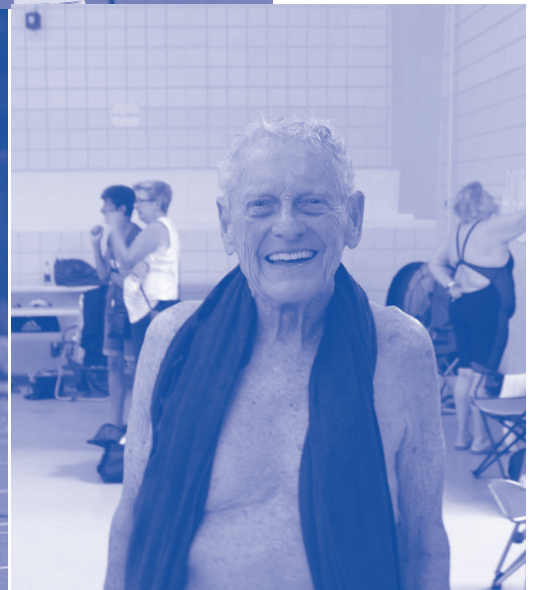


2018

TENNESSEE SENIOR OLYMPICS

GREATER NASHVILLE DISTRICT



Presented by:



of Tennessee

Sept. 18 - 29th, 2018

Early Bird Deadline - August 24, 2018 (Save \$10) Final Deadline - August 31, 2018

Online Registration Available

Click link on: www.tnseniorolympics.com

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.

GENERAL INFORMATION

DISTRICT INFORMATION

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). If unable to do so, one may choose from any district.

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

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	100-104
75-79	80-84	85-89	90-94	95-99	

Participants will qualify for age divisions according to their age as of **December 31, 2019**. (see page 4 for explanation of qualifying system)

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

REGISTRATION

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 letter and newsletter via e-mail with event details. **Please make sure all the information is correct on your confirmation letter.** For questions or corrections, please contact the appropriate district coordinator. Contact information is included in this form.

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.

OUR WEBSITE

For those who may be new to the Senior Olympics, please visit our website at www.tnseniorolympics.com. A web page has been designed for each district, including information such as counties in the district, rules, entry forms, team rosters, and other information. The website is also a great source for additional details about the state finals and the Tennessee Senior Olympics. We encourage you to **Join our Mailing List** to stay informed at:

www.tnseniorolympics.com

AWARDS

Medals will be presented for first, second, and third 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 schedule 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 (615) 200-8760 to check for information and updates to the schedule.

RULES AND EQUIPMENT

All events will be conducted in accordance with the 2018 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 in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

You **MUST** participate at the District Games to attend the State Finals in June 2019.

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 game time (even exhibition), he or she will be scratched even if participating at another Senior Olympics event. Game Time is Forfeit Time.

The following counties are included in the Greater Nashville District: Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson.

EVENT SCHEDULE

LEGEND: AP-Academy Park | FEC-Franklin Entertainment Center | FRC-Franklin Recreation Complex | ISC-Indoor Sports Complex | BHS-Brentwood High School | TRGC - Two Rivers Golf Course

Time: Location Event

TUESDAY, SEPTEMBER 18, 2018

8:00 a.m. TRGC Golf (Shotgun Start)

MONDAY, SEPTEMBER 24, 2018

9:00 a.m. FEC Bowling, Singles 70+
12:00 p.m. FEC Bowling, Singles 50-69

TUESDAY, SEPTEMBER 25, 2018

8:30 a.m. FRC Pickleball, Singles
9:00 a.m. FEC Bowling, Mixed Doubles
9:00 a.m. ISC Swimming Events
12:00 p.m. FEC Bowling, Doubles
12:00 p.m. FRC Pickleball, Mixed Doubles

WEDNESDAY, SEPTEMBER 26, 2018

8:30 a.m. FRC Pickleball, Doubles
9:00 a.m. FRC Horseshoes

Time: Location Event

THURSDAY, SEPTEMBER 27, 2018

9:00 a.m. FRC Basketball Free Throw
10:00 a.m. FRC Basketball 3-Point Shot
10:30 a.m. AP Table Tennis, Singles, Doubles & Mixed Doubles
11:00 a.m. FRC Basketball Hot Shot
1:00 p.m. FRC 3 on 3 Basketball
1:30 p.m. ISC Tennis

FRIDAY, SEPTEMBER 28, 2018

9:00 a.m. FRC Badminton, Singles, Doubles & Mixed Doubles
9:00 a.m. AP Shuffleboard, Singles & Doubles
10:30 a.m. AP Cornhole Doubles
1:00 p.m. ISC Tennis

SATURDAY, SEPTEMBER 29, 2018

9:00 a.m. BHS Track Events
1:00 p.m. BHS Long Jump and High Jump shot put, discus, and javelin

Order of events will be included in the newsletter.

Archery, Cycling (5K/20K), Power Walk, Corn Hole Doubles, Racquetball, Road Races (5K Walk/5K Run/10K Run), Pole Vault, disc golf and any sport NOT offered at your district are open events at the Tennessee Senior Olympics State Finals. Local events may not be held.

