



Northwest District
Tennessee
Senior Olympics

September 25 - November 2, 2017

Entry Deadline
September 15, 2017

The Northwest 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 Northwest District: Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion and Weakley.

General Information

Registration and Fees

The Tennessee Senior Olympics hosts ten district events across the state of Tennessee. 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).

Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.

For further information about all district dates and deadlines please visit www.tnseniorolympics.com or call 615-200-8760.

All participants are required to pay a one-time entry fee of \$20.00. Below are additional event-related fees. The fee includes the entered events, awards and T-shirt. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **September 15, 2017**.

Bowling \$4.00 per event

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

Entry forms and fees must be mailed to:

Julie Jones
Northwest District Tennessee Senior Olympics
P.O. Box 963
Martin, TN 38237

Please make checks payable to:

Northwest District Tennessee Senior Olympics

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, 2018.

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 our website, 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 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).

You **MUST** participate at the District Games to attend the State Finals in June 2018. This will be a qualifying year for the National Games.

Check-in for Events

Unless notified by mail or phone, check-in for events will be 15 minutes prior to the starting time listed on the schedule of events. If you are not present at game time (even exhibition), you will be scratched even if you are at another Senior Olympics event. Game Time is Forfeit Time.

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 Area Agency on Aging at 731-587-4213. Please check the Event Schedule for rain dates.

Awards

The winners of each sport will be announced at the event site. The medals will be given out on site.

Presenting Sponsor



Gold Sponsors



senior housing
assisted living
home services

Event Sponsors

Union City High School
Southlane Bowling Center
The University of Tennessee at Martin
Dyersburg Municipal Golf Course
Sharon & Union City Senior Center
Crockett County Armory

Event Schedule



Monday, September 25, 2017

Golf

9:00 a.m. Dyersburg Municipal Golf Course
(Rain Date, October 2, 2017)

Tuesday, September 26, 2017

Track & Field Check-in 7:30 a.m.

Track - 50M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 100M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 800M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 1500M Racewalk (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 200M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 400M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - Power Walk (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Track - 1500M Run (Rain Date, October 3rd)

8:30 a.m. Union City High School, Union City, TN

Field - Softball Throw (Rain Date, October 3rd)

9-10:00 a.m. Union City High School, Union City, TN

Field - Long Jump (Rain Date, October 3rd)

10-11:00 a.m. Union City High School, Union City, TN

Lunch (Provided)

11:30 a.m. Union City High School, Union City, TN

Field - Shot Put (Rain Date, October 3rd)

12-1:00 p.m. Union City High School, Union City, TN

Field - Discus (Rain Date, October 3rd)

12-1:00 p.m. Union City High School, Union City, TN

Basketball Free Throw

1:00 p.m. Union City High School, Union City, TN

Basketball Hot Shot

1:00 p.m. Union City High School, Union City, TN

Basketball 3 Point

1:00 p.m. Union City High School, Union City, TN

Friday, September 29, 2017

Check in 9:00 a.m.

Table Tennis (singles, doubles, mixed doubles)

9:30 a.m. Sharon Senior Center, Sharon

Horseshoes

Check in Before 12:45 p.m.

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

Washers

Check in Before 12:45 p.m.

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

Monday, October 2, 2017

Check in Time 8:30 a.m.

Bowling (singles, doubles, mixed doubles)

9:00 a.m. Southlane Bowling Center, Union City, TN

Thursday, October 5, 2017

Corn Hole Doubles

Check in 9:30 a.m.

10:00 a.m. Crockett County Armory

Thursday, October 10, 2017

Swimming Check-in

11:00 a.m. UT-Martin

Swimming will be open between 11:00 a.m. - 1:00 p.m. Please come between these times to participate.

These events include:

50 & 100 Y Butterfly

50, 100, 200 & 500 Y Freestyle

50, 100 & 200 Y Butterfly

50, 100 & 200 Y Breaststroke

100 & 200 Y Individual Medley

Thursday, October 19, 2017

Shuffleboard Singles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Union City Senior Center, Union City

Friday, October 20, 2017

Shuffleboard Doubles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Union City Senior Center, Union City

Friday, November 3, 2017

Closing Ceremony*

12:00 p.m. The Theme this year is "Music Legends"
Union City Senior Center

*You must pre-register for this event. The ticket information is available on page 6 of this form.

Rule Highlights

- 1) If an athlete is the only individual in his or her respective age group, he or she must play an exhibition match to qualify for the state finals and before medals will be awarded.
- 2) Athletes must pre-register for each sport. Events may not be entered at the last minute and on site. Sports must be checked on entry forms.
- 3) Athletes must qualify in each specific event to qualify for the state finals. For example, swimming the 50 freestyle does not qualify an athlete for the 100 freestyle.
- 4) Doubles partners who qualify at the district for the state finals should plan to play together. If one of the partners cannot attend, another qualified athlete in the same competition may be chosen. Athletes who participate in ONE event (i.e. singles, mixed, or doubles) within bowling, table tennis, and shuffleboard may sign up for all three events if interested at the State Finals.
- 5) As mentioned on the general information page, athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from another district. Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.
- 6) Athletes are allowed to play on one team per team sport in districts that offer team events.
- 7) Athletes will be required to check-in to events 15 minutes prior to their scheduled match. Game time is forfeit time will be upheld.

The Tennessee Senior Olympics rulebook may be viewed online at www.tnseniorolympics.com. Please check this for a complete listing of all rules.



Senior Olympics State Finals

June 2018 / Williamson County

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 by the end of the year.

Athletes are allowed to play on one team per team sport in districts that offer team events.

District participation will participate and qualify in age divisions that match the state finals age determination. Age at the district will be determined by the athlete's age as of December 31 of the next calendar year. Athletes must be 50 years old by December 31 of 2018 year to compete in the 2018 state finals.

