

Memphis District Senior Olympics  
PO Box **11385**  
Memphis, TN 38111

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MEMPHIS, TN

**37<sup>TH</sup> ANNUAL MEMPHIS DISTRICT  
SENIOR OLYMPICS**

**SEPTEMBER 13–27, 2019**

**EARLY BIRD DEADLINE: August 16, 2019**

**FINAL DEADLINE: August 31, 2019**

\*\*\*\*\*

**Confirmation Letters will be emailed. Please provide an updated email address below:**

**EMAIL:** \_\_\_\_\_

PLEASE PRINT LEGIBLY

If you absolutely do not have access to email, please indicate on the line above that you do not have email and we will mail your confirmation letter to the address you provide.

\*\*\*\*\*

**Contact Information**

**Frayser-Raleigh Senior Center**  
**Memphis District Headquarters**  
3985 Egypt Central 38128  
901-636-0710  
[vernon.gipson@memphistn.gov](mailto:vernon.gipson@memphistn.gov)

**J.K. Lewis Senior Center**  
1188 N. Parkway 38105  
901-576-4255  
[Joye.martin@memphistn.gov](mailto:Joye.martin@memphistn.gov)

**McWherter Senior Center**  
1355 Estate Drive 38119  
901-761-2462  
[Cherita.hopper@memphistn.gov](mailto:Cherita.hopper@memphistn.gov)

**Orange Mound Senior Center**  
2590 Park 38114  
901-576-6622  
[marcus.robinson@memphistn.gov](mailto:marcus.robinson@memphistn.gov)

**Ruth Tate Senior Center**  
1620 Marjorie Street 38106  
901-948-7502  
[Kristine.Strickland@memphistn.gov](mailto:Kristine.Strickland@memphistn.gov)

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, 2020

Each participant must complete an entry form with fees. You must participate at a District in Fall **2019** in order to compete at State in June 2020. **This year is a qualifying year for nationals.**

Contact: [amanda.memphisdistrict@outlook.com](mailto:amanda.memphisdistrict@outlook.com) (District Coordinator) 901-254-9113

or

[vernon.gipson@memphistn.gov](mailto:vernon.gipson@memphistn.gov) (District Headquarters) 901-636-0710

Participants may enter an unlimited number of events; however, you should not enter events that overlap in time.

Individuals may participate in as many districts as desired. Registration and payment are required for each district.

Presenting Sponsor



**of Tennessee**

**Entry Forms:** The final deadline is **August 31, 2019**. Entry form may be mailed to: Memphis District Senior Olympics, **PO Box 11385, Memphis, TN 38111** or brought to one of the five City of Memphis Parks & Neighborhoods Senior Centers. (No Cash Accepted)

A Confirmation Letter will be [emailed](#) on receipt of entry form. **PLEASE ENSURE YOU PROVIDE AN UPDATED EMAIL ADDRESS ON THIS FORM.** Athletes are responsible for verifying information for accuracy **by September 3, 2019**. 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 16**) Afterwards, the fee increases to **\$40**. The final deadline is Friday, **August 31, 2019**. 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 25th, and Thursday September 26th. Track & Field has priority over all other events. **The Headquarters telephone number is (901) 636-0710.**

**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 16, 2019**. Rosters will be available at Park & Neighborhoods Senior Centers or download at [www.tnseniorolympics.com](http://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](http://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 regards 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 **Hope Church (8500 Walnut Grove Road, 38018) on Friday September 13<sup>TH</sup> beginning at 5:30PM.** Entertainment will be provided. Athletes are free, 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 2020 State Finals will take place in Williamson County, TN. The exact dates will be posted at [www.tnseniorolympics.com](http://www.tnseniorolympics.com) by the end of the year.

**This is a qualifying year for Nationals.**

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 of 2020 to compete in the 2020 state finals.**

Open sports that do not require district qualification include archery, cornhole, cycling (5k and 20k), the 5K and 10K road races, disc golf, 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.**

Registration for the state finals will open in early March 2020. Details will be e-mailed to all district participants.

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

**Nationals**

The next National Senior Games- the Senior Olympics is scheduled for 2021 IN Fort Lauderdale, FL. Qualification for this event will occur at the 2020 Tennessee Senior Olympics State Finals in Williamson County.

For more information, please visit [www.nsga.com](http://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 (no cash accepted)**

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



**BRONZE SPONSORS**

**Frayser-Raleigh  
Senior Center**

**Lewis Senior  
Center**

**McWherter  
Senior Center**

**Orange Mound  
Senior Service Center**

**Ruth Tate  
Senior Center**

FEES AND GUEST RESERVATIONS FORM

Early Bird Fee (Postmarked by August 16, 2019)

\$30.00

\$

Final Deadline Fee ( Postmarked by August 31, 2019)

\$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

Athletes are admitted free. Count me in.

YES / NO

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

\$

(NO CASH ACCEPTED)

TOTAL AMOUNT ENCLOSED

\$

Event Selections:

5K Cycle

5K Run

Badminton Singles

Badminton Doubles

Partner’s Name

(DOB)

Badminton Mixed Doubles

Partner’s Name

(DOB)

Basketball 3 Point Shot

Basketball Free Throws

Basketball Hot Shot

Basketball 3 on 3

Team Name

Captain’s Name

Bowling Singles

Bowling Doubles

Partner’s Name

(DOB)

Bowling Mixed Doubles

Partner’s Name

(DOB)

Golf

Horseshoes

Pickleball Singles

Pickleball Doubles

Partner’s Name

(DOB)

Pickleball Mixed Doubles

Partner’s Name

(DOB)

Racquetball Singles

Racquetball Doubles

Partner’s Name

(DOB)

Racquetball Mixed Doubles

Partner’s Name

(DOB)

