

**Registration
Deadline:
August 27,
2021**



**First District
Tennessee
Senior Olympics**

September 13 – October 9, 2021



The First District Tennessee Senior Olympics is a special event for seniors 50 and older that encompasses 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 First District: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi and Washington.

General Information

DISTRICT INFORMATION

The Tennessee Senior Olympics hosts 10 district events across the state. 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.

All out-of-state participants must live within 30 miles of the Tennessee state line and be pre-registered to participate.

Individuals and teams may participate in as many districts as desired. Registration and payment are required for each district. Out-of-district composition for team sports remains the same.

If you are unable to participate in the First District Senior Olympics, please call (615) 200-8760 or visit the Tennessee Senior Olympics website, www.tnseniorolympics.com, to find information on other districts.

REGISTRATION AND FEES

Athletes may enter an unlimited number of events. However, they may not register for events that will overlap in time.

All participants are required to pay a one-time entry fee of **\$40.00**. The fee includes awards and t-shirts. Below are additional event-related fees. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **August 27, 2021**.

Bowling	\$7.00 per event
Golf	\$20.00 per person, to be paid to Cattails at Meadowview on the day of the event (fee includes cart). A practice round is available for an additional \$20.00 (including cart) on September 7, 8, 9, and 14 ONLY (NO exceptions) . <u>There will be NO changes to the tee times once the schedule is submitted to the golf course.</u>

If you are interested in receiving a bag lunch (sandwich, chips, etc.) during the Track/Field events on Saturday, October 9, 2021, please add \$8.50 to your registration fee (see Entry and Event Fees on page 6).

INCLEMENT WEATHER

The First District 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 event site. In the event of bad weather, it is your responsibility to call and check for changes. Call 423-341-2954 to check for information and updates to the schedule.

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, 2022**. In doubles events and in team competitions, teams will compete in the age category determined by the age of the youngest team member.

RULES AND EQUIPMENT

All events will be conducted in accordance with the 2021 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 the Tennessee Senior Olympics 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, unless stated in the rules of each event. Participants are advised to consult the *Official Rules Manual* about equipment for their event(s).

AWARDS

Medals will be presented for first-, second-, and third-place finalists in each age/gender category. Any athlete who participates at a district event may advance to state finals in the exact sport/event in which he/she participated. The medals will be presented at the conclusion of each event.

CHECK-IN FOR EVENTS

Unless notified by mail, email or phone, check-in for events will be at the starting time listed on the schedule of events. Please allow ample time between events. Last-minute substitutions will not be allowed unless it is a team event and a player cannot participate due to illness. The substitute must be a registered participant of the Senior Olympics and cannot have already participated in the event.

SPECIAL NOTICE: Athletes wishing to register for doubles and mixed doubles events will not be registered for those events unless they have a partner listed on their entry form. IT IS NOT THE RESPONSIBILITY OF THE COORDINATOR TO PARTNER PLAYERS TOGETHER. THANK YOU!

Event Schedule

Monday, September 13

Shuffleboard—Singles, Doubles (May be Mixed)

9:00 a.m. Kingsport Senior Center, Kingsport

Wednesday, September 15

Golf

9:30 a.m. Cattails at Meadowview, Kingsport
(Golf practice round September 7–9 & 14, 2021 ONLY—NO
Exceptions. See details under Registration and Fees, page 2.)

Thursday, September 16

Table Tennis—Singles, Doubles and Mixed-Doubles

1:00 p.m. Kingsport Senior Center, Kingsport

Friday, September 17

Horseshoes

9:00 a.m. Rock Springs Community Park, Kingsport

Saturday, September 18

Basketball Free Throw, Three-Point Shooting and Hot Shot Competition

9:30 a.m. Kingsport Senior Center, Kingsport

Monday, September 20

Pickleball—Singles, Doubles and Mixed-Doubles

9:30 a.m. Memorial Park Community Center,
Johnson City

Tuesday, September 21

Swimming Events:

Freestyle 50Y & 200Y, Butterfly 100Y, Breaststroke 50Y & 200Y, Individual Medley 200Y & 400Y, Backstroke 100Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Wednesday, September 22

Cornhole Competition

9:30 a.m. Memorial Park Community Center,
Johnson City

Thursday, September 23

Swimming Events:

Freestyle 100Y & 500Y, Butterfly 50Y & 200Y, Breaststroke 100Y, Individual Medley 100Y Backstroke 50Y & 200Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Tuesday, September 28

Bowling—Singles (Men and Women) (Practice begins 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Wednesday, September 29

Bowling—Doubles (All Ages) (Practice begins 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Thursday, September 30

Bowling—Mixed-Doubles (All Ages) (Practice begins 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Saturday, October 9

Track/Field Events

Science Hill High School (Kermit Tipton Stadium), Johnson City)

7:30 a.m.	1500M Run
8:30 a.m.	100M Run
9:00 a.m.	800M Run
9:45 a.m.	50M Run
10:00 a.m.	Men & Women (Round Robin) Discus, Javelin, Long Jump, Shot Put, Triple Jump
11:30 a.m.	200M Run
12:00 p.m.	Break—30 minutes Bag lunch available—see page 2 (Registration & Fees)
12:45 p.m.	400M Run
1:30 p.m.	Softball Throw (Men) High Jump (Women) Softball Throw (Women) High Jump (Men)
2:00 p.m.	



