

Memphis District Senior Olympics
PO BOX 280657
Memphis, TN 38168

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PERMIT #2909
MEMPHIS, TN

35TH ANNUAL MEMPHIS DISTRICT SENIOR OLYMPICS

SEPTEMBER 15-29, 2017

EARLY BIRD DEADLINE: August 19, 2017

FINAL DEADLINE: August 31, 2017

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

Out of State 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, 2018

Each participant must complete an entry form with fees. You must participate at a District in Fall 2017 in order to compete at State in June 2018. This year is a qualifying year for nationals.

Contact: Kay.Lightfoot@memphistn.gov 901-576-4255

or

Lori.Fageol@memphistn.gov 901-383-9101

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.

Contact Information

Frayser-Raleigh Senior Center
(Memphis District Headquarters)
3985 Egypt Central 38128
383-9101
Lori.Fageol@memphistn.gov

Lewis Center for Senior Citizens
1188 N. Parkway 38105
576-4255
Kay.Lightfoot@memphistn.gov

McWherter Senior Center
1355 Estate Drive 38119
761-2462
Vernon.Gipson@memphistn.gov

Orange Mound Senior Center
2590 Park 38114
576-6622
Vanessa.Ford@memphistn.gov

Ruth Tate Senior Center
1620 Marjorie Street 38106
948-7502
Kristine.Strickland@memphistn.gov

Presenting Sponsor



of Tennessee

Entry Forms: The final deadline is **August 31, 2017.**

Entry form may be mailed to: Memphis District Senior Olympics, PO BOX 280657, Memphis, TN 38168 or brought to one of the five City of Memphis Parks & Neighborhoods Senior Centers.

Confirmation letter will be mailed on receipt of entry form. Athletes are responsible for verifying information for accuracy **by September 8, 2017. No changes will be made after that date.**

Fees: All participants must submit a completed entry form with fee. Pay a **\$30** entry fee by early bird deadline (**August 19**) Afterwards, the fee increases to **\$40**. The final deadline is Thursday, **August 31, 2017**. There is a \$3 fee per event after the first ten events regardless of deadline. The entry fee includes medals, awards, and a t-shirt. Bowling fees are \$5.50 per game.

Golf: There will be a shotgun start at 7:30AM and golfers will play with their age groups. Men will use white tees and ladies the red tees. Cart fee of \$14 to be paid at the course.

GOLFERS MUST BE READY TO START AT TEE TIME OR THEY WILL FORFEIT

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 September 27, and Thursday September 28. Track & Field has priority over all other events.

The Headquarters telephone number is (901)383-9101.

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 August 19, 2017. Rosters will be available at Park & Neighborhoods Senior Centers or download at www.tnseniorolympics.com. Each athlete must submit an 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.

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.

Opening Ceremony and Party!!

Reservations are required: Festivities will be held at Orange Mound Senior Service Center(2590 Park Avenue, 38114) on Friday September 15TH beginning at 5:30PM. Entertainment will be provided. Athlete tickets are \$5.00. Guests may attend for \$10.00

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* .

Reminder: please do not leave items exposed in your cars at the event sites.

Next Summer's State Finals

Important Information! Please Read!

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. This is a qualifying year for the 2019 Nationals.

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 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 to compete in the 2018 state finals.

Open sports that do not require district qualification include archery, cycling, the 5K and 10K road race, racquetball, 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 in early March 2018. Details will be e-mailed to all district participants.

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

Nationals

The next National Senior Games- the Senior Olympics is 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.

