

The Tennessee Senior Olympics Staff and Williamson County Parks & Recreation welcome you to the 2018 Greater Nashville District Senior Olympics.

In this e-mail you will find information about each event. Please read through the e-mail carefully as most questions should be answered.

Addresses are included at the end.

If you have questions, you may contact us at gnseniorolympics@comcast.net or 615-200-8760. Please note that this number and e-mail will only be checked at the end of the day during the Olympics, as we will be at different competition sites each day.

Any last-minute info on weather cancellations will be posted on the voicemail at 615-200-8760.

Athletes will be given the shirt size ordered. Due to cost, we are unable to have extras on-hand for shirt swapping. We hope for your understanding in this matter.

E V E N T I N F O R M A T I O N

There is not a separate registration headquarters at the district games. Please check in directly at each event site.

T-shirts will be distributed at each site. One shirt will be provided for each athlete for the entire district Games. For example, if you are running track and playing pickleball you will receive one shirt.

BRACKETS and SCHEDULES will be posted at each site. The only items that will be posted at <http://www.tnseniorolympics.com/greater-nashville-district> will be tennis draws. The schedule listed in your entry form and repeated below for each sport specify the times that you need to check-in.

EVENT INFORMATION

BADMINTON

Events: Singles, Doubles, Mixed Doubles

Date: Friday, September 28, 2018

Check- in time: 9:00 a.m.

Location: Franklin Recreation Complex

1120 Hillsboro Road, Franklin, TN 37064

(Off Hillsboro Rd. on Fulton Greer Lane, just north of Mack Hatcher Hwy.)

BRACKETS and SCHEDULES will be posted on site.

BASKETBALL SKILL EVENTS

Free Throw/3 Point/Hot Shot

Date: Thursday, September 27, 2018

Time: 9:00 a.m. Free Throw; 10:00 a.m. 3 Point; 11:00 a.m. Hot Shot

Location: Franklin Recreation Complex

1120 Hillsboro Road, Franklin, TN 37064

(Off Hillsboro Rd. on Fulton Greer Lane, just north of
Mack Hatcher Hwy.)

Equipment: Players must use equipment provided

The format is as follows: Free throw and 3 Point - best of 10 shots. One or two practice throws will be allowed prior to the official count if the participant desires. In the hot shot, five spots are marked at locations on the court. The competitor has one minute to score as many points as possible from these marks that are worth between 2 and 5 points.

PARTICIPANT LISTS will be available on site.

BASKETBALL 3 ON 3

Date: Thursday, September 27, 2018

Time: 1:00 p.m.

Location: Franklin Recreation Complex

1120 Hillsboro Road, Franklin, TN 37064

(Off Hillsboro Rd. on Fulton Greer Lane, just north of
Mack Hatcher Hwy.)

Equipment: Players must use equipment provided. Shirts with numbers on the front and back are required.

Brackets will be posted on site.

BOWLING

Dates: Singles, September 24th; Doubles and Mixed- September 25th, 2018

Times: Singles- 9:00 a.m. 70+; 12:00pm 50-69

Mixed 9:00 a.m.; Doubles 12:00p.m.

Location: Franklin Entertainment Center

1200 Lakeview Drive, Franklin, TN 37067 (615) 790-2695

Bowling starts at game time. Warm-ups are 10 minutes prior.

PARTICIPANT LISTS will be available on site.

CORNHOLE DOUBLES (indoor courts)

Date: Friday, September 28, 2018

Time: 10:30am

Location: Academy Park

120 Everbright, Franklin, TN 37064

Brackets will be posted onsite.

GOLF

Date: Tuesday, September 18, 2018

Time: 8:00 am (Shotgun Start)

Location:

Two Rivers Golf Course

2235 Two Rivers Pkwy

Nashville, TN 37214

Foursomes will be posted on site.

HORSESHOES

Date: Wednesday, September 26, 2018

Time: 9:00 a.m.

Location: Franklin Recreation Complex

Outdoor Pits

1120 Hillsboro Road, Franklin, TN 37064

(Off Hillsboro Rd. on Fulton Greer Lane, just north of
Mack Hatcher Hwy.)

BRACKETS will be posted on site.

PICKLEBALL

Dates: Tuesday September 25th and Wednesday September 26th, 2018

Start Times: Singles- September 25th 8:30 a.m.; Mixed - September 25th 12:00 p.m.; Doubles-
September 26th Men's 8:30 am; Women's 12:30pm.

Location: Franklin Recreation Complex

1120 Hillsboro Road, Franklin, TN 37064

(Off Hillsboro Rd. on Fulton Greer Lane, just north of
Mack Hatcher Hwy.)

Brackets will be posted on site.

SHUFFLEBOARD

Dates: Friday, September 28, 2018

Time: 9:00 a.m.

