



Northwest District Tennessee Senior Olympics

August 22 - October 29, 2019

**Entry Deadline
August 9, 2019**

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 **August 9, 2019**.

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, 2020.

Rules and Equipment

All events will be conducted in accordance with the 2019 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 the specific event(s).

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



of Tennessee

Event Schedule



Thursday, August 22, 2019

Corn Hole Doubles

Check in 9:30 a.m.

10:00 a.m. Crockett County Armory

Monday, September 23, 2019

Check in Time 8:30 a.m.

Bowling (singles, doubles, mixed doubles)

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

Thursday, September 26, 2019

Shuffleboard Singles

Check in Time 8:00 a.m.

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

Friday, September 27, 2019

Shuffleboard Doubles

Check in Time 8:00 a.m.

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

Monday, September 30, 2019

Golf

9:00 a.m. Dyersburg Municipal Golf Course
(Rain Date, October 7, 2019)

Tuesday, October 8, 2019

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

Track - 50M Run (Rain Date, October 15th)

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

Track - 100M Run (Rain Date, October 15th)

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

Track - 800M Run (Rain Date, October 15th)

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

Track - 1500M Racewalk (Rain Date, October 15th)

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

Track - 200M Run (Rain Date, October 15th)

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

Track - 400M Run (Rain Date, October 15th)

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

Track - Power Walk (Rain Date, October 15th)

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

Track - 1500M Run (Rain Date, October 15th)

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

Field - Softball Throw (Rain Date, October 15th)

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

Field - Long Jump (Rain Date, October 15th)

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 15th)

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

Field - Discus (Rain Date, October 15th)

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, October 25, 2019

Check in 9:00 a.m.

Table Tennis (singles, doubles, mixed doubles)

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

Horseshoes

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

Washers

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

Tuesday, October 29, 2019

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

Friday, November 1, 2019

Closing Ceremony*

12:00 p.m. The Theme this year will be announced at a later time.

*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.



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

Information and exact dates for the 2020 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2020 state finals, athletes must participate in a fall 2019 district event in most sports.

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, 2020 to compete in the 2020 state finals.

For example, for the 2019 districts, age will be determined as of December 31, 2020. For the 2020 state finals, age will be determined as of December 31, 2020. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2020 state finals. For example, an individual who turns 50 on April 1, 2020 will play in the 50-54 division in the fall 2019 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2020 year to compete in the 2020 state finals.

Open sports that do not require district qualification include archery, cornhole, cycling (5K and 20K), disc golf, the 5K and 10K road races, 5K Walk, racquetball, triple jump, pole vault, and the powerwalk. 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.** For double players, athletes who participated in ONE event at the district (i.e. singles, mixed, or doubles) within any doubles sport may register for all three events if interested.

Registration for the state finals will open early March 2020.

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

Phone Number

Age

Male

Female

E-mail Address

as of 12/31/2020

T-Shirt Size
(fill in appropriate box)

To ensure you receive the correct size shirt, applications **MUST** be submitted by

August 9th

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) \$ 20.00

☐ 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, Crockett County Armory, 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 2019 District Senior Olympics without remuneration.

Print Name _____

Signature _____ Date _____

This form must be completed and postmarked along with all fees by August 9, 2019 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

August 22 - October 29, 2019

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 8/22 - 10/29, 2019**

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

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The next National Senior Games – the Senior Olympics are scheduled for June 2021 in Fort Lauderdale, Florida. For exact dates, please visit www.nsga.com. Qualification for this event will occur at the 2020 Tennessee Senior State Finals in Williamson County.

NATIONALS