Presented by:



District Sponsors



Event Sponsors

Franklin Entertainment Center
Two Rivers Golf Course
Brentwood High School



A WORD TO THOSE OF YOU WHO ARE NEW

Many times we are asked what the competition is like at the Senior Olympics. Sometimes we hear apprehension in the voice of a newcomer or that a newcomer may not “feel ready”. The beautiful thing about the Senior Olympics is that it offers a healthy competition for individuals of all skill levels. A beginner will have the chance to reawaken or try new skills and set a baseline in terms of fitness. A seasoned athlete can sharpen skills and strive to best prior personal performances. What is unique about the Senior Olympics is the warmth and acceptance that you will discover among all competitors, staff, and volunteers. You will often find that a national level athlete will cross a finish line and then turn and cheer as every athlete finishes. Our mission in providing this program is to give you a goal so that you will train year long and stay fit and healthy. Please join us in 2018!

EVENT SITES

ACADEMY PARK

120 Everbright Street, Franklin, TN 37064

BRENTWOOD HIGH SCHOOL

5304 Murray Lane, Brentwood, TN 37027

FRANKLIN ENTERTAINMENT CENTER

1200 Lakeview Drive, Franklin, TN 37067
(615) 790-2695

FRANKLIN RECREATION COMPLEX

1120 Hillsboro Road, Franklin, TN 37064
(615) 790-5719

TWO RIVERS GOLF COURSE

2235 Two Rivers Parkway
Nashville, TN 37214
(615) 889-2675

WILLIAMSON COUNTY INDOOR SPORTS COMPLEX

920 Heritage Way, Brentwood, TN, 37027
(615) 370-3471

HOW TO QUALIFY FOR NEXT SUMMER'S 2019 STATE FINALS! PLEASE READ!

The Tennessee Senior Olympics State Finals are scheduled for June 2019 in Williamson County, TN. The exact dates will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2019 state finals, athletes must participate in a fall 2018 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, 2019 to compete in the 2019 state finals.

For example, for the 2018 districts, age will be determined as of December 31, 2019. For the 2019 state finals, age will be determined as of December 31, 2019. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2019 state finals. For example, an individual who turns 50 on April 1, 2019 will play in the 50-54 division in the fall 2018 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2019 year to compete in the 2019 state finals.

Open sports that do not require district qualification include archery, cycling (5K and 20K), the 5K and 10K road races, Corn Hole Doubles, 5K Walk, racquetball, triple jump, pole vault, disc golf, 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 doubles 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 2019.

Details will be e-mailed to all district participants. Visit www.tnseniorolympics.com for more information about the state finals.

NATIONALS

The next National Senior Games- the Senior Olympics are scheduled for June 14-28, 2019 in Albuquerque, NM. Qualification for this event occurred at our recent 2018 state finals in Williamson County.

We realize that our 2019 state finals will overlap the Nationals next summer. Unfortunately, late June during the high school dead period is the only time that we can secure the many venues needed across Williamson County. We wish those going to New Mexico the best of luck and we look forward to seeing those of you planning to stay in Tennessee next summer.

If you qualified, you should receive information directly from the National office by January 2019. For more information please visit www.nsga.com.

Both sides of this Entry Form must be completed fully to successfully register

IMPORTANT NOTICE - WE NEED AN EMAIL ADDRESS

Please note that all confirmation receipts and other information will be e-mailed.

Please provide an e-mail address for yourself or the e-mail address of a son, daughter, or grandchild who is able to pass the information to you.

E-mail Address

[E-mail address input grid]

Confirmations will be e-mailed. Please write clearly and in CAPS.

ENTRY FORM

General Information (please print)

Last Name [] First Name [] Initial []

Street Address (Include Apartment Number) []

City [] State [] Zip Code []

County [] Date of Birth [] [] [] []

Primary Phone Number [] [] [] Age [] [] Male [] Female [] as of 12/31/2019

Secondary Phone Number [] [] []

T-Shirt Size
(fill in appropriate box)

S	M
L	XL
XXL	XXXL

Events – Note: Open events at the State level include: Road Races (5K Walk, 5K Run, 10K Run) and disc golf, Archery, Cycling, Racquetball, Triple Jump, Pole Vault and the Power Walk. Events that are not held at Greater Nashville are also open- these include the race walk and volleyball.

- Badminton (singles)
- Badminton (doubles) Partner’s Name _____ DOB _____
- Badminton (mixed doubles) Partner’s Name _____ DOB _____
- Basketball Free Throw
- Basketball 3 point
- Basketball Hot Shot
- Basketball (3 on 3) _____
- Men’s Women’s
- Team Name _____ Captain _____
- Bowling (singles)
- Bowling (doubles) Partner’s Name _____ DOB _____
- Bowling (mixed doubles) Partner’s Name _____ DOB _____
- Cornhole (doubles-may be mixed) Partner’s Name _____ DOB _____
- Field Events (indicate each event)
 - Long Jump Softball Throw High Jump
 - Shot Put Discus Javelin
- Golf
- Horseshoes
- Pickleball (singles)
- Pickleball (doubles) Partner’s Name _____ DOB _____
- Pickleball (mixed doubles) Partner’s Name _____ DOB _____
- Pickleball (mixed doubles) Partner’s Name _____ DOB _____
- Shuffleboard (singles)
- Shuffleboard (doubles-may be mixed) Partner’s Name _____ DOB _____
- Swimming (indicate each event - 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 _____ DOB _____
- Table Tennis (mixed doubles) Partner’s Name _____ DOB _____
- Tennis (singles) (select only 2 Tennis events)
- Tennis (doubles) Partner’s Name _____ DOB _____
- Tennis (mixed doubles) Partner’s Name _____ DOB _____
- Track Events (indicate each event)
 - 50M 100M 200M 400M 800M
 - 1500M Power Walk