Location: Academy Park

120 Everbright, Franklin, TN 37064

Brackets will be posted on site.

SWIMMING

Date: Tuesday, September 25, 2018

Time: 9:00 a.m.

Location: Indoor Sports Complex

920 Heritage Way, (Off Concord Rd., just east of
I-65), Brentwood, TN 37027

Order of events: 200 Free, 100 Fly, 50 Breast, 200 IM, 100

Back, 50 Free, 200 Breast, 100 IM, 200 Back,

100 Free, 50 Fly, 100 Breast, 50 Back, 500 Free

The 200 Breast and 400 IM will be "open" at state meaning that they can be registered for during
state registration.

PARTICIPANT LISTS will be available on site.

To combat fatigue and injuries that occur during our one day
district events, our board has implemented these new rules:

Please remember that 6 events total may be chosen at district or state.

For every district swimming event completed within a stroke, an additional event within that stroke may be entered at state (any distance may be chosen).

Examples:

A 50 back competitor at the district may also register for the 100 back at state.

If two district events are completed (such as the 50 free and 100 fly), one additional free and one additional fly event at state may be picked up.

This allows district swimmers the opportunity to swim less than 6 events at district and to change up events within the same stroke when registering for state. As a reminder, swimmers are limited to 6 swimming events at state competition.

TABLE TENNIS

Date: Thursday, September 27, 2018 (Singles, Doubles, and Mixed Doubles)

Time: 10:30 a.m.

Location: Academy Park

120 Everbright, Franklin, TN 37064

Brackets will be posted on site.

Reminder: Please do not wear white clothing (except socks & shoes).

BRACKETS will be posted on site.

TENNIS

Dates: Thursday, September 27 and Friday, September 28, 2018

Times/Brackets Posting: Please check <http://www.tnseniorolympics.com/greater-nashville-district> after September 20th for match times and days.

Location: Indoor Sports Complex

920 Heritage Way, (Off Concord Rd., just east of I-65), Brentwood, TN 37027

Matches shall consist of the best of 2 tiebreak sets using regular scoring. At one set all, ties will be broken using a match tiebreak (1st to 10 by a 2 pts margin).

TRACK AND FIELD

Dates: Saturday, September 29, 2018

Location: Brentwood High School

Start Times: Running events- 9:00 a.m.; High jump, long jump, softball throw, shot put, discus, javelin 1:00 p.m.

Order of running events:

100M Run, 1500M Run, 200M Run, Powerwalk, 50M Run, 400M Run, 800M Run.

PARTICIPANT LISTS will be available on site.

Race walk and power walk: The race walk will be held at the state finals instead of at the district, as certified officials can only be found out of state. For the power walk, either technique may be

used. Volunteer monitors would be welcomed to help with the power walk. Please let the head track official know on site. The race walk will be considered “open”, meaning that walkers may register directly for the state finals without competing in a district.

The field events will start at 1:00pm with discus, shot, and javelin with athletes rotating to each (provided enough officials and volunteers can be secured). Once these are complete, high jump and long jump will be conducted. Softball throw will be available the entire afternoon.

NEW RULE: To combat fatigue and injuries that occur during our one day district events, our board has implemented this new rule:

For every district running event completed, an additional running event may be entered at state (any distance may be chosen).

Examples:

If one district event is completed such as the 100m run, another event such as the 50m run may be added when registering for state.

If two district events are completed (such as the 400m and 800m run), 2 additional running events may be added when registering for state.

And so on.

ADDRESSES FOR VENUES

Franklin Entertainment Center
1200 Lakeview Drive
Franklin, TN 37067

Franklin Recreation Complex
1120 Hillsboro Road
Franklin, TN 37064

Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

Academy Park
120 Everbright Avenue
Franklin, TN 37064

Brentwood High School
5304 Murray Lane
Brentwood, TN 37027

Two Rivers Golf Course
2235 Two Rivers Pkwy
Nashville, TN 37214

NEXT SUMMER'S STATE FINALS
IMPORTANT INFORMATION! PLEASE READ!

The Tennessee Senior Olympics State Finals are scheduled for June 2019 in Williamson County, TN. The exact dates will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2019 state finals, athletes must participate in a fall 2018 district event.

Athletes must be 50 years old by December 31 of 2019 to compete in the 2019 state finals.

Open sports that do not require district qualification include archery, cornhole doubles, cycling, disc golf, the 5K Run, 5K Walk, and 10K road race, racquetball, triple jump, pole vault, and the powerwalk. District golfers will be allowed first chance to register for State and then it will be opened up. 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 2019. 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 already occurred at the 2018 Tennessee Senior Olympics State Finals. For those of you who qualified, notification should be received from the NSGA by year end. The next qualifying cycle will be 2020 for the 2021 Nationals.

For more information please visit www.nsga.com.

We look forward to your participation!