

2025

TENNESSEE SENIOR OLYMPICS

STATE FINALS



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

**The 2025 State Finals
events will be open to
all Tennessee athletes
and those living
within 30 miles of the
TN border in 2025.
Athletes must turn
50 by 12/31/25 to be
eligible.**

**Eligibility
requirements on
page 2
Athletes must turn
50 by 12/31/2025.**

Presented by:



**State Finals: June 18- 26, 2025
Williamson County (all sports except cycling,
golf, and pickleball)**

**Golf: Henry Horton Golf Course
Chapel Hill, TN
June 18 - One day 18-hole tournament
June 19 - 4-person Golf Scramble**

**Pickleball: August 6-10, 2025
Chattanooga Convention Center**

**Cycling: September 20, 2025
Strawberry Plains, TN**

**Entry Deadlines:
June Events: Friday, May 9
Pickleball: Friday, July 18
Cycling: Friday, Aug 29**

ONLINE REGISTRATION AVAILABLE- VISIT www.tnseniorolympics.com

The 44th 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

ARE YOU ELIGIBLE FOR THE STATE FINALS?

Please review the checklist below:

THE 2025 STATE FINALS EVENTS WILL BE OPEN TO ALL TENNESSEE ATHLETES AND THOSE LIVING WITHIN 30 MILES OF THE TN BORDER IN 2025. ATHLETES MUST TURN 50 BY 12/31/25 TO BE ELIGIBLE.

DISTRICT QUALIFICATION HAS BEEN WAIVED FOR THIS SUMMER ONLY.

RESIDENCY EXCEPTION: OUT-OF-STATE ATHLETES WILL BE ALLOWED IN THE FOLLOWING SPORTS: ARCHERY, BASKETBALL, CYCLING AND VOLLEYBALL.

HOW DO I REGISTER?

ONLINE-To register online, go to www.tnseniorolympics.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: Tennessee Senior Olympics
5251-C Hwy 153
PMB 138
Hixson, TN 37343

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.tnseniorolympics.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.tnseniorolympics.com, to fill out a request or view the information.

HOTEL INFORMATION

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

HALL OF FAME DINNER AND CEREMONY

Monday, June 23 • 6:00 pm

Williamson County Enrichment Center
110 Everbright Lane • Franklin, TN 37064

Join us for dinner as we celebrate those being inducted into the Tennessee Senior Olympics Hall of Fame! After the meal, a special program will be held including awards, speeches, and a slideshow.

As the venue is limited in space and to allow for family and friends of the inductees, tickets will be limited to the first 75 people.

Cost: \$15

NATIONALS

The 2024 Tennessee Senior Olympics State Finals events served as a qualifier for the 2025 Nationals.

The next qualifying cycle will be in 2026 for the 2027 Nationals in Tulsa, OK.

Good luck to our Tennessee athletes

Visit www.nsga.com for further info including detailed qualifying information.

Presenting Sponsor:



of Tennessee

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Franklin
TENNESSEE

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RACE DAY EVENTS

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
- ☐ Basketball Free Throw
- ☐ Basketball 3-Point
- ☐ Basketball Hot Shot
- ☐ 3-on-3 Basketball
Team Name _____
Team Captain Name _____
- ☐ Billiards (Singles) (8ball -open) _____
- ☐ Bowling (Singles)
- ☐ Bowling (Doubles)
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Bowling (Mixed Doubles)
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Chair Volleyball (co-ed)
Team Name _____
Team Captain Name _____
- ☐ Cornhole Singles
- ☐ Cornhole Doubles
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Cornhole (mixed doubles)
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Cycling ☐ 40K _____ Avg Time ☐ 20K _____ Avg Time
Time ☐ 5K _____ Avg Time
Maximum of 2 cycling events
- ☐ Disc Golf
- ☐ Golf Scramble
Team Name _____
Team Captain Name _____
- ☐ Golf (18 holes)
Golf Handicap _____
- ☐ Pickleball
Skill level (3.0, 3.5 etc REQUIRED) _____
- ☐ Pickleball (Singles)
- ☐ Pickleball (Doubles)
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Pickleball (Mixed Dbls)
Partner's Name _____
Date of Birth _____ Age _____
- ☐ Power Lifting
- ☐ Shuffleboard (Singles)
- ☐ Shuffleboard (Doubles)
Partner's Name _____
Date of Birth _____ Age _____
Shuffleboard doubles may be mixed or same gender.
- ☐ Soccer 7v7
Team Name _____
Team Captain Name _____

- ☐ 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 _____

Freestyle ☐ 50Y Time _____
☐ 100Y Time _____
☐ 200Y Time _____
☐ 500Y Time _____

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

- ☐ Table Tennis (Singles)
- ☐ Table Tennis (Doubles)
Partner's Name _____
Date of Birth _____ Age _____

