

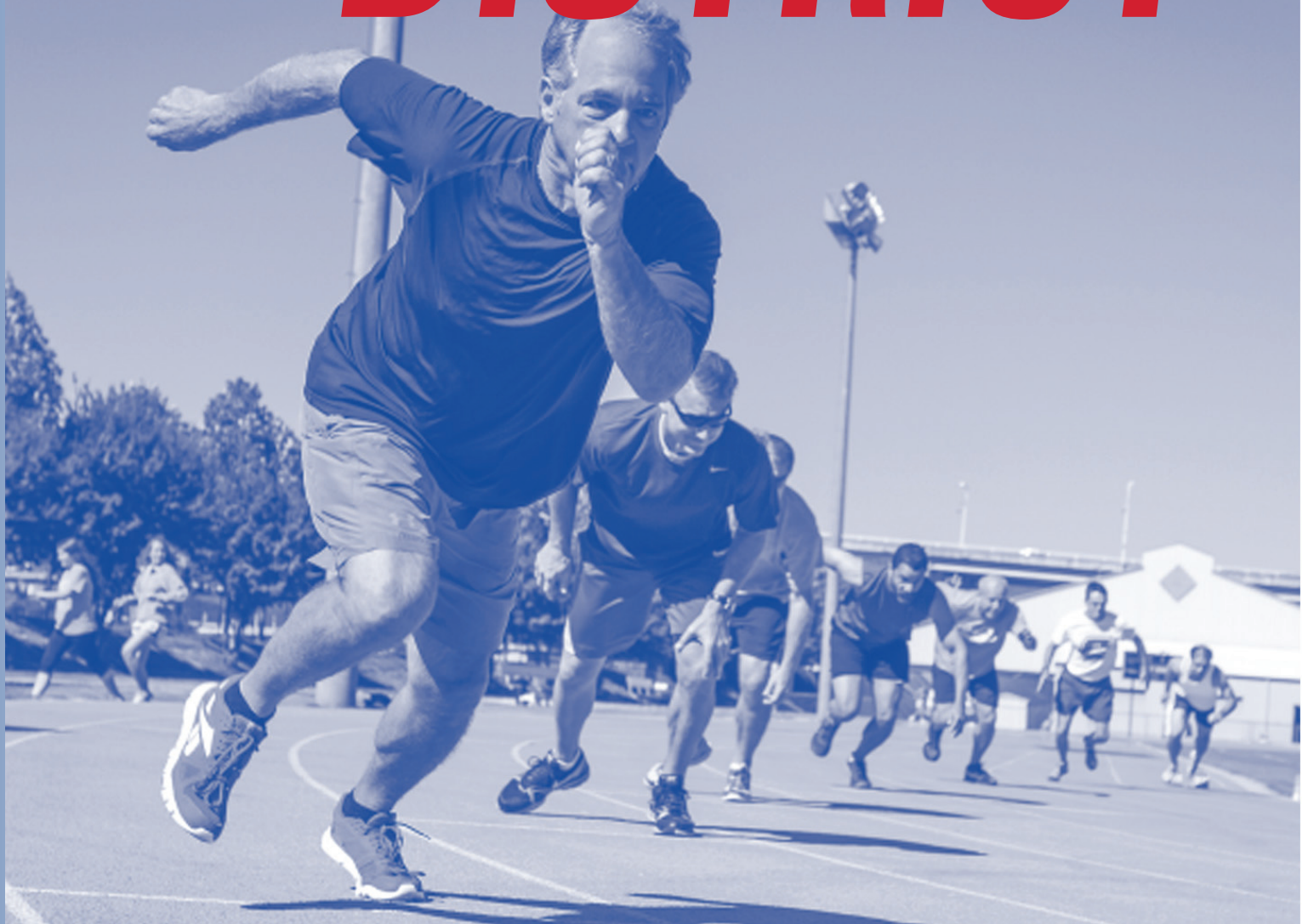
2018

TENNESSEE SENIOR OLYMPICS

SOUTH CENTRAL



DISTRICT



September 10-11 2018

October 22-26, 2018

Deadline - August 31, 2018

Presented by:



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.