FINAL CHECKLIST

- { } I completed the information on the Memphis District Entry & Event Registration Forms.
- { } I completed the Health Information Form & signed the Liability Waiver.
- { } I completed the Fee and Guest Reservations Form.
- { } I have enclosed a check or money order for the **Total Amount**

Please make checks payable to: **SENIOR OLYMPICS.**

PRESENTING SPONSOR



GOLD SPONSOR



BRONZE SPONSORS

**Frayser-Raleigh
Senior Center**



**Lewis Center for
Senior Citizens**

**McWherter
Senior Center**

**Orange Mound
Senior Service Center**

**Ruth Tate
Senior Center**

FEES AND GUEST RESERVATIONS FORM

Early Bird Fee (Postmarked by **August 19, 2017**) \$30.00 \$ _____

Final Deadline Fee (Postmarked by **August 31, 2017**) \$40.00 \$ _____

Bowling Fees - Singles _____ \$5.50 \$ _____

Doubles _____ \$5.50 \$ _____

Mixed Doubles _____ \$5.50 \$ _____

Extra Event Fee Calculation --- A \$3 fee is added for each event entered that is **OVER** the first 10.
 Events Entered _____ minus 10 = _____ times \$3 = \$ _____

Opening Ceremony & Party _____ **\$5.00** \$ _____
 Guests' Tickets are \$10 each. Guests _____ times \$10 = \$ _____

Closing Banquet ----- Athletes are admitted FREE. Count me in. YES / NO
 Guests' Tickets are \$10 each. Guests _____ times \$10 = \$ _____

Donation Amount \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Team Captains must mail ALL Entry Forms for ALL players plus a paper roster together at once!
 A roster must be submitted for your Team to be officially registered!

Event Selections:

<input type="checkbox"/> 5K Cycle	<input type="checkbox"/> Racquetball Singles
<input type="checkbox"/> 5K Run	<input type="checkbox"/> Racquetball Doubles
<input type="checkbox"/> Badminton Singles	Partner's Name _____ (DOB) _____
<input type="checkbox"/> Badminton Doubles	<input type="checkbox"/> Racquetball Mixed Doubles
Partner's Name _____ (DOB) _____	Partner's Name _____ (DOB) _____
<input type="checkbox"/> Badminton Mixed Doubles	<input type="checkbox"/> Shuffleboard Singles
Partner's Name _____ (DOB) _____	<input type="checkbox"/> Shuffleboard Doubles/Mixed
<input type="checkbox"/> Basketball 3 Point Shot	Partner's Name _____ (DOB) _____
<input type="checkbox"/> Basketball Free Throws	<input type="checkbox"/> Softball Throw
<input type="checkbox"/> Basketball Hot Shot	
<input type="checkbox"/> Basketball 3 on 3	
Team Name _____	SWIMMING EVENTS (Maximum of 6 events)
Captain's Name _____	Backstroke _____ 50Y _____ 100Y _____ 200Y _____
<input type="checkbox"/> Bowling Singles	Breaststroke _____ 50Y _____ 100Y _____ 200Y _____
<input type="checkbox"/> Bowling Doubles	Butterfly _____ 50Y _____ 100Y _____ 200Y _____ 500Y _____
Partner's Name _____ (DOB) _____	Freestyle _____ 50Y _____ 100Y _____ 200Y _____ 500Y _____
<input type="checkbox"/> Bowling Mixed Doubles	Individual Medley (4 strokes) _____ 100Y _____ 200Y _____
Partner's Name _____ (DOB) _____	<input type="checkbox"/> Table Tennis Singles
<input type="checkbox"/> Golf	<input type="checkbox"/> Table Tennis Doubles
<input type="checkbox"/> Horseshoes	Partner's Name _____ (DOB) _____
<input type="checkbox"/> Pickleball Singles	<input type="checkbox"/> Table Tennis Mixed Doubles
<input type="checkbox"/> Pickleball Doubles	Partner's Name _____ (DOB) _____
Partner's Name _____ (DOB) _____	<input type="checkbox"/> Tennis Singles
<input type="checkbox"/> Pickleball Mixed Doubles	<input type="checkbox"/> Tennis Doubles
Partner's Name _____ (DOB) _____	Partner's Name _____ (DOB) _____
	<input type="checkbox"/> Tennis Mixed Doubles
	Partner's Name _____ (DOB) _____

TRACK & FIELD EVENTS

50M 100M 200M 400M 800M 1500M 1500M Race-walk

Discus High Jump Javelin Long Jump Shot Put

SCHEDULE OF EVENTS

BRING YOUR CONFIRMATION LETTER TO ALL EVENTS!

Friday, September 15: OPENING CEREMONY AND PARTY at Orange Mound Senior Service Center@ 5:30PM!
MUSIC, FOOD, AND THE LIGHTING OF THE TORCH!

Saturday, September 16

- Swimming @ Hickory Hill Community Center**
- 45-minute warm-up time in the water @ 9:00AM
- [200Y Individual Medley](#) WOMEN @ 10:00AM
- [200Y Individual Medley](#) MEN @ 10:10AM
- [50Y Freestyle](#) WOMEN @ 10:20AM
- [50Y Freestyle](#) MEN @ 10:25AM
- [100Y Breaststroke](#) WOMEN @ 10:30AM
- [100Y Breaststroke](#) MEN @ 10:40AM
- [50Y Butterfly](#) WOMEN @ 10:50AM
- [50Y Butterfly](#) MEN @ 10:55AM
- [200Y Backstroke](#) WOMEN @ 11:00AM
- [200Y Backstroke](#) MEN @ 11:10AM
- [100Y Freestyle](#) WOMEN @ 11:20AM
- [100Y Freestyle](#) MEN @ 11:30AM
- [50Y Breaststroke](#) WOMEN @ 11:40AM
- [50Y Breaststroke](#) MEN @ 11:45AM
- [100Y Butterfly](#) WOMEN @ 11:50AM
- [100Y Butterfly](#) MEN @ 12:00PM
- [50Y Backstroke](#) WOMEN @ 12:10PM
- [50Y Backstroke](#) MEN @ 12:15PM
- [200Y Freestyle](#) WOMEN @ 12:20PM
- [200Y Freestyle](#) MEN @ 12:30PM
- [100Y Backstroke](#) WOMEN @ 12:40PM
- [100Y Backstroke](#) MEN @ 12:50PM
- [500Y Freestyle](#) WOMEN @ 1:00PM
- [500Y Freestyle](#) MEN @ 1:15PM
- [100Y Individual Medley](#) WOMEN @ 1:30PM
- [100Y Individual Medley](#) MEN @ 1:40PM
- [200Y Breaststroke](#) WOMEN @ 1:50PM
- [200Y Breaststroke](#) MEN @ 2:00PM

Monday, September 18

- [Pickleball](#) @ Germantown Baptist Church **SINGLES @ 9:00AM**
- [Golf](#) @ Links at Galloway **MEN & WOMEN @ 7:30AM**

Tuesday, September 19

- [Horseshoes](#) @ McWherter Senior Center
MEN @ 9:00AM WOMEN @ 12:00PM
- [Racquetball](#) @ JW Fitness **SINGLES @ 9:30AM**
DOUBLES @ 11:30AM MIXED DOUBLES @ 12:30PM
- [Softball Throw](#) @ Sea Isle Park **MEN & WOMEN @ 11:00AM**
- [Hot Shot](#) @ Orange Mound CC **MEN & WOMEN @ 2:00PM**

Wednesday, September 20

- [Badminton](#) @ Davis Community Center
Mixed Doubles @ 9:00AM Doubles @ 9:45AM Singles @ 11:00AM

Thursday, September 21

- [Bowling](#) @ All Star Lanes **Doubles @ 9:00AM**
- [Shuffleboard](#) @ Orange Mound Community Center
Singles @ 9:00AM Doubles (May be mixed.) @ 1:00PM

Friday, September 22

- [Bowling](#) @ All Star Lanes **Singles @ 9:00AM**
- [5K Run](#) @ Overton Park **MEN & WOMEN @ 8:00AM**
- [5K Cycling](#) @ Overton Park **MEN & WOMEN @ 9:30AM**

Saturday, September 23

Track and Field Events at Fairgrounds Track
Complimentary Sack Lunch 11:00AM-12:00PM

	MEN	WOMEN
50M	8:00AM	9:00AM
100M	8:30AM	9:30AM
200M	10:00AM	11:45AM
400M	10:30AM	12:15PM

Track and Field Events at Fairgrounds Track continued...