- ☐ Table Tennis (Mixed Dbls)
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)
- ☐ Tennis (Doubles)
Partner's Name _____
Date of Birth _____ Age _____

- ☐ Tennis (Mixed Doubles)
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 ☐ 1 Mile Run
- ☐ Field Events
- ☐ Long Jump ☐ Javelin ☐ Discus ☐ Shot Put
- ☐ Triple Jump ☐ High Jump ☐ Pole Vault ☐ Softball Throw
- ☐ Volleyball
Team Name _____
Team Captain Name _____
- ☐ Co-ed Volleyball
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 TOURNAMENT (\$75: 18 holes -this fee covers the general entry fee for any additional non-golf sports. (The golf scramble is a separate \$75 fee).

GOLF SCRAMBLE: \$75/18 holes. This fee covers the general entry fee for any additional non-golf sports. (The golf tournament is a separate \$75 fee).

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, soccer & 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, 1 MILE RUN, 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 **\$15.00** \$ _____

PARTY – Hall of Fame Ceremony Monday, June 23 at 6pm in Franklin, TN **\$15.00** \$ _____

GUEST \$15.00 PER PERSON \$ _____

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

FACILITY FEE

Bowling **\$5.00** \$ _____

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 **\$50.00** \$ _____

☐ Level 3 – Level 2 plus TSO Memorabilia Item **\$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)**

TOTAL AMOUNT ENCLOSED \$ _____

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.



Questions?

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

Mail all forms to this address
Tennessee Senior Olympics, Inc.
5251-C Hwy 153 • PMB 138
Hixson, TN 37343

***NOTE NEW ADDRESS**

STATE FINALS EVENT SCHEDULE

*Times listed are general start times. Check www.tnseniorolympics.com for specific start times.



Wednesday, June 18

Golf Tournament	Tee Times	18 hole tourney- tee times Henry Horton Golf Course
Tennis	8:00 AM	Indoor Sports Complex

Volleyball Co-ed/ followed by Men 8:30 AM Academy Park

Archery	8:00 AM	Williamson County Soccer Complex
3x3 Basketball	9:00 AM	Men 50+/55+/60+ Finals Franklin High School

Thursday, June 19

Golf Scramble	8:00am shotgun	Scramble Henry Horton Golf Course
Tennis	8:00 AM	Indoor Sports Complex

Basketball Skills Events TBD (Free throw, 3-point,
Hot Shot) All Women/Men 65+
Franklin High School

Friday, June 20

Tennis	8:00 AM	Indoor Sports Complex
Athlete Check-in	1:30-6:00PM	Franklin High School
Field Event Rotation	3:00-8:00PM	(High jump, Long jump, Triple jump, Pole vault) Franklin High School

Bowling Practice 10:00am-10:00pm Franklin Entertainment Center

3x3 Basketball TBD Men 65+/70+/75+/80/
All Women
Franklin High School

Saturday, June 21

Athlete Check-in	7:15am-5:00pm	Franklin High School
Track and Field	8:00 AM	(1500M Run, followed by 400M Run) Franklin High School
Volleyball Women	8:30 AM	Academy Park
3x3 Basketball	TBD	Men 50/55/60 Indoor Sports Complex
Basketball Skills Events		TBD All men 50-64 (Free throw, hot shot, 3 point) Indoor Sports Complex
Field Event Rotation	11:00 AM	(Shot put, Discus, Javelin) Franklin High School
Softball Throw	11:00am-2:00pm	Franklin High School
Archery Practice	4:00-6:00pm	Williamson County Soccer Complex
Track and Field	5:00 PM	(100M Run, Followed by 4x100M Relay) Franklin High School

Monday, June 23

Athlete Check-in	7:15am-4:00pm	Franklin High School
Shuffleboard	8:00 AM	(Singles, Doubles all ages) Academy Park
Table Tennis	8:00 AM	(singles, doubles, mixed doubles) Academy Park
Bowling	9:00 AM	(doubles 50-64) Franklin Entertainment Center
Chair Volleyball	9:00 AM	Franklin Recreation Center
Billiards	9:00 AM	65 and above Franklin Entertainment Center
3x3 Basketball	TBD	(Women; Men 65+) Franklin High School
Swimming Practice	12:00-3:00pm	Indoor Sports Complex
Bowling	12:00 PM	(mixed 50-64) Franklin Entertainment Center
Bowling	3:00 PM	(singles 50-64) Franklin Entertainment Center

