

UPDATE: CHECKS WILL BE ACCEPTED

38TH ANNUAL MEMPHIS DISTRICT SENIOR OLYMPICS

SEPTEMBER 24 – OCTOBER 8, 2021

REGISTRATION BEGINS: August 11, 2021

REGISTRATION ENDS: September 17, 2021

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, 2021

Each participant must complete an entry form with fees. You must participate at a District in Fall **2021** in order to compete at State in June 2022. **This year is a qualifying year for Nationals 2023.**

Contact: amanda.memphisdistrict@outlook.com (District Coordinator) 901-254-9113

or

vernon.gipson@memphistn.gov (District Co-Facilitator) 901-304-8194

Participants may enter an unlimited number of events; however, you should not enter events that overlap in time.

Individuals may participate in as many districts as desired. Registration and payment are required for each district.

Presenting Sponsor



of Tennessee

Entry Forms: The final deadline is **September 17, 2021**. Entry forms may be mailed to: Memphis District Senior Olympics, **PO Box 11385, Memphis, TN 38111** or brought to one of the five City of Memphis Parks & Neighborhoods Senior Centers or District Headquarters at 2599 Avery Ave. Money Orders Accepted. **(No Cash Or Checks Accepted)**

A Confirmation Letter will be **emailed** on receipt of entry form. **PLEASE ENSURE YOU PROVIDE AN UPDATED EMAIL ADDRESS ON THIS FORM.** Athletes are responsible for verifying information for accuracy **by September 22, 2021. No changes will be made after that date.**

Fees: All participants must submit the completed entry form and pay the **\$45.50** entry fee by the deadline Friday, **September 17, 2021**. There is a \$3 fee per event after the first ten events. The entry fee includes medals, awards, t-shirt and entry to the Opening and Closing Ceremonies.

BOWLING: Bowling fees are \$6.50 per event.

Golf: **Cart fee of \$20 to be paid at the course.** There will be a shotgun start at 7:30 am, and golfers will play with their age groups. Men will use white tees and ladies will use red tees.

GOLFERS MUST BE READY TO START AT TEE TIME OR THEY WILL FORFEIT

Incident 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 October 6th and Thursday October 7th.** Track & Field has priority over all other events.
Contact Numbers: (901) 254-9113 or 901-304-8194

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 **September 17, 2021**. Rosters will be available at Park & Neighborhoods Senior Centers or download at www.tnseniorolympics.com. Each athlete must submit an 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. 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 regards to practice, preparation, and competition in these events or any similar physical activity. Each participant may be subject to temperature screenings, mask and social distancing requirements per local and state guidelines in place at the time of the games.

Opening Ceremony!!

Reservations are required: Festivities will be held at Hope Church (8500 Walnut Grove Road, 38018) on Friday September 24TH beginning at 5:30PM. Entertainment will be provided. Athletes are free, Guests may attend for \$14.00

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.**

Reminder: Please do not leave items exposed in your cars at the event sites.

Next Summer's State Finals

Important Information! Please Read!

Information and exact dates for the 2022 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year. To be eligible for the 2022 State Finals, Athletes must participate in a 2021 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, 2022 to compete in the 2022 state finals.

For example, for the 2021 districts, age will be determined as of December 31, 2022. For the 2022 state finals, age will be determined as of December 31, 2022. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2022 state finals. For example, an individual who turns 50 on April 1, 2022 will play in the 50-54 division in the fall 2021 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2022 year to compete in the 2022 state finals.

OPEN SPORTS that do not require district qualification include archery, cornhole, cycling (5k and 20k), the 5K and 10K road races, disc golf, 5k Walk, racquetball, triple jump, pole vault, and the powerwalk. 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 in March 2022. Details will be e-mailed to all district participants.

Visit www.tnseniorolympics.com for more information about the State Finals.

Nationals

2022 Nationals

We wish the best of luck to those of you who plan to attend the National Senior Games scheduled for May 10—23, 2022 in Fort Lauderdale, FL.

In response to the pandemic, NSGA made many adjustments to the qualification process for the above-mentioned 2022 National Senior Games. All Athletes who are eligible for the priority registration period will receive notification from the NSGA. An open registration period will also be offered.

2023 Nationals

The 2023 National Senior Games- the Senior Olympics is slated for Pittsburgh, PA. Dates to be announced.

Qualification for this event will occur at the 2022 Tennessee Senior State Finals in Williamson County.

Therefore, participating in your 2021 district is vital for those sports that require qualification. See state finals article.
For more information about Nationals, please visit www.nsga.com

REGISTRATION FORM

PLEASE PRINT CLEARLY FORM MUST BE FILLED OUT COMPLETELY!!
(FRONT AND BACK)

Last Name _____ First name _____ Initial _____

Street Address (include apt 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

If yes, explain _____

FAMILY DOCTOR:

PHONE () _____

EMERGENCY CONTACT:

PHONE () _____

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) that 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 and Neighborhoods, All-Star Bowling Lanes, Fairgrounds Track, Germantown Baptist Church, JW Fitness, 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 permission to have emergency medical personnel attend to 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 2021 District Senior Olympics without remuneration.

SIGNATURE _____

DATE _____ / _____ / _____

REMEMBER TO SIGN YOUR WAIVER!!!



FEES AND GUEST RESERVATIONS FORM

Registration Fee (Postmarked by **September 17, 2021**) \$45.50 \$ _____

Bowling Fees - Singles \$6.50 \$ _____

 Doubles \$6.50 \$ _____

 Mixed Doubles \$6.50 \$ _____

Extra Event Fee Calculation --- A \$3 fee is added for each event entered **OVER** the first 10.

 Events Entered _____ minus 10 = _____ times \$3 = \$ _____

Opening Ceremony **Athletes are admitted free. Count me in.** **YES / NO**
 Guest Tickets are \$14.00 each. # of Guests _____ times \$14.00 = \$ _____

Closing Banquet **Athletes are admitted FREE. Count me in.** