

2023

TENNESSEE SENIOR OLYMPICS

STATE FINALS



OUT-OF-STATE Athletes allowed in certain sports. See article inside for more information.

Event is open to all TN athletes turning 50 by 12/31/23. Tell your friends!

June 23-29

All sports except Pickleball and cycling

August 10-13

Pickleball

September 9-10

Cycling

Presented by:



ENTRY DEADLINES:

JUNE EVENTS

MAY 5

PICKLEBALL

JULY 20

CYCLING

AUG 18

ONLINE REGISTRATION AVAILABLE- VISIT www.tnseniorolympics.com

The 43rd Annual Tennessee Senior Olympics is a sports competition for athletes 50 and older that combines a wide range of competitive activities. Residents from 10 District/Metropolitan areas across the state will be competing. The mission of the Senior Olympics is to promote healthy lifestyles for seniors through fitness, sports, and an active involvement in life.

REGISTRATION INFORMATION

WHO IS ELIGIBLE?

1. Event is **OPEN** to all TN residents and those who live within 30 miles of the TN border turning 50 by 12/31/23.
2. **OUT-OF-STATE ATHLETES:** The TSO Board of Directors recently met and adopted the following rule: The sports of basketball, volleyball, archery, and cycling will be open to out-of-state residents with TN receiving priority registration. Out-of-state athletes may register starting April 15 as long as capacity has not been reached.

HOW DO I REGISTER?

ONLINE-To register online, go to www.tseniorolympics.com
OR

MAIL-Fill out the entry form. (Note: team captains must submit/mail all applications and a roster in together). If a roster is not submitted, then your team will not be registered until it is received.

Make check payable to 'TN Senior Olympics' and mail to:
TN Senior Olympics
PO Box 681
Mt. Juliet TN 37121

WILL I RECEIVE A REGISTRATION CONFIRMATION?

Yes. Confirmations are sent by email. Please provide an email address or one of a friend or family member. It is important for someone to view your sports/events to ensure everything is correct.

ADDITIONAL information can be found at www.tseniorolympics.com.

WHAT TIME WILL I BE SCHEDULED TO PLAY ON THE DAY MY SPORT IS HELD?

Bracketed sports times cannot be determined until all entries have been received and numbers analyzed. Some age groups may not start until later in the day. Starting times per age group will be posted on the website a week before state finals. Start times for non-bracketed sports such as swimming and track are included on the schedule (enclosed in this brochure).

HOW CAN I FIND A PARTNER OR TEAM?

We have a real-time link available online 24/7 to show athletes who are looking for partners or teams. Please go to our website, www.tseniorolympics.com, to fill out a request or view the information.

HOTEL INFORMATION

Please check our website at www.tseniorolympics.com for hotel information. Click "State Finals" and then "Hotel Information".

ATHLETE RECEPTION

Monday, June 26, 6:30pm
Williamson County Enrichment Center
110 Everbright Ave
Franklin, TN 37064

Tickets: \$10 athlete / \$12 guests
Appetizers and light refreshments served

Further details will be posted at www.tseniorolympics.com

2025 NATIONAL INFORMATION

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

Presenting Sponsor:



Title Sponsors:


WILLIAMSON COUNTY
PARKS & RECREATION


Franklin
TENNESSEE

Also Sponsored By:



RACE DAY EVENTS



CHATTANOOGA
SPORTS

Both sides of this Entry Form must be completed fully to successfully register

IMPORTANT NOTICE – EMAIL ADDRESS

Please note that all confirmation receipts and other information will be e-mailed. Please provide an e-mail address for yourself or the e-mail address of a son, daughter, or grandchild who is able to pass the information to you. We will be communicating via email ONLY.

Please be sure and check your Spam and /or Junk folder if you do not receive an email from us after submitting your registration online.

Confirmations will be **E-MAILED**. Please write clearly.

