

2024

TENNESSEE SENIOR OLYMPICS-SOUTH CENTRAL DISTRICT



Welcome

TN SENIOR OLYMPICS

October 7-11, 2024

Registration Deadline- September 13, 2024

Register Online at:

www.tnseniorolympics.com

and click on the RED District Registration button at the top right.



of Tennessee

The Tennessee Senior Olympics is a sports competition for athletes ages 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.

DISTRICT INFORMATION

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

The 2025 State Finals will be open to all athletes on a trial basis in 2025. While 2024 district participation is strongly encouraged to maintain health, sustain sport skills, and preserve friendships, it is not required.

Teams and individuals may participate in as many districts as desired. Registration and payment are required for each district. Out-of-district composition for team sports remains the same. For further information about all district dates and deadlines please visit www.tnseniorolympics.com or call 615-200-8760.

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, 95-99

Participants will qualify for age divisions according to their age as of December 31, 2025. In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member.

REGISTRATION

We are now offering ONLINE REGISTRATION! Register Online at:

<http://southcentralTSO.fusesport.com/registration/2261/>.

Participants may enter an unlimited number of events. However, one may not register for events that will overlap in time. Upon receipt of registration, athletes will receive a confirmation email with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact Eric Shultz at 931-762-4231 or eshultz@lawrenceburgtn.gov.

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.

AWARDS

Medals will be presented for 1st, 2nd, and 3rd place finalists in each age/sex category. The awards will be presented at the conclusion of each event. All participants are eligible to advance to state finals.

INCLEMENT WEATHER

The Tennessee Senior Olympics reserves the right to cancel or postpone events in case of inclement weather or extenuating circumstances. Any scheduled changes will be placed on the district answering machine. In the event of bad weather, it is your responsibility to call and check for changes. Please call 931-762-4231 to check for information and updates to the schedule.

RULES & EQUIPMENT

All events will be conducted in accordance with the 2024 Tennessee Senior Olympics Official Rules Manual. The complete rules manual is available on the state website, www.tnseniorolympics.com. Equipment for each

event will be provided unless stated otherwise in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event.

CHECK-IN FOR EVENTS

Unless notified by mail or phone, check-in for events will be at the starting time listed on the schedule of events. If an athlete is not present at this time, he or she will be scratched from the event.

DISTRICT

The following counties are included in the South Central District: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, & Wayne.

EVENT SCHEDULE

LEGEND: KPL- King Pin Lanes (Lawrenceburg), LGCC- Lawrenceburg Golf & Country Club, LPRD- Lawrenceburg Parks & Recreation Department, SRC- Shelbyville Recreation Center

| Time: | Location | Event |
|--------------------------|----------|-----------------------|
| MONDAY, OCTOBER 7 | | |
| 8:30am | LPRD | Check-in |
| 9:00am | LPRD | Opening Ceremonies |
| 9:30am | LPRD | Shuffleboard Doubles |
| 10:00am-12:00pm | LPRD | Basketball Free Throw |
| 12:00pm-1:00pm | LPRD | Softball Throw |

TUESDAY, OCTOBER 8

| | | |
|---------|------|----------------------------|
| 9:00am | LPRD | Shuffleboard-Women Singles |
| 10:30am | SRC | Swimming- All events |
| 10:30am | LPRD | Shuffleboard-Men Singles |

WEDNESDAY, OCTOBER 9

| | | |
|--------|-----|------------|
| 9:30am | SRC | Pickleball |
|--------|-----|------------|

| Time: | Location | Event |
|-----------------------------|----------|----------------------|
| THURSDAY, OCTOBER 10 | | |
| 8:30am | LGCC | Golf Check in |
| 9:00am | LGCC | Golf (Shotgun Start) |
| 10:00am | SRC | Pickleball |

FRIDAY, OCTOBER 11

| | | |
|---------|-----|-----------------------|
| 8:30am | KPL | Bowling-Singles |
| 10:00am | KPL | Bowling-Doubles |
| 12:00pm | KPL | Bowling-Mixed Doubles |

WEDNESDAY, OCTOBER 30

| | | |
|---------|------|------------------|
| 11:00am | LPRD | Closing Luncheon |
|---------|------|------------------|

If the sport is not offered, those sports are open events at the State Olympics



NEXT SUMMER'S STATE FINALS

IMPORTANT INFORMATION! PLEASE READ!

Information and exact dates for the 2025 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

The 2025 State Finals will be open to all athletes on a trial basis in 2025. While 2024 district participation is strongly encouraged to maintain health, sustain sport skills, and preserve friendships, it is not required.

