

2019

TENNESSEE SENIOR OLYMPICS



SOUTHEAST DISTRICT



www.tseniorolympics.com

Presented by:



of Tennessee

Oct 1 - Oct 14

Entry Deadline:
September 6, 2019

The Tennessee Senior Olympics is a sports competition for athletes ages 50 and older that combines a wide range of competitive activities. The mission of the Senior Olympics is to promote healthy lifestyles for seniors through fitness and sports while providing opportunities for fun, recreation and fellowship.

The following counties are included in the Southeast district: Bledsoe, Bradley, Loudon, McMinn, Meigs, Monroe, Polk and Rhea.

General Information

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+

Participants will qualify for age divisions according to their age as of December 31, 2020. In doubles events and in team competition teams will compete in the division determined by the age of the youngest team member.

Registration

Participants may enter an unlimited number of events, but should not register for events that will overlap in time. Your registration fee only covers the first ten events you enter. An event includes any activity (i.e. the 100M, 200M and 400M Runs are considered three events). For every event over ten there is a \$3.00 fee. Fees are non-refundable after September 10, 2019.

Please make sure your partner’s name and age are correct. Participants in doubles or mixed doubles events must provide their own partner. Team captains are responsible for submitting all applications and a roster for their team.

All registrations must be postmarked by September 6, 2019.

Upon receipt of registration athletes will receive a confirmation letter. If you provide an email address the confirmation will be emailed, otherwise it will be mailed. Please make sure all the information is correct on your confirmation letter.

For questions or corrections please contact Tina South at (423) 745-6830

Presented by



Corporate Sponsors



**Sweetwater Nursing and
Rehabilitation Center**

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 game time (even exhibition), he or she will be scratched even if participating at another Senior Olympics event. Game time is forfeit time.

Event Schedule

Tuesday, October 1st

Rock Springs Golf Course

Golf Tee times are 9 a.m., 11 a.m., 1 p.m. and 2 p.m.
Call Tom Blandford at (423) 887-2287 to schedule.

Thursday, October 3rd

Cleveland YMCA

9:00 a.m. Pickleball Doubles (65+)
10:00 a.m. Pickleball Doubles (60-64)
11:00 a.m. Pickleball Doubles (50-59)
12:00 p.m. Pickleball Mixed Doubles (65+)
1:30 p.m. Pickleball Mixed Doubles (60-64)
2:30 p.m. Pickleball Mixed Doubles (50-59)

McMinn County Senior Center

Cornhole Doubles (May be mixed)
(see athletes newsletter for specific times)

Classic Lanes

6:00 p.m. Bowling, Mixed Doubles (65+)

Friday, October 4th

McMinn Senior Activity Center

9:00 a.m. Opening Ceremony/Torch Presentation
9:30 a.m. Continental Breakfast
Shuffleboard Singles, Women
(see athletes newsletter for specific times)
Horseshoes, Men
(see athletes newsletter for specific times)

Cleveland YMCA

9:00 a.m. Pickleball Singles (65+)
10:00 a.m. Pickleball Singles (60-64)
11:00 a.m. Pickleball Singles (50-59)
3:00 p.m. Racquetball Mixed Doubles
3:45 p.m. Racquetball Singles & Doubles, Women
4:30 p.m. Racquetball Singles & Doubles, Men

Classic Lanes

6:00 p.m. Bowling Singles, Men & Women (50-64)

Saturday, October 5th

Athens Regional Park

8:00 a.m. Disc Golf

Eureka Trail

8:00 a.m. 5K Run

McMinn Senior Activity Center

Horseshoes, Women
(See Athlete's Newsletter for Specific times)
Shuffleboard Singles, Men
(See Athlete's Newsletter for Specific times)

Monday, October 7th

Athens YMCA

9:00 a.m. Basketball Free Throw Warm-Up, Men (65+)
9:15 a.m. Basketball Free Throw, Men (65+)
10:00 a.m. Basketball Free Throw Warm-Up, Women
(65+) **Monday, October 7th (continued)**
10:15 a.m. Basketball Free Throw, Women (65+)
11:00 a.m. Hot Shot & 3 Point Contest (65+)