You must pre-register to participate. Check the Schedule of Events for general starting times. Please make sure that your partner's name and age are correct. Doubles partners must be recorded or team will be scratched. Your registration fee includes the first ten (10) events that have been entered. An event includes any activity (i.e. the 100M, 200M and 400M Runs are considered three events). For every event over ten (10), there is a \$5 fee. Fee covers administrative costs, registration materials, memorabilia item, insurance, medals, equipment, etc. FEES ARE NON-REFUNDABLE.

ENTRY FORM

General Information (please print)

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

month day year

Primary Phone Number

Age

Male

Female

Secondary Phone Number

as of
12/31/2023

Media Release

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

Emergency Contact's Name

Emergency Contact's Phone Number

Are you a First Time Participant Yes or No.

If so, how did you hear about the TSO?

Volunteer

Are you interested in volunteering for an event?

Yes

(list events here)

No

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the Tennessee Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Williamson County Parks & Recreation Department, Chattanooga Sports Committee, Chattanooga Convention Center, Chattanooga Recreation Division, Music City Archery, Williamson County Convention and Visitors Bureau, Williamson County Government, Race Day Events, Franklin High School, City of Franklin, City of Brentwood, Franklin City Parks, Williamson County Medical Center, Franklin Entertainment Center, Franklin Bridge Golf Club, and Williamson County Board of Education 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 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 2023 Tennessee Senior Olympics without remuneration.

Signature _____

Date _____

T-Shirt Size	
Dri-Fit Unisex Fit (fill in appropriate box)	
XS	
S	M
L	XL
XXL	XXXL

Both sides of this Entry Form must be completed fully to successfully register

TEAM CAPTAINS – IMPORTANT NOTICE

If registering online, an online roster will pop up when you click you are the captain. It MUST be completed for your team to be officially registered, OR you may mail in a paper roster. Please note that you or EVERY team player must complete all aspects of online registration for each player including name, address, date of birth, etc.

If registering via mail, team captains must mail all entry forms for all players plus a paper roster in at once.

A roster must be submitted for your team to be officially registered. Rosters are available at www.tnseniorolympics.com.

EVENT SELECTION

- Archery (select one event only)
 - Barebow Recurve Compound Fingers
 - Compound Release Recurve
 - Barebow Compound

- Badminton (Singles) District place _____
- Badminton (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Badminton (Mixed Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Basketball Free Throw
- Basketball 3-Point
- Basketball Hot Shot
- 3-on-3 Basketball District place _____
Team Name _____
Team Captain Name _____
- 3x3 Team Connect Event- Find a Team
- Bowling (Singles)
- Bowling (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Bowling (Mixed Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Cornhole Singles
- Cornhole Doubles District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Cornhole (mixed doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Cycling 40K _____ Avg Time 20K _____ Avg Time
5K _____ Avg Time
- Disc Golf
- Golf (36 holes)
Golf Handicap _____
- Pickleball
Skill level (3.0, 3.5 etc REQUIRED) _____
- Pickleball (Singles) District place _____
- Pickleball (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Pickleball (Mixed Dbls) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Racquetball (Singles)
- Racquetball (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Racquetball (Mixed Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____

- Shuffleboard (Singles) District place _____
- Shuffleboard (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
Shuffleboard doubles may be mixed or same gender.

Swimming (Maximum of 6 events)

Please place Average Time by each event

- Backstroke 50Y Time _____
 100Y Time _____
 200Y Time _____
- Breaststroke 50Y Time _____
 100Y Time _____
 200Y Time _____
- Butterfly 50Y Time _____
 100Y Time _____
 200Y Time _____
- 50Y Time _____
- 100Y Time _____
- 200Y Time _____
- 500Y Time _____



- Indiv. Medley 100Y Time _____
 200Y Time _____
 400Y Time _____

- Table Tennis (Singles) District place _____
- Table Tennis (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Table Tennis (Mixed Dbls) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Tennis (*only two tennis events may be entered*)
Skill level (3.0, 3.5 etc REQUIRED) _____
- Tennis (Singles) District place _____
- Tennis (Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____
- Tennis (Mixed Doubles) District place _____
Partner's Name _____
Date of Birth _____ Age _____

