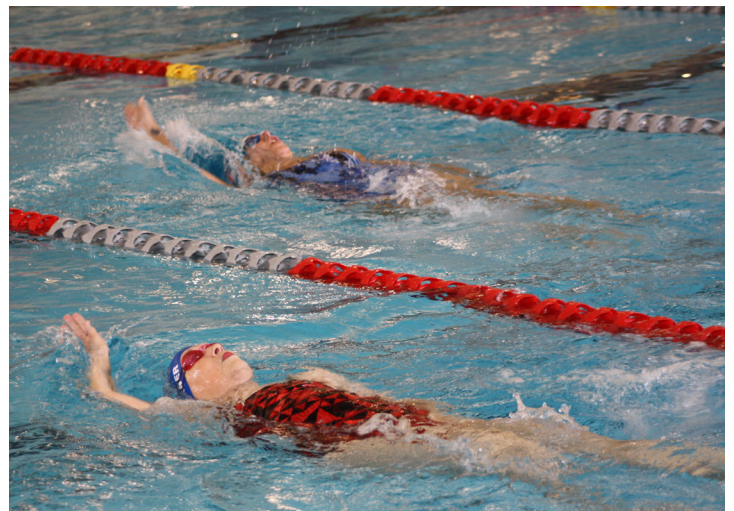


2019-2020 TENNESSEE SENIOR OLYMPICS

CHATTANOOGA



DISTRICT



Presented by
 of Tennessee

October 4-27, 2019
Pickleball- February 14-16, 2020

REGISTER ONLINE & SAVE \$5.00
Deadline-September 25, 2019
Pickleball Deadline January 15, 2020



**The Tennessee Senior Olympics offers sports for individuals 49+.
FEEL STRONGER. YOUNGER. HEALTHIER. JOYFUL.
Join the 50+ Movement!**

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. **HAVE FUN AND PARTICIPATE IN AS MANY DISTRICTS AS DESIRED!**

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, 2020 (see page 7 for explanation of new 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 Kelly Price at (423) 240-1508.

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.

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 (423) 240-1508 to check for information and updates to the schedule.

RULES AND EQUIPMENT

All events will be conducted in accordance with the 2019 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 June 2020.

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 Chattanooga District: Grundy, Hamilton, Marion, and Sequatchie (or within a 30 Mile radius of the TN state line.

EVENT SCHEDULE

LEGEND: BAG-Brown Acres Golf | **SDG**-Sinks Disc Golf

WRC-Wyatt Red Center | **HRC**-Hixson Rec Center | **HSTB** -Hixson Spare Time Bowl | **CC**-Champions Club | **BS**-Baylor School

CHATTANOOGA SENIOR OLYMPIC SCHEDULE OF EVENTS 2019

FRIDAY, OCTOBER 4, 2019

10:00 AM BAG GOLF

SATURDAY, OCTOBER 5, 2019

10:00 AM CC TENNIS

SUNDAY, OCTOBER 13, 2019

1:00 PM BS SWIMMING

TUESDAY, OCTOBER 15, 2019

9:00 AM HSTB BOWLING SINGLES

WEDNESDAY, OCTOBER 16, 2019

9:00 AM HSTB BOWLING DOUBLES

THURSDAY, OCTOBER 17, 2019

9:00 AM HSTB BOWLING MIXED

FRIDAY, OCTOBER 18, 2019

10:00 AM HRC SHUFFLEBOARD

SATURDAY, OCTOBER 19, 2019

10:00 AM SDG DISC GOLF

SUNDAY, OCTOBER 20, 2019

11:00 AM BS TRACK

2:30 PM BS FIELD

FRIDAY, OCTOBER 25, 2019

9:00 AM HRC FREE THROWS
3 PT. HOT SHOT

11:00 AM HRC 3 ON 3 MEN'S
BASKETBALL

SATURDAY, OCTOBER 26, 2019

9:00 AM WRC BADMINTON DOUBLES

10:00 AM WRC BADMINTON MIXED

11:30 AM WRC BADMINTON SINGLES

SATURDAY, OCTOBER 26, 2019

2:00 PM WRC TABLE TENNIS SINGLES

2:30 PM WRC TABLE TENNIS DOUBLES & MIXED

SUNDAY, OCTOBER 27, 2019

1:00 PM WRC CORNHOLE & COOKOUT DOUBLES
(MAY BE MIXED)

FRIDAY, FEBRUARY 14, 2020

10:00 AM TBA PICKLEBALL SINGLES

SATURDAY, FEBRUARY 15, 2020

9:00 AM TBA PICKLEBALL DOUBLES

SUNDAY, FEBRUARY 16, 2020

9:00 AM TBA PICKLEBALL MIXED DOUBLES

If the sport is NOT offered, those sports are open events at the Tennessee State Senior Olympics.

