

2021

TENNESSEE SENIOR OLYMPICS

GREATER NASHVILLE DISTRICT



Presented by:



of Tennessee

September 9 - 25, 2021

Entry Deadline: August 27

REGISTER ONLINE at www.tnseniorolympics.com

**The Tennessee Senior Olympics offers sports for individuals 50+.
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, 2022**. (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 an EMAILED confirmation of registered events along with a newsletter. This information will not be mailed. **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 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 regardless of place.**

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 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 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 2022. This does not apply to the open sports mentioned previously.

CHECK-IN FOR EVENTS

The start time for each event is listed below. If this changes, e-mail notifications will be sent. 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. Athletes from other districts are also welcome to register.

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

THURSDAY, SEPTEMBER 9, 2021

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

MONDAY, SEPTEMBER 20, 2021

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

TUESDAY, SEPTEMBER 21, 2021

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

WEDNESDAY, SEPTEMBER 22, 2021

8:30 a.m. FRC Pickleball, Doubles

** Due to schedule constraints only pickleball doubles and mixed doubles will be offered. TSO Rules state if you play in one of these events at a district you qualify for all 3 (singles, doubles, mixed) at the STATE FINALS. This rules applies to all doubles sports.

Time: Location Event

THURSDAY, SEPTEMBER 23, 2021

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 24, 2021

9:00 a.m. FRC Badminton, Singles, Doubles & Mixed Doubles
9:00 a.m. AP Shuffleboard, Singles & Doubles
9:00 a.m. AP Cornhole Singles & Doubles
12:30 p.m. ISC Tennis

SATURDAY, SEPTEMBER 25, 2021

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

Archery, Cycling (5K/20K), Power Walk, Corn Hole, 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 (for Greater Nashville that includes Race Walk). Subject to change.

Presented by:



District Sponsors



Event Sponsors

Franklin Entertainment Center
Two Rivers Golf Course
Brentwood High School



NEXT SUMMER'S 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 to compete in the 2022 state finals.

For example, for the 2021 districts, age will be determined as of December 31, 2022. For the 2022 state finals, age will 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 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2022 year 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 open. This list is subject to change by our board of directors.

Notification of changes will be via e-mail.

Registration for the state finals will open in March 2022.

Details will be e-mailed to all district participants.

Visit www.tnseniorolympics.com for more information about the state finals.

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 2021!

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

NATIONALS 2022 NATIONALS

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

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 article.

For more information about Nationals, please visit "<http://www.nsga.com>" www.nsga.com

You **MUST** participate at the district to attend the State Finals in 2022. Additional information may be found on our website, www.tnseniorolympics.com

IMPORTANT NOTICE - WE NEED AN EMAIL ADDRESS
Please note that all confirmation receipts and other information will be e-mailed.

E-mail Address

[Grid of 25 empty boxes for email address]

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

ENTRY FORM

General Information (please print)

Last Name

[Grid of 15 empty boxes for last name]

First Name

[Grid of 10 empty boxes for first name]

Initial

[1 empty box for initial]

Street Address (Include Apartment Number)

[Grid of 25 empty boxes for street address]

City

[Grid of 15 empty boxes for city]

State

[Grid of 2 empty boxes for state]

Zip Code

[Grid of 5 empty boxes for zip code]

County

[Grid of 15 empty boxes for county]

Date of Birth

[Grid of 3 boxes for month, 2 for day, 4 for year]

month day year

Age

[Grid of 2 empty boxes for age]

Male

[1 empty box for male]

Female

[1 empty box for female]

as of 12/31/2022

T-Shirt Size
(fill in appropriate box)

S	M
L	XL
XXL	XXXL

Primary Phone Number

[Grid of 3 boxes for area code, 3 for prefix, 7 for number]

Secondary Phone Number

[Grid of 3 boxes for area code, 3 for prefix, 7 for number]

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 (singles)
- Cornhole (doubles-may be mixed gender)
Partner's Name _____ DOB _____
- Field Events (indicate each event) Order of field events will be provided in an email to be sent a week out from the event.
 - Long Jump Softball Throw High Jump
 - Shot Put Discus Javelin
- Golf
- Pickleball (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)
See page 7 for rule to help combat fatigue and injuries that might occur during our one-day district 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) See page 7 for rule to help combat fatigue and injuries that might occur during our one-day district events.
 - 50M 100M 200M 400M 800M
 - 1500M Power Walk

Emergency Contact Info

Emergency Contact _____

Relation _____

Phone () _____

Entry and Event Fees

Entry Fee \$ 40.00

ENTRY FEE IS NON-REFUNDABLE.

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

Media Release

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

I am participating in track or field, Fee to offset officials. _____ \$5

I am participating in a team sport. Fee to offset officials. _____ \$5

Volunteer

Are you interested in volunteering for an event?

Yes, and I would prefer to volunteer for:

I am participating in golf + _____ \$.00
(\$27.00 includes cart. Lunch is optional this year and can be purchased at the course.)

No

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

Donation \$ _____ .00

TOTAL AMOUNT ENCLOSED \$ _____ .00

ENTRY FEE IS NON-REFUNDABLE

*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 2021 District Senior Olympics without remuneration.

Print Name _____

Signature _____ Date _____

This form must be completed and postmarked by August 27, 2021 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.

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



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.

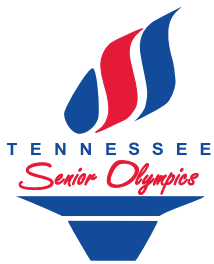
If two district events are completed (such as the 50 free and 100 fly), one additional free and one additional fly event at state may be picked up.

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.



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

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

District	2021 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 2021; Pickleball, February 2022	TBA	Kelly Price	(423) 240-1508	kelly@tnseniorolympics.com
East TN	October 1 - October 6	September 10	Melissa Ward	(865) 436-4990	eastdistricttnseniorolympics@gmail.com
First TN	September 13- October 9	August 27	Teresa Sutphin	(423) 722-5120	tsutphin@ftaaad.org
Greater Nashville	September 9 - September 25	August 27	Traci Meador	(615) 200-8760	gnseniorolympics@comcast.net
Memphis	September 24th - October 8th	September 17	Amanda Johnon	901-254-9113	amanda.memphisdistrict@outlook.com
Northwest	August 26 - November 5	August 9	Janie Nicholson	731-587-4213 ext. 207	Janie.Nicholson@nwtd.org
South Central	October 11-15	August 31	Pam Kemp	(931) 762-4231	pkemp@lawrenceburgtn.gov
Southeast	TBD	TBD	Tina South	(423) 745-6830	sesolympics@hotmail.com
Southwest	September 13 - September 24	August 20	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	September 1 - October 2	August 25	Angela Shadden	(931) 484-7416	fpsctn@yahoo.com

****Dates are subject to change without notice.** Visit www.tnseniorolympics.com/ find-your-district for more information. **Join the 50+ Movement! Feel Younger · Healthier · Stronger · Joyful**
 Please help us by sharing this information with a friend!

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District Sponsors



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