Track (*please list Average Time*)

- 50M Run Time _____
- 100M Run Time _____
- 200M Run Time _____
- 400M Run Time _____
- 800M Run Time _____
- 1500M Run Time _____
- Powerwalk Time _____
- 5K Walk 5K Run 10K Run

- Field Events
 - Long Jump Javelin Discus Shot Put
 - Triple Jump High Jump Pole Vault Softball Throw
- Volleyball District Place _____
Team Name _____
Team Captain Name _____

FEES

Online Registration & Payment Available - visit www.tnseniorolympics.com
or use this form to figure total cost. Mail check or money order with the Registration Form.

Make check payable to the Tennessee Senior Olympics

GOLF REGISTRATION (All-inclusive price includes 36 holes, cart, lunch each day, medals, and other administrative costs. This fee also allows athletes to register for June 23 - September 10 state finals sports if eligible. Registration fee will be waived below for other sports but not other fees such as the team fees etc). **Do NOT pay the registration fee of \$70 seen right below.** **\$150.00** \$ _____

STATE REGISTRATION FEE (Fee covers administrative costs, registration materials, memorabilia item, insurance, medals, equipment, etc.; FEE IS NON-REFUNDABLE).

ENTRY FEE \$70 (NON-REFUNDABLE) **\$70.00** \$ _____

TEAM ATHLETE FEE – All team athletes (basketball & volleyball) are required to pay a fee to help with referee expenses. This is a one-time \$5 fee even if the athlete plays more than one team sport. **\$5.00** \$ _____

TRACK/FIELD, 5K/10K ROAD RACES FEE – Athletes are required to pay a one-time fee to offset timing expenses and cost of officials. **\$5.00** \$ _____

CYCLING FEE– Fee to offset timing, cycling staff, and equipment costs **\$10.00** \$ _____

PARTY – Athlete Reception Monday, June 26 at 6:30 pm in Franklin, TN **\$10.00** \$ _____

GUEST \$12.00 PER PERSON \$ _____

EXTRA EVENT FEE – First ten (10) events are included in Entry Fee. A \$5 fee _____ **X \$5.00** \$ _____
is added for each event that is entered over the initial 10.

FACILITY & TOURNAMENT FEES

Bowling singles **\$8.50** \$ _____

Bowling doubles **\$8.50** \$ _____

Bowling mixed doubles **\$8.50** \$ _____

FIT FOR LIFE PROGRAM – for donations received by 9/1

Level 1 – Recognition in program and on website **\$25.00** \$ _____

Level 2 – Level 1 plus extra T-shirt and drawing for entry fee **\$50.00** \$ _____

Level 3 – Level 2 plus TSO Memorabilia Item and recognition on website **\$100.00+** \$ _____

Donation Only – I do not want to receive the above items. \$ _____

Please make the above donation in honor of or in memory of the following person:

_____ In Honor/In Memory (please circle)

I am aware the Entry Fee is
Non-Refundable (please check)

FINAL CHECKLIST

- I completed the information on the Tennessee Senior Olympics Official Entry Form and Event Registration Form.
- Signed the Liability Waiver.

I completed the Fee Form and included a check or money order for the total amount payable to:

Tennessee Senior Olympics.

I am including the above pages (3) to be mailed back.

TOTAL AMOUNT ENCLOSED \$ _____



Questions?

