

Memphis District Senior Olympics  
1188 N. Parkway  
Memphis, TN 38105

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# Memphis District Tennessee Senior Olympics

September 12-26, 2014



**EARLY BIRD DEADLINE: August 15, 2014**

**FINAL DEADLINE: August 29, 2014**

The Memphis District Senior Olympics is a special event for seniors 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.

The following counties are included in the Memphis District:

Shelby, Fayette, Tipton & Lauderdale.

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

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, 2015.

Each participant must complete an entry form with fees. You must participate at a District in Fall 2014 in order to compete at State in June 2015.

Contact [Kay.Lightfoot@memphistn.gov](mailto:Kay.Lightfoot@memphistn.gov) or [Lori.Fageol@memphistn.gov](mailto:Lori.Fageol@memphistn.gov) or call 901-576-4255 or 901-383-9101.

Participants may enter an unlimited number of events; however, you should not enter events that overlap in time. Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.

## Contact Information

### Frayser-Raleigh Senior Center (Lori)

(Memphis District Headquarters)

3985 Egypt Central 38128

383-9101

[Lori.Fageol@memphistn.gov](mailto:Lori.Fageol@memphistn.gov)

### Lewis Center for Senior Citizens (Kay)

1188 N. Parkway 38105

576-4255

[Kay.Lightfoot@memphistn.gov](mailto:Kay.Lightfoot@memphistn.gov)

### McWherter Senior Center (Vernon)

1355 Estate Drive 38119

761-2462

[Vernon.Gipson@memphistn.gov](mailto:Vernon.Gipson@memphistn.gov)

### Orange Mound Senior Center (Floyd or Vanessa )

2590 Park 38114

576-6622

[Vanessa.Ford@memphistn.gov](mailto:Vanessa.Ford@memphistn.gov)

### Ruth Tate Senior Center (Kristine)

1620 Marjorie Street 38106

948-7502

[Kristine.Strickland@memphistn.gov](mailto:Kristine.Strickland@memphistn.gov)

#### Tennessee Districts

Chattanooga	East Tennessee	First Tennessee
Greater Nashville	Northwest	South Central
Southeast	Southwest	Upper Cumberland
Memphis		

## Presenting Sponsor



BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

## Bronze Sponsors

Frayser-Raleigh Senior Center      Lewis Senior Center  
McWherter Senior Center      Ruth Tate Senior Center  
Orange Mound Community Services Center

## Gold Sponsor



City of Memphis Division of  
Parks & Neighborhoods

**Saturday, September 13**

[Swimming](#) @ YMCA at Schilling Farms

[200Y Freestyle](#) WOMEN @ 12:20 p.m.

[200Y Freestyle](#) MEN @ 12:30 p.m.

[100Y Backstroke](#) WOMEN @ 12:40 p.m.

[100Y Backstroke](#) MEN @ 12:50 p.m.

[500Y Freestyle](#) WOMEN @ 1:00 p.m.

[500Y Freestyle](#) MEN @ 1:15 p.m.

[100Y Individual Medley](#) WOMEN @ 1:30 p.m.

[100Y Individual Medley](#) MEN @ 1:40 p.m.

[200Y Backstroke](#) WOMEN @ 1:50 p.m.

[200Y Backstroke](#) MEN @ 2:00 p.m.

**Monday, September 15**

[Pickleball](#) @ Bert Ferguson Mega Center SINGLES @ 9:00 a.m.

[Golf](#) @ Links at Galloway MEN & WOMEN @ 7:30 a.m.

**Tuesday, September 16**

[Horseshoes](#) @ McWherter Senior Center

MEN @ 9:00 a.m. WOMEN @ 12:00 p.m.

[Racquetball](#) @ WellworX SINGLES @ 9:30 a.m.

DOUBLES @ 11:30 a.m. MIXED DOUBLES @ 12:30 p.m.

[Softball Throw](#) @ Sea Isle Park MEN & WOMEN @ 11:00 a.m.

[Volleyball](#) @ Orange Mound Center MEN & WOMEN @ 6:00 p.m.

