

# Northwest District Tennessee Senior Olympics

August 26 - November 5, 2021

Entry Deadline  
August 9, 2021

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](http://www.tnseniorolympics.com) or call 615-200-8760.

All participants are required to pay a one-time entry fee of \$25.00. 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 9, 2021**.  
Bowling \$4.00 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:

Janie Nicholson  
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, 2022.

## 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](http://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, August 26, 2021

### Corn Hole Doubles

Check in 9:30 a.m.

10:00 a.m. Crockett County Armory

## Monday, September 13, 2021

Check in Time 8:30 a.m.

### Bowling (singles, doubles, mixed doubles)

8:30 a.m. Prime Time Bowl & Grill, Dyersburg, TN

## Thursday, September 16, 2021

### Shuffleboard Singles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Union City Senior Center, Union City

## Friday, September 17, 2021

### Shuffleboard Doubles

Check in Time 8:00 a.m.

Starts at 8:30 a.m. Union City Senior Center, Union City

## Monday, September 27, 2021

### Golf

9:00 a.m. Dyersburg Municipal Golf Course  
(Rain Date, October 4, 2021)

## Tuesday, October 5, 2021

### Track & Field Check-in 7:30 a.m.

Track - 50M Run (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - 100M Run (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - 800M Run (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - 1500M Racewalk (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - 200M Run (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - 400M Run (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

Track - Power Walk (Rain Date, October12th)  
8:30 a.m. Union City High School, Union City, TN

## Track - 1500M Run (Rain Date, October12th)

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

## Field - Softball Throw (Rain Date, October12th)

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

## Field - Long Jump (Rain Date, October12th)

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 (Rain Date, October12th)

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

## Field - Discus (Rain Date, October12th)

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 22, 2021

Check in 9:00 a.m.

### Table Tennis (singles, doubles, mixed doubles)

9:30 a.m. Sharon Senior Center, Sharon, TN

### Horseshoes

9:30 a.m. Sharon Senior Center, Sharon, TN

### Washers

9:30 a.m. Sharon Senior Center, Sharon, TN

## Tuesday, October 28, 2021

### Swimming Check-in

11:00 a.m. UT-Martin

Swimming will be open between 11:00 a.m. - 1:00 p.m. Please come between these times to participate.

These events include:

50 & 100 Y Butterfly

50, 100,200 & 500 Y Freestyle

50, 100 & 200 Y Butterfly

50, 100 & 200Y Breaststroke

100 & 200 Y Individual Medley

## Friday, November 5, 2021

### Closing Ceremony\*

12:00 p.m. The Theme this year will be announced at a later time.

\*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 2022 Tennessee Senior Olympics State Finals will be posted at [www.tnseniorolympics.com](http://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. 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.

### 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).

Registration for the state finals will open early March 2022.

Details will be e-mailed to all district participants.

Visit [www.tnseniorolympics.com](http://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

### Dyersburg Municipal Golf Course

Address: 920 Golf Course Rd, Dyersburg, TN  
Phone: (731) 286-7620

### 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

### Sharon Senior Center

Address: 207 E. Main Street, Sharon, TN  
Phone: (731) 456-2213

### Union City Senior Center

Address: 622 S. Depot St., Union City, TN  
Phone: (731) 885-1246

### UT-Martin

Address: 544 University Street, Martin, TN  
Phone: (731) 881-7000

#### 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](http://www.tnseniorolympics.com).

Please check this for a complete listing of all rules.

# Entry Form

## General Information (please print)

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

Phone Number

Age

Day

Year

Female

E-mail Address

as of 12/31/2022

T-Shirt Size  
(fill in appropriate box)

M

L

XL

XXL

XXXL

To ensure you receive the correct size shirt, applications **MUST** be submitted by

August 9th

## Events (Note: Open events at the State level include: 50M run, 5K and 10K Runs, Archery, Cycling and Racquetball)

- Basketball Free Throw
- Basketball Hot Shot
- Basketball 3 Point
- Bowling (singles)
- Bowling (doubles)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_
- Bowling (mixed doubles)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_
- Corn Hole (doubles - may be mixed)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_
- Field Events (indicate each event)  
 Long Jump  Shot Put  Discus  
 Softball Throw

Golf

List others in foursome - all players must submit a registration form

Self \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Horseshoes

Shuffleboard (singles)

- Shuffleboard (doubles-may be mixed)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_
- Swimming (indicate each event - select only 6 events)  
Backstroke  50Y  100Y  200Y  
Breaststroke  50Y  100Y  200Y  
Butterfly  50Y  100Y  
Freestyle  50Y  100Y  200Y  500Y  
Individual Medley (4 strokes)  100Y  200Y