Hall of Fame Ceremony 6:00 PM Williamson County Enrichment
Center

Sunday, June 22

Athlete Check-in	7:15am-5:00pm	Franklin High School
Disc Golf	7:00 AM	Crockett Park
Track and Field	8:00 AM	(50M Run followed by 800M Run, followed by powerwalk, followed by 200M Run) Franklin High School

Tuesday, June 24

Athlete Check-in	7:15am-4:00pm	Franklin High School
1 Mile Run/5K Run/5K Walk	6:30 AM	River Park
Cornhole	8:00 AM	Doubles and Mixed Doubles Academy Park

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

STATE FINALS EVENT SCHEDULE

continued

Swimming	8:30 AM (Warmups) Indoor Sports Complex	Swimming	10:00 AM (50Y butterfly) Indoor Sports Complex
Chair Volleyball	8:30 AM Franklin Recreation Center	Swimming	10:30 AM (100Y breaststroke) Indoor Sports Complex
Power Lifting	9:00 am Franklin High School	Swimming	12:00 PM (50Y backstroke) Indoor Sports Complex
Swimming	9:00 AM (200Y freestyle) Indoor Sports Complex	Bowling	12:00 PM (mixed doubles 65-74) Franklin Entertainment Center
Billiards	9:00 AM 50-64 Franklin Entertainment Center	Swimming	12:30 PM (100Y individual medley) Indoor Sports Complex
Soccer 7 v 7	TBD Williamson County Soccer Complex	Swimming	1:00 PM (500Y freestyle) Indoor Sports Complex
Bowling	9:00 AM (singles, 65-74) Franklin Entertainment Center	Swimming	1:30 PM (400Y individual medley followed by 100Y IM relay) Indoor Sports Complex
Swimming	9:30 AM (100Y butterfly) Indoor Sports Complex	Bowling	3:00 PM (mixed doubles 75+) Franklin Entertainment Center
Swimming	10:00 AM (50Y breaststroke) Indoor Sports Complex	Thursday, June 26	
Swimming	10:30 AM (200Y individual medley) Indoor Sports Complex	Athlete Check-in/	7:15am-10:00am Franklin High School
		10K Run	6:30 AM River Park
Bowling	12:00 PM (singles 75+) Franklin Entertainment Center	August 6 -10	
Swimming	12:00 PM (100Y backstroke) Indoor Sports Complex	Pickleball	August 6-10, 2025 Skill divisions: Division I: 4.5/5.0 Division II: 4.0 Division III: 3.5 Division IV: 3.0 Division V: 2.5 Chattanooga Convention Center
Swimming	12:30 PM (50Y freestyle) Indoor Sports Complex	Wednesday, August 6	
Swimming	1:00 PM (200Y breaststroke) Indoor Sports Complex	Pickleball	Singles M/W ages 65+ Chattanooga Convention Center
Swimming	1:30 PM (200Y butterfly followed by 100Y free relay) Indoor Sports Complex	Thursday, August 7	
		Pickleball	M/W Doubles ages 65+ Chattanooga Convention Center
Bowling	3:00 PM (doubles 65-74) Franklin Entertainment Center	Friday, August 8	
Wednesday, June 25		Pickleball	Mixed Doubles Ages 65+ Chattanooga Convention Center
Athlete Check-in	7:15am-4:00pm Franklin High School	Pickleball	Singles M/W Ages 50-64 Chattanooga Convention Center
Cornhole	8:00 AM Singles Academy Park	Saturday, August 9	
Swimming	8:30 AM (Warmups) Indoor Sports Complex	Pickleball	M/W Doubles Ages 50-64 Chattanooga Convention Center
Soccer 7 v 7	TBD If needed Williamson County Soccer Complex	Sunday, August 10	
Swimming	9:00 AM (200y backstroke) Indoor Sports Complex	Pickleball	Mixed Doubles Ages 50-64 Chattanooga Convention Center
Bowling	9:00 AM (doubles 75+) Franklin Entertainment Center	Saturday, September 20	
Swimming	9:30 AM (100Y freestyle) Indoor Sports Complex	Cycling	TBD 5K/20K/40K (choice of 2) Strawberry Plains, TN

*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.
5251-C Hwy 153
PMB 138
Hixson, TN 37343
***NOTE NEW ADDRESS**

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
NASHVILLE, TN
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Tennessee Senior Olympics

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Williamson County
(all sports except cycling, golf, and pickleball)

Pickleball: August 6-10, 2025
Chattanooga Convention Center

Cycling: September 20, 2025

Strawberry Plains, TN

Golf: Henry Horton Golf Course
Chapel Hill, TN

June 18 - One day 18-hole tournament

June 19 - 4-person Golf Scramble

Entry Deadlines:

June Events: Friday, May 9

Pickleball: Friday, July 18

Cycling: Friday, Aug 29



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