

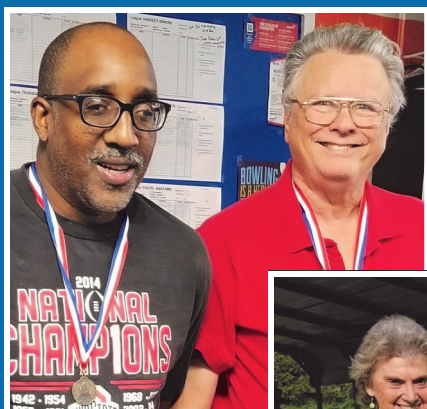
New for
2019!
CORNHOLE
Competition!



First District
Tennessee
Senior Olympics

Entry
Deadline:
August 23,
2019

September 4–October 19
2019



The First District Tennessee Senior Olympics is a special event for seniors 50 and older that encompasses 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.

The following counties are included in the First District: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi and Washington.

General Information

District Information

The Tennessee Senior Olympics hosts 10 district events across the state. 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.

All out-of-state participants must live within 30 miles of the Tennessee state line and be pre-registered to participate.

Individuals and teams 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. If you are unable to participate in the First District Senior Olympics, please call (615) 200-8760 or visit the Tennessee Senior Olympics website, www.tnseniorolympics.com, to find information on other districts.

Registration and Fees

Athletes may enter an unlimited number of events. However, they may not register for events that will overlap in time.

All participants are required to pay a one-time entry fee of **\$35.00**. The fee includes awards and t-shirts. Below are additional event-related fees. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **August 23, 2019**

Bowling	\$6.00 per event
Golf	\$20.00 per person, to be paid to Cattails at Meadowview on the day of the event (fee includes cart). A practice round is available for an additional \$20.00 (including cart) on August 26-29 and September 3, 2019 ONLY (no exceptions).

If you are interested in receiving a bag lunch (sandwich, chips, etc.) during the Track/Field events on Saturday, September 28, 2019, please add \$8.00 to your registration fee (see Entry and Event Fees on page 6).

Inclement Weather

The First District 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 event site. In the event of bad weather, it is your responsibility to call and check for changes. Call 423-341-2954 to check for information and updates to the schedule.

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. In doubles events and in team competitions, teams will compete in the age category determined by the age of the youngest team member.

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 the Tennessee Senior Olympics 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, unless stated in the rules of each event. Participants are advised to consult the *Official Rules Manual* about equipment for their event(s).

Awards

Medals will be presented for first-, second-, and third-place finalists in each age/gender category. Any athlete who **participates** at a district event may advance to state finals in the exact sport/event in which he/she participated. The awards will be presented at the conclusion of each event.

Check-In for Events

Unless notified by mail, email or phone, check-in for events will be at the starting time listed on the schedule of events. Please allow ample time between events. Last-minute substitutions will not be allowed unless it is a team event and a player cannot participate due to illness. The substitute must be a registered participant of the Senior Olympics and cannot have already participated in the event.

Presenting Sponsor



SPECIAL NOTICE: Athletes wishing to register for doubles and mixed doubles events will not be registered for those events unless they have a partner listed on their entry form. IT IS NOT THE RESPONSIBILITY OF THE COORDINATOR TO PARTNER PLAYERS TOGETHER. THANK YOU!

Event Schedule

Wednesday, September 4

Golf

9:30 a.m. Cattails at Meadowview, Kingsport
(Golf practice round August 26-29 and September 3, 2019
ONLY—No Exceptions. See details under Registration and
Fees, page 2.)

Thursday, September 12

Table Tennis—Singles, Doubles and Mixed-Doubles

1:00 p.m. Kingsport Senior Center, Kingsport

Monday, September 16

Shuffleboard—Singles, Doubles (May be Mixed)

9:00 a.m. Kingsport Senior Center, Kingsport

Tuesday, September 17

Bowling—Singles (Men and Women) (Practice @ 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Wednesday, September 18

Bowling—Doubles (All Ages) (Practice @ 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Thursday, September 19

Bowling—Mixed-Doubles (All Ages) (Practice at 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Friday, September 20

Horseshoes

9:00 a.m. Rock Springs Community Park, Kingsport

Monday, September 23

Pickleball—Singles, Doubles and Mixed-Doubles

9:00 a.m. Memorial Park Community Center,
Johnson City

Tuesday, September 24

Swimming Events:

