_\_\_\_) \$ \_\_\_\_\_
  - Donation \$ \_\_\_\_\_
  - Lunch (Track/Field only) = \$8.00 \$ \_\_\_\_\_  
(Lunch will **only** be provided to those that sign up and pay the \$8.00 fee. **No** extra lunches will be available at the event. (See page 2—Registration and Fees)
- TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

\*Make checks payable to **First Tennessee Development District**.

\*\*Golf fees are payable to the Cattails at 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, First Tennessee Development District and Area Agency on Aging and Disability, East Tennessee State University, Science Hill High School, Holiday Lanes, Cattails at Meadowview, Johnson City Parks & Recreation, Kingsport Aquatic Center, Kingsport Senior Center, Rock Springs Community Park, 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 to 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 2017 District Senior Olympics without remuneration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

This form must be completed and postmarked along with all fees by **August 25, 2017** in order to participate. Forms may be mailed to: First District Tennessee Senior Olympics, 3211 North Roan Street, Johnson City, TN 37601.

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 Event Registration.
- 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 Tennessee Development District, and will submit all forms and payments by August 25, 2017.
- I understand that I may not enter any event after the deadline.

## Contact Information

Teresa Sutphin  
423-722-5120  
tsutphin@ftaad.org

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

Presented By:



Major Sponsors:



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