[Hot Shot](#) @ Orange Mound Center MEN & WOMEN @ 6:30 p.m.

**Wednesday, September 17**

Track and Field Events at Fairgrounds Track

*Complimentary Sack Lunch* 11:00a.m.-1:00p.m.

[50M](#) MEN & WOMEN @ 11:30 a.m.

[100M](#) WOMEN @ 9:00 a.m. MEN @ 9:30 a.m.

[200M](#) WOMEN @ 10:00 a.m. MEN @ 1:45 p.m.

[400M](#) MEN @ 10:45 a.m. WOMEN @ 2:15 p.m.

[800M](#) WOMEN @ 7:30 a.m. MEN @ 8:30 a.m.

[1500M](#) MEN & WOMEN @ 7:00 a.m.

[1500M RaceWalk](#) MEN @ 12:00 p.m. WOMEN @ 1:15 p.m.

[High Jump](#) MEN @ 7:30 a.m. WOMEN @ 10:45 a.m.

[Shot Put](#) WOMEN @ 8:30 a.m. MEN @ 12:00 p.m.

[Long Jump](#) WOMEN @ 9:30 a.m. MEN @ 11:00 a.m.

[Javelin](#) MEN @ 10:00 a.m. WOMEN @ 1:45 p.m.

[Discus](#) WOMEN @ 12:15 p.m. MEN @ 2:15 p.m.

**Thursday, September 18**

[Bowling](#) @ All Star Lanes Doubles @ 9:00 a.m.

[Shuffleboard](#) @ Orange Mound Community Center

Singles @ 9:00 a.m. Doubles (May be mixed.) @ 1:00 p.m.

[Softball](#) @ Willow #2 MEN & WOMEN @ 6:00 p.m.

**Friday, September 19**

[Bowling](#) @ All Star Lanes Singles @ 9:00 a.m.

[5K Run](#) @ Overton Park MEN & WOMEN @ 8:00 a.m.

[5K Cycling](#) @ Overton Park MEN & WOMEN @ 9:30 a.m.

**Monday, September 22**

[Tennis](#) @ WellworX Mixed Doubles/Doubles @ 9:00 a.m.

[Bowling](#) @ All Star Lanes Mixed Doubles @ 9:00 a.m.

[Table Tennis](#) @ Davis Community Center Singles @ 1:00 p.m.

Doubles @ 2:00 p.m. Mixed Doubles @ 3:00 p.m.

**Tuesday, September 23**

[Badminton](#) @ Davis Community Center

Mixed Doubles @ 9:00 a.m. Doubles @ 9:45 a.m.

Singles @ 11:00 a.m.

[Tennis](#) @ WellworX Singles @ 1:00 p.m.

[Basketball](#) @ Davis Community Center

[Free Throws](#) @ 2:00 p.m. MEN & WOMEN

[3 Point Shot](#) @ 3:00 p.m. MEN & WOMEN

[3-on-3 Teams](#) @ 4:00 p.m. MEN & WOMEN

**Wednesday, September 24**

**Rain date for all outside events**

[Pickleball](#) @ Bert Ferguson Community Center

DOUBLES @ 9:00 a.m. MIXED DOUBLES @ 1:00 p.m.

**Thursday, September 25 - 2nd Rain Date**

**Friday, September 26**

Closing Awards Banquet @ 12:00 noon

Frayser-Raleigh Senior Center

3985 Egypt Central 383-9101

Athletes will enjoy a delicious meal and special awards will be presented. Athletes' tickets are ADMITTED FREE and guests' tickets are \$10.00. RESERVATIONS ARE REQUIRED!