Freestyle 50Y & 200Y, Butterfly 100Y, Breaststroke 50Y & 200Y,
Individual Medley 200Y & 400Y, Backstroke 100Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Thursday, September 26

Swimming Events:

Freestyle 100Y & 400Y, Butterfly 50Y & 200Y,
Breaststroke 100Y, Individual Medley 100Y Backstroke 50Y &
200Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Saturday, September 28

Track/Field Events

Science Hill High School (Kermit Tipton Stadium), Johnson
City)

8:00 a.m. 100M Run

8:30 a.m. 800M Run

9:00 a.m. 50M Run

9:30 a.m. Men's Long Jump/Triple Jump

Women's Shot Put

10:30 a.m. 200M Run

11:00 a.m. Men's Shot Put

Women's Long Jump/Triple Jump

Break—30 minutes

Bag lunch available—see page 2

(Registration & Fees)

12:30 p.m. 400M Run

1:00 p.m. Men's & Women's Javelin/Discus

2:00 p.m. 1500M Run

2:45 p.m. Men's & Women's High Jump/
Softball Throw

3:30 p.m. 1500M Race Walk

Wednesday, October 2

Cornhole Competition

9:00 a.m. Memorial Park Community Center,
Johnson City

Saturday, October 19

Basketball Free Throw, Three-Point Shooting and Hot Shot Competition

9:30 a.m. ETSU Center for Physical Activity,
Johnson City

Basketball 3-on-3

11:00 a.m. ETSU Center for Physical Activity,
Johnson City

Presenting Sponsor



of Tennessee

EVENT SITES

Cattails at Meadowview

1901 Meadowview Parkway, Kingsport
Phone: (423) 578-6622

ETSU Wayne G. Basler Center for Physical Activity

1244 Jack Vest Drive, Johnson City
Phone: (423) 439-7980

Kermit Tipton Stadium (Science Hill High School)

501 Liberty Bell Parkway, Johnson City
Phone: (423) 378-8400

Kingsport Aquatic Center

1820 Meadowview Parkway, Kingsport
Phone: (423) 343-9758

Kingsport Senior Center

1200 East Center Street, Kingsport
Phone: (423) 392-8400

Memorial Park Community Center

510 Bert Street, Johnson City
Phone: 423-434-6237

Rock Springs Community Park

1720 Rock Springs Road, Kingsport
Phone: (423) 341-2954

Warpath Lanes

2449 Memorial Boulevard, Kingsport
Phone: (423) 246-2695

DISTRICT T-SHIRTS

Shirts are distributed to the senior center of your choice for pick-up about a week before the games. If you prefer, your t-shirt can be made available at one of the event sites above. **Indicate on the front of the entry form which senior center or event site is most convenient for you.**

HEALTH

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor with regard to practice, preparation, and competition in these events and/or similar physical activity.

SPECIAL ETSU GUIDELINES

1. Access for loading and unloading of equipment must be accomplished from adjacent parking areas. Vehicles must be parked in legal parking spots. (A parking permit will be issued).
2. No alcoholic beverages or illegal substances are permitted on the ETSU campus.
3. Remove and properly dispose of all trash and debris from Center for Physical Activity and any other facilities used by participants for an event.

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 also 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 district events although he or she is 49. Athletes must be 50 years old by December 31, 2020 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, racquetball, triple jump, pole vault and the powerwalk. Sports not offered at your home district are also considered to be open. This list is subject to change by our board of directors. **Notification of changes will be via email.**

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 in early March 2020.

Details will be emailed to all district participants.

You **MUST** participate at the district level to attend the state finals in June 2020.

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

National Senior Games

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

Both Sides of Entry Form Must Be Completed In Order To Register.

Entry Form

General Information (Please Print)

Last Name _____ First Name _____ Middle Initial _____

Street Address (Include Apartment Number) _____

City _____ State _____ Zip Code _____

County _____ Date of Birth (Month/Date/Year) _____/_____/_____

Phone Number _____ Male Female Age (as of 12/31/2020) _____

Email Address _____

T-Shirt Size (Circle Preferred Size)

S M L
 XL XXL XXXL

Please indicate the Senior Center or Event Where You Would Like to Pick Up Your T-Shirt

Events (Open events at the state level include Archery, Cycling, 5K & 10K Road Races, Racquetball, & Power/Fitness Walk)

