

# 2022

*Welcome back to  
Gatlinburg!*

TENNESSEE SENIOR OLYMPICS

# EAST TN



# DISTRICT

**FREE BBQ Social**  
**Friday, September 30th at 2:00PM**  
**Mills Park Pavilion**  
**RSVP required**



of Tennessee

*Find us on*



**Sept. 30-Oct. 5, 2022**  
**Entry Deadline:**  
**September 9, 2022**

The 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.

# 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 \$40. 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 9/9. Bowling \$5.00 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:

Melissa Ward  
East District TSO  
P.O. Box 5  
Gatlinburg, TN 37738

**Please make checks payable to:  
EDTSO**

## AGE CATEGORIES

The Tennessee Senior Olympics age categories are as follows:

<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>
<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>95+</b>

Participants will qualify for age divisions according to their age as of December 31, 2023.

## RULES AND EQUIPMENT

All events will be conducted in accordance with the 2022 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 Gatlinburg Community Center at

865-436-4990 and on Facebook.

## AWARDS

The winners of each sport will be announced at the event site. The medals will be given out on site.

## EVENT SITES

### Gatlinburg Community Center

157 Mills Park Road, Gatlinburg, TN 37738 | (865) 436-4990

### Mynatt Park

634 Asbury Lane, Gatlinburg, TN 37738 | (865) 436-4990

### Mills Park

214 Mills Park Rd., Gatlinburg, TN 37738 | (865) 436-4990

### Gatlinburg Golf Course

520 Dollywood Lane, Pigeon Forge, TN 37863 | (800) 231-4128

The following counties are included in the East District: Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Morgan, Roane, Scott, Sevier and Union.

**PLEASE NOTE: READ SCHEDULE CAREFULLY AS IT HAS CHANGED.**

# EVENT SCHEDULE

**LEGEND:** Mills-Mills Park | GCC-Gatlinburg Community Center | GOLF - Gatlinburg Golf Course | Mynatt - Mynatt Park

## FRIDAY, SEPTEMBER 30, 2022

<b>Time:</b>	<b>Location</b>	<b>Event</b>
8:00 a.m. – 12:00 p.m.	Mills	Registration at Mills Park
10:00 a.m.	Mills	Track Events –LISTED IN MEET ORDER (50M, 800M, 100M, 400M, 200M, 1500M & 1500M Race Walk)
12:30 p.m.	Mills	Field Events-LISTED IN MEET ORDER (Men-Shot Put, Discus, Javelin, Long Jump, & Softball Throw) (Women-Discus, Shot Put, Long Jump, Javelin, & Softball Throw)

## SATURDAY, OCTOBER 1, 2022

8:00 a.m.-12:00 p.m.	GCC	Registration
8:30 a.m.	Mills	5K Run
9:30 a.m.	GCC Pool	Swimming warm ups
10:00 a.m.	GCC Pool	Swimming Events-LISTED IN MEET ORDER (200Y Free, 100Y Fly, 50Y Breast, 200Y IM, 100Y Back, 50Y Free, 200Y Breast, 100Y IM, 200Y Back, 100Y Free, 50Y Fly, 100Y Breast, 50Y Back, 500Y Free)
11:00 a.m.	GCC	Bowling Singles age 50-64
1:00 p.m.	GCC	Bowling-doubles age 50-64
3:00 p.m.	GCC	Bowling-mixed doubles age 50-64

## SUNDAY, OCTOBER 2, 2022

1:00 p.m.- 3:00 p.m.	GCC	Registration <Bowling Center>
1:00 p.m.	GCC	Bowling-singles age 75+
1:30 p.m.	GCC	Disc Golf
1:30 p.m.	Mynatt	Tennis (all events & age groups)*
2:30 p.m.	GCC	Bowling-doubles age 75+
4:00 p.m.	GCC	Bowling-mixed doubles age 75+

**\*Check-In with G. Webb at Mynatt Park**





# EVENT SCHEDULE

**LEGEND:** MP-Mills Park | GCC-Gatlinburg Community Center | GOLF - Gatlinburg Golf Course | Mynatt Park

## MONDAY, OCTOBER 3, 2022

7:00 a.m.- 11:00 a.m.	GCC	Registration
8:00 a.m.	GCC	Pickleball - singles
8:30 a.m.	GCC	Pickleball - doubles & mixed doubles
11:00 a.m.	GCC	Bowling - singles age 65-69
1:00 p.m.	GCC	Bowling - mixed doubles age 65-69
3:00 p.m.	GCC	Bowling - mixed doubles age 65-69

## TUESDAY, OCTOBER 4, 2022

8:30 a.m.-1 p.m.	GCC	Registration
9:00 a.m.	GCC	Table Tennis – women & men
9:00 a.m.	GCC	Cornhole – singles & doubles (may be mixed)
11:00 a.m.	GCC	Bowling – singles ages 70-74
12:00 p.m.	GCC	Basketball – all women
12:30 p.m.	GCC	Basketball – all men
1:00 p.m.	GCC	Bowling – doubles ages 70-74
3:00 p.m.	GCC	Bowling – mixed doubles ages 70-74

## WEDNESDAY, OCTOBER 5, 2022

9:30 a.m.	GCC-GOLF	Registration
10:00 a.m.	GCC-GOLF	Golf - *Shot Gun Start*



**of Tennessee**



Both sides of this Entry Form must be completed fully to successfully register  
**Register online: [www.tseniorolympics.com](http://www.tseniorolympics.com) or complete form and mail in.**

**General Information** (please print)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Street Address (if different than mailing) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number H:  C:  \_\_\_\_\_ E-mail Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of 12/31/2023) \_\_\_\_\_  Male or  Female

Shirt Size (circle one) S M L XL XXL XXXL County \_\_\_\_\_

**Events** –Note: Open events at the State level include: 5K &10K Runs, Archery, Cycling, Racquetball, Power Walk and any sport not offered in your district event.