Presenting Sponsor:
of Tennessee

Event Sites & New Rules

Cattails at Meadowview

1901 Meadowview Parkway, Kingsport
Phone: (423) 578-6622

Kermit Tipton Stadium (Science Hill High School)

501 Liberty Bell Parkway, Johnson City
Phone: (423) 378-8400

Kingsport Aquatic Center

1820 Meadowview Parkway, Kingsport
Phone: (423) 343-9758

Kingsport Senior Center

1200 East Center Street, Kingsport
Phone: (423) 392-8400

Memorial Park Community Center

510 Bert Street, Johnson City
Phone: 423-434-6237

Rock Springs Community Park

1720 Rock Springs Road, Kingsport
Phone: (423) 341-2954

Warpath Lanes

2449 Memorial Boulevard, Kingsport
Phone: (423) 246-2695

DISTRICT T-SHIRTS

Shirts are distributed to the senior center of your choice for pick-up about a week before the games. If you prefer, your t-shirt can be made available at one of the event sites above. **Indicate on the front of the entry form which senior center or event site that is most convenient for you.**

HEALTH

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor with regard to practice, preparation, and competition in these events and/or similar physical activity.

Presenting Sponsor:



NEW RULES FOR TRACK, SWIMMING & DOUBLES PLAY

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

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

SWIMMING: 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). Six events total may be chosen.

DOUBLES (ANY SPORT)

Doubles partners who qualify together for the state finals should plan to play together.

However, if one of the partners cannot attend, another qualified athlete in the same sport may be chosen prior to registering for the state games.

·Doubles players who participated in ONE event at the district (i.e. singles, mixed, or doubles) within any doubles sport may register for all three events.

Entry Form

General Information (PLEASE PRINT)

Last Name	First Name	Middle Initial
<hr/>		
Street Address (Include Apartment Number)		
<hr/>		
City	State	Zip Code
<hr/>	<hr/>	<hr/>
County	Date of Birth (Month/Date/Year)	
<hr/>	<hr/>	
Phone Number	Male	Female
<hr/>	<input type="checkbox"/>	<input type="checkbox"/>
	Age (as of 12/31/2022)	
	<hr/>	
Email Address	<hr/>	

T-Shirt Size (Circle Preferred Size)

S M L
XL XXL XXXL

Please indicate the
Senior Center or
Event Where You
Would Like to Pick
Up Your T-Shirt

Events (Open sports that do not require district qualification include Archery, Cycling (5K and 20K), Disc Golf, 5K & 10K Road Races, 5K Walk, Racquetball, Triple Jump, Pole Vault & Powerwalk). Sports not offered at the home district are also considered Open.

<input type="checkbox"/> Basketball Free Throw	<input type="checkbox"/> Shuffleboard (Singles)
<input type="checkbox"/> Basketball Hot Shot	<input type="checkbox"/> Shuffleboard (Doubles—May Be Mixed)
<input type="checkbox"/> Basketball Three-Point Shooting	Partner's Name _____ Age _____
<input type="checkbox"/> Bowling (Singles)	<input type="checkbox"/> Swimming (Indicate Each Event—Up To 6 Events)
<input type="checkbox"/> Bowling (Doubles)	Backstroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y
Partner's Name _____ Age _____	Breaststroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y
<input type="checkbox"/> Bowling (Mixed-Doubles)	Butterfly: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y
Partner's Name _____ Age _____	Freestyle: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y
<input type="checkbox"/> Cornhole (Singles)	Indiv. Medley (4 strokes): <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y
<input type="checkbox"/> Cornhole (Doubles-May Be Mixed)	<input type="checkbox"/> Table Tennis (Singles)
Partner's Name _____ Age _____	<input type="checkbox"/> Table Tennis (Doubles)
<input type="checkbox"/> Field Events (Indicate Each Event)	Partner's Name _____ Age _____
<input type="checkbox"/> Javelin <input type="checkbox"/> Shot Put <input type="checkbox"/> Discus	<input type="checkbox"/> Table Tennis (Mixed-Doubles)
<input type="checkbox"/> Triple Jump <input type="checkbox"/> High Jump <input type="checkbox"/> Long Jump	Partner's Name _____ Age _____
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track Events (Indicate Each Event)
<input type="checkbox"/> Golf	Run/Walk: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M
<input type="checkbox"/> Horseshoes	<input type="checkbox"/> 800M <input type="checkbox"/> 1500M
<input type="checkbox"/> Pickleball (Singles)	
<input type="checkbox"/> Pickleball (Doubles)	
Partner's Name _____ Age _____	
<input type="checkbox"/> Pickleball (Mixed-Doubles)	
Partner's Name _____ Age _____	

REGISTRATION DEADLINE: AUGUST 27, 2021

Health Information

Do you have specific health conditions or problems that medical personnel should be aware of in case of an emergency?

