



Memphis District Tennessee Senior Olympics

April 15 - 25, 2008

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.

All 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, 2008.

Participants must complete the entry form and mail form with all fees to:

Memphis District Senior Olympics
Lewis Center for Senior Citizens
1188 N. Parkway
Memphis, TN 38105

Kay.Lightfoot@memphistn.gov for questions

Participants may enter an unlimited number of events. Athletes are allowed to compete in only one Senior Olympics district. Call (615)902-9261 or visit the website, www.tnseniorolympics.com for information about other districts.



Gold Sponsor



City of Memphis
Division of Park Services

Bronze Sponsors

Frayser-Raleigh Senior Center
Advisory Council

Lucille McWherter Senior Center
Advisory Council

Sam's Town

Entry Deadline
March 15, 2008

Fees

All participants must pay a one time entry fee of \$15.00 and submit a completed entry form. There is a \$3.00 fee per event after the first ten. The entry fee includes medals, awards, shirt, and the opening and closing meals. The following fees must be submitted with the registration form and be postmarked by March 15, 2008.

Bowling	\$5.25 per event
Opening Ceremony	\$5.00 for guests <i><u>Reservation required</u></i>
Closing Luncheon	\$5.00 for guests <i><u>Reservation required</u></i>
Golf	\$12.00 for cart (to be paid at the course)

All golfers in the same age group will tee off around the same time. Call for tee time on April 18.

Confirmation letter will be mailed on receipt of entry form. Athletes are responsible for verifying information for accuracy by April 1, 2008. Contact Kay Lightfoot at 576-4258 or kay.lightfoot@memphistn.gov.

In doubles events and in team competitions, team will compete in the division determined by the age of the youngest team member.

Team Captains are responsible for submitting team entry forms and team rosters by March 15, 2008. Rosters will be available at the four Park Services Senior Centers listed on this form. Entry form and fees will only be accepted at the four senior centers listed on this form.

Check In

Athletes can check in 30 minutes prior to the starting time listed on the schedule of events. If an athlete is not present at game time (even exhibition), he or she will be scratched even if participating at another event. **Game Time is Forfeit Time.**

Shirts

Athlete shirts may be picked up as follows.

April 15	Orange Mound Services Center (Opening Ceremony)
April 16	Fairgrounds Track
April 17-24	McWherter Senior Center 8:00 a.m. – 4:00 p.m. (Headquarters)
April 25	Frayser-Raleigh Senior Center (Closing Luncheon)

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 date for Track and Field is April 23 and for all other events is April 24.

Opening Ceremony

Opening ceremony will be held at Orange Mound Community Services Center at 2590 Park Ave. on Tuesday, April 15 at 5:15 p.m. A barbeque dinner will be served at 4:15 p.m. Shirts will be distributed at this time. Guests may attend for \$5.00. Reservations are required. Additional parking will be available in the back of the building at Douglas and Hanley. You may use the rear entrance through the playground.

Entry Forms

This form must be completed and postmarked or hand delivered to any Park Services Senior Center along with all fees by March 15, 2008 in order to participate. Team Captains must submit forms and team roster(s) which are available at any of the Park Services Senior Centers. Forms may be mailed to: Memphis District Senior Olympics, 1188 N. Parkway Memphis, TN 38105.

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.

Reservations are required for the Opening Ceremony and Closing Luncheon.

Memphis District Senior Olympics Entry Form

(please print)

Last Name _____ First _____ Initial _____

Street Address (include apartment number) _____

City _____ State _____ Zip Code _____ County _____

Phone Number _____ - _____ - _____ E-mail Address _____

Date of Birth ____/____/____ Age _____ Male ____ Female ____
Month day year as of 12/31/2008

T-Shirt Size: M ____ L ____ XL ____ XXL ____ XXXL ____

Events Note: Open events at the State Olympics include: 5K & 10K Runs, Cycling, Racquetball, Tennis, Fitness Walk, Archery

