



Questions? Owe Money?

Please e-mail, call, or send mail to:
info@tnseniorolympics.com

PO Box 681
Mount Juliet, TN 37121
(615) 200-8760

No text messages please.

Telephone Calls

Although it is our desire to speak with each of you personally when you first call, we do not have the resources to place someone at the phone full time. We use a voice mail system so please leave a message for us and we will make every effort to return your phone call within 24 hours.

Staff will be in Williamson County from June 18th-June 27th. Please do not mail checks to the PO Box after June 14.

Presented by:



of Tennessee

SUMMER 2019

TENNESSEE SENIOR OLYMPICS

NEWS

State Finals: June 21-27, 2019 Williamson County, TN

Golf: June 17 and 18

Welcome to the 39th annual Tennessee Senior Olympics State Finals. It is our hope that all athletes will experience a wonderful week of competition, fellowship, and fun.

Enclosed in this newsletter you will find event information for each sport, the schedule of events, a venue map and other important information. This information will also be included in the program that you will be given at registration. **Please read this newsletter carefully as we hope that most of your questions will be answered.**

Best of luck. We look forward to your participation.

Weather Information

If inclement weather threatens, please call **(615) 200-8760** before leaving your hotel or residence to check on delays or rescheduling information. We will also do our best to post a note on our website, **www.tnseniorolympics.com**, depending on internet access.

It is the responsibility of each athlete to call in or check at event sites for information regarding your event. ★

ATHLETE CHECK-IN

All athletes are required to check-in while at the Tennessee Senior Olympics.

WHERE: Battle Ground Academy
Cherry Sports Center

WHEN: Athlete Check-in times included in this newsletter.

WHY: To check IDs and verify ages. In addition, all athletes will receive a T-shirt and program. Heat sheets, detailed brackets, and participant lists will be available for review.

EXCEPTIONS: Golfers, archers, cyclists and racquetball players. will register at their event sites.

FREQUENTLY ASKED ATHLETE CHECK-IN QUESTIONS

Q. Must I check-in before my event starts?
A. No. However, you must check-in sometime before you leave town or your results will be nullified. This protects the integrity of our event.

Q. Do I have to go to Battle Ground Academy? Can someone bring my packet and T-shirt to my venue?
A. No. With over 850 athletes in 70 events and over 16 venues this is an impossibility for staff and volunteers to manage. Thank you for your understanding.

Q. Can someone else check-in for me?
A. Unfortunately not. We need to check the ID of the actual athlete to make sure it is the same person.

COMMONLY ASKED GENERAL QUESTIONS

Q. My doubles partner cannot come. What can I do?
A. You may pick up a new partner as long as that partner is registered for the state finals and it will not change the age group you are in. See next question for more information. Changes must be emailed by May 24 to info@tnseniorolympics.com.

Q. How can I find a new partner?
A. Athletes looking for partners are encouraged to post

and/or view who is looking for a partner on our website.

<http://tnseniorolympics.com/team-finder>. It is the athlete's responsibility to check the website after their information has been added to the list. Visit www.tnseniorolympics.com

Q. May I add someone to our team roster?
A. Please see the article regarding team rosters included in this newsletter.

Q. May I play on more than one team in basketball & volleyball?
A. No. Athletes may compete on only one team during competition. This includes all age groups (in basketball for example, a player may not play on a 50+ and 60+ team).

Q. What time will I play?
A. PLEASE read the sports event schedule section of this newsletter for further details but here is a summary:
■ In archery, basketball free throw, hot shot and 3 point, bowling, cycling, golf, disc golf, road races, swimming, and track and field please note the starting times listed on the schedule in this newsletter. Please report 10 minutes prior to these.
■ In the team sports of basketball, and volleyball as well as tennis, detailed brackets will be posted on our website one week prior to your competition date. We make this extra effort in order for you to make changes to your hotel arrangements if needed. At the time of this printing, we do not know the number of teams or exact schedules.
■ In all other bracketed sports, starting times per age group will be posted one week prior to competition. It is impossible for us to start all age groups at the starting time listed so please check these staggered times.

Q. May I still order tickets to the party?
A. Yes. Please write info@tnseniorolympics.com or call (615) 200-8760 by June 14.



TENNESSEE SENIOR OLYMPICS PATRIOTIC CELEBRATION

& Hall of Fame Inductions

- Tuesday, June 25 •
6:30 PM
Williamson County
Enrichment Center
• 110 Everbright Ave., Franklin •

Join us for a night
of fine dining & entertainment
at the TSO Athlete Reception
& 3rd Annual Senior Olympics
Hall of Fame Inductions!



TENNESSEE SENIOR OLYMPICS ATHLETE RECEPTION

Party Information

PATRIOTIC CELEBRATION

Tuesday, June 25

Williamson County Enrichment Center

(beautiful new facility by Academy Park)

Note: this is a date and location change from June 24

Dinner: 6:30 pm

Short Program: 7:00 pm

Entertainment after Program.

Come see and meet new friends!

*In lieu of dancing this year, we are excited to
present the Belles of Franklin!*

Performed in rich three-part harmony, the Belles
will delight you with country, folk, inspirational and
patriotic favorites.



Ticket Info! \$10 athletes/\$15 non-athletes and guests

1. I already purchased tickets for Monday night when I registered. Will those tickets transfer to Tuesday, June 25? Yes, if you have already purchased party tickets for the Monday date those tickets will transfer to Tuesday. You do not need to do anything else.

2. What if I cannot make the Tuesday night party?

Please RSVP here <https://form.jotform.com/91264018337960>, write info@tnseniorolympics.com or call 615-200-8760. If you have already responded there is no need to respond again. Refunds will be issued.