- | | |
|--|---|
| <input type="checkbox"/> Basketball Free Throw | <input type="checkbox"/> Pickleball (Singles) |
| <input type="checkbox"/> Basketball Hot Shot | <input type="checkbox"/> Pickleball (Doubles)
Partner's Name _____ Age _____ |
| <input type="checkbox"/> Basketball Three-Point Shooting | <input type="checkbox"/> Pickleball (Mixed-Doubles)
Partner's Name _____ Age _____ |
| <input type="checkbox"/> Basketball 3-on-3
Team Name _____
Captain* _____ | <input type="checkbox"/> Shuffleboard (Singles) |
| <input type="checkbox"/> Bowling (Singles) | <input type="checkbox"/> Shuffleboard (Doubles—May Be Mixed)
Partner's Name _____ Age _____ |
| <input type="checkbox"/> Bowling (Doubles)
Partner's Name _____ Age _____ | <input type="checkbox"/> Swimming (Indicate Each Event—Up To 6 Events) |
| <input type="checkbox"/> Bowling (Mixed-Doubles)
Partner's Name _____ Age _____ | Backstroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Cornhole (Singles) | Breaststroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Cornhole (Doubles-May Be Mixed)
Partner's Name _____ Age _____ | Butterfly: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Field Events (Indicate Each Event) | Freestyle: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y |
| <input type="checkbox"/> Javelin <input type="checkbox"/> Shot Put <input type="checkbox"/> Discus | Indiv. Medley (4 strokes): <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y |
| <input type="checkbox"/> Triple Jump <input type="checkbox"/> High Jump <input type="checkbox"/> Long Jump | <input type="checkbox"/> Table Tennis (Singles) |
| <input type="checkbox"/> Softball Throw | <input type="checkbox"/> Table Tennis (Doubles)
Partner's Name _____ Age _____ |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Table Tennis (Mixed-Doubles)
Partner's Name _____ Age _____ |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Track Events (Indicate Each Event) |
| | Run/Walk: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M |
| | <input type="checkbox"/> 800M <input type="checkbox"/> 1500M |
| | Racewalk: <input type="checkbox"/> 1500M |

* Team captains must submit team roster(s) by August 23, 2019. No exceptions!

Health Information

Do you have specific health conditions or problems that medical personnel should be aware of in case of an emergency?

- No
 Yes (please explain) _____

Family Doctor _____
Phone () _____

Emergency Contact _____
Relationship to Competitor _____
Phone () _____

Are you a first-time Senior Olympics athlete?

- No
 Yes, but I wasn't recruited by a returning athlete
 Yes, I was recruited by a returning athlete
Name _____

Entry and Event Fees

- Registration Fee (includes one t-shirt) \$ 35.00
 I am participating in Bowling events:
_____ (no. of events) x \$6.00 = \$ _____
 Extra T-Shirt = \$8.00 (size: _____) \$ _____
 Donation \$ _____
 Lunch (Track/Field only) = \$8.00 \$ _____
(Lunch will **only** be provided to those that sign up and pay the \$8.00 fee. **No** extra lunches will be available at the event. (See page 2—Registration and Fees)

TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to **First Tennessee Development District (FTDD)**.

**Golf fees are payable to the Cattails at Meadowview Golf Course on the day of your event.

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, First District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, First Tennessee Development District and Area Agency on Aging and Disability, East Tennessee State University, Science Hill High School, Warpath Lanes, Cattails at Meadowview, City of Johnson City, Johnson City Parks & Recreation, Kingsport Aquatic Center, Kingsport Senior Center, Rock Springs Community Park, 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 First 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 District Senior Olympics without remuneration.

Signature _____ Date _____

This form must be completed and postmarked along with all fees by **August 23, 2019** in order to participate. Forms may be mailed to: First District Tennessee Senior Olympics, 3211 North Roan Street, Johnson City, TN 37601.

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.

Final Checklist

- I completed the Official Entry Form and Event Registration.
- I completed the Health Information Form and signed the Liability Waiver.
- I completed the Entry Form in full and included a check or money order for the total amount, payable to First Tennessee Development District, and will submit all forms and payments by **August 23, 2019**.
- I understand that I may not enter any event after the deadline.

Contact Information

Teresa Sutphin
423-722-5120
tsutphin@ftaad.org

First District
Tennessee Senior Olympics
3211 North Roan Street
Johnson City, TN 37601

Presented By:



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