Presented
by:



of Tennessee

District & Event Sponsor:
City of Chattanooga
Recreation Division

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 2019!

EVENT SITES

BAYLOR SCHOOL
171 Baylor School Rd.
(423) 267-8505

BROWN ACRES GOLF COURSE
406 BROWN ROAD
(423) 757-PAR4

CHAMPIONS CLUB
3400 Lupton Drive
(423) 355-7099

HIXSON REC. CENTER
5401 SCHOOL DRIVE
(423) 240-1508

SINKS DISC GOLF
4502 North Access Rd.
(423) 505-5605

SPARETIME HIXSON BOWL
5530 HIXSON PIKE
(423) 843-2695

WYATT REC. CENTER
406 COLVILLE STREET
(423) 240-1508

HOW TO QUALIFY FOR NEXT SUMMER'S 2020 STATE FINALS! PLEASE READ!

Information and exact dates for the 2020 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2020 state finals, athletes must participate in a fall 2019 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, 2020 to compete in the 2020 state finals.

For example, for the 2019 districts, age will be determined as of December 31, 2020. For the 2020 state finals, age will be determined as of December 31, 2020. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2020 state finals. For example, an individual who turns 50 on April 1, 2020 will play in the 50-54 division in the fall 2019 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2020 year to compete in the 2020 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 power-walk. 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 2020.

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 2021 in Fort Lauderdale, Florida. For exact dates, please visit www.nsga.com

Qualification for this event will occur at the 2020 Tennessee Senior State Finals in Williamson County.

FOR QUESTIONS PLEASE CONTACT: KELLY PRICE, (423) 240-1508 or kelly@tnseniorolympics.com

You MUST participate at the district to attend the State Finals in 2020.
Additional information may be found on our website: www.tnseniorolympics.com



ENTRY FORM

SAVE \$5.00 BY REGISTERING ONLINE AT:
www.tnseniorolympics.com/chattanooga-district

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 family member or friend who is able to pass the information on to you.

Email address:

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

General Information (please print)

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

——

month

day

year

Age

Male

Female

AS OF 12/31/20

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 Chattanooga are also open- these include the race walk and volleyball.

- | | |
|--|--|
| <input type="checkbox"/> Badminton (singles) | <input type="checkbox"/> Shuffleboard (singles) |
| <input type="checkbox"/> Badminton (doubles)
Partner's Name _____ DOB ____ | <input type="checkbox"/> Shuffleboard (doubles-may be mixed)
Partner's Name _____ DOB ____ |
| <input type="checkbox"/> Badminton (mixed doubles)
Partner's Name _____ DOB ____ | <input type="checkbox"/> Swimming (indicate each event - select only 6 events) |
| <input type="checkbox"/> Basketball Free Throw | Backstroke <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Basketball 3-Point Shot | Breaststroke <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Basketball Hot Shot | Butterfly <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y |
| <input type="checkbox"/> 3-on-3 Basketball _____ <input type="checkbox"/> Men's | Freestyle <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 500Y |
| Team Name _____ | Indiv. Medley (4 strokes) <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| Captain* _____ | <input type="checkbox"/> Table Tennis (singles) |
| <input type="checkbox"/> Bowling (singles) | <input type="checkbox"/> Table Tennis (doubles)
Partner's Name _____ DOB ____ |
| <input type="checkbox"/> Bowling (doubles)
Partner's Name _____ DOB ____ | <input type="checkbox"/> Table Tennis (mixed doubles)
Partner's Name _____ DOB ____ |
| <input type="checkbox"/> Bowling (mixed doubles)
Partner's Name _____ DOB ____ | <input type="checkbox"/> Tennis (singles) (select only 2 Tennis events) |
| <input type="checkbox"/> Cornhole (doubles-may be mixed)
Partner's Name _____ DOB ____ | <input type="checkbox"/> Tennis (doubles)
Partner's Name _____ DOB ____ |
| <input type="checkbox"/> Field Events (indicate each event) | <input type="checkbox"/> Tennis (mixed doubles)
Partner's Name _____ DOB ____ |
| <input type="checkbox"/> Long Jump <input type="checkbox"/> Shot Put <input type="checkbox"/> Javelin | <input type="checkbox"/> Track Events (indicate each event) |
| <input type="checkbox"/> Discus <input type="checkbox"/> Softball Throw <input type="checkbox"/> High Jump | <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M <input type="checkbox"/> 800M |
| <input type="checkbox"/> Golf | <input type="checkbox"/> 1500M <input type="checkbox"/> 1500 Racewalk |
| <input type="checkbox"/> Disc Golf | |
| <input type="checkbox"/> Pickleball (singles) | |
| <input type="checkbox"/> Pickleball (doubles)
Partner's Name _____ DOB ____ | |
| <input type="checkbox"/> Pickleball (mixed doubles)
Partner's Name _____ DOB ____ | |

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.