**BRING YOUR CONFIRMATION LETTER TO ALL EVENTS!!**

**PLEASE PRINT CLEARLY FORM MUST BE FILLED OUT COMPLETELY!!**

Last Name \_\_\_\_\_ Preferred name \_\_\_\_\_ Initial \_\_\_\_\_

Street Address (include apartment number) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_

Primary Phone Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Secondary Phone Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-mail Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Gender (Circle One): M F Shirt Size (Circle One): S M L XL XXL XXXL

Senior Center Member? \_\_\_\_\_ Where? \_\_\_\_\_

**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: \_\_\_\_\_

Phone ( ) \_\_\_\_\_

**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, BlueCross BlueShield of Tennessee, City of Memphis Division of Parks & Neighborhoods, All Star Bowling Lanes, Fairgrounds Track, WellWorX, YMCA, 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 Memphis 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 2014 District Senior Olympics without remuneration.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Remember to sign your Waiver!!!!!!!**

**RETURN TO REGISTRATION**

**TEAM CAPTAINS PLEASE READ!**

Team Captains must mail ALL Entry Forms for ALL players plus a paper roster together at once! A roster must be submitted for your Team to be officially registered!

**Event Selections:**

___ Badminton Singles	___ Shuffleboard Singles
___ Badminton Doubles	___ Shuffleboard Doubles (May be Mixed)
Partner's Name _____	Partner's Name _____
___ Badminton Mixed Doubles	___ Softball Throw
Partner's Name _____	___ Softball Team
___ Basketball 3-Point Shot	Team Name _____
___ Basketball Free Throws	Captain's Name _____

**SWIMMING EVENTS (Maximum of 6 events)**

___ Basketball Hot Shot	Backstroke ___50Y ___100Y ___200Y
___ Basketball 3 on 3	Breaststroke ___50Y ___100Y ___200Y
Team Name _____	Butterfly ___ 50Y ___100Y
Captain's Name _____	Freestyle ___50Y ___100Y ___200Y ___500Y
___ Bowling Singles	Individual Medley (4 strokes) ___100Y ___200Y
___ Bowling Doubles	___ Table Tennis Singles
Partner's Name _____	___ Table Tennis Doubles
___ Bowling Mixed Doubles	Partner's Name _____
Partner's Name _____	___ Table Tennis Mixed Doubles
	Partner's Name _____

**FIELD EVENTS**

___ Long Jump ___Javelin ___ Shot Put	Partner's Name _____
___ Discus ___High Jump	___ Tennis Singles
___ Golf	___ Tennis Doubles
___ Horseshoes	Partner's Name _____
___ Pickleball Singles	___ Tennis Mixed Doubles
___ Pickleball Doubles	Partner's Name _____
Partner's Name _____	<b><u>TRACK EVENTS</u></b>
___ Pickleball Mixed Doubles	___50M ___100M ___200M ___400M ___800M
Partner's Name _____	___1500M ___1500M Racewalk
___ Racquetball Singles	___5K Cycling
___ Racquetball Doubles	___5K Run
Partner's Name _____	___ Volleyball - Team Name _____
___ Racquetball Mixed Doubles	Captain's Name _____
Partner's Name _____	

\*\*\*\*\* **RETURN TO REGISTRATION** \*\*\*\*\*

**Event Sites**

All Star Bowling Lanes	1576 S. White Station Rd	683.2695
Bert Ferguson Community Center	8505 Trinity Rd	309-1761
Davis Community Center	3371 Spottswood	323-8015
Fairgrounds Track	Hollywood and Central	383-9101
Frayser-Raleigh Senior Center	3985 Egypt Central	383-9101
Lewis Center for Senior Citizens	1188 N. Parkway	576-4255
McWherter Senior Center	1355 Estate Drive	761-2462
Orange Mound Community Center	2572 Park	576-6622
Overton Park	Gazebo at E. Parkway	383-9101
Sea Isle Park	1264 Wellsville Rd.	576-4255
The Links at Galloway	3815 Walnut Grove	685-7805
WellWorX Tennis Complex	6161 Shelby Oaks Dr.	388-6580
Willow #2	4845 Willow Road	767-4580
YMCA at Schilling Farms	1185 Schilling Blvd. East	853-2355

**Sports Chairs**

Badminton	K. C. Lim
Bowling	Sylvia Boldreghini
Pickleball	Mike Morgan
Racquetball	David & Sandra Gross
Shuffleboard	Hickman Ewing
Table Tennis	Dennis Fritchie

**ATHLETES PLEASE NOTE:**

T-Shirts and Goody Bags may be picked up at the Frayser-Raleigh Senior Center, Senior Olympics Room, throughout the Games, and one month afterwards. We will not take them to any other venues.