3. How do I get my party tickets? Purchased tickets may be picked up at Athlete Check-in at BGA. Names will also be placed on a list at the party.

4. What is the last date I can purchase tickets for the party? Tickets may be purchased online until June 14th by clicking: <https://form.jotform.com/91356165714964> Tickets may also be ordered by writing info@tnseniorolympics.com or by calling 615-200-8760.



EVENT INFORMATION



ARCHERY

Events: Compound Finger, Barebow Compound, Compound Release, Barebow Recurve, Recurve (Archers may only enter one archery event)

Date: June 23

Time: 9:00 a.m.

Practice: June 22, 3:00 p.m.-6:00 p.m. **Location:**

Williamson County Soccer Outdoor Complex -

Address: 1878 Downs Boulevard, Franklin, TN 37064

Check-In: Archers may **check-in** at the Soccer Complex. It is not necessary to check in at BGA.

Food: Please bring snacks/lunch. Concessions not available.

Equipment: Archers must provide their own equipment.

Sports Chairs: Jim Maze and Hunter Eubanks



BADMINTON

Events: Singles, Doubles, Mixed Doubles

Date: Singles-June 23 All Doubles-June 24

Time: Singles 2:00 p.m.*/Doubles & Mixed 8:00 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.)

Check-In: Athletes must check-in at BGA

Food: Concessions not available.

Equipment: Feather shuttles will be provided.

Sports Chairs: Sherry Hipps, Anne Paine, Ann Raynor, and Ann Thornton.

* Note: All athletes will not take the floor at the general start time. Visit tnseniorolympics.com one week prior to the event for start times per age group.

Brackets will be posted at Battle Ground Academy and at the event site.

Warm-up on Sunday will begin at 1:00 p.m. Matches will be the best 2 out of 3 games. Athletes will be keeping their own score.



BASKETBALL FREE THROW

Dates: Women-June 25 /Men-June 26

Time: 9-10:30 a.m. (both days), Players may shoot anytime during this time period, 10:30 a.m. - Tie-breakers (Women & Men)

Location: Battle Ground Academy
336 Ernest Rice Lane, Franklin, TN 37069

Check-In: Athletes must **check-in** at BGA

Food: Concession stand with drinks/snacks

Equipment: Players must use equipment provided

Sports Chair: Gary Hathcock/Chris Gravlee

The format is as follows: You may shoot your 10 free throws anytime during the time listed above. It is first come, first served and sometimes are busier than others. One or two practice throws will be allowed prior to the official count if the participant desires. Afterwards, there will be a period for tie breakers. If you feel that you might be in contention for a medal, it is absolutely necessary that you check back at 10:30 a.m. (Women and Men). This is not a National qualifying event. Ladies over 65: please note that you will be allowed to shoot from a 12' line if you wish.



BASKETBALL HOT SHOT / 3 POINT

Date: June 25

Time: Women-5:00 p.m./Men-6:00 p.m.

Location: Battle Ground Academy (both events)
336 Ernest Rice Lane, Franklin, TN 37069

Check-In: Athletes must **check-in** at BGA

Food: Concessions not available

Equipment: Players must use equipment provided

Sports Chair: Gary Hathcock/Chris Gravlee

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. The three point contest consists of 10 shots behind the three point line. These are not National qualifying events. Please visit our website for a copy of the rules and a hot shot diagram.

EVENT INFORMATION



BASKETBALL 3 ON 3

WOMEN

Dates: June 25

Time: 8:00 a.m.**

Team Captain Meeting June 25 8:00 a.m.

MEN

Dates: June 26-27

Times: 26th- 10:00 am Men 70+/75+/80+,
27th-1:00 pm Men 50-69, 28-8:00 am **

Team Captain Meeting June 26 9:00 a.m./Noon

Check-In: Athletes must check-in at BGA

Location: Battle Ground Academy

336 Ernest Rice Lane, Franklin, TN 37069

Food: Concession stand with drinks/snacks

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

Sports Chair: Richard West

Rule Advisor: Pat Murphy

Players may play on only one team during competition. This includes all age groups (i.e. a player may not play on a 50+ and a 60+ team). Teams disregarding this rule will be disqualified. For information on roster changes, please visit tnseniorolympics.com/team-roster-changes.html or by reading the article in this newsletter.

** Note: All athletes will not take the floor at the general start time. Visit tnseniorolympics.com one week prior to the event for detailed brackets with times.

Brackets will be posted at Battle Ground Academy and at the event site.

Practice:

June 23, Practice 10 a.m. - 6 p.m. for \$1.50/game;

No-Tap Tournament: June 23-7:00 p.m.,
Registration 6:00 p.m.

Tournament, \$15 entry fee

Location: Franklin Entertainment Center
1200 Lakeview Drive, Franklin, TN 37067
(615) 790-2695

Sports Chairs: Charlotte Myers and Don McKee

The bowling competition will be held all week at the Franklin Entertainment Center. Bowling starts at game time. Warm-ups are 10 minutes prior. The bowling tournament will be sanctioned for honors scores. If an 800 series or 300 game is bowled, a card will be necessary but it is not mandatory to enter the bowling competition.

There will be a No-tap tournament held on Sunday, June 23 starting at 7:00 p.m. You may start registering at 6:00 p.m. and if you wish to be with certain people, ALL APPLICATIONS MUST BE TURNED IN AT THE SAME TIME. Age groups will be 50-64 and 65 and up. There will be a women's catalog with 8 pins tap and a men's catalog with 8 pins tap. The cost will be \$15. We will pay one place for every 5 entries.



