

# 2025

**TENNESSEE SENIOR OLYMPICS-SOUTH CENTRAL DISTRICT**



*Welcome*

TN SENIOR OLYMPICS

**October 1 – 9 & 14, 2025**

Registration Deadline- September 5, 2025,

Register Online at:

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

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



**of Tennessee**

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, 2026**. 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/2408/>.

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 in your confirmation letter. For questions or corrections, please contact Cindy Allen at 931-684-9780 or [cindy.allen@shelbyvilletn.org](mailto:cindy.allen@shelbyvilletn.org).

## HEALTH

The Tennessee Senior Olympics strongly recommends that each participant consults his/her doctor regarding 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 end 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 931-684-9780 to check for information and updates to the schedule.

## RULES & EQUIPMENT

All events will be conducted in accordance with the 2025 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:** SRC- Shelbyville Recreation Center, HVGP – H.V. Griffin Park, LL – Lightning Lanes (Shelbyville), HHGC – Henry Horton Golf Course (Chapel Hill), SCHS -Shelbyville Central High School

**Time: Location Event**

### Wednesday, October 1

9:00am SCHS Opening Ceremonies  
9:30am SCHS Track & Field (50M, 100M,  
200M, 400M, 800M, 1500M)  
1:00pm HVGP Javelin & Softball Throw

### Thursday, October 2

9:00am LL Bowling - Doubles  
1:00pm LL Bowling - Singles

### Friday, October 3

9:00am LL Bowling – Mixed Doubles

### Saturday, October 4

9:00am HVGP Disc Golf

### Monday, October 6

9:00am SRC Shuffleboard – Doubles (Open)  
10:00am SRC Basketball Skill Shooting Events  
(Free Throw, 3-Point, Hot Shot)  
11:00am SRC Shuffleboard – Singles (Women)  
1:00pm SRC Shuffleboard – Singles (Men)

**Time: Location Event**

### Tuesday, October 7

9:00am SRC Badminton (Singles)  
10:30am SRC Swimming (All Events)  
11:00am SRC Badminton (Doubles)  
1:00pm SRC Badminton (Mixed Doubles)

### Wednesday, October 8

9:00am SRC Pickleball (Doubles)  
10:00am SRC Cornhole (Doubles)  
1:00pm SRC Pickleball (Singles – Men)  
1:30pm SRC Cornhole (Singles – Women)

### Thursday, October 9

9:00am SRC Pickleball (Mixed Doubles)  
10:00am SRC Cornhole (Mixed Doubles)  
1:00pm SRC Pickleball (Singles – Women)  
1:30pm SRC Cornhole (Singles – Men)

### Tuesday, October 14

Noon HHGC Golf

### Tuesday, October 28

Noon SRC Closing Luncheon

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



## NEXT SUMMER'S STATE FINALS

### 2026 STATE FINALS ELIGIBILITY NOTE

Per the TSO Board, **participation in a 2025 District Games will be required to qualify for the 2026 State Finals. The 2026 State Finals is a qualifier for the **2027 Nationals**.**

Attending our 2025 Districts will be a vital step towards qualifying for the 2026 State Finals! This is not just a requirement; it's an incredible opportunity for growth, competition, and connection. By participating in the district competitions, you'll not only enhance your skills but also immerse yourself in the wonderful camaraderie that our community fosters. Together, we can embrace the joy of movement, fitness, and shared experiences.

**Support your fall 2025 district** and make the most of this journey toward health and wellness.

### 2026 STATE FINALS INFORMATION

- ❖ Information and exact dates for the 2026 Tennessee Senior Olympics State Finals will be posted at [www.tnseniorolympics.com](http://www.tnseniorolympics.com) by early 2025.
- ❖ District participants will participate and qualify in age divisions that match the state finals age determination. The 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, 2026 to compete in the 2026 state finals.
- ❖ Open sports that do not require district qualification will be announced in the fall of 2025.
- ❖ Visit [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for more information about the state finals.

## 2027 NATIONALS New Qualifying Cycle!

### THE ROAD TO TULSA, OK

The 2026 Tennessee Senior Olympics State Finals events will serve as qualifying opportunities for the 2027 Nationals.

Top finalists at our state finals events will qualify for the 2027 National Senior Games scheduled for Tulsa, OK, with dates to be determined.

Visit [www.nsga.com](http://www.nsga.com) for further info including detailed qualifying information.

## EVENT SITES

### Lightning Lanes

105 David Lane  
Shelbyville, TN 37160  
931-685-1173

### Shelbyville Central High School

401 Eagle Blvd.  
Shelbyville, TN 37160  
931-224-5865

### H.V. Griffin Park & Shelbyville Recreation Center

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

### Henry Horton Golf Course

4358 Nashville Hwy.  
Chapel Hill, TN 37034  
931-364-2319

# 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 for a son, daughter, or someone who can pass the information on to you.)

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

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

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

**County:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Age (as of 12/31/2026):** \_\_\_\_\_

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

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

## Events:

- Bowling (singles) (\$3 Fee)
- Bowling (doubles) (\$3 Fee)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Bowling (mixed doubles) (\$3 Fee)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Pickleball (Singles)
- Pickleball (Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Pickleball (Mixed Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Shuffleboard (Singles)
- Shuffleboard (Doubles-may be mixed)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Cornhole (Singles)
- Cornhole (Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Cornhole (Mixed Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Badminton (Singles)
- Badminton (Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Badminton e (Mixed Doubles)  
Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_
- Golf (\$35 Fee)
- Swimming (indicate each event)
  - Backstroke 50M
  - Backstroke 100M
  - Breaststroke 50M
  - Breaststroke 100M
  - Butterfly 50M
  - Freestyle 50M
  - Freestyle 100M
- Basketball Free Throw
- Basketball 3-Point Shooting
- Basketball Hot Shot
- Softball Throw
- Track & Field – 50M
- Track & Field – 100M
- Track & Field – 200M
- Track & Field – 400M
- Track & Field – 800M
- Track & Field – 1500M
- Track & Field – Javelin
-

**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 (October 28, 2025)**

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

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

\_\_\_\_\_ x \$15.00 = \_\_\_\_\_

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

**Entry and Event Fees**

**Registration Fee** **\$30.00**  
(postmarked by September 5, 2025)

**Additional Fees**

**Golf Fee + \$35** \$\_\_\_\_\_  
(Greens/Cart fee)

**Bowling Fee** \$\_\_\_\_\_  
(+ \$3.00/event)

**Additional Luncheon Tickets** \$\_\_\_\_\_  
(\$15.00/extra ticket)

**Donation** \$\_\_\_\_\_

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

MAKE CHECKS PAYABLE TO:  
**Bedford County Senior Olympics**  
**220 Tulip Tree Rd. Shelbyville, TN 37160**

**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, Bedford County Senior Olympics, Shelbyville Parks & Recreation, Lightning Lanes, Henry Horton Golf Course, Shelbyville Central High School, 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 5, 2025. Forms to be mailed to 220 Tulip Tree Rd. Shelbyville, TN 37160. Make checks payable to "Bedford County Senior Olympics".**