Contact us at
info@tnseniorolympics.com or
(615) 200-8760

Mail all forms to this address
Tennessee Senior Olympics, Inc.
PO Box 681
Mt. Juliet TN 37121

STATE FINALS EVENT SCHEDULE

Subject to Change



Friday, June 23, 2023

Athlete Check-in 1:30-6:00 p.m. Franklin High School

Field Event Rotation 3-8:00 p.m. Franklin High School
(High jump, Long jump, Triple jump, Pole vault)

3x3 Basketball

Team Connect Event TBD TBD

(For players seeking a team)

Saturday, June 24, 2023

Athlete Check-in 7:15 a.m. – 5:00 p.m. Franklin High School

Track and Field 8:00 a.m. Franklin High School

(1500M Run, followed by 400M Run)

Volleyball 9:00 a.m. Academy Park

3x3 Basketball 9:00 a.m. TBD

50/55/60

Basketball Skill Events 50/55/60 12:00 p.m. TBD

Field Event Rotation 11 a.m. Franklin High School

(Shot put, Discus, Javelin)

Softball Throw 11-2:00 p.m. Franklin High School

Archery Practice 4:00-6:00 p.m. Williamson County Soccer Complex

Track and Field 5:00 p.m. Franklin High School

(100M Run, Followed by 4x100M Relay**)

Sunday, June 25, 2023

Athlete Check-in 7:15 a.m.–5 p.m. Franklin High School

Track and Field 8:00 a.m. Franklin High School

(50M Run followed by 800M Run, followed by powerwalk, followed by 200M Run)

Archery 9:00 a.m. Williamson County Soccer Complex

3x3 Basketball 9:00 a.m. TBD

50+/55+/60+

Volleyball 9:00 a.m. Academy Park

Basketball Skill Events 65+

(Free throw, 3-point, Hot Shot) 12:00 pm
TBD

Bowling Practice 11 a.m.-6 p.m. Franklin Entertainment Center

3x3 Basketball 2:00 p.m. TBD

65+/70+/75+/80+

Tennis 12:00 p.m. Indoor Sports Complex

Monday, June 26, 2023

Athlete Check-in 7:15 a.m.–4 p.m. Franklin High School

Golf 8:00 a.m. Franklin Bridge Golf Club

Tennis 8:00 a.m. Indoor Sports Complex

Bowling 9:00 a.m. Franklin Entertainment Center
(doubles 50-64)

Badminton 9:00 a.m. Franklin Recreation Complex
(Doubles, mixed doubles, singles)

Shuffleboard 8:00 a.m. Academy Park

(Singles, Doubles all ages)

Racquetball 9:00 a.m. Longview Recreation Center

3x3 Basketball 9:00 a.m. TBD

65+/70+/75+/80+

Disc Golf 9:00 a.m. Crockett Park

Swimming Practice 12:00-3:00 p.m. Indoor Sports Complex

Bowling 12:00 p.m. Franklin Entertainment Center
(mixed 50-64)

Bowling 3:00 p.m. Franklin Entertainment Center
(singles 50-64)

Athlete Reception 6:30 p.m. Williamson County Enrichment Center

Tuesday, June 27, 2023

Athlete Check-in 7:15 a.m.-4 p.m. Franklin High School

Golf 8:00 a.m. Franklin Bridge Golf Club

5K Run/Walk 6:30 a.m. River Park

Tennis 8:00 a.m. Indoor Sports Complex

Cornhole 8:00 a.m. Academy Park
(singles, doubles, mixed doubles)

Swimming 8:30 a.m. Indoor Sports Complex
(warm-ups)

Tuesday, June 27, 2023

Swimming 9:00 a.m. Indoor Sports Complex
(200Y freestyle)

Bowling 9:00 a.m. Franklin Entertainment Center
(singles, 65-74)

Racquetball 9:00 a.m. Longview Recreation Center

Badminton (if needed) Franklin Recreation Center

*Times listed are general start times. Please check website for more specific information per sport.