CORNHOLE

Dates: June 22-23, Doubles June 22, Singles June 23

Time: 9:00 a.m. All players should report at 9:00 a.m.

Location: Academy Park

120 Everbright, Franklin, TN 37064

Check-In: Athletes must check-in at BGA

Food: Concessions not available.

Equipment: Players must use equipment provided.

Chair: Linda Kauffman

This is not a National qualifying event.



BOWLING

Dates: June 24-26

Times: See Below

Doubles (50-64) – June 24, 9:00 a.m.

Singles (50-64) – June 24, 12:00 p.m.

Mixed (50-64) – June 24, 3:00 p.m.

Singles (65-74) – June 25, 9:00 a.m.

Singles (75+) – June 25, 12:00 p.m.

Doubles (65-74) – June 25, 3:00 p.m.

Doubles (75+) – June 26, 9:00 a.m.

Mixed (65-74) – June 26, 12:00 p.m.

Mixed (75+) – June 26, 3:00 p.m.

EVENT INFORMATION



CYCLING

5K (TIME TRIAL)

Date: June 22

Time: 6:30 a.m.

Riders will go off in one minute intervals starting at 6:30am/timing chips utilized

Location: Christ Church, 6450 Christ Church Lane, Arrington, TN 37014 To view Cycling Routes, please visit tnseniorolympics.com/cycling.html.

Check-In: Cyclists may **CHECK-IN** at the cycling venue. It is not necessary to check in at BGA.

Food: Concessions not available.

Equipment: Helmets are required.

Parking and staging will occur at Christ Church, 6450 Christ Church Lane, in Arrington. The pastor at Christ Church has kindly offered to open the church for us to use the restroom facilities. Please make sure to thank him for this much appreciated service.

20K CYCLING (MASS START)

Date: June 23

Time: 6:30 a.m.

Location: College Grove Recreation Center 8607 Horton Hwy, College Grove, TN 37046 (parking and staging) To view Cycling Routes, please visit tnseniorolympics.com/cycling.html.

Check-In: Cyclists may **CHECK-IN** at the cycling venue. It is not necessary to check in at BGA.

Food: Concessions not available.

Equipment: Helmets are required: aerobars are not allowed in this event.

Sports Chairs: Martin Coleman, Andy Howe, Cindy Allen, Chris Gravlee

The Race Day events team will again be onsite to handle all timing and chip details.



DISC GOLF (1 DAY, 18 HOLES)

Date: June 24

Time: 9:00 a.m. shotgun start

Location: Staging and parking will be held at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway, Brentwood, TN 37027

Tees: Red tees will be used.

Check-In: Athletes must **check-in** at BGA

Food: Concessions not available.

Equipment: Players should provide own discs. A few extra will be on hand.

Sports Chairs: Bryce Bradley

This is not a National qualifying event.



GOLF

Date: June 17 and 18, 2019

Location: Fairfield Glade, Heatherhurst Golf Club

All golfers will receive a separate email with additional information.



HORSESHOES

MEN Date: June 25

Time: 8:00 a.m. (all athletes should report at this time)

WOMEN

Date: June 26

Time: 8:00 a.m. (all athletes should report at this time)

Location: Franklin Rec Center, Franklin Rec Center (at side of building) 1120 Hillsboro Rd, Franklin TN 37069

Sports Chair: Hunter Eubanks/Lance Westbrook

Check-In: Athletes must **check-in** at BGA

Brackets may be viewed at Battle Ground Academy and at the event site. Games will be played to the high score after thirty (30) shoes are pitched. Count- all scoring will be used. If the score is tied after 30 shoes have been pitched another four shoes will be pitched.

If you advance past the first two rounds, you will be required to stay on site to finish the tournament.

You may want to bring a snack or bag lunch in case your games run past lunchtime. This should speed up play.

Food: Concessions not available.

EVENT INFORMATION

PICKLEBALL

Dates: June 25-27

Doubles-June 25, Mixed Doubles-June 26,
Singles-June 27

Time: 9:00 a.m. June 25-26; 8:00 a.m. June 27

Location: Ravenwood High School,
1724 Wilson Pike, Brentwood, TN 37027,
Franklin High School, 1120 Hillsboro Rd Franklin,
TN and Franklin Rec Center, 1120 Hillsboro Road

Food: Concessions not available.

Equipment: Indoor Onix Fuse balls

Sports Chairs: Anne Marie Flynn, Kelly Price,
Noa Genye, Katie Adams, and Jen Barnes

Rule Advisors: Mike Morgan, Don Stanley,
and Bud McRee

Check-In: Athletes must check-in at BGA.
Brackets and venue assignments will be posted
one week prior to competition.

*** Note: All athletes will not take the floor
at the general start time. View
tnseniorolympics.com/pickleball.html one
week prior to the event for start times and
venue assignments per age group.**

RACQUETBALL

Date: June 25-26

Time: 9:00 a.m. (each day)

Location: Longview Recreation Center
2909 Commonwealth Drive, Spring Hill, TN 37174

Sports Chair: Chris Redding

Check-In: Athletes may check-in at Longview.

Food: Concessions not available.

Racquetball will be played on two courts at the
Longview Recreation Center. Maryland Farms was
not available to us this year and other county courts
are not suitable for tournament play. It is very
important that you check start times as they may
be spread out this year more than normal.

All athletes will not take the court at the general
start time. Visit [tnseniorolympics.com/
racquetball.html](https://tnseniorolympics.com/racquetball.html) one week prior to the event for
start times per age group.