Please note: Team Captains must submit their entire team’s entry forms as well as a roster at one time to be officially entered

Go to www.tnseniorolympics.com for a complete list of counties and to download entry forms.

Emergency Contact Info

Emergency Contact _____

Relation _____

Phone () _____

Media Release

- Tennessee Senior Olympics has my permission to release my contact information, including name, address, phone number and email address to the media.

Volunteer

Are you interested in volunteering for an event?

- Yes, and I would prefer to volunteer for:

- No

Entry and Event Fees

- Early Bird Deadline Registration Fee \$ 30.00
(postmarked by August 24, 2018)

OR

- Final Deadline Registration Fee \$ 40.00
(postmarked by August 31, 2018)

- Email Address Discount - I provided \$ -5.00

an email address on the previous page. Please provide an email account that is monitored. This is how we communicate important event information with our athletes.

FEE IS NON-REFUNDABLE. Orders for medals, t-shirts, equipment, registration materials, etc. have been placed. We hope for your understanding in this matter.

- I am participating in golf + \$35.00 \$.00
(includes cart & lunch)

- I am participating in a bowling event
number of events entered x \$6.50 = \$.00

- Donation \$.00

TOTAL AMOUNT ENCLOSED \$.00

Make checks payable to

“Greater Nashville District Tennessee Senior Olympics”

Mail all forms and fees to:

Greater Nashville District Tennessee Senior Olympics • P.O. Box 681, Mt. Juliet, TN 37121

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, Greater Nashville District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Brentwood High School, Williamson County Parks and Recreation Department, Williamson County Indoor Sports Complex, Williamson County Recreational Center, Franklin Entertainment Center, Academy Park, Two Rivers Golf Course, 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 Greater Nashville 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 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 2018 District Senior Olympics without remuneration.

Print Name _____

Signature _____ Date _____

This form must be completed and postmarked by August 24, 2018 for Early Bird Fee or August 31, 2018 for Final Entry Fee in order to participate. Forms may be mailed to: Greater Nashville District Tennessee Senior Olympics, P.O. Box 681, Mt. Juliet, TN 37121.

Please include your team and/or partner's name when registering for doubles and team events.

6

Partners must also submit a registration form. You may not enter an event after the deadline.



Rule Highlights

- 1) As mentioned on the general information page, 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. Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.
- 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 qualify in each specific event to qualify for the state finals.

NEW RULE FOR TRACK AND SWIMMING

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.



Greater Nashville District
 Tennessee Senior Olympics
 P.O. Box 681
 Mt. Juliet, TN 37121

District	2018 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 12-31; Pickleball Feb 22-24, 2019	Deadline: September 15; PB deadline: February 1	Kelly Price	(423) 240-1508	kellyelaineprice@ hotmail.com
East TN	September 28 - October 3	EarlyBird: August 31 Final Deadline: September 7	Melissa Ward	(865) 436-4990	melissaw@gattlinburgtn.gov
First TN	September 5 - 27; Golf: Sept 5, 2018	Deadline: August 24	Teresa Sutphin	(423) 722-5120	tsutphin@ftaaad.org
Greater Nashville	September 24- 29; Golf - 9/18; Track and Field: 9/29	Early Bird: August 24 Final Deadline: August 31	Traci Meador	(615) 200-8760	gnseniorolympics@comcast.net
Memphis	September 14 - 28	Early Bird: August 17 Final deadline: August 24	Lori Fageol	(901) 383-9101	Lori.fageol@ memphistn.gov
Northwest	August 27 - October 26	Deadline: August 17	Julie Jones	(731) 587-4213	julie.jones@nwtd.org
South Central	October 22-26; Tennis - 9/10- 9/11; Pickleball - 9/11 - 9/12	Deadline: August 31	Pam Kemp	(931) 762-4231	Pam Kemp pkemp@lawrenceburgtn.gov
Southeast	September 18 - October 1	Deadline: August 17	Melody Moses	(423) 745-6830	sesrolympics@hotmail.com
Southwest	September 10 - 21	Deadline: August 24	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	September 8 - 20	Deadline: August 24	Angela Shadden	(931) 484-7416	fpsctn@yahoo.com

**Dates are subject to change without notice, please check www.tenseniolympics.com for updates or call the district coordinator for more information. Go to www.tseniorolympics.com for a complete list of counties and to download entry forms.

Presented by:



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Event Sponsors

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