First Baptist Church of Athens

4:00 p.m. Table Tennis, Singles
4:30 p.m. Table Tennis, Doubles and Mixed Doubles

Lee University – DeVos Recreation Center

6:00 p.m. Basketball Free Throw (50-64)
6:00 p.m. Hot Shot & 3-Point Contest (50-64)
7:00 p.m. Basketball 3 on 3, Women and Men

Tuesday, October 8th

McMinn Senior Activity Center

Cornhole, Men
(see athletes newsletter for specific times)
Cornhole, Women
(see athletes newsletter for specific times)

10:30 a.m. Checker Tournament*
12:30 p.m. Bridge Tournament (Duplicates)*

Classic Lanes

1:00 p.m. Bowling Singles, Men & Women (65+)

Lee University – DeVos Recreation Center

6:00 p.m. Volleyball, Women
7:00 p.m. Volleyball, Men

* Not a Senior Olympics Sanctioned Event

Wednesday, October 9th

McMinn County High School

- 8:00 a.m. Track & Field, 50M
- 8:30 a.m. Track & Field, 100M
- 9:00 a.m. Track & Field, 200M
- 9:30 a.m. Track & Field, 400M
- 10:00 a.m. Track & Field, 1500M Racewalk
- 10:00 a.m. Track & Field, High Jump
- 10:15 a.m. Track & Field, Long Jump
- 11:00 a.m. Track & Field, 800M
- 11:30 a.m. Track & Field, 1500M Run
- 9:00 a.m. Javelin, Shot Put, Discus, Softball Throw
(See athlete letter for times)

Thursday, October 10th

Athens YMCA

- 9:00 a.m. Swimming (all events)

McMinn Senior Activity Center

- 9:30 a.m. Billiards Tournament, Men*
- 12:30 p.m. Rook Tournament*
- 1:00 p.m. Billiards Tournament, Women*

Classic Lanes

- 1:00 p.m. Bowling Doubles (65+)

Classic Lanes

- 6:00 p.m. Bowling Doubles (50-64)

Friday, October 11th

McMinn Senior Activity Center

- Shuffleboard Doubles
(see Athletes Newsletter for specific times)

Ingleside Tennis Complex

- 1:00 p.m. Tennis Singles

Classic Lanes

- 6:00 p.m. Bowling Mixed Doubles (50-64)

Saturday, October 12th

Ingleside Tennis Complex

- 9:00 a.m. Tennis Doubles, Mixed Doubles

Monday, October 14th

McMinn Senior Activity Center

- 7:00 p.m. Closing Celebration/Dance
(finger foods will be served)

NOTE: PARTICIPANTS PLAYING DOUBLES OR MIXED DOUBLES MUST PROVIDE THEIR OWN PARTNER. THE PARTNER MUST ALSO SUBMIT A REGISTRATION FORM.

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.

Awards

Medals will be presented for first, second and third place finalists in each age/sex category. If an athlete is the only individual in their age group, they must play an exhibition match to qualify for state finals and receive a medal. 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 other extenuating circumstances. You will be notified of any schedule changes by phone.

Rules And Rule Changes

The complete rules manual is available on our website, www.tnseniorolympics.com. A copy of the rules for each event will be available at each event site.

Both sides of this Entry Form must be completed fully to successfully register. Must be postmarked by Sept. 6, 2019.

Entry Form

General Information (please print)

*Team Captains must submit all entry forms and team roster(s) by Sept. 6th. No exceptions!

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

——

Age

Male

Female

Phone Number

——

Cell #

——

(as of 12/31/2020)

Do you text?

