

# 2022

**TENNESSEE SENIOR OLYMPICS-SOUTH CENTRAL DISTRICT**



**October 17-21, 2022**

Registration Deadline- September 16, 2022

Register Online at:

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

and click on the RED District Registration button at the top right.



The Tennessee Senior Olympics is a sports competition for athletes ages 50 and older of all skill levels. 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.

## **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. 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. Teams and individuals 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. For further information about all district dates and deadlines please visit [www.tnseniorolympics.com](http://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, 75-79, 80-84, 85-89, 90-94, 95-99

Participants will qualify for age divisions according to their age as of December 31, 2023. In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member.

## **REGISTRATION**

We are now offering ONLINE REGISTRATION! Register Online at:

<http://southcentralTSO.fusesport.com/registration/1580/>.

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 email with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact Frank Campbell at 931-762-4231 or [fcampbell@lawrenceburgtn.gov](mailto:fcampbell@lawrenceburgtn.gov).

## **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.

## **AWARDS**

Medals will be presented for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 scheduled 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 931-762-4231 to check for information and updates to the schedule.

## **RULES & EQUIPMENT**

All events will be conducted in accordance with the 2022 Tennessee Senior Olympics Official Rules Manual. The complete rules manual is available on the state website, [www.tnseniorolympics.com](http://www.tnseniorolympics.com). Equipment for each

event will be provided unless stated otherwise in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event.

## 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 this time, he or she will be scratched from the event.

## DISTRICT

The following counties are included in the South Central District: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, & Wayne.

## EVENT SCHEDULE

**LEGEND:** TPA- Tenn Pin Alley (Columbia), LGCC- Lawrenceburg Golf & Country Club, LPRD- Lawrenceburg Parks & Recreation Department, SRC- Shelbyville Recreation Center, CSCC- Columbia State Community College

Time:	Location	Event
<b>MONDAY, OCTOBER 17</b>		
8:00am	LPRD	Check-in
8:30am	LPRD	Opening Ceremonies
9:00am	LPRD	Shuffleboard Doubles
10:00am-12:00pm	LPRD	Basketball Free Throw
12:00pm-1:00pm	LPRD	Softball Throw

### TUESDAY, OCTOBER 18

8:30am	LPRD	Shuffleboard-Women Singles
8:30am	LPRD	Horseshoes-Men
10:30am	SRC	Swimming- All events
11:00pm	LPRD	Shuffleboard-Men Singles
11:00pm	LPRD	Horseshoes-Women

### WEDNESDAY, OCTOBER 19

8:00am	CSCC	100M Run
8:30am	CSCC	1500M Powerwalk
9:00am	CSCC	50M Run
9:30am	CSCC	200M Run
10:00am	CSCC	1500M Run
10:30am	CSCC	1500M Racewalk
11:00am	CSCC	400M Run
11:30am	CSCC	800M Run
1:00pm	CSCC	Shotput, Discus, & Javelin

Time:	Location	Event
<b>THURSDAY, OCTOBER 20</b>		
8:30am	LGCC	Golf Check in
9:00am	LGCC	Golf (Shotgun Start)
9:00am	LPRD	Cornhole
10:00am	SRC	Pickleball
12:00pm	LPRD	Table Tennis

### FRIDAY, OCTOBER 21

8:00am	TPA	Bowling-Singles
10:30am	TPA	Bowling-Doubles
1:00pm	TPA	Bowling-Mixed Doubles

### WEDNESDAY, NOVEMBER 2

11:00am	LPRD	Closing Luncheon
---------	------	------------------

If the sport is not offered, those sports are open events at the State Olympics



## 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 2023 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.**

### 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)

## EVENT SITES

### Tenn Pin Alley

730 Mooresville Pike  
Columbia, TN 38401  
931-381-2695

### Columbia State

1665 Hampshire Pike  
Columbia, TN 38401

### Lawrenceburg Country Club

1901 W Gaines Street  
Lawrenceburg, TN 38464  
931-762-2500

### Lawrenceburg Parks & Recreation

927 N Military Ave.  
Lawrenceburg, TN 38464  
931-762-4231

### Shelbyville Recreation Center

220 Tulip Tree Rd  
Shelbyville, TN 37160  
931-684-9780

# SOUTH CENTRAL DISTRICT ENTRY FORM

Are you a first-time Senior Olympics Athlete?

- ☐ Yes  
☐ No

E-mail Address: \_\_\_\_\_

(Please note that all confirmation receipts and other information will be emailed. Please provide an email address for yourself or of a son, daughter, or someone who is able to pass the information on to you.)