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	100-104
75-79	80-84	85-89	90-94	95-99	

Participants will qualify for age divisions according to their age as of **December 31, 2019**.

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. However, one may not register for events that will overlap in time.

Upon receipt of registration, athletes will receive a confirmation letter and newsletter via e-mail with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact Pam Kemp or Frank Campbell at (931)762-4231, pkemp@lawrenceburgtn.gov or fcampbell@lawrenceburgtn.gov.

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.

OUR WEBSITE

For those who may be new to the Senior Olympics, please visit our website at www.tnseniorolympics.com. A web page has been designed for each district, including information such as counties in the district, rules, entry forms, team rosters, and other information. The website is also a great source for additional details about the state finals and the Tennessee Senior Olympics. We encourage you to Join our Mailing List to stay informed.

AWARDS

Medals will be presented for first, second, and third place finalists in each age/sex category. The awards will be presented at the conclusion 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 schedule 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)762-4231 to check for information and updates to the schedule.

RULES AND EQUIPMENT

All events will be conducted in accordance with the 2018 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 in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

You **MUST** participate at the district to attend the state finals in June 2019.

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.

The following counties are included in the South Central District: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, and Wayne

EVENT SCHEDULE

LEGEND: TPL-Tenn Pin Lanes (Columbia) | LGCC-Lawrenceburg Golf and Country Club | LPRD-Lawrenceburg Parks and Recreation Department | SRC-Shelbyville Recreation Center | LRC-Lewisburg Recreation Center | CSCC-Columbia State Community College

Time: Location Event

MONDAY, SEPTEMBER 10

8:30a.m. LRC Check-In
9:00a.m. LRC Tennis
9:00a.m. LRC Pickleball

TUESDAY, SEPTEMBER 11

9:00a.m. LRC Tennis (Cont.)
9:00a.m. LRC Pickleball (Cont.)

MONDAY, OCTOBER 22

8:00a.m. LPRD Check-In
8:30a.m. LPRD Opening Ceremonies
9:00a.m. - 2:00 p.m. LPRD Health & Fitness Walk
9:00a.m. LPRD Shuffleboard Doubles
10:00a.m.-12:00p.m. LPRD Basketball Free Throw
12:00p.m.-2:00p.m. LPRD Softball Throw
1:30p.m. LPRD Badminton Singles

TUESDAY, OCTOBER 23

8:00a.m. LGCC Check-In
8:30a.m. LGCC Golf (Shotgun start)

WEDNESDAY, OCTOBER 24

8:00a.m. CSCC 100M Run
8:30a.m. CSCC 1500M Powerwalk
9:00a.m. CSCC 50M Run
9:30a.m. CSCC 200M Run
10:00a.m. CSCC 1500M Run
10:30a.m. CSCC 1500M Racewalk
11:00a.m. CSCC 400M Run
11:30a.m. CSCC 800M Run
1:00p.m.-3:00p.m. CSCC All Field Events

Time: Location Event

THURSDAY, OCTOBER 25

8:00a.m. LPRD Health & Fitness Walk
8:30a.m. LPRD Shuffleboard-Men Singles
8:30a.m. LPRD Horseshoes - Women
10:30a.m.-1:00p.m. SRC Swimming-all events
11:00a.m. LPRD Cornhole
12:00p.m. LPRD Table Tennis
1:00p.m. LPRD Shuffleboard-Women Singles
1:00p.m. LPRD Horseshoes-Men

FRIDAY, OCTOBER 26

8:00a.m. TPL Bowling – Singles
10:30a.m. TPL Bowling – Doubles
1:00p.m. TPL Bowling – Mixed Doubles

WEDNESDAY, NOVEMBER 7, 2018

11:00a.m. LPRD Closing Celebration – Luncheon

If the sport is NOT offered those sports are open events at the Tennessee Senior State Senior Olympics