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 his/her name is _____

How did you find out about the Senior Olympics?

- Radio/TV Newspaper Website
 SilverSneakers® Senior Center Friend
 Parks & Recreation Program Poster/brochure
 Walgreen Other _____

Media Release

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

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, Chattanooga District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, City of Chattanooga, Youth and Family Development Dept., Chattanooga State Technical Community College, Recreation Division of the City of Chattanooga, Baylor School, Brown Acres Golf Course, Hixson Holiday Bowl, 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 Chattanooga 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.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the 2019-20 District Senior Olympics.

Print Name _____

Signature _____ Date _____

Forms to be mailed to: Chattanooga Senior Olympics, P.O. Box 15324, Chattanooga, TN 37415. Make checks payable to: Chattanooga Senior Olympics. 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.

Volunteer

Are you interested in volunteering for an event?

- Yes, and I would prefer to volunteer for:

 No

Entry and Event Fees \$ 40.00

- I am participating in golf + \$29.00 \$ _____
(includes greens fees and cart)

- I am participating in a bowling event
_____ x \$8.00 = \$ _____.00
number of events entered

- Donation \$ _____.00

TOTAL AMOUNT ENCLOSED \$ _____.00

SAVE \$5.00 - REGISTER ONLINE:

Click link at:

www.tnseniorolympics.com/chattanooga-district

NO REFUNDS

Make checks payable to:

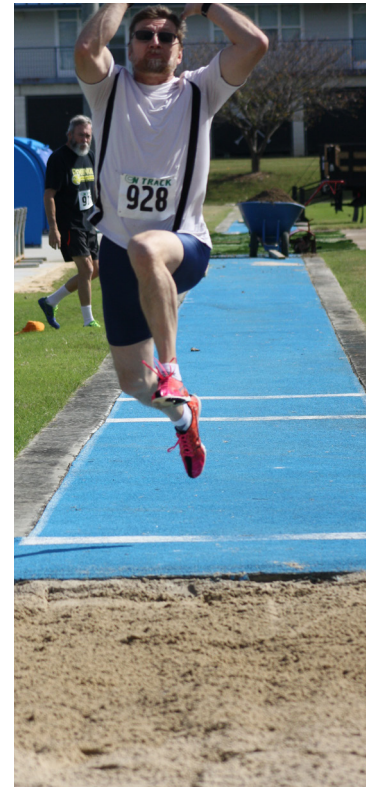
Chattanooga Senior Olympics

Mail to:

Chattanooga Senior Olympics

P.O. Box 15324

Chattanooga, TN 37415



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.tseniorolympics.com. Please check this for a complete listing of all rules.



**Chattanooga District
Senior Olympics**
P.O. Box 15324
Chattanooga, TN 37415

Never Stop Playing! Participate in as many districts as desired.

District	2019 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 4 - 27; Pickleball: February 14-16, 2020	Entry Deadline: Sept 14 Pickleball Deadline: Jan 14, 2020	Kelly Price	(423) 240-1508	kelly@tsseniorolympics.com
East TN	October 4 - 9	Early Bird: Sept 9 Final Deadline: Sept 13	Melissa Ward	(865) 436-4990	melissaw@gatlinburgtn.gov
First TN	September 4 - October 19	August 23	Teresa Sutphin	(423) 722-5120	tsutphin@ftaad.org
Greater Nashville	September 13-27	Entry Deadline: August 30	Traci Meador	(615) 200-8760	gnseniorolympics@comcast.net
Memphis	September 13-27	Early Bird: August 16 Final Deadline: August 31	Amanda Johnon	901)636-4213	Amanda.Johnson@memphistn.gov
Northwest	August 22 - October 29	Entry Deadline: August 9	Julie Jones	(731) 587-4213	julie.jones@nwtd.org
South Central	October 21 - 25	Entry Deadline: August 31	Pam Kemp	(931) 762-4231	Pam Kemp pkemp@lawrenceburgtn.gov
Southeast	October 1 - 15	September 6, 2019	Tina South	(423) 745-6830	sesrolympics@hotmail.com
Southwest	August 12 - 24; Ladies Basketball Oct 12th	August 2nd	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	September 4 - 28	Entry Deadline: 8/21	Angela Shadden	(931) 484-7416	fpsctn@yahoo.com

****Dates are subject to change without notice**

Presented
by:



of Tennessee



District & Event Sponsor:
City of Chattanooga
Recreation Division