



Northwest District
Tennessee
Senior Olympics

September 7 - November 3, 2023

Entry Deadline
August 25, 2023

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 \$30.00. 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 18, 2023**.

Bowling \$5.00 per event
Golf \$25.00 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:

Elizabeth Whitmore
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, 2024.

Rules and Equipment

All events will be conducted in accordance with the 2023 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, September 7, 2023

Corn Hole Doubles

Check in 9:30 a.m.

10:00 a.m. Crockett County Armory

Monday, September 11, 2023

Check in Time 8:30 a.m.

Bowling (singles, doubles, mixed doubles)

9:00 a.m. Prime Time Bowl & Grill, Dyersburg, TN

Thursday, September 14, 2023

Shuffleboard Singles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Dresden Senior Center, Dresden TN

Friday, September 15, 2023

Shuffleboard Doubles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Dresden Senior Center, Dresden TN

Monday, September 18, 2023

Golf Rain Date 9/25/23

9:00 a.m. Wynridge Golf Club

800 Club House Drive, Troy, TN

Thursday, September 21, 2023

Check in Time 9:00 a.m.

Table Tennis (singles, doubles, mixed doubles)

9:00 a.m. Sharon Senior Center Sharon TN

Tuesday, October 24, 2023

Track & Field Check-in 7:30 a.m. (Rain Date, 10/31/23)

Track - 50M Run

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

Track - 100M Run

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

Track - 800M Run

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

Track - 1500M Racewalk

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

Track - 200M Run

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

Track - 400M Run

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

Track - Power Walk

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

Track - 1500M Run

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

Field - Softball Throw

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

Field - Long Jump

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

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

Field - Discus

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 27, 2023

Pickle Ball Doubles

Check-in at 9:00 a.m., Milan City Park

Friday, November 3, 2023

Closing Ceremony*

12:00 p.m. Martin at the Gateway Center

*You must pre-register for this event. The ticket information is available on page 6 of this form.

Next Summer's State Finals

Important Information! Please Read!

Information and exact dates for the 2024 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2024 state finals, athletes must participate in a fall 2023 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, 2023 to compete in the 2024 state finals.

For example, for the 2023 districts, age will be determined as of December 31, 2024. For the 2024 state finals, age will be determined as of December 31, 2024. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2024 state finals. For example, an individual who turns 50 on April 1, 2024 will play in the 50-54 division in the fall 2023 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2023 year to compete in the 2024 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 2024.

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

Wynridge Golf Club

Address: 800 Club Dr, Troy TN
Phone: (731) 536-5565

Prime Time Bowl & Grill

1999 US Hwy 51 Bypass North
Dyersburg, TN 38024
Phone: (731) 288-1558

Crockett County Armory

Address: 778 Hwy 54 North, Alamo, TN 38001
Phone: (731) 696-2504

Milan City Park

Address: 7001 Ellington Dr, Milan, TN 38358
Phone: (731) 238-3064

Dresden Senior Center

Address: 589 Evergreen St., Dresden TN
Phone: (731) 364-5678

Martin Gateway Center

Address: 701 N Lindell St, Martin, TN 38237
Phone: (731) 587-3900

Rule Highlights

- 1) Have fun and participate in as many districts as desired!
Registration and payment required for each.
- 2) If an athlete is the only individual in his or his respective age group, he or she must play an exhibition match to qualify for the state finals and before medals will be awarded.
- 3) 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.
- 4) Individual Sports - Athletes must participate in each specific event to qualify for the state finals.

RULE FOR TRACK AND SWIMMING (added in 2018)

To combat fatigue and injuries that occur during our one day district events, our board has implemented these new rules:

Track

For every district running event completed, an additional running event may be entered at state (any distance may be chosen).

Examples:

If one district event is completed such as the 100m run, another event such as the 50m run may be added when registering for state.

If two district events are completed (such as the 400m and 800m run), 2 additional running events may be added when registering for state.

And so on.

Swimming - please remember that 6 events total may be chosen at district or state.

For every district swimming event completed within a stroke, an additional event within that stroke may be entered at state (any distance may be chosen).

Examples:

A 50 back competitor at the district may also register for the 100 back at state.

If two district events are completed (such as the 50 free and 100 fly), one additional free and one additional fly event at state may be picked up.

This allows district swimmers the opportunity to swim less than 6 events at district and to change up events within the same stroke when registering for state. As a reminder, swimmers are limited to 6 swimming events at state competition.

- 5) Doubles Sports - 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 badminton, bowling, pickleball, table tennis, tennis, and shuffleboard may sign up for all three events (except tennis - two events) if interested at the State Finals.**
- 6) Athletes will be required to check-in to events 10 minutes prior to their scheduled match. Game time is forfeit time will be upheld.
- 7) Team Composition Rule - Your team may be composed of players from all over the state, with no limits on how many are from each region. No team composition rule in effect.
- 8) Athletes are allowed to play on one team per team sport in districts that offer team events.

The Tennessee Senior Olympics rulebook may be viewed online at www.tnseniorolympics.com. Please check this for a complete listing of all rules.

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 _____

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, Prime Time Bowl & Grill, 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, Martin Gateway 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 2023 District Senior Olympics without remuneration.

Print Name _____

Signature _____ Date _____

Entry and Event Fees

- Registration Fee \$ 30.00
- I am not participating in bowling \$ 0.00
- I am participating in bowling
_____ x \$5.00 = \$.00
number of events
- Golf Fees (\$25 to be paid with entry) \$ 25.00
- I am not attending the "Closing Ceremony"
- I am attending the "Closing Ceremony"
(Athlete ticket \$5.00) \$.00
- I am bringing guests to the
"Closing Ceremony"
_____ x \$10.00 \$.00
number of guests
- Donation \$ _____
- TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to
"Northwest District
Tennessee Senior Olympics."*

This form must be completed and postmarked along with all fees by August 25, 2023 in order to participate. Forms may be mailed to:

Elizabeth Whitmore
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:
Elizabeth.Whitmore@nwtdd.org



Volunteer For the Northwest Tennessee District Senior Olympics

September 7th-November 3, 2023

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 9/7 - 11/3/2023

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:



NATIONALS

The next National Senior Games will be held in Des Moines, Iowa. For exact dates, please visit www.nsga.com. **Qualification for this event will occur at the 2023 Tennessee Senior State Finals in Williamson County.**

PROOF

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Northwest District
Tennessee Senior Olympics
P.O. Box 963
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