

2026

TENNESSEE SENIOR OLYMPICS-SOUTH CENTRAL DISTRICT



of Tennessee

October 1–14, 2026

Registration Deadline - September 15, 2026

Register Online at:

www.tnseniorolympics.com

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

The Tennessee Senior Olympics is a sports competition for athletes aged 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 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, 2027**. In doubles events and in team competitions, 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.

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 1st, 2nd, and 3rd 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 2026 Tennessee Senior Olympics Official Rules Manual. The complete rules manual is available on the state website, 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

Thursday, October 1

9:0am	SRC	Shuffleboard – Doubles (Open)
11:00am	SRC	Shuffleboard – Singles (Women)
1:00pm	SRC	Shuffleboard – Singles (Men)

Friday, October 2

9:00am	SRC	Pickleball (Doubles)
1:00pm	SRC	Pickleball (Singles – Men)

Saturday, October 3

9:00am	SRC	Pickleball (Mixed Doubles)
1:00pm	SRC	Pickleball (Singles – Women)

Monday, October 5

9:00am	LL	Bowling – Doubles
12:00pm	LL	Bowling – Mixed Doubles
3:00pm	LL	Bowling - Singles

Tuesday, October 6

9:00am	SRC	Basketball Skill Shooting Events (Free Throw, 3-Point, Hot Shot)
1:00pm	SRC	Swimming (All Events)

Wednesday, October 7

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

Time: Location Event

Thursday, October 8

9:00am	SRC	Cornhole (Mixed Doubles)
11:00am	SRC	Cornhole (Doubles)
1:00pm	SRC	Cornhole (Singles)

Friday, October 9

9:00am	SRC	Badminton (Singles, Doubles, & Mixed Doubles)
1:00pm	SRC	Table Tennis (Singles, Doubles, & Mixed Doubles)

Saturday, October 10

9:00am	HVGP	Disc Golf
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Monday, October 12

Noon	HHGC	Golf
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Tuesday, October 13

1:00pm	SRC	Mini Golf (9 Holes)
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Wednesday, October 14

1:00pm	SRC	Chair Volleyball
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Tuesday, October 20

Noon	SRC	Closing Luncheon
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If the sport is not offered, those sports are open events at the State Olympics



NEXT SUMMER'S STATE FINALS

2027 STATE FINALS ELIGIBILITY NOTE

Per the TSO Board, **participation in a 2026 District Games will be required to qualify for the 2027 State Finals in many sports.**

Attending our 2026 Districts will be a vital step towards qualifying for the 2027 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 2026 district and make the most of this journey toward health and wellness.

2027 STATE FINALS INFORMATION

- ❖ Information and exact dates for the 2027 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by early 2027.
- ❖ 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, 2027 to compete in the 2027 state finals.
- ❖ Open sports that do not require district qualification will be updated and announced in the fall of 2026.
- ❖ Visit www.tnseniorolympics.com for more information about the state finals.

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? (Please Circle One) 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 12/31/2027):** _____

Cell Phone: _____ **Home Phone:** _____

Events:

- | | |
|--|---|
| ☐ Bowling (singles) (\$3 Fee) | ☐ Golf (\$35 Fee) |
| ☐ Bowling (doubles) (\$3 Fee)
Partner's Name _____ DOB _____ | ☐ Swimming (indicate each event) |
| ☐ Bowling (mixed doubles) (\$3 Fee)
Partner's Name _____ DOB _____ | ☐ Backstroke 50M |
| ☐ Pickleball (Singles) | ☐ Backstroke 100M |
| ☐ Pickleball (Doubles)
Partner's Name _____ DOB _____ | ☐ Breaststroke 50M |
| ☐ Pickleball (Mixed Doubles)
Partner's Name _____ DOB _____ | ☐ Breaststroke 100M |
| ☐ Cornhole (Singles) | ☐ Butterfly 50M |
| ☐ Cornhole (Doubles)
Partner's Name _____ DOB _____ | ☐ Freestyle 50M |
| ☐ Cornhole (Mixed Doubles)
Partner's Name _____ DOB _____ | ☐ Freestyle 100M |
| ☐ Badminton (Singles) | ☐ Basketball Free Throw |
| ☐ Badminton (Doubles)
Partner's Name _____ DOB _____ | ☐ Basketball 3-Point Shooting |
| ☐ Badminton (Mixed Doubles)
Partner's Name _____ DOB _____ | ☐ Basketball Hot Shot |
| ☐ Table Tennis (Singles) | ☐ Softball Throw |
| ☐ Table Tennis (Doubles)
Partner's Name _____ DOB _____ | ☐ Track & Field – 50M |
| ☐ Table Tennis (Mixed Doubles)
Partner's Name _____ DOB _____ | ☐ Track & Field – 100M |
| ☐ Shuffleboard (Singles) | ☐ Track & Field – 200M |
| ☐ Shuffleboard (Doubles-maybe mixed) | ☐ Track & Field – 400M |
| ☐ Partner's Name _____ DOB _____ | ☐ Track & Field – 800M |
| | ☐ Track & Field – 1500M |
| | ☐ Track & Field – Javelin |
| | ☐ Track & Field – Shot Put |
| | ☐ Track & Field – Discus |
| | ☐ Disc Golf |
| | ☐ Mini Golf |

T-Shirt Size (circle one):

X-Small Small Medium
Large XL XXL XXXL

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 20, 2026)

_____ 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 15, 2026)

☐ **Late Fee** **\$10.00**
(If postmarked **after** September 15, 2026)

Additional Fees

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

☐ **Bowling Fee** \$_____
(+ \$3.00/event)

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

☐ **Donation** \$_____

TOTAL AMOUNT ENCLOSED \$_____

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 15, 2026. Forms to be mailed to 220 Tulip Tree Rd. Shelbyville, TN 37160. Make checks payable to Bedford County Senior Olympics.