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, 2025 to compete in the 2025 state finals.

For example, for the 2024 districts, age will be determined as of December 31, 2025. For the 2025 state finals, age will be determined as of December 31, 2025. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2025 state finals. For example, an individual who turns 50 on April 1, 2025 will play in the 50-54 division in the fall 2024 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2025 year to compete in the 2025 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.

Registration for the state finals will open in March 2025. Details will be e-mailed to all district participants.

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

2025 Nationals

We wish the best of luck to those who qualified and plan to attend the National Senior Games- the Senior Olympics for July 24 – August 4, 2025 in Des Moines, IA.

Qualifying for the 2025 Nationals was held during our 2024 State Finals in June (for most sports), August 2024 for pickleball, and September 2024 for cycling.

For more information about Nationals, please visit www.nsga.com . Next qualifying cycle will begin in 2026.

EVENT SITES

King Pin Lanes

321 Crews St
Lawrenceburg, TN 38464
931-762-4443

Lawrenceburg Country Club

1901 W Gaines Street
Lawrenceburg, TN 38464
931-762-2500

Shelbyville Recreation Center

220 Tulip Tree Rd
Shelbyville, TN 37160
931-684-9780

Lawrenceburg Parks & Recreation

927 N Military Ave.
Lawrenceburg, TN 38464
931-762-4231

SOUTH CENTRAL DISTRICT ENTRY FORM

Are you a first-time Senior Olympics Athlete?

- Yes
- No

E-mail Address: _____

(Please note that all confirmation receipts and other information will be emailed. Please provide an email address for yourself or of a son, daughter, or someone who is able to pass the information on to you.)

Last Name: _____ **First Name:** _____

Street Address: _____

City: _____ **State:** _____ **Zip Code:** _____

County: _____ **Date of Birth:** _____ **Age (as of 12/31/2025):** _____

Cell Phone: _____ **Home Phone:** _____

T-Shirt Size (circle one): **Small** **Medium** **Large** **XL** **XXL** **XXXL**

Events:

- Basketball Free Throw
- Softball Throw
- Bowling (singles) (\$5 Fee)
- Bowling (doubles) (\$5 Fee)
Partner's Name _____ DOB _____
- Bowling (mixed doubles) (\$5 Fee)
Partner's Name _____ DOB _____
- Pickleball (doubles)
Partner's Name _____ DOB _____
- Pickleball (mixed doubles)
Partner's Name _____ DOB _____
- Shuffleboard (singles)
- Shuffleboard (doubles-may be mixed)
Partner's Name _____ DOB _____
- Golf (\$30 Fee)
- Swimming (indicate each event)
 - Backstroke 50M
 - Backstroke 100M
 - Breaststroke 50M
 - Breaststroke 100M
 - Butterfly 50M
 - Freestyle 50M
 - Freestyle 100M
-

Health Information

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

- No
- Yes _____

Emergency Contact _____

Relation _____

Phone _____

Are you interested in volunteering for an event?

- Yes
- No

Closing Luncheon/Awards Ceremony (October 30, 2024)

_____ I will be attending the Closing Luncheon

_____ I will be attending the Closing Luncheon with guests

_____ x \$12.00 = _____

_____ I will **NOT** be attending the Closing Luncheon

Entry and Event Fees

- Registration Fee** **\$30.00**
(postmarked by September 16, 2024)

Additional Fees

- Golf Fee + \$30** \$ _____
(Greens/Cart fee)
- Bowling Fee** \$ _____
(+ \$5.00/event)
- Additional Luncheon Tickets** \$ _____
(\$12.00/extra ticket)
- Donation** \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO:

South Central District Senior Olympics
927 N Military Ave. Lawrenceburg, TN 38464

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competitions I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, Blue Cross Blue Shield of Tennessee, South Central District Senior Olympics, South Central Development District, Lawrenceburg Parks & Recreation, Tenn Pin Alley, Lawrenceburg Golf & Country Club, Shelbyville Parks & Recreation, Columbia State Community College, 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 South Central 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 events I have selected. Senior Olympics has my permission to have emergency medical personnel attend 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 this year's District Senior Olympics without remuneration.

Print Name _____

Signature _____ **Date** _____

This form must be completed and postmarked by September 16, 2024. Forms to be mailed to: 927 N Military Ave. Lawrenceburg , TN 38464. Make checks payable to "South Central District Senior Olympics".