____ **Badminton (singles)**
____ **Badminton (doubles)**
Partner's Name _____ Age _____

____ **Badminton (mixed doubles)**
Partners's Name _____ Age _____

Basketball

____ **Free Throw**
____ **3 on 3**
Team Name: _____
Team Captain: _____

____ **Bowling (singles)**
____ **Bowling (doubles)**
Partner's Name _____ Age _____

____ **Bowling (mixed doubles)**
Partner's Name _____ Age _____

____ **Cycling, 5K**

Field Events

____ **Long Jump** ____ **Javelin** ____ **Shot Put**
____ **Discus** ____ **High Jump**

____ **Golf**

____ **Horseshoes**

____ **Pickleball (doubles)**
Partners name _____ Age _____

____ **Pickleball (mixed doubles)**
Partner's Name _____ Age _____

____ **Racquetball (singles)**
____ **Racquetball (doubles)**
Partner's Name _____ Age _____

____ **Run, 5K**

____ **Shuffleboard (singles)**
____ **Shuffleboard (doubles)**
Partner's Name _____ Age _____

____ **Softball Throw**

Swimming (select only 6 events)

Backstroke ____ **50Y** ____ **100Y** ____ **200Y**
Breaststroke ____ **50Y** ____ **100Y** ____ **200Y**
Butterfly ____ **50Y** ____ **100Y**
Freestyle ____ **50Y** ____ **100Y** ____ **200Y** ____ **500Y**
Indiv. Medley (4 strokes) ____ **100Y** ____ **200Y**

____ **Table Tennis (singles)**
____ **Table Tennis (doubles)**
Partner's Name _____ Age _____

____ **Table Tennis (mixed doubles)**
Partner's Name _____ Age _____

____ **Tennis (singles)**
____ **Tennis (doubles)**
Partner's Name _____ Age _____

____ **Tennis (doubles)**
Partner's Name _____ Age _____

Track Events

____ **100 M** ____ **200M** ____ **400M** ____ **800M**
____ **1500M** ____ **1500M Racewalk**

____ **Volleyball**
Team Name: _____
Team Captain _____

Please Note: Team Captain must submit their entire team's entry forms as well as a roster at one time to be officially entered. Team Captain may be under age 50, but must still register.

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 () _____

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, BlueCross BlueShield of Tennessee, City of Memphis Division of Park Services, Winchester Bowling Lanes, Audubon Golf Course, WellWorX Tennis Complex, Fairgrounds Track, Racquet Club, Melrose Stadium, Germantown United Methodist Church, YMCA, Sam's Town, 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 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 the 2008 District Senior Olympics without remuneration.

Signature _____

Date _____

Entry and Event Fees

____ Registration Fee **\$ 15.00**

____ I am entering ten or less events \$ 0.00

____ I am entering over ten events

_____ - 10 = _____ x \$3.00 = \$ ____

Number of events entered

____ I am participating in a bowling event

_____ x \$5.25 = \$ ____

Number of events entered

Reservations for the Opening Dinner and Closing Luncheon are **REQUIRED.**

____ I will attend the Opening Ceremony/Dinner \$ 0.00

____ I will attend the Opening Ceremony/Dinner with guest(s)
_____ x \$5.00 = \$ ____

Number of guests

____ I will attend the Closing Luncheon \$ 0.00

____ I will attend the Closing Luncheon with guest(s)
_____ x \$5.00 = \$ ____

Number of guests

____ Donation \$ ____

TOTAL AMOUNT ENCLOSED \$ ____

*Make checks payable to Senior Olympics.
All fees are non-refundable.*

Please return the two page entry form only

Scholarships Are Available

Tuesday , April 15

Horseshoes, men
9:00 a.m. McWherter Senior Center
Horseshoes, women
12:00 p.m. McWherter Senior Center
Racquetball, singles
11:30 a.m. Racquet Club
Racquetball, doubles
2:00 p.m. Racquet Club
Opening Dinner
4:15 p.m. Orange Mound Services Center
Opening Ceremony
5:15 p.m. Orange Mound Services Center
Softball Throw
6:00 p.m. Melrose Stadium
Volleyball
6:45 p.m. Orange Mound Gym

Wednesday, April 16

All track & field events at Fairgrounds Track

Rain date : Wednesday, April 23

100M, men	7:00 a.m.
High Jump, men, 100M, women	7:45 a.m.
800M, men, Shot Put, women	8:30 a.m.
800M, women, 1500M, women	9:00 a.m.
200M, men, Long Jump, women	9:30 a.m.
Javelin, men, 200M, women	10:00 a.m.
400M, men, High Jump, women	10:45 a.m.
Long Jump, men	11:00 a.m.
<i>Complimentary Sack Lunch 11:30a.m.-12:30 p.m.</i>	
1500M Racewalk, men	12:00 p.m.
Discus, women	12:00 p.m.
Shot Put, men	12:00 p.m.
1500M Racewalk, women	1:15 p.m.
1500M, men, Javelin, women	1:45 p.m.
Discus, men, 400M, women	2:00 p.m.