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

Registration for the state finals will open late March 2018. Details will be e-mailed to all district participants. Visit www.tnseniorolympics.com for more information about the state finals.

Event Sites

Union City High School

1305 High School Drive, Union City, TN
Phone: (731) 885-2373

Dyersburg Municipal Golf Course

Address: 920 Golf Course Rd, Dyersburg TN
38024 Phone: (731) 286-7620

Southlane Bowling Center

2210 W. Reelfoot Ave., Union City
Phone: (731) 885-2181

Crockett County Armory

Address: 778 Hwy 54 North, Alamo, TN 38001
Phone: (731) 696-2504

Sharon Senior Center

Address: 207 E. Main Street, Sharon
Phone: (731) 456-2213

Union City Senior Center

Address: 622 S. Depot St. Union City Phone:
(731) 885-1246

UT-Martin

Address: 544 University Street, Martin Phone:
(731) 881-7000

Entry Form

General Information (please print)

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

month

day

year

Age

Male

Female

as of 12/31/2018

Phone Number

E-mail Address

T-Shirt Size
(fill in appropriate box)

 M

 L

 XL

 XXL

 XXXL

To ensure you receive the correct size shirt, applications **MUST** be submitted by **September 15th.**

Events (Note: Open events at the State level include: 50M run, 5K and 10K Runs, Archery, Cycling and Racquetball)

- Basketball Free Throw
- Basketball Hot Shot
- Basketball 3 Point
- Bowling (singles)
- Bowling (doubles)
Partner's Name _____ Age ____
- Bowling (mixed doubles)
Partner's Name _____ Age ____
- Corn Hole*(doubles - may be mixed)
Partner's Name _____ Age ____
- Field Events (indicate each event)
 - Long Jump Shot Put Discus
 - Softball Throw
- Golf
List others in foursome – all players must submit a registration form
Self _____
1 _____
2 _____
3 _____
- Horseshoes
- Shuffleboard (singles)

- Shuffleboard (doubles-may be mixed)
Partner's Name _____ Age ____
- Swimming (indicate each event - select only 6 events)
 - Backstroke 50Y 100Y 200Y
 - Breaststroke 50Y 100Y 200Y
 - Butterfly 50Y 100Y
 - Freestyle 50Y 100Y 200Y 500Y
 - Individual Medley (4 strokes) 100Y 200Y
- Table Tennis (singles)
- Table Tennis (doubles)
Partner's Name _____ Age ____
- Table Tennis (mixed doubles)
Partner's Name _____ Age ____
- Track Events (indicate each event)
 - Run/Walk 50M 100M 200M 400M
 - 800M 1500M Run
 - 1500M Racewalk
 - Power Walk
- Washers*

Senior Center/County you represent:

* Not a State Finals event

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 () _____

Recruitment

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 not participating in bowling \$ 0.00
- I am participating in bowling
_____ x \$4.00 = \$.00
number of events
- Golf Fees (\$20 to be paid with entry) \$.00
- I am not attending the "Closing Ceremony"
- I am attending the "Closing Ceremony"
(Athlete ticket \$3.00) \$.00
- I am bringing guests to the
"Closing Ceremony"
_____ x \$8.00 \$.00
number of guests
- Donation \$ _____
- TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to
"Northwest District
Tennessee Senior Olympics."*

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, Northwest District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Southlane Bowling Center, Northwest Tennessee Area Agency on Aging, West Tennessee Healthcare, Union City Senior Center, Union City High School, Dyersburg Municipal Golf Course, The University of Tennessee at Martin, Magnolia Place, Fred's, Crockett County Armory, Wesley Home Living, Sharon Senior 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 Northwest 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.

Print Name _____

Signature _____ Date _____

This form must be completed and postmarked along with all fees by September 15, 2017 in order to participate. Forms may be mailed to:

Julie Jones
Northwest District Tennessee Senior Olympics
P.O. Box 963, Martin, TN 38237

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.



www.tnseniorolympics.com

Please Mail or Fax Back

Address:
 Northwest District
 Tennessee Senior Olympics
 P.O. Box 963
 Martin, TN 38237

Phone:
 (731) 587-4213

Fax:
 (731) 588-5833

E-mail:
 julie.jones@nwtd.org



Volunteer For the Northwest Tennessee District Senior Olympics

September 25 - November 2, 2017

The Northwest Tennessee District 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.

Many volunteers are needed to keep score, check-in participants, present awards, keep time, and help in general with the administration of this large sporting event. Whether you are experienced or not, there is a place for you. You will find that volunteering for the Northwest Tennessee District Senior Olympics is a truly rewarding experience.

Volunteer Registration

Please select the event that you would like to volunteer for:

Northwest TN District 9/25 - 11/2, 2017

Have you volunteered in past district events? ____ Yes ____ No

Do you have experience with any particular sport? Please list: _____

A confirmation letter including your volunteer schedule and additional information will be mailed to you promptly.

Name _____

Address _____

Phone Number(s) _____ E-mail _____

T-shirt size ____ M ____ L ____ XL

(Those who volunteer 4 or more hours receive a T-shirt)

Presenting Sponsor:





Northwest District
Tennessee Senior Olympics
P.O. Box 963
Martin, TN 38237

07-287

The next National Senior Games - the Senior Olympics is scheduled for 2019 in Albuquerque, NM. Qualification for this event will occur at the 2018 Tennessee Senior Olympics State Finals.
For more information please visit www.nsga.com

NATIONALS

Visit www.tnseniorolympics.com for more information about the state finals.

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

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

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

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 by the end of the year.

**Next Summer's State Finals
Important Information! Please Read!**