T-Shirt Size
(fill in appropriate box)

<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L
<input type="checkbox"/> XL	<input type="checkbox"/> XXL	<input type="checkbox"/> XXXL

E-mail Address

- | | |
|--|---|
| <input type="checkbox"/> Badminton (singles)
<input type="checkbox"/> Badminton (doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Badminton (mixed doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Basketball Free Throw
<input type="checkbox"/> Basketball Hot Shot
<input type="checkbox"/> Basketball 3 pt contest
<input type="checkbox"/> Basketball (3-on-3) Captain* _____
Team Name _____
<input type="checkbox"/> Billiards
<input type="checkbox"/> Bowling (singles)
<input type="checkbox"/> Bowling (doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Bowling (mixed doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Checkers
<input type="checkbox"/> Cornhole
<input type="checkbox"/> Cornhole Doubles (May be mixed)
<input type="checkbox"/> Golf (18 holes)
<input type="checkbox"/> Horseshoes
<input type="checkbox"/> Pickleball (singles)
<input type="checkbox"/> Pickleball (doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Pickleball (mixed doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Racquetball (singles)
<input type="checkbox"/> Racquetball (doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Racquetball (mixed doubles)
Partner's Name _____ Age ____ | <input type="checkbox"/> Rook Partner's Name _____
<input type="checkbox"/> Shuffleboard (singles)
<input type="checkbox"/> Shuffleboard (doubles-may be mixed)
Partner's Name _____ Age ____
<input type="checkbox"/> Softball Throw
<input type="checkbox"/> Swimming (indicate each event - select only 6 events)
Backstroke <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M
Breaststroke <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M
Butterfly <input type="checkbox"/> 50M <input type="checkbox"/> 100M
Freestyle <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M
Individual Medley (4 strokes) - <input type="checkbox"/> 100M <input type="checkbox"/> 200M
<input type="checkbox"/> Table Tennis (singles)
<input type="checkbox"/> Table Tennis (doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Table Tennis (mixed doubles)
Partner's Name _____ Age ____
<input type="checkbox"/> Tennis (singles) (Select only 2 Tennis events)
<input type="checkbox"/> Tennis (doubles) (Select only 2 Tennis events)
Partner's Name _____ Age ____
<input type="checkbox"/> Tennis (mixed doubles) (Select only 2 Tennis events)
Partner's Name _____ Age ____
<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 Run <input type="checkbox"/> 1500M Run <input type="checkbox"/> 5K
<input type="checkbox"/> 1500M Racewalk <input type="checkbox"/> Power Walk
<input type="checkbox"/> Field Events (indicate each event)
<input type="checkbox"/> Long Jump <input type="checkbox"/> Javelin <input type="checkbox"/> Shot Put <input type="checkbox"/> Discus <input type="checkbox"/> High Jump
<input type="checkbox"/> Volleyball Team Captain* _____
Team Name _____ |
|--|---|

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 _____
Home Phone () _____
Cell Phones () _____

Is this your first year of competition? _____
Recruited by _____

Transportation

SETHRA may be able to transport athletes on weekdays (Monday - Friday.) In order to arrange for transportation, please contact the County Coordinator in your county at least two weeks in advance.

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, Southeast District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, McMinn County Senior Citizens, Inc., Classic Lanes, SETHRA, Lee University, Southeast TN Area Agency on Aging & Disability, Athens/McMinn Family YMCA, Cleveland YMCA, Life Care Center of Athens, DeVos Student Recreation Center, Rock Springs Golf Course, Ingleside School, McMinn County High School, Athens Insurance, Volunteer Federal 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 Southeast 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 me during my participation in the Senior Olympics if it is deemed necessary.