Brackets will be posted at Battle Ground Academy
and at the event site.



ROAD RACES

5K and 5K WALK

Date: June 25

Time: 6:30 a.m. Mass Start

Location: River Park
1100 Knox Valley Drive, Brentwood, TN 37027

Sports Chair: Tomas dePaulis

Check-In: Athletes must check-in at BGA

For the 5K walk, either the race walk or power walk
technique may be used. Walkers will be on the
honor system.

10K

Date: June 27

Time: 6:30 a.m. Mass Start

Location: River Park
1100 Knox Valley Drive, Brentwood, TN 37027

Check-In: Athletes must check-in at BGA

Race numbers will be handed out at these sites.
Both courses are certified. Maps may be viewed at
tnseniorolympics.com/road-races.html.



SHUFFLEBOARD

Dates: June 24-26

Doubles- June 24, Singles- Women - June 25,
Singles- Men - June 26

Time: 8:00 a.m. (all athletes should report at this
time on your day of competition)

Location: Academy Park
120 Everbright, Franklin, TN 37064

Food: Concessions not available.

Check-In: Athletes must check-in at BGA

This is a single elimination tournament. If you
advance past the first two rounds, you will be
required to stay on site to finish the tournament.
You may want to bring a snack or bag lunch in case
your games run past lunchtime. Specific times will
not be posted on brackets following the 2nd round.
This should speed up play.

Brackets may be viewed at Battle Ground Academy
and at the event site.

EVENT INFORMATION



SOFTBALL THROW

Date: June 22

Time: 12:00-3:00 p.m.

Location: Battle Ground Academy,
336 Ernest Rice Lane, Franklin, TN 37069

Athletes will be given the chance to throw the softball three times. The longest throw will count toward results. This is not a National qualifying event.



SWIMMING

Dates: June 25-26

Practice Date: June 24, 12:00 p.m. - 3:00 p.m.

Location: Indoor Sports Complex
920 Heritage Way, (Off Concord Rd., just east of I-65), Brentwood, TN 37027

Sports Chairs: Excel Swim team, Lisa Wright

Check-In: Athletes must **check-in** at BGA

Food: Concessions not available.

The Indoor Sports Complex is a beautiful indoor pool at a state of the art complex. We will use short course yards (25 yards) for the competition. Because there are 23 lanes at this pool, warm-up can occur at any time in a free lane. A computerized touch-pad system will be used for times but back-up timers will also be available.

Results will be turned into the USMS for top 10 performances. If you did not provide your USMS number at time of registration, your times will not be accepted. Please email us at info@tnseniorolympics.com if your record needs to be updated.

- The 4x100Y free and the 4 x 100Y IM relays are still part of our slate of swimming events. To qualify, athletes must compete in any swimming event at the state finals. Teams must register at the pool prior to the event. Teams are based on the age of the youngest member. These are not national events.

Swimming Competition Schedule:

Warm Up	June 25, 8:30 a.m.
200Y Freestyle	June 25, 9:00 a.m.
100Y Butterfly	June 25, 9:30 a.m.
50Y Breaststroke	June 25, 10:00 a.m.

200Y Individual Medley	June 25, 10:30 a.m.
100Y Backstroke	June 25, 12:00 p.m.
50Y Freestyle	June 25, 12:30 p.m.
200Y Breaststroke	June 25, 1:00 p.m.
200 Y Fly/100Y	June 25, 1:30 p.m.
Free Relay	

Warm Up	June 26, 8:30 a.m.
200Y Backstroke	June 26, 9:00 a.m.
100Y Freestyle	June 26, 9:30 a.m.
50Y Butterfly	June 26, 10:00 a.m.
100Y Breaststroke	June 26, 10:30 a.m.
50Y Backstroke	June 26, 12:00 p.m.
100Y Individual Medley	June 26, 12:30 p.m.
500Y Freestyle	June 26, 1:00 p.m.
400Y IM/100Y Individual Medley Relay	June 26, 1:30 p.m.

** Swimming Relay Registration will be at the pool



TABLE TENNIS

Date: June 25 (Singles, Doubles, and Mixed Doubles)

Time: General Start Time 9:00 a.m.

All athletes will not take the floor at the general start time. Please visit tnseniorolympics.com/table-tennis.html one week prior to the event for start and event times per age group.

Location: Academy Park
120 Everbright, Franklin, TN 37064

Sports Chairs: Larry Thoman/Roger Dickson

Athlete Check-In: Athletes must **check-in** at BGA

Food: Concessions not available.

Equipment: Butterfly North American Poly Ball G40+

Please do not wear white or orange shirts as to conflict with the color of the balls.

Start times will be posted at Battle Ground Academy and at the event site. Athletes will be keeping their own score.

Table tennis format will be the best three out of five games to 11. Bring your own paddles and balls for practice.

EVENT INFORMATION



TENNIS

Dates: June 23-26

Times/Brackets Posting: One week prior to the tournament

Location: Indoor Sports Complex
920 Heritage Way, (Off Concord Rd., just east of I-65), Brentwood, TN 37027

Sports Chair: Anne Marie Flynn

Check-In: Athletes must check-in at BGA

Food: Concessions not available

Because we only try to play one singles match per day and two doubles at the most, it is necessary for the pro to analyze numbers per event and age group in order to map out a schedule. Singles will start June 23 or 24 depending on the number of entries in your age group. Mixed doubles will start June 23 and doubles will tentatively start on June 25 or once mixed doubles is complete. Once entries are complete, the tournament draw will be made and brackets generated. Please note: this is a guide only. If entries are very large in a certain age group it may mean playing twice a day or other alterations in the schedule. At this time, we do not know the number of entries in each age group.