Lawrenceburg Parks and Recreation Department
South Central Tennessee Development District
Shelbyville Recreation Center
Galaxy Lanes

Walgreens
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A WORD TO THOSE OF YOU WHO ARE NEW

Many times we are asked what the competition is like at the Senior Olympics. Sometimes we hear apprehension in the voice of a newcomer or that a newcomer may not “feel ready”. The beautiful thing about the Senior Olympics is that it offers a healthy competition for individuals of all skill levels. A beginner will have the chance to reawaken or try new skills and set a baseline in terms of fitness. A seasoned athlete can sharpen skills and strive to best perform prior personal performances. What is unique about the Senior Olympics is the warmth and acceptance that you will discover among all competitors, staff, and volunteers. You will often find that a national level athlete will cross a finish line and then turn and cheer as every athlete finishes. Our mission in providing this program is to give you a goal so that you will train year long and stay fit and healthy. Please join us in 2018!

NATIONALS

The next National Senior Games-the Senior Olympics are scheduled for June 14-28, 2019 in Albuquerque, NM. **Qualification for this event occurred at our recent 2018 state finals in Williamson County.**

We realize that our 2019 state finals will overlap the Nationals next summer. Unfortunately, late June during the high school dead period is the only time that we can secure the many venues needed across Williamson County. We wish those going to New Mexico the best of luck and we look forward to seeing those of you planning to stay in Tennessee next summer.

If you qualified, you should receive information directly from the National office by January 2019. For more information please visit www.nsga.com.

EVENT SITES

Tenn Pin Lanes

30 Mooresville Pike
Columbia, TN 38401
(931)381-2695

Columbia State Community College

1665 Hampshire Pile
Columbia, TN 38401

Lawrenceburg Golf & Country Club

1901 W Gaines Street
Lawrenceburg, TN 38464
(931)762-2500

Lawrenceburg Parks & Recreation

927 N Military Avenue
Lawrenceburg, TN
(931)762-4231

Lewisburg Rec Center

1551 Mooresville Hwy
Lewisburg, TN 37091

Shelbyville Recreation Center

220 Tulip Tree Rd
Shelbyville, TN
(931)684-9780

NEXT SUMMER'S STATE FINALS IMPORTANT INFORMATION!

PLEASE READ!

The Tennessee Senior Olympics State Finals are scheduled for June 2019 in Williamson County, TN. The exact dates will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2019 state finals, athletes must participate in a fall 2018 district event. 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 of 2018 year to compete in the 2018 state finals.

For example, for the 2018 districts, age will be determined as of December 31, 2018. For the 2019 state finals, age will be determined as of December 31, 2019. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2019 state finals. For example, an individual who turns 50 on April 1, 2019 will play in the 50-54 division in the fall 2018 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2019 year to compete in the 2019 state finals.

Open sports that do not require district qualification include archery, cycling, the SK and IOK road race, SK Racewalk, racquetball, triple jump pole vault, and the power and fitness walk. 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.**

Registration for the state finals will open late February 2019. Details will be e-mailed to all district participants. **Visit www.tnseniorolympics.com for more information about the state finals.**

You MUST participate at the district to attend the State Finals in June 2019.

Additional information may be found on our website, www.tnseniorolympics.com

IMPORTANT NOTICE

Please note that all confirmation receipts and other information will be e-mailed as much as possible. (We are trying to cut down on postage costs.) Please provide an e-mail address for yourself or the e-mail address of a son, daughter, or grandchild who is able to pass the information to you.

E-mail Address

[Grid for E-mail Address]

Confirmations will be e-mailed. Please write clearly and in CAPS.