**Basketball**

Free Throw  3-Point  Hot Shot

Bowling (singles)

Bowling (doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Bowling (mixed doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Cornhole

Singles

Doubles

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Disc Golf

Field Events (indicate each event)

Long Jump  Javelin  Shot Put

Discus  Softball Throw

Golf

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

Self \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Pickleball (singles)

Pickleball (doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Pickleball (mixed doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

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 \_\_\_\_\_ Bday \_\_\_\_\_

Table Tennis (mixed doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Tennis (singles)

Tennis (doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Tennis (mixed doubles)

Partner's Name \_\_\_\_\_ Bday \_\_\_\_\_

Track Events (indicate each event)

Run/Walk-  50M  100M  200M

400M  800M  1500M Run  1500M Racewalk

5K Run

## 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

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

## Recruitment

Are you a first-time Senior Olympics athlete?

- No  
 Yes

## BBQ Social

There will be a FREE BBQ Social at the Mills Park Pavilion on Friday, September 30th at 2:00PM to welcome back all of our athletes. Each attendee & any guests will need a ticket to attend.

- No, I won't attend the BBQ Social  
 Yes, I will attend the BBQ Social & need \_\_\_\_\_ tickets for my guests and myself.

## 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, East District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Town of Pigeon Forge, Gatlinburg Recreation Department, Gatlinburg 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 East 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 2022 District Senior Olympics without remuneration.

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

## Entry and Event Fees

Deadline 9/9 (postmarked by) \$40.00

I am entering over ten events  
\_\_\_\_\_ - 10 = \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_.00  
number of  
events entered

I am participating in a bowling event  
\_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_.00  
number of  
bowling events

I am participating in golf + \$50.00 \$ \_\_\_\_\_.00

Donation \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Make checks payable to "East District TN Sr Olympics"

Mail all forms to: East District TN Sr Olympics  
c/o Gatlinburg Recreation Dept.  
P.O. Box 5  
Gatlinburg, TN 37738

melissaw@gatlinburgtn.gov

Credit card info

Exp \_\_\_\_/\_\_\_\_ 3 digit security code on back \_\_\_\_\_

This form must be completed and postmarked by September 9, 2022 in order to participate. Forms may be mailed to: East District Tennessee Senior Olympics, c/o Gatlinburg Recreation Department  
PO Box 5, Gatlinburg, TN 37738

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.

## **NEXT SUMMER'S STATE FINALS**

### **IMPORTANT INFORMATION! PLEASE READ!**

Information and exact dates for the 2023 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 2023 state finals, athletes must participate in a fall 2023 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, 2023 to compete in the 2023 state finals.

For example, for the 2022 districts, age will be determined as of December 31, 2023. For the 2023 state finals, age will be determined as of December 31, 2023. 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, 2023 will play in the 50-54 division in the fall 2022 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2023 year to compete in the 2023 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 2023.

Details will be e-mailed to all district participants.

Visit [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for more information about the state finals.

## **NATIONALS**

### **2023 Nationals**

We wish the best of luck to those of you who qualified and plan to attend the National Senior Games- the Senior Olympics for July 7-18, 2023 in Pittsburgh, PA.

Qualifying for the 2023 Nationals was held during our 2022 State Finals in June (for most sports), August for pickleball, and September for cycling.

### **2025 Nationals**

The next qualifying cycle will begin with the 2023 fall districts leading to the 2024 state finals. This offers an opportunity to advance to the 2025 Nationals. Location to be determined.

For more information about Nationals, please visit [www.nsga.com](http://www.nsga.com)



East TN District  
Tennessee Senior Olympics  
c/o Gatlinburg Recreation Department  
PO Box 5 Gatlinburg, TN 37738

## Final Checklist

- I completed the Official Entry Form and the Event Registration Form.
- I completed the Health Information Form and signed the Liability Waiver.
- I completed the Fee and Ticket Order Form and included a check or money order for the total amount payable to East District Tennessee Senior Olympics and I submitted all forms before September 9, 2022.
- I am including the above pages to be mailed back.
- I understand I may not enter any events after the deadline.

## Contact Information

Melissa Ward, Coordinator

E-Mail: [eastdistricttnseniorolympics@gmail.com](mailto:eastdistricttnseniorolympics@gmail.com)

Phone: (865) 436-4990

Address: Melissa Ward, East District Coordinator

Tennessee Senior Olympics  
c/o Gatlinburg Recreation Department  
PO Box 5 Gatlinburg, TN 37738

District Dates: Sept. 30-Oct. 5, 2022

Presented by:



of Tennessee

District Host



RECREATION DEPARTMENT