- ☐ No
- ☐ Yes (please explain) _____
- _____
- _____

Family Doctor _____

Phone () _____

Emergency Contact _____

Relationship to Competitor _____

Phone () _____

Are you a first-time Senior Olympics athlete?

- ☐ No
- ☐ Yes, but I wasn't recruited by a returning athlete
- ☐ Yes, I was recruited by a returning athlete
- Name _____

Entry and Event Fees

- ☐ Registration Fee (includes one t-shirt) \$ **40.00**
- ☐ I am participating in Bowling events:
_____ (no. of events) x \$7.00 = \$ _____
- ☐ Extra T-Shirt = \$8.00 (size: _____) \$ _____
- ☐ Donation \$ _____
- ☐ Lunch (Track/Field only) = \$8.50 \$ _____
(Lunch will **only** be provided to those that sign up and pay the \$8.50 fee. **No** extra lunches will be available at the event. (See page 2—Registration and Fees)

TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to **First Tennessee Development District (FTDD)**.

**Golf fees are payable to the Cattails at Meadowview Golf Course on the day of your event.

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, First District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, First Tennessee Development District and Area Agency on Aging and Disability, East Tennessee State University, Science Hill High School, Warpath Lanes, Cattails at Meadowview, City of Johnson City, Johnson City Parks & Recreation, Kingsport Aquatic Center, Kingsport Senior Center, Rock Springs Community Park, 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 First 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 District Senior Olympics without remuneration.

Signature _____ Date _____

This form must be completed and postmarked along with all fees by **August 27, 2021** in order to participate. Forms may be mailed to: First District Tennessee Senior Olympics, 3211 North Roan Street, Johnson City, TN 37601.

Please include your partner's name when registering for doubles and mixed doubles. Partners must also submit a registration form. You may not enter an event after the deadline.



State Finals

2022 STATE FINALS—IMPORTANT INFORMATION! PLEASE READ!

Information and exact dates for the 2022 Tennessee Senior Olympics State finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2022 State Finals, athletes must participate in a fall 2021 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, 2022 in order to compete in the 2022 State Finals.

For example, for the 2021 district games, age will be determined as of December 31, 2022. For the 2022 State Finals, age will also be determined as of December 31, 2022. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2022 State Finals. For example, an individual who turns 50 on April 1, 2022 will play in the 50-54 division in the fall 2021 district events although he or she is 49. Athletes must be 50 years old by December 31, 2022 to compete in the 2022 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 to be open. **This list is subject to change by our board of directors. Notification of changes will be via email.**

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 in early March 2022. Details will be emailed to all district participants.

Visit www.tnseniorolympics.com for more information about the State Finals.

NATIONALS

2022 Nationals

We wish the best of luck to those of you who plan to attend the National Senior Games—The Senior Olympics scheduled for May 10-23, 2022 in Fort Lauderdale, FL.

In response to the pandemic, NSGA made many adjustments to the qualification process for the above mentioned 2022 National Senior Games. All athletes who are eligible for the priority registration period will receive notification from the NSGA. An open registration period will also be offered.

2023 Nationals

The 2023 National Senior Games—the Senior Olympics is slated for Pittsburgh, PA. Dates to be announced. **Qualification for this event will occur at the 2022 Tennessee Senior State Finals in Williamson County.** Therefore, participating in your 2021 district is vital for those sports that require qualification. See state finals paragraphs above.

For more information about Nationals, please visit www.nsga.com.

Final Checklist

- ☐ I completed the Official Entry Form and Event Registration.
- ☐ I completed the Health Information Form and signed the Liability Waiver.
- ☐ I completed the Entry Form in full and included a check or money order for the total amount, payable to First Tennessee Development District (FTDD), and will submit all forms and payments by **August 27, 2021**.
- ☐ I understand that I may not enter any event after the deadline.

Contact Information

Teresa Sutphin
423-722-5120
tsutphin@ftaad.org

First District
Tennessee Senior Olympics
3211 North Roan Street
Johnson City, TN 37601

Presented By:



Major Sponsors:



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