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

Street Address: \_\_\_\_\_

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

County: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age (as of 12/31/2023): \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

T-Shirt Size (circle one):      Small      Medium      Large      XL      XXL      XXXL

Events:

- |  |   |
|--|---|
| <input type="checkbox"/> Basketball Free Throw               | <input type="checkbox"/> Table Tennis (singles)         |
| <input type="checkbox"/> Softball Throw                      | <input type="checkbox"/> Golf (\$30 Fee)                |
| <input type="checkbox"/> Bowling (singles) (\$3 Fee)         | <input type="checkbox"/> Swimming (indicate each event) |
| <input type="checkbox"/> Bowling (doubles) (\$3 Fee)         | <input type="checkbox"/> Backstroke 50M                 |
| Partner's Name _____ DOB _____                               | <input type="checkbox"/> Backstroke 100M                |
| <input type="checkbox"/> Bowling (mixed doubles) (\$3 Fee)   | <input type="checkbox"/> Breaststroke 50M               |
| Partner's Name _____ DOB _____                               | <input type="checkbox"/> Breaststroke 100M              |
| <input type="checkbox"/> Javelin                             | <input type="checkbox"/> Butterfly 50M                  |
| <input type="checkbox"/> Shot put                            | <input type="checkbox"/> Freestyle 50M                  |
| <input type="checkbox"/> Discus                              | <input type="checkbox"/> Freestyle 100M                 |
| <input type="checkbox"/> Horseshoes                          | <input type="checkbox"/> Track (indicate each event)    |
| <input type="checkbox"/> Cornhole                            | <input type="checkbox"/> 50M                            |
| Partner's Name _____ DOB _____                               | <input type="checkbox"/> 100M                           |
| <input type="checkbox"/> Pickleball (doubles)                | <input type="checkbox"/> 200M                           |
| Partner's Name _____ DOB _____                               | <input type="checkbox"/> 400M                           |
| <input type="checkbox"/> Pickleball (mixed doubles)          | <input type="checkbox"/> 800M                           |
| Partner's Name _____ DOB _____                               | <input type="checkbox"/> 1500M                          |
| <input type="checkbox"/> Shuffleboard (singles)              | <input type="checkbox"/> 1500 Racewalk                  |
| <input type="checkbox"/> Shuffleboard (doubles-may be mixed) | <input type="checkbox"/> Powerwalk                      |
| Partner's Name _____ DOB _____                               |   |

### Health Information

Do you have specific health conditions or problems that would need to be known in case of emergency

- ☐ No  
☐ Yes \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relation \_\_\_\_\_

Phone \_\_\_\_\_

### **Are you interested in volunteering for an event?**

- ☐ Yes  
☐ No

### **Closing Luncheon/Awards Ceremony (November 2, 2022)**

\_\_\_\_\_ I will be attending the Closing Luncheon

\_\_\_\_\_ I will be attending the Closing Luncheon with guests

\_\_\_\_\_ x \$10.00 = \_\_\_\_\_

\_\_\_\_\_ I will **NOT** be attending the Closing Luncheon

### **Entry and Event Fees**

- ☐ **Registration Fee** **\$30.00**  
(postmarked by September 16, 2022)

#### **Additional Fees**

- ☐ **Golf Fee + \$30** **\$\_\_\_\_\_**  
(Greens/Cart fee)  
☐ **Bowling Fee** **\$\_\_\_\_\_**  
(+ \$3.00/event)  
☐ **Additional Luncheon Tickets** **\$\_\_\_\_\_**  
(\$10.00/extra ticket)  
☐ **Donation** **\$\_\_\_\_\_**

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

MAKE CHECKS PAYABLE TO:

**South Central District Senior Olympics**  
**927 N Military Ave. Lawrenceburg, TN 38464**

### **Liability Waiver**

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competitions I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, Blue Cross Blue Shield of Tennessee, South Central District Senior Olympics, South Central Development District, Lawrenceburg Parks & Recreation, Tenn Pin Alley, Lawrenceburg Golf & Country Club, Shelbyville Parks & Recreation, Columbia State Community College, 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 South Central District Senior Olympics and planned special events. To the best of my knowledge, I have no physical restrictions which would prohibit my competing in the events 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 this year's District Senior Olympics without remuneration.

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

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

**This form must be completed and postmarked by September 16, 2022. Forms to be mailed to: 927 N Military Ave. Lawrenceburg , TN 38464. Make checks payable to "South Central District Senior Olympics".**