

2019

TENNESSEE SENIOR OLYMPICS

EAST TN



DISTRICT



Presented by:



of Tennessee



October 4-9, 2019

Entry Deadlines:

Early Bird- September 9, 2019

Final Deadline- September 13, 2019

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 or call 615-200-8760.

All participants are required to pay a one-time entry fee of \$30.00 (Early Bird), \$35 (Final Deadline). 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 **9/13/2019**. 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:

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, 2020.

RULES AND EQUIPMENT

All events will be conducted in accordance with the 2019 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. 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. 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.

EVENT SITES

Gatlinburg Community Center

156 Proffitt Road, Gatlinburg, TN 37738 | (865) 436-4990

Herbert Holt Park

151 N. Park Lane, 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: HP-Holt Park | MP-Mills Park | GCC-Gatlinburg Community Center | GOLF - Gatlinburg Golf Course | Mynatt Park

FRIDAY, OCTOBER 4, 2019

Time:	Location	Event
8:00 a.m. – 12:00 p.m.	MP	Registration at Mills Park
10:00 a.m.	MP	Track Events –LISTED IN MEET ORDER (50M, 800M, 100M, 400M, 200M, 1500M & 1500M Race Walk)
12:30 p.m.	MP	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 5, 2019

8:00 a.m.-12:00 p.m.	GCC	Registration
8:30 a.m.	MP	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
12:30 p.m.	GCC	Bowling-doubles age 50-64
2:00 p.m.	GCC	Bowling-mixed doubles age 50-64

SUNDAY, OCTOBER 6, 2019

1:00 p.m.- 3:00 p.m.	GCC	Registration
1:30 p.m.	GCC	Bowling-singles age 75+
1:30 p.m.	MP	Disc Golf
1:30 p.m.	Mynatt Park	Tennis (all events & age groups)
3:00 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**

Presented by:



District Sponsors





EVENT SCHEDULE

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

MONDAY, OCTOBER 7, 2019

7:00 a.m.- 11:00 a.m.	GCC	Registration
8:00 a.m.	GCC	Pickleball - singles
10:00 a.m.	GCC	Pickleball - doubles & mixed doubles
11:00 a.m.	GCC	Bowling - singles age 65-69
12:30 p.m.	GCC	Bowling - mixed doubles age 65-69
2:00 p.m.	GCC	Bowling - mixed doubles age 65-69

TUESDAY, OCTOBER 8, 2019

8:30 a.m.-1 p.m.	GCC	Registration
9:00 a.m.	MP	Horseshoes – women & men
11:00 a.m.	GCC	Table Tennis – women & men
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
12:30 p.m.	GCC	Bowling – doubles ages 70-74
1:00 p.m.	GCC	Cornhole – singles & doubles (may be mixed)
2:00 p.m.	GCC	Bowling – mixed doubles ages 70-74

WEDNESDAY, OCTOBER 9, 2019

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

BROOKSIDE RESORT

Lovingly described as “a house with 100 bedrooms,” Brookside Resort is a beloved fixture in the popular mountain resort town of Gatlinburg, Tennessee. Nestled in the foothills of the Great Smoky Mountains, this independent, family-owned resort has welcomed generations of guests in pursuit of family fun and outdoor recreation. Its wooded, ten-acre setting features spacious guest rooms with private balconies overlooking the Roaring Fork Creek, two outdoor swimming pools, an eight-foot waterfall, a well-equipped fitness center, and quiet picnic areas.

Ask for the Senior Olympic rate \$109
463 E Parkway- Gatlinburg, TN 37738 - 865-436-5611



Both sides of this Entry Form must be completed fully to successfully register
Register online: 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 12/31/2020) _____ Male or Female

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

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

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 _____

Horseshoes

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, but I wasn't recruited by a returning athlete
 Yes, and I was recruited by a returning athlete and his/her name is _____

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 2019 District Senior Olympics without remuneration.

Signature _____ Date _____

Entry and Event Fees

Early Bird Fee (postmarked by 9/9) \$30.00

Final Deadline Fee (postmarked by 9/13) \$35.00

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 + \$40.00 \$ _____.00

Donation \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Make checks payable to "East District TN Sr Olympics" .00

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

Or scan & email form to: melissaw@gatlinburgtn.gov

V/MC/DISC/AX total \$ _____
Card # _____
Exp Date ____/____/____ 3 digit CVT ____ (on back of card)

This form must be completed and postmarked by September 13, 2019 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 2020 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2020 state finals, athletes must participate in a fall 2019 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, 2020 to compete in the 2020 state finals.

For example, for the 2019 districts, age will be determined as of December 31, 2020. For the 2020 state finals, age will be determined as of December 31, 2020. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2020 state finals. For example, an individual who turns 50 on April 1, 2020 will play in the 50-54 division in the fall 2019 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2020 year to compete in the 2020 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 doubles 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. Registration for the state finals will open early March 2020.

Details will be e-mailed to all district participants.

Visit www.tnseniorolympics.com for more information about the state finals.

NATIONALS

The next National Senior Games are scheduled for June 2021 in Fort Lauderdale, FL. For exact dates, please visit www.nsga.com.

Qualification for this event will occur at the 2020 Tennessee Senior State Finals in Williamson County.

2019 Fall District Dates will be
posted at
www.tnseniorolympics.com
when available



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 13, 2019.
- I am including the above pages (3) 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

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: October 4-9, 2019

Presented by:



District Sponsors



RECREATION DEPARTMENT