800M	12:45PM	1:15PM
1500M	7:30AM	7:30AM
1500M Race-walk	11:00AM	11:00AM
High Jump	9:00AM	8:00AM
Shot Put	9:30AM	8:30AM
Long Jump	11:45AM	10:00AM
Javelin	1:15PM	12:45PM
Discus	12:15PM	10:30AM

Monday, September 25

[Tennis](#) @Bellevue Tennis Center

Mixed Doubles/Doubles @ 9:00AM

[Bowling](#) @ All Star Lanes Mixed Doubles @ 9:00AM

[Table Tennis](#) @ Davis Community Center Singles @ 1:00PM

Doubles @ 2:00PM Mixed Doubles @ 3:00PM

Tuesday, September 26

[Pickleball](#) @ Germantown Baptist Church DOUBLES @ 9:00AM

[Tennis](#) @ Bellevue Tennis Center Singles @ 1:30PM

[Basketball](#) @ Davis Community Center

[Free Throws](#) @ 2:00PM MEN & WOMEN

[3 Point Shot](#) @ 3:00PM MEN & WOMEN

[3-on-3 Teams](#) @ 4:00PM MEN & WOMEN

Wednesday, September 27

Rain date for all outside events

[Pickleball](#) @ Germantown Baptist Church

MIXED DOUBLES @ 9:00AM

Thursday, September 28—2nd Rain Date

Friday, September 29

Closing Awards Banquet @ 12:00PM

Frayser-Raleigh Senior Center

3985 Egypt Central (901)383-9101

Athletes will enjoy a delicious meal and special awards will be presented. Athletes are ADMITTED FREE and guest's tickets are \$10.00. **RESERVATIONS ARE REQUIRED!**

BRING YOUR CONFIRMATION LETTER TO ALL EVENTS!!

Event Sites

All Star Bowling Lanes	1576 S. White Station	683-2695
Davis Community Center	3371 Spottswood	323-8015
Bellevue Tennis Center	1239 Orgill Ave	774-7199
Fairgrounds Track	Hollywood and Central	383-9101
Frayser-Raleigh Senior Center	3985 Egypt Central	383-9101
Germantown Baptist Church	9450 Poplar Ave.	756-9450
Hickory Hill Comm Center	3910 Ridgeway Rd.	566-9685
JW Fitness (racquetball)	6161 Shelby Oaks Dr.	388-6580
McWherter Senior Center	1355 Estate Drive	761-2462
Orange Mound Comm Center	2572 Park Ave	576-6622
Overton Park Gazebo	at East Parkway	383-9101
The Links at Galloway	3815 Walnut Grove	685-7805



Sports Chairs

Badminton	K. C. Lim
Bowling	Sylvia Boldreghini
Pickleball	Mike Morgan
Racquetball	David & Sandra Gross
Shuffleboard	Hickman Ewing
Table Tennis	Dennis Fritchie
Golf	Nick Browndyke

REGISTRATION FORM

PLEASE PRINT CLEARLY FORM MUST BE FILLED OUT COMPLETELY!!
(FRONT AND BACK)

Last Name _____ First name _____ Initial _____

Street Address (include apt number) _____

City _____ State _____ Zip Code _____ County _____

Primary Phone Number _____-____-_____ Secondary Phone Number _____-____-_____

E-mail Address _____ Date of Birth ____-____-_____

Gender (Circle One): M F Shirt Size (Circle One): S M L XL XXL XXXL

Senior Center Member? _____ Where? _____

Health Information

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

NO

YES

If yes, explain _____

FAMILY DOCTOR:

PHONE () _____

EMERGENCY CONTACT:

PHONE () _____

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) that I have entered. I hereby agree to indemnify, save, and hold harmless Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, City of Memphis Division of Parks and Neighborhoods, All-Star Bowling Lanes, Fairgrounds Track, Germantown Baptist Church, JW Fitness, 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 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 ____/____/____

REMEMBER TO SIGN YOUR WAIVER!!!