Shuffleboard Singles

Shuffleboard Doubles/Mixed

Partner’s Name

(DOB)

Softball Throw

SWIMMING EVENTS (Maximum of 6 events)

Backstroke

50Y

100Y

200Y

Breaststroke

50Y

100Y

200Y

Butterfly

50Y

100Y

200Y

500Y

Freestyle

50Y

100Y

200Y

500Y

Individual Medley (4 strokes)

100Y

200Y

Table Tennis Singles

Table Tennis Doubles

Partner’s Name

(DOB)

Table Tennis Mixed Doubles

Partner’s Name

(DOB)

Tennis Singles

Tennis Doubles

Partner’s Name

(DOB)

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 13th: **OPENING CEREMONY AND CELEBRATION** at **Hope Church** (8500 Walnut Grove Rd)  
@ 5:30 PM! **MUSIC, FOOD, AND THE LIGHTING OF THE TORCH!**

Saturday, September 14

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 16 [Pickleball](#) @ Germantown Baptist

Church SINGLES @ 9:00AM

[Golf](#) @ Galloway Golf Course MEN & WOMEN @ 7:30AM

Tuesday, September 17

[Horseshoes](#) @ McWherter Senior Center

MEN @ 9:00AM WOMEN @ 12:00PM

[Racquetball](#) @ JW Fitness SINGLES @ 9:00AM

DOUBLES @ 11:30AM MIXED DOUBLES @ 12:30PM

[Softball Throw](#) @ Sea Isle Park MEN & WOMEN @ 11:00AM

Wednesday, September 18

[Badminton](#) @ Davis Community Center

Singles @ 9:00AM, Mixed Doubles @ 9:45AM, Doubles @ 10:45AM

Thursday, September 19

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

[Shuffleboard](#) @ Orange Mound Community Center

Singles @ 9:00AM Doubles (May be mixed.) @ 1:00PM

Friday, September 20

[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 21

Track and Field Events at Fairgrounds Track

Complimentary Sack Lunch 11:00AM-12:00PM

|                      | MEN     | WOMEN   |
|----------------------|---------|---------|
| <a href="#">50M</a>  | 8:00AM  | 9:00AM  |
| <a href="#">100M</a> | 8:30AM  | 9:30AM  |
| <a href="#">200M</a> | 10:00AM | 11:45AM |
| <a href="#">400M</a> | 10:30AM | 12:15PM |

CONTINUED ON NEXT PAGE ➡



Track and Field Events at Fairgrounds Track continued...

|                                 |         |         |
|---------------------------------|---------|---------|
| <a href="#">800M</a>            | 12:45PM | 1:15PM  |
| <a href="#">1500M</a>           | 7:30AM  | 7:30AM  |
| <a href="#">1500M Race-walk</a> | 11:00AM | 11:00AM |
| <a href="#">High Jump</a>       | 9:00AM  | 8:00AM  |
| <a href="#">Shot Put</a>        | 9:30AM  | 8:30AM  |
| <a href="#">Long Jump</a>       | 11:45AM | 10:00AM |
| <a href="#">Javelin</a>         | 1:15PM  | 12:45PM |
| <a href="#">Discus</a>          | 12:15PM | 10:30AM |

**Monday, September 23**

[Tennis](#) @Eldon Roarke 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

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

**Tuesday, September 24**

[Pickleball](#) @Germantown Baptist Ch. MIXED DOUBLES @ 9:00AM

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

[Basketball](#) @ Davis Community Center

[Hot Shot](#) @ 12:30pm MEN & WOMEN

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

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

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

**Wednesday, September 25, 2019**

**Rain date for all outside events**

**Thursday, September 26, 2019 —2nd Rain Date**

**Friday, September 27**

Closing Awards Banquet @ 12:30PM

McWherter Senior Center

1355 Estate Drive (901) 761-2462

Athletes will enjoy a delicious meal and special awards will be presented. Athletes are **ADMITTED FREE** and guest tickets are \$10.00.

**RESERVATIONS ARE REQUIRED!**

**Event Sites**

|                                    |                       |          |
|------------------------------------|-----------------------|----------|
| All Star Bowling Lanes             | 1576 S. White Station | 683-2695 |
| Galloway Golf Course               | 3815 Walnut Grove Rd  | 685-7805 |
| Davis Community Center             | 3371 Spottswood       | 323-8015 |
| Eldon Roarke Tennis Center         | 1500 Finley Rd.       | HQ       |
| Fairgrounds Track                  | Hollywood and Central | HQ       |
| Germantown Baptist Church          | 9450 Poplar Ave.      | 756-9450 |
| Hickory Hill Comm Center           | 3910 Ridgeway Rd.     | 566-9685 |
| Hope Church                        | 8500 Walnut Grove Rd. | 755-7721 |
| JW Fitness                         | 6161 Shelby Oaks Dr.  | 388-6580 |
| Lewis Senior Center (registration) | 1188 N. Parkway       | 576-4255 |
| McWherter Senior Center            | 1355 Estate Drive     | 761-2462 |
| Orange Mound Comm Center           | 2572 Park Ave         | 576-6622 |
| Overton Park Pavillion             | at East Parkway       | HQ       |



**Sports Chairs**

|               |                      |
|---------------|----------------------|
| Badminton     | K. C. Lim            |
| Bowling       | Sylvia Boldreghini   |
| Pickleball    | Mike Morgan          |
| Racquetball   | David & Sandra Gross |
| Shuffleboard  | Hickman Ewing        |
| Table Tennis  | Denis Fritchie       |
| Golf          | Nick Browndyke       |
| Track & Field | Cheryl Collins       |

**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 2019 District Senior Olympics without remuneration.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

**REMEMBER TO SIGN YOUR WAIVER!!!**