Thursday, April 17

Bowling, doubles
9:00 a.m. Winchester Bowling Lanes
Shuffleboard, men's singles
1:00 p.m. McWherter Senior Center

Friday, April 18

5K Run
8:00 a.m. Mid-South Coliseum
5K Cycling
9:00 a.m. Mid-South Coliseum
Bowling, singles
9:00 a.m. Winchester Bowling Lanes

Friday, April 18

Shuffleboard, women's singles
9:00 a.m. McWherter Senior Center
Shuffleboard, doubles
12:45 p.m. McWherter Senior Center

Saturday, April 19

All swimming events at Bickford Aquatic Center

45-minute warm-up time in the water at 9:15

200Y Individual Medley, women	10:00 a.m.
200Y Individual Medley, men	10:10 a.m.
50Y Freestyle, women	10:20 a.m.
50Y Freestyle, men	10:25 a.m.
100Y Breaststroke, women	10:00 a.m.
100Y Breaststroke, men	10:40 a.m.
50Y Butterfly, women	10:50 a.m.
50Y Butterfly, men	10:55 a.m.
200Y Backstroke, women	11:00 a.m.
200Y Backstroke, men	11:10 a.m.
100Y Freestyle, women	11:20 a.m.
100Y Freestyle, men	11:30 a.m.
50Y Breaststroke, women	11:40 a.m.
50Y Breaststroke, men	11:45 a.m.
100Y Butterfly, women	11:50 p.m.
100Y Butterfly, men	12:00 p.m.
50Y Backstroke, women	12:10 p.m.
50Y Backstroke, men	12:15 p.m.
200Y Freestyle, women	12:20 p.m.
200Y Freestyle, men	12:30 p.m.
100Y Backstroke, women	12:40 p.m.
100Y Backstroke, men	12:50 p.m.
500Y Freestyle, women	1:00 p.m.
500Y Freestyle, men	1:15 p.m.
100Y Individual Medley, women	1:30 p.m.
100Y Individual Medley, men	1:40 p.m.
200Y Breaststroke, women	1:50 p.m.
200Y Breaststroke, men	2:00 p.m.

Monday, April 21

Golf
7:00 a.m. Audubon Park Golf Course
Tennis, mixed doubles
9:00 a.m. WellWorX Tennis Complex
Bowling, mixed doubles
9:00 a.m. Winchester Bowling Lanes
Table Tennis, Davis Community Center
1:00 p.m. singles
2:00 p.m. doubles
3:00 p.m. mixed doubles

Tuesday, April 22

Badminton, Davis Community Center

9:00 a.m. mixed doubles
9:45 a.m. doubles
11:00 a.m. singles

Tennis, singles

1:00 p.m. WellWorX Tennis Complex

Basketball Free Throw

2:30 p.m. Davis Community Center

Basketball 3-on-3

3:30 p.m. Davis Community Center

Wednesday, April 23

Track and Field Rain Date.

Pickleball

Germantown United Methodist Church

9:00 a.m. doubles
1:30 p.m. mixed doubles

Tennis, doubles

9:00 a.m. WellWorX Tennis Complex

Thursday, April 24

Raindate for all outside events.

Friday, April 25

Closing Luncheon 12:00 p.m.
Frayser-Raleigh Senior Center
3985 Egypt Central 383-9101

Athletes will enjoy a delicious meal and special awards will be presented. Reservations are required and admission for guests is \$5.00.

Event Sites

Audubon Park Golf Course		
4160 Park		683-6941
Bickford Aquatic Center		
231 Henry Street		578-3732
Davis Community Center		
3371 Spottswood		323-8015
Fairgrounds Track		
Hollywood and Central		
Frayser-Raleigh Senior Center		
3985 Egypt Central		383-9101
Germantown United Methodist Church- Owings Life Enrichment Center		
2323 West Street		
McWherter Senior Center (Headquarters)		
1355 Estate Drive		761-2462
Melrose Stadium		
2870 Deadrick Avenue		
Mid-South Coliseum		
996 Early Maxwell Blvd		761-2462
Orange Mound Services Center		
2590 Park		576-6622
Racquet Club		
5111 Sanderlin Avenue		765-4408
WellWorX Tennis Complex		
6161 Shelby Oaks Drive		388-6580
Winchester Bowling Lanes		
3703 South Mendenhall		362-1620
YMCA		
1185 Schilling Blvd. East		853-2355

District Information

The Tennessee Senior Olympics hosts ten district events across Tennessee. Athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district. Participation is limited to one district with the exception of team sports. Team members may travel to other districts to play in a team sport even if all individual sports have been played in another district. The top four winners in each age division are eligible to advance to the state finals.