Table Tennis (singles)

Table Tennis (doubles)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_

Table Tennis (mixed doubles)  
Partner's Name \_\_\_\_\_ Age \_\_\_\_\_

Track Events (indicate each event)  
Run/Walk  50M  100M  200M  400M  
 800M  1500M Run  
 1500M Racewalk  
 Power Walk

Washers\*

Senior Center/County you represent: \_\_\_\_\_

\* Not a State Finals event

**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 \_\_\_\_\_

**Entry and Event Fees**

- Registration Fee \$ 25.00
- I am not participating in bowling \$ 0.00
- I am participating in bowling \_\_\_\_\_

number of events x \$4.00 =

- Golf Fees (\$20 to be paid with entry) \$ 20.00
- I am not attending the "Closing Ceremony"
- I am attending the "Closing Ceremony" (Athlete ticket \$3.00) \$ .00
- I am bringing guests to the "Closing Ceremony" \_\_\_\_\_

number of guests x \$8.00

- Donation \$ \_\_\_\_\_
- TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

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

**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, Sharon Senior 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 2021 District Senior Olympics without remuneration.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

This form must be completed and postmarked along with all fees by August 9, 2022 in order to participate. Forms may be mailed to:

Janie Nicholson  
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

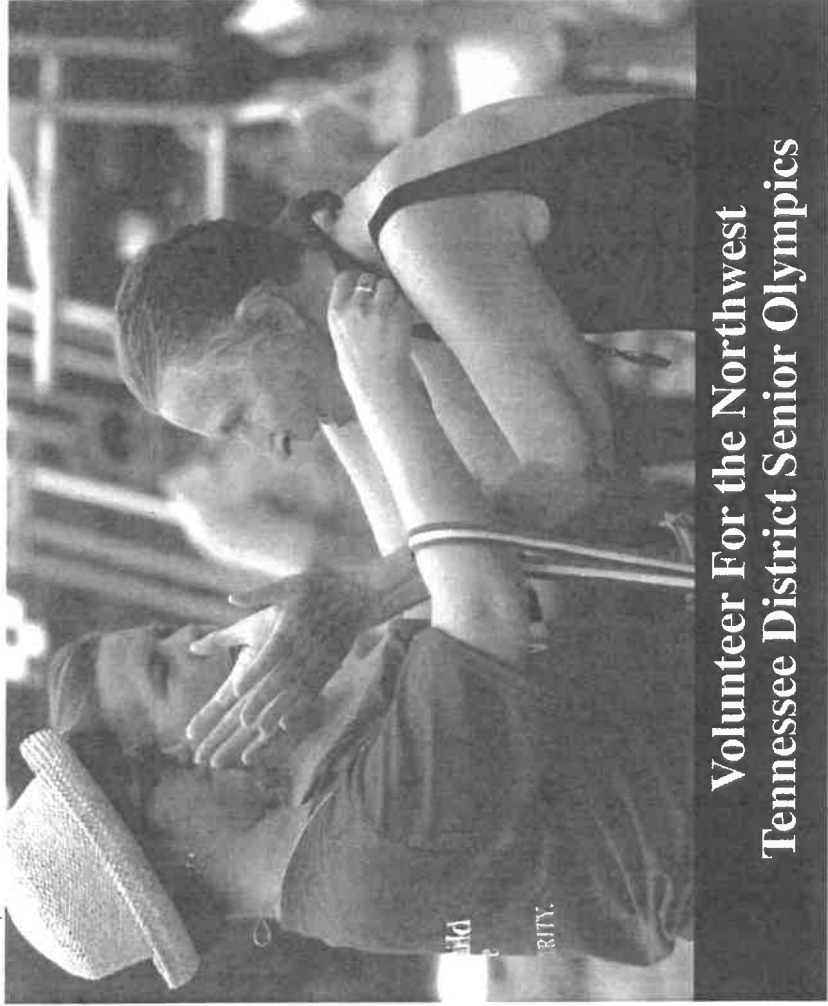
**Please Mail or Fax Back**

**Address:**  
Northwest District  
Tennessee Senior Olympics  
P.O. Box 963  
Martin, TN 38237

**Phone:**  
(731) 587-4213

**Fax:**  
(731) 588-5833

**E-mail:**  
janie.nicholson@nwttdd.org



## Volunteer For the Northwest Tennessee District Senior Olympics

### August 26 - November 5, 2021

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 August 26 - November 5, 2021

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

### **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 [www.nsga.com](http://www.nsga.com)



Northwest District  
Tennessee Senior Olympics  
P.O. Box 963  
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