**##ATTENTION SWIMMERS##  
YOU MUST REGISTER AT THE YMCA BY 9:30 AM ON  
THE DAY OF THE SWIMMING EVENTS!**

**SCHEDULE OF EVENTS**

**BRING YOUR CONFIRMATION LETTER TO ALL EVENTS!**

**Friday, September 12: Opening Ceremony and Party** at Frayser-Raleigh Senior Center @ 6:00 pm!! Music, food, and the lighting of the torch!

**Saturday, September 13**

**Swimming @ YMCA at Schilling Farms**  
**45-minute warm-up time in the water @ 9:00 a.m.**  
**Opening Ceremony @ 9:45 a.m.**  
200Y Individual Medley WOMEN @ 10:00 a.m.  
200Y Individual Medley MEN @ 10:10 a.m.  
50Y Freestyle WOMEN @ 10:20 a.m.  
50Y Freestyle MEN @ 10:25 a.m.  
100Y Breaststroke WOMEN @ 10:30 a.m.  
100Y Breaststroke MEN @ 10:40 a.m.  
50Y Butterfly WOMEN @ 10:50 a.m.  
50Y Butterfly MEN @ 10:55 a.m.

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**Saturday, September 13**

**Swimming @ YMCA at Schilling Farms**  
200Y Backstroke WOMEN @ 11:00 a.m.  
200Y Backstroke MEN @ 11:10 a.m.  
100Y Freestyle WOMEN @ 11:20 a.m.  
100Y Freestyle MEN @ 11:30 a.m.  
50Y Breaststroke WOMEN @ 11:40 a.m.  
50Y Breaststroke MEN @ 11:45 a.m.  
100Y Butterfly WOMEN @ 11:50 a.m.  
100Y Butterfly MEN @ 12:00 p.m.  
50Y Backstroke WOMEN @ 12:10 p.m.  
50Y Backstroke MEN @ 12:15 p.m.

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**Entry Forms:** The final deadline is **August 29, 2014**. Entry form may be mailed to: Memphis District Senior Olympics, 1188 N. Parkway, Memphis, TN 38105 or brought to one of the five City of Memphis Parks & Neighborhoods Senior Centers.

Confirmation letter will be mailed on receipt of entry form. Athletes are responsible for verifying information for accuracy by **September 6, 2014. No changes after September 10, 2014.**

**Fees:** All participants must submit a completed entry form with fee. Pay a **\$30** entry fee by early bird deadline (**August 15**) Afterwards, the fee increases to **\$40**. The final deadline is Friday, **August 29, 2014**. There is a \$3 fee per event after the first ten events regardless of deadline. The entry fee includes medals, awards, and a shirt. Bowling fees are \$5.25 per game. There will be a \$5 per person fee for tennis players to pay for courts. Greens fees for golfers is \$11.00.

**Golf:** There will be a shotgun start at 7:30am and golfers will play with their age groups. Men will use white tees and ladies the red tees. Cart fee of \$14 to be paid at the course.

**Inclement Weather:** Any schedule changes will be announced at the event site and at Headquarters. Athletes must call Headquarters to verify time and location changes. Rain dates are Wednesday, September 24, and Thursday, September 25. Track & Field has priority over all other events. **The Headquarters telephone number is 901.383.9101.**

**Teams:** In doubles events and in team competitions, teams will compete in the division determined by the age of the youngest team member. Please include your team and/or partner's name. Partners must also submit a registration form.

Team Captains are responsible for submitting team entry forms and team roster by **August 15, 2014**. Rosters will be available at Park Services Senior Centers or download at [www.tnseniorolympics.com](http://www.tnseniorolympics.com). Each athlete must submit entry form.