STATE FINALS EVENT SCHEDULE

continued

Swimming (100Y butterfly)	9:30 a.m.	Indoor Sports Complex
Swimming (50Y breaststroke)	10:00 a.m.	Indoor Sports Complex
Swimming (200Y individual medley)	10:30 a.m.	Indoor Sports Complex
Bowling (singles 75+)	12:00 p.m.	Franklin Entertainment Center
Swimming (100Y backstroke)	12:00 p.m.	Indoor Sports Complex
Swimming (50Y freestyle)	12:30 p.m.	Indoor Sports Complex
Swimming (200Y breaststroke)	1:00 p.m.	Indoor Sports Complex
Swimming (200Y butterfly followed by 100Y free relay)	1:30 p.m.	Indoor Sports Complex
Bowling (doubles 65-74)	3:00 p.m.	Franklin Entertainment Center

Wednesday, June 28, 2023

Athlete Check-in	7:15 a.m. - 4 p.m.	Franklin High School
Tennis	8:00 a.m.	Indoor Sports Complex
Cornhole (if needed)		Academy Park
Swimming (warm up)	8:30 a.m.	Indoor Sports Complex
Table Tennis (singles, doubles, mixed doubles)	9:00 a.m.	Academy Park
Swimming (200Y backstroke)	9:00 a.m.	Indoor Sports Complex
Bowling (doubles 75+)	9:00 a.m.	Franklin Entertainment Center
Racquetball	9:00 a.m.	Longview Recreation Center
Swimming (100Y freestyle)	9:30 a.m.	Indoor Sports Complex
Swimming (50Y butterfly)	10:00 a.m.	Indoor Sports Complex
Swimming (100Y breaststroke)	10:30 a.m.	Indoor Sports Complex
Swimming (50Y backstroke)	12:00 p.m.	Indoor Sports Complex
Bowling (mixed doubles 65-74)	12:00 p.m.	Franklin Entertainment Center
Swimming	12:30 p.m.	Indoor Sports Complex

(100Y individual medley)		
Swimming (500Y freestyle)	1:00 p.m.	Indoor Sports Complex
Swimming (400Y individual medley followed by 100Y IM relay)	1:30 p.m.	Indoor Sports Complex
Bowling (mixed doubles 75+)	3:00 p.m.	Franklin Entertainment Center

Thursday, June 29, 2023

Athlete Check-in	10:00 a.m.	Franklin High School
10K Run	6:30 a.m.	River Park
Tennis	8:00 a.m. (if needed)	Indoor Sports Complex

August 10-13, 2023

Pickleball		Chattanooga Convention Center
Divisions: (Singles, Doubles, Mixed)		
I (4.0 and above)	II (3.5)	III (3.0) IV (2.5 and below)

Thursday, August 10

Men/Women's Doubles ages 65+

Friday, August 11

Mixed Doubles 65+/
Singles Men/Women 50-64

Saturday, August 12

Mixed Doubles 50-64
Singles Men/Women's 65+

Sunday, August 13

Women/Men's Doubles 50-64

Saturday, September 9-10, 2023

Cycling 5K/20K/40K Strawberry Plains, TN
5K and 20K

Saturday, 9/9

5K Start 8:30 am
20K Start 11:30 am

Sunday, 9/10

40K Start 8:15 am

Note: This course will technically be 37.3 miles.

*Times listed are general start times. Please check website for more specific information per sport.

**Swimming relay registration will be at pool, Track 4x100M Relay registration will be at the track.



MAIL ALL FORMS TO THIS ADDRESS

Tennessee Senior Olympics, Inc.
PO Box 681
Mt. Juliet TN 37121

PRESORTED
STANDARD
US POSTAGE PAID
NASHVILLE TN
PERMIT # 3731

Tennessee Senior Olympics

**June 23-29 - all sports except
pickleball and cycling**

August 10-13 - Pickleball

September 9-10 - Cycling

ENTRY DEADLINES:

June Events: May 5

Pickleball: July 20

Cycling: Aug 18



**PLEASE DO NOT MISS IMPORTANT UPDATES!
JOIN OUR E-MAIL LIST AT WWW.TNSENIOROLYMPICS.COM**