Signature _____ Date _____

Entry and Event Fees

- Registration Fee \$30.00 \$ _____
 I am participating in Golf \$20.00 \$ _____
 I am participating in Bowling
_____ x \$3.25 = \$ _____
number of events
 Extra Event Fee
_____ x \$3.00 \$ _____
number of extra events (first 10 events are included in the registration fee. A \$3.00 fee is added for each event over the initial ten)

All Fees are non-refundable after September 10, 2019

ALL refunds charged \$10.00 handling fee

- I will attend the Continental Breakfast
 I will attend the Closing Celebration/Dance
_____ x \$3.00 per person= \$ _____
 Donation \$ _____
(pays entry fee for low income persons and helps with other costs of the Senior Olympics)

TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to
Southeast District Tennessee Senior Olympics
Mail all forms and fees to
Southeast District Tennessee Senior Olympics
205 McMinn Avenue
Athens, TN 37303*

*This form must be **completed and postmarked** by September 6, 2019 in order to participate.*

Team Captains must submit all entry forms and team roster(s).

Forms may be mailed to: Southeast District Tennessee Senior Olympics, 205 McMinn Ave., Athens, TN 37303

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.

Event Sites

Athens/McMinn Family YMCA

205 Knoxville Ave, Athens
423-745-4904

Classic Lanes

1001 S. Congress Pkwy, Athens
423-745-1532

Cleveland YMCA

220 Urbane Rd NE, Cleveland
423-476-5573

Lee University

DeVos Student Recreation Center

1305 Parker St NE, Cleveland
423-614-8450

Eureka Trail

125 TN-307, Athens
423-744-2704

First Baptist Church of Athens

305 Ingleside Ave, Athens
423-745-5441

Ingleside School (tennis courts)

200 Guille St, Athens
423-745-3671

McMinn County High School

2215 Hwy 11 S, Athens
423-745-4172

McMinn Senior Activity Center

205 McMinn Ave, Athens
423-745-8630

Rock Springs Golf Course

1118 N. Congress Pkwy, Athens
423-453-5455

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, cycling (5K and 20K), the 5K and 10K road races, 5K Walk, racquetball, triple jump and pole vault. 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- the Senior Olympics are scheduled for June 2021 in Fort Lauderdale, Florida. For exact dates, please visit www.nsga.com

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

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

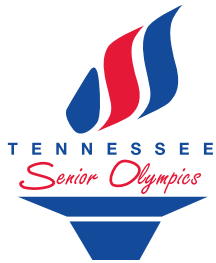
Tennessee Senior Olympics

District Dates - Fall 2019

District	2018 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 4-27; Pickleball Feb 14-16, 2020	Deadline: September 14; PB Deadline: February 14	Kelly Price	(423) 240-1508	kelly@tnseniorolympics.com
East TN	October 4-9	Early Bird: Septeber 9 Final Deadline: September 13	Melissa Ward	(865) 436-4990	melissaw@gatlinburgtn.gov
First TN	September 4 - October 19	August 23	Teresa Sutphin	(423) 722-5120	tsutphin@ftaaad.org
Greater Nashville	September 13-27	Entry Deadline August 30	Traci Meador	(615) 200-8760	gnseniorolympics@comcast.net
Memphis	September 13-27	Early Bird: August 16 Final Deadline: August 31	Amanda Johnson	(901) 636-4213	amanda.johnson@memphistn.gov
Northwest	August 22 - October 29	Entry Deadline August 9	Julie Jones	(731) 587-4213	julie.jones@mwtd.org
South Central	October 21-25	Entry Deadline: August 31	Pam Kemp	(931) 762-4231	pkemp@lawrenceburgtn.gov
Southeast	October 1 - October 15	Entry Deadline September 6	Tina South	(423) 745-6830	sesrolympics@hotmail.com
Southwest	August 12-24 Ladies Basketball October 12	Entry Deadline August 2	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	September 4-28	Entry Deadline August 21	Angela Shadden	(931) 484-7416	fpsctn@yahoo.com

**Dates are subject to change without notice, please check www.tnseniorolympics.com for updates or call the district coordinator for more information. Go to www.tnseniorolympics.com for a complete list of counties and to download entry forms. Please help us by sharing this information with a friend!

Join the 50+ Movement
Feel Younger • Healthier • Stronger • Joyful



Southeast District
Tennessee Senior Olympics
205 McMinn Avenue
Athens, TN 37303