Teams must be comprised of players from their division with one wild card allowed from any region; **West** (Memphis, Northwest, and Southwest); **Middle** (Greater Nashville, South Central, and Upper Cumberland); and **East** (Chattanooga, Southeast, East, and First). If unsure which counties comprise which district please visit our website at [www.tnseniorolympics.com](http://www.tnseniorolympics.com). Teams 75+ will not have restrictions and may be comprised of any player regardless of district.

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

Special Thanks to



## Opening Ceremony and Party!!

**Reservations are required:** Festivities will be held at the Frayser-Raleigh Senior Center at 3985 Egypt Central Rd. on Friday, September 12, beginning at 6 p.m. Entertainment provided by Pure Country and Gary Abbott. Athletes are \$5.00. Guests may attend for \$10.00.

**Check In:** If an athlete is not present at Game Time (even exhibition), he or she will be disqualified even if participating at another event. Game Time is **Forfeit Time. Remember, do not leave items exposed in your vehicle at any of the event sites.**

### Next Summer's State Finals Important Information! Please Read!

The Tennessee Senior Olympics State Finals are scheduled for June 2015 in Williamson County, TN. The exact dates will be posted at [www.tnseniorolympics.com](http://www.tnseniorolympics.com) by the end of the year.

**To be eligible for the 2015 state finals, athletes must participate in a fall 2014 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.**

For example, for the 2014 districts, age will be determined as of December 31, 2015. For the 2015 state finals, age will be determined as of December 31, 2015. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2015 state finals. For example, an individual who turns 50 on April 1, 2015 will play in the 50-54 division in the fall 2014 districts although he or she is 49.

**Athletes must be 50 years old by December 31 of 2015 year to compete in the 2015 state finals.**

Open sports that do not require district qualification include archery, cycling, the 5K and 10K road race, racquetball, and the power and fitness walk. **Sports not offered at your home district are also considered open.**

Visit [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for more information about the state finals.

#### Senior Olympics Oath

**Today the joy of competition calls me to the test  
I have the opportunity to strive to reach my best.  
I have learned with age that effort is the only true  
first place.**

**There is victory in accepting challenge, and in trying,  
there is grace.**

## FEES AND GUEST RESERVATIONS FORM

Early Bird Fee (Postmarked by **August 15, 2014**) \$30.00 \$\_\_\_\_\_

Final Deadline Fee ( Postmarked by **August 29, 2014**) \$40.00 \$\_\_\_\_\_

Bowling Fees - Singles \$5.25 \$\_\_\_\_\_

Doubles \$5.25 \$\_\_\_\_\_

Mixed Doubles \$5.25 \$\_\_\_\_\_

Golf Fees - Greens Fees are \$11.00. (**\$14 Cart Fee paid at the course.**) \$\_\_\_\_\_

Tennis Fees - There is a \$5.00 per person court charge.  
\$\_\_\_\_\_

**Extra Event Fee Calculation** - A \$3 fee is added for each event entered that is **OVER** the first 10. Events Entered \_\_\_ minus 10 = \_\_\_ times \$3 = \$\_\_\_\_\_

**Opening Ceremony & Party** - Athlete's Tickets are \$5.00. Count me in. \$\_\_\_\_\_

Guests' Tickets are \$10 each. Guests \_\_\_ times \$10 = \$\_\_\_\_\_

**Closing Banquet** - Athletes are admitted FREE. Count me in. YES / NO

Guests' Tickets are \$10 each. Guests \_\_\_ times \$10 = \$\_\_\_\_\_

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

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

## FINAL CHECKLIST

{ } I completed the information on the Memphis District Entry & Event Registration Forms.

{ } I completed the Health Information Form & signed the Liability Waiver.

{ } I completed the Fee and Guest Reservations Form.

{ } I have enclosed a check, or money order, for the **Total Amount** payable to: **SENIOR OLYMPICS.**

{ } I am including the three pages marked "**Return to Registration**".

\*\*\*\*\* **RETURN TO REGISTRATION** \*\*\*\*\*