ENTRY FORM

General Information (please print)

Last Name [Grid] First Name [Grid] Initial []

Street Address (Include Apartment Number) [Grid]

City [Grid] State [] Zip Code [Grid]

County [Grid] Date of Birth [Grid] [] []

Home Phone Number [Grid] Age [] Male [] Female [] as of 12/31/2019

Cell Phone Number [Grid]

T-Shirt Size (fill in appropriate box) S M L XL XXL XXXL

Events – Note: Open events at the State level include: 5K and 10K Runs, Archery, Cycling, Racquetball Triple Jump, Pole Vault and the Power Walk

- Badminton (singles)
Basketball Free Throw
Bowling (singles)
Bowling (doubles)
Bowling (mixed doubles)
Field Events (indicate each event)
Health and Fitness Walk
Cornhole
Pickleball (singles)
Pickleball (doubles)
Pickleball (mixed doubles)
Shuffleboard (singles)
Shuffleboard (doubles-may be mixed)
Swimming (indicate each event - select only 6 events)
Table Tennis (singles)
Tennis (singles)
Track Events (indicate each event)

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 _____

Relation _____

Phone () _____

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 _____

How did you find out about the Senior Olympics?

- Radio/TV Newspaper Website
 SilverSneakers® Senior Center Friend
 Parks & Recreation Program Poster/brochure
 Walgreen Other _____

Media Release

- Tennessee Senior Olympics has my permission to release my contact information, including name, address, phone number and email address to the media.

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, Chattanooga District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, South Central District Senior Olympics, South Central Tennessee Development District, Lawrence County High School, Lawrenceburg Parks and Recreation, Tenn Pin, Lawrenceburg Golf & Country Club, Shelbyville Recreation Center, Walgreens, Columbia State, Lewisburg Rec Center, 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 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.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the 2017 District Senior Olympics without remuneration.

Print Name _____
Signature _____ Date _____

Volunteer

Are you interested in volunteering for an event?

- Yes, and I would prefer to volunteer for:

 No

Entry and Event Fees

Registration Fee \$ 25.00 _____
(postmarked by August 31, 2018)

I am participating in golf + \$25.00 \$ _____
(includes greens fees and cart)

I am participating in a bowling event
_____ x \$3.00 = \$ _____
number of events entered

Donation \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

____ I am not attending the closing celebration "Luncheon"

____ I am attending the closing celebration "Luncheon"

____ I am attending the closing celebration "Luncheon" with guests _____ X \$8.00 =

*Make checks payable to
South Central District
Senior Olympics
927 N Military Avenue
Lawrenceburg, TN 38464*

This form must be completed and postmarked by August 31, 2018. Forms to be mailed to:
Make Checks to "South Central District Senior Olympics, 927 N Military Avenue, Lawrenceburg, TN 38464. 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.



Some people say when you're 70, you should take it easy. We say, "Let the games begin."

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For more than thirty years, BlueCross has been proud to sponsor the Tennessee Senior Olympics, and inspire tens of thousands of seniors to live healthy, active lives. BlueCross BlueShield of Tennessee is for Tennessee.

See how BlueCross impacts your community at bcbst.com/impact

A not-for-profit, Tennessee-based company.



The Power of Blue

Rule Highlights

- 1) As mentioned on the general information page, 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 required for each district.
- 2) If an athlete is the only individual in his or his respective age group, he or she must play an exhibition match to qualify for the state finals and before medals will be awarded.
- 3) Athletes must pre-register for each sport. Events may not be entered at the last minute and on site. Sports must be checked on entry forms.
- 4) Athletes must qualify in each specific event to qualify for the state finals. For example, swimming the 50 freestyle does not qualify an athlete for the 100 freestyle.
- 5) Doubles partners who qualify at the district for the state finals should plan to play together. If one of the partners cannot attend, another qualified athlete in the same competition may be chosen. Changes must be submitted no later than one month prior to the state finals.
- 6) Athletes will be required to check-in to events 10 minutes prior to their scheduled match. Game time is forfeit time will be upheld.
- 7) There are limits to the number of out-of-district players who can play on basketball, volleyball, and softball teams. Please consult our rulebook for these specific rules.
- 8) Athletes are allowed to play on one team per team sport.

**The Tennessee Senior Olympics rulebook may be viewed online at www.tnseniorolympics.com.
Please check this for a complete listing of all rules.**

Presented by:



District Sponsors

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