Athlete Training

Track and Field Friday, March 7, at the Fairgrounds Track at 1:30 p.m. (rain or shine)

**Swimming Clinic at Collierville YMCA
March 6, at 1:30 p.m.**

Both clinics are FREE.

Rules and Equipment

All events will be conducted in accordance with the 2008 Tennessee Senior Olympics Official Rules Manual. A copy of the rules for each event will be available at each event site. An Official Rules Manual is available for review at the four Park Services Senior Centers listed in this booklet.

Equipment for each event will be provided by the Tennessee Senior Olympics unless stated below. Participants are advised to consult the official rules manual concerning equipment for their specific event(s).

Athletes must provide their own equipment for the following events: Bowling, Cycling, Golf, and Softball Tournament. Athletes are advised to bring lawn chairs for the Horseshoes, Softball Throw and Track and Field events.

All cyclists must wear helmets. Snorkles are not allowed in the pool. Athletes are encouraged not to wear white shirts in the Table Tennis event.

Awards

Medals will be presented for first, second, and third place finalists in each age/sex category. The fourth place finalist will receive a ribbon and also be eligible to advance to the State Finals. Outstanding Athletes and the Dorothy Peete Spirit Award winners will be recognized at the Closing Luncheon on Friday, April 25, at Frayser-Raleigh Senior Center. Guests may attend for \$5.00 (see entry form). The male and female athletes with the most points in the five (5) ten (10) year age divisions will be named Outstanding Athletes. The Senior Olympics Committee will choose the Dorothy Peete Spirit Award winners.

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.

State Senior Olympics

July 18-24, 2008 Williamson County

First, second, third and fourth place winners from each age group in district competition will qualify for the Tennessee Senior Olympics State Finals. Open sports that do not require district qualification include cycling, tennis, 5K & 10K road races, fitness walk, racquetball, archery, and any sport not offered at your district.

IT IS NECESSARY TO REGISTER FOR THE STATE FINALS. Participating in a district event does not automatically register an athlete for participation in the state finals.

Obtaining a state entry form is the responsibility of each participant. Forms are available at District Headquarters, event sites and www.tnseniorolympics.com

The early bird deadline to register:
May 23, 2008

The final deadline to register: June 6, 2008

Team captains will be responsible for the registration of their team. This will include submitting a roster and all entry forms together. Blank rosters may be downloaded at www.tnseniorolympics.com

Participants will receive a confirmation letter and newsletter by early July. Registration is mandatory. Athletes may not show up and be added.

National Senior Games-Olympics

The National Senior Games are scheduled for August 1-15, 2009 in San Francisco, California. Most events will be held at Stanford University in Palo Alto. The 2011 event has been awarded to Houston, Texas. For further information, rules, and minimum performance standards please visit www.nationalseniorgames.org

Presenting Sponsor



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Contact Information

Frayser-Raleigh Senior Center (Lori or Kristine)

3985 Egypt Central 38128

383-9101

Lori.Fageol@memphistn.gov

Lewis Center for Senior Citizens (Terrie or Kay)

1188 N. Parkway 38105

576-4255

Kay.lightfoot@memphistn.gov

McWherter Senior Center (Clairene or Lonnie)

1355 Estate Drive 38119

761-2462

Clarine.tibbs@memphistn.gov

Orange Mound Community Services Center (Floyd or Vanessa)

2590 Park 38114

576-6622

Floyd.brown@memphistn.gov

Memphis District Senior Olympics

1188 N. Parkway

Memphis, TN 38105

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MEMPHIS, TN

Track & Field Clinic

Friday, March 7, 1:30 p.m.

Fairgrounds Track

(rain or shine)

Swim Clinic

Thursday, March 6, 1:30 p.m.

Collierville YMCA

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