We ask that all tennis athletes realize that this is a multi-sport event with over 1,000 athletes and not just a tennis tournament. It is impossible to pick times that will accommodate everyone's schedule. Thank you for your understanding.

Brackets and additional information will be posted at tnseniorolympics.com/tennis.html one week prior to competition. **We advise tennis players to make hotel reservations and then cancel rooms if necessary. Most hotels allow a 24 hour cancellation.**

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: June 21-23

Location: Battle Ground Academy
336 Ernest Rice Lane, Franklin, TN 37069

Track Event Schedule and Information Track

Events: 50M, 100M, 200M, 400M, 800M, 1500M Run, 1500M Race Walk, Power Walk*

Dates: June 22-23

1500M Run, followed by 400M Run
June 22, 8:00 a.m.

Walking Clinic
June 22, 2:45 pm
Free- invite friends
Led by Leslie Latterman, who holds multiple USATF medals on the national, regional, and state level.
See article at the end of this newsletter.

100M Run, followed by 4 x 100M Relay** followed by Power Walk, followed by Fitness Walk,
June 22, 5:00 p.m.

50M Run, followed by 800M Run, followed by 1500M Race Walk, followed by 200M Run
June 23, 8:00 a.m.

Important and helpful information regarding track events.

- Starting blocks will be available at the track.
- In all running events women will run first. The oldest athletes will run first, making the way through age groups, with the oldest women athletes down to the youngest women's athletes. The men's groups, oldest to youngest, will follow.

* The Power Walk is a 1500M competitive walk. Please note that revised rules are in place for the power walk. Check the rulebook at <http://www.tnseniorolympics.com/rules-regulations>. Medals will be awarded. This is a National event beginning in 2019.

The 1 mile Fitness Walk will follow the Power Walk. This is a noncompetitive event open to athletes and others of ALL ages! This is not a national qualifying event.

** 4x 100M Relay registration will take place at the track.

EVENT INFORMATION

ALL FIELD EVENTS WILL BE HELD AT BATTLE GROUND ACADEMY

Field Events: Long Jump, High Jump, Triple Jump, Javelin, Discus, Shot Put, Pole Vault

Dates: June 21-22

Track and Field Sports Chairs:

Mike and Amy Ham, Gary Hathcock, Jim Kaiser, Bob Brunton, Mike Walker

Events:

High Jump, Long Jump, Triple Jump, Pole Vault
(Men and women report at 3:00 p.m.)

June 21, 3:00 p.m. - 6:00 p.m.

Shot Put, Discus, Javelin

June 22, 11:00 a.m. - 6:00 p.m.

(Women report at 11:00 a.m and Men report at 1:00 p.m.)

Important and helpful information regarding field events.

- The field event schedule will be similar to the rotation used in past years.
- In addition, to stay on schedule, a maximum of FOUR (4) throws in the discus, shot put, and javelin will be allowed.
- A schedule and rotation by age group will be posted at tnseniorolympics.com/track-and-field.html one week prior to competition.
- For field events, athletes will participate in the order and age listed on the computer participant sheets. Athletes may NOT take turns out of order.
- We realize that many of you are trying to participate in multiple events but it is not fair for the other athletes who have been waiting for a long time for you to "break-in".
- Athletes MUST provide their own pole vault poles.



VOLLEYBALL

Dates: June 23

Time: 9:00 a.m.

Detailed brackets with times will be posted at tnseniorolympics.com/volleyball.html one week prior to the event.

Location: Battle Ground Academy

336 Ernest Rice Lane, Franklin, TN 37069

Check-In: Athletes must check-in at BGA

Sports Chairs: Elaine Mitchell and Kelly Price

The volleyball tournament will be played June 23rd at Battle Ground Academy (BGA). Players may play on only one team during competition. This includes all age groups (i.e. a player may not play on a 50+ and 60+ team). Teams disregarding this rule will be disqualified. Shirts with numbers on the front and back are required. For information on roster changes, please read the Team Roster article by visiting tnseniorolympics.com/team-roster-changes.html or by reading the article in this newsletter.



We're right here

For bringing home the gold.

For the thousands of athletes who compete each year.

For the Tennessee Senior Olympics and more than 35 years of celebrating active, healthy seniors.

For good.

See more about our mission at bettertennessee.com.



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STATE FINALS EVENT SCHEDULE

Subject to Change



June 17 & 18, 2019

Golf 8:00 a.m. Heatherhurst Golf Club /Fairfield Glade

Friday, June 21, 2019

Athlete Check-in 1:30-6:00 p.m. Battle Ground Academy

Field Event Rotation 3-8:00 p.m. Battle Ground Academy
(High jump, Long jump, Triple jump, Pole vault)

Saturday, June 22, 2019

Cycling 5K Time Trial 6:30 a.m. Christ Church Arrington

Cornhole Doubles 9:00 a.m. Academy Park

Athlete Check-in 7:15 a.m. Battle Ground Academy
5:00 p.m.

Track and Field 8:00 a.m. Battle Ground Academy
(1500M Run, followed by 400M Run)

Field Event Rotation 11am-6pm Battle Ground Academy
(Shot put, Discus, Javelin) Women report at 11am/ Men at 1pm

Softball Throw 12-3:00 p.m. Battle Ground Academy

Archery Practice 3:00-6:00 pm. Williamson County Soccer Complex

Track and Field 5:00 p.m. Battle Ground Academy
(100M Run, Followed by 4x100M Relay**
Power Walk, followed by Fitness Walk.)

Sunday, June 23, 2019

Cycling, 20K Road Race 6:30 a.m. College Grove Rec Center

Cornhole Singles 9:00 a.m. Academy Park

Athlete Check-in 7:15 am-5 pm Battle Ground Academy

Track and Field 8:00 a.m. Battle Ground Academy
(50M Run followed by 800M Run, followed by 1500M Racewalk,
followed by 200M Run)

Archery 9:00 a.m. Williamson County Soccer Complex

Volleyball 9:00 a.m. Battle Ground Academy

Bowling Practice 11 a.m.-6 p.m. Franklin Entertainment Center

Tennis 12:00 p.m. Indoor Sports Complex

Badminton (singles) 2:00 p.m. Franklin Recreation Center

Monday, June 24, 2019

Athlete Check-in 7:15 a.m.-5 p.m. Battle Ground Academy

Tennis 8:00 a.m. Indoor Sports Complex

Bowling 9:00 a.m. Franklin Entertainment Center
(doubles 50-64)

Badminton 8:00 a.m. Franklin Recreation Complex
(doubles, mixed doubles)

Shuffleboard 8:00 a.m. Academy Park
(doubles, all ages)

Racquetball Singles 9:00 a.m. Longview Rec Center

Disc Golf 9:00 a.m. Crockett Park

Swimming Practice 12:00-3:00 p.m. Indoor Sports Complex

Bowling 12:00 p.m. Franklin Entertainment Center
(singles 50-64)

Bowling 3:00 p.m. Franklin Entertainment Center
(mixed 50-64)

Tuesday, June 25, 2019

Athlete Check-in 7:15 a.m.-5p.m. Battle Ground Academy

5K Run/Racewalk 6:30 a.m. River Park

Tennis 8:00 a.m. Indoor Sports Complex

Basketball 3-on-3 8:00 a.m. Battle Ground Academy
(women)

Shuffleboard 8:00 a.m. Academy Park
(singles, women)

Horseshoes 8:00 a.m. Franklin Recreation Center
(singles, men)

Swimming 8:30 a.m. Indoor Sports Complex
(warm-ups)

Basketball Free Throw 9-10:30 a.m. Battle Ground Academy
(women)

Party 6:30 p.m. Williamson County Enrichment Center

*Times listed are general start times. Please check website for more specific information per sport.

STATE FINALS EVENT SCHEDULE

continued

Tuesday, June 25, 2019 (Continued)

Swimming (200Y freestyle)	9:00 a.m.	Indoor Sports Complex
Bowling (singles, 65-74)	9:00 a.m.	Franklin Entertainment Center
Racquetball (singles if needed, doubles)	9:00 a.m.	Longview Rec Center
Table Tennis (singles, doubles, mixed doubles)	9:00 a.m.	Academy Park
Pickleball Doubles	9:00 a.m.	Franklin Rec/Ravenwood/ Franklin High
Swimming (100Y butterfly)	9:30 a.m.	Indoor Sports Complex
Swimming (50Y breaststroke)	10:00 a.m.	Indoor Sports Complex
Basketball Free Throw (women's finals)	10:30 a.m.	Battle Ground Academy
Swimming (200Y individual medley)	10:30 a.m.	Indoor Sports Complex
Bowling (singles 75+)	12:00 p.m.	Franklin Entertainment Center
Swimming (100Y backstroke)	12:00 p.m.	Indoor Sports Complex
Swimming (50Y freestyle)	12:30 p.m.	Indoor Sports Complex
Swimming (200Y breaststroke)	1:00 p.m.	Indoor Sports Complex
Swimming (200Y butterfly followed by 100Y free relay)	1:30 p.m.	Indoor Sports Complex
Bowling (doubles 65-74)	3:00 p.m.	Franklin Entertainment Center
Basketball (3 point & Hot Shot Contests)	5 p.m. (women) 6 p.m. (men)	Battle Ground Academy

Wednesday, June 26, 2019

Athlete Check-in	7:15 am-4 pm	Battle Ground Academy
Tennis	8:00 a.m.	Indoor Sports Complex
Basketball 3-on-3 (women's finals and men 70-80+)	8:00 a.m.	Battle Ground Academy
Shuffleboard (singles, men)	8:00 a.m.	Academy Park
Horseshoes (singles, women)	8:00 a.m.	Franklin Recreation Center
Swimming	8:30 a.m.	Indoor Sports Complex

(warm up)		
Basketball	9-10:30 a.m.	Battle Ground Academy
Free Throw (men)		
Swimming (200Y backstroke)	9:00 a.m.	Indoor Sports Complex
Bowling (doubles 75+)	9:00 a.m.	Franklin Entertainment Center
Pickleball (mixed doubles)	9:00 a.m.	Franklin Rec/Ravenwood/ Franklin High
Swimming (100Y freestyle)	9:30 a.m.	Indoor Sports Complex
Swimming (50Y butterfly)	10:00 a.m.	Indoor Sports Complex
Basketball Free Throw (men's finals)	10:30 a.m.	Battle Ground Academy
Swimming (100Y breaststroke)	10:30 a.m.	Indoor Sports Complex
Swimming (50Y backstroke)	12:00 p.m.	Indoor Sports Complex
Bowling (mixed doubles 65-74)	12:00 p.m.	Franklin Entertainment Center
Swimming (100Y individual medley)	12:30 p.m.	Indoor Sports Complex
Basketball 3-on-3 (men)	1:00 p.m.	Battle Ground Academy
Swimming (500Y freestyle)	1:00 p.m.	Indoor Sports Complex
Swimming (400Y individual medley followed by 100Y IM relay)	1:30 p.m.	Indoor Sports Complex
Bowling (mixed doubles 75+)	3:00 p.m.	Franklin Entertainment Center

Thursday, June 27, 2019

Athlete Check-in	7:15-11 a.m.	Battle Ground Academy
10K Run	6:30 a.m.	River Park
Tennis	8:00 a.m.	Indoor Sports Complex
Pickleball (singles)	8:00 a.m.	Franklin Rec/Ravenwood/ Franklin High
Basketball 3-on-3 (men)	8:00 a.m.	Battle Ground Academy

*Times listed are general start times. Please check website for more specific information per sport.

**Swimming relay registration will be at pool, Track 4x100M Relay registration will be at the track.



GOOD LUCK TENNESSEE SENIOR OLYMPIC ATHLETES

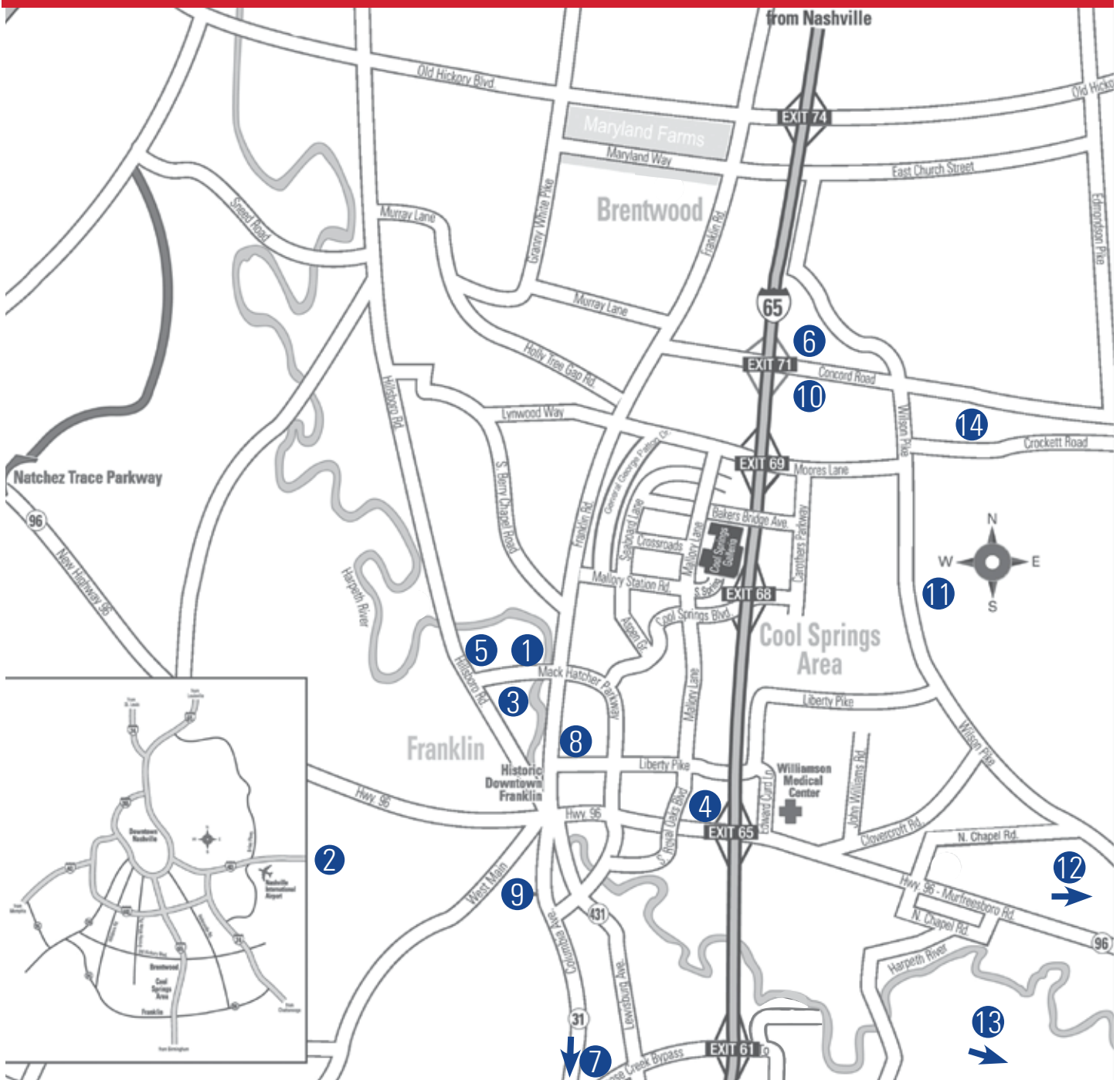


WILLIAMSON COUNTY
PARKS & RECREATION



wcparksandrec.com

VENUE MAP



EVENT VENUES

- | | |
|---------------------------------|-------------------------------------|
| 1 Battle Ground Academy | 9 Academy Park/Enrichment Center |
| 2 Williamson Co Soccer Complex | 10 River Park |
| 3 Franklin High School | 11 Ravenwood High School |
| 4 Franklin Entertainment Center | 12 Christ Church |
| 5 Franklin Recreation Complex | 13 College Grove Parks & Rec Center |
| 6 Indoor Sports Complex | 14 Crockett Park - The Indoor Arena |
| 7 Longview Recreation Center | |
| 8 The Factory | |

- 1 Battle Ground Academy
336 Ernest Rice Lane
Franklin, TN 37069
- 2 Williamson County Soccer
Complex (outdoor venue)
1878 Downs Boulevard,
Franklin, TN 37064
- 3 Franklin High School
810 Hillsboro Rd
Franklin TN 37064
- 4 Franklin Entertainment Center
1200 Lakeview Drive
Franklin, TN 37067
- 5 Franklin Recreation Complex
1120 Hillsboro Road
Franklin, TN 37064
- 6 Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027
- 7 Longview Recreation Center
2909 Commonwealth Drive
Spring Hill, TN 37174
- 8 The Factory
230 Franklin Road
Franklin, TN 37064
- 9 Academy Park/Enrichment Center
120 Everbright Avenue
Franklin, TN 37064
- 10 River Park
1100 Knox Valley Drive
Brentwood, TN 37027
- 11 Ravenwood High School
1724 Wilson Pike
Brentwood, TN 37027
- 12 Christ Church
6450 Christ Church Lane
Arrington, TN 37014
- 13 College Grove Parks & Rec Center
8607 Horton Hwy
College Grove, TN 37046
- 14 Crockett Park Disc Golf
1485 Volunteer Pkwy (staging at Indoor Arena)
Brentwood, TN 37027

**PLEASE CHECK OUR WEBSITE
FOR THE LATEST HOTEL
INFORMATION:**

www.tnseniorolympics.com/hotel-information

For written directions, please check our website at:
www.tnseniorolympics.com

SENIOR OLYMPICS WEBSITE

This site is your key to obtaining information. Team brackets and tennis brackets will be posted one week prior to competition. Starting times and participant lists will also be posted **one week prior to competition**. Other information will be posted as it is completed.

To find information regarding the state finals, please visit www.tnseniorolympics.com under the **STATE FINALS** tab, click **SPORTS INFORMATION** and then click on the specific sport for:

- brackets
- schedule information (start times)
- maps (venue map, cycling routes 5K and 20K, 5K/5K Walk/10K road race maps)

Please note the other tabs for venues, hotels, past results, rules etc. For those of you who do not have access to the internet, a library, or a family member who can view the information please call our office for assistance.

Results & Records (Online Only)

The results and records book will be available online for viewing and printing by the end of **this year**. Please visit www.tnseniorolympics.com. Results by sport will be posted on our website by mid-July. Records will be posted by the end of the year.

Water

Water is available at all sites. Depending on the site, it is available in water coolers with cups, water fountains or in coolers loaded with bottles of water. If unable to locate this while participating, please ask the Sports Chair to point it out.

Team Rosters

Please review these rules regarding team sports.

Switching from one team to another:

This is allowed as long as the athlete is playing on only one team per sport and it will not change the age group. These requests must be e-mailed to info@tnseniorolympics.com by **June 10**.

Adding New Players:

After the final deadline date, there will be an additional \$50 fee per player (plus \$65 entry fee & \$5 team), to add players to the roster of a team. These requests must be handled and paid by **June 7**.

Absolutely **NO** new players regardless of circumstances may be added after June 7.

Players may play on only one team per sport during competition. This includes all age groups (i.e. a player may not play on a 50+ and a 60+ team). Teams disregarding this rule will be disqualified.

Team rosters will be posted to our website in early June as a **DRAFT**. Corrections & changes will be cleared up and then the **FINAL** rosters will be posted **one week prior to competition**.

Volunteers

The Tennessee Senior Olympics utilizes over 300 volunteers the week of the state finals. We are still in need of volunteers for the State Finals to assist with registration, scorekeeping, timing, etc. If you or someone you know would like to volunteer to assist during the Olympics, please register online at www.tnseniorolympics.com/volunteer-information, and click the link to be redirected to www.hon.org, email us at info@tnseniorolympics.com or call the state office at (615) 200-8760.

COME TRY-IT!

Do you have friends who aren't quite ready to jump into the TSO?

Walking is the perfect way to start the journey. Invite your friends or come along yourself to try this sport. **The clinic below is FREE to all current and potential athletes!** Come join us and be on the lookout for announcements regarding other sports to try during the state finals.

Racewalk/Powerwalk Clinic
June 22nd
2:45 to 4:00
BGA Track
336 Ernest Rice Blvd/Franklin, TN

All interested track and field athletes are invited to attend the first TSO Racewalking Clinic on Saturday, June 22nd. You will meet trackside at 2:45 p.m. Topics will include: **Racewalk specific exercises for warming up, strengthening, mobility, and stretching, Racewalk form, technique, the difference between racewalk and powerwalk, race strategy, track navigation, proper shoes for Racewalking, drills, the physiology of Racewalking and the ever-confusing Racewalking Rules will be de-mystified!** After the discussion segment, you will be applying what you learn on the track, so come prepared to practice. The clinic will end around 4:00 p.m.

This event will be given by Leslie Latterman, who's major titles include: 2-Time USATF Masters National 5K Road Championship Gold Medalist, USATF Masters National 10K Road Championship Gold Medalist, 2-Time USATF Masters National Indoor 3000M Championship Silver Medalist, USATF Masters National Outdoor 5000M Championship Silver Medalist, USA vs. Canada 5K and Relay Gold Medalist, and International Postal 1-Hour Silver and Bronze Medalist. In addition to national and international titles, Leslie also holds many USATF Regional, Association and multi-state Racewalking Championship titles.

This will be an informative and fun event, so put on your walking shoes and join us! The TSO is extremely grateful to Leslie for sharing her knowledge and expertise with us!

Thank you to all of our Williamson County Partners

A special thank you to Williamson County Parks and Recreation for the countless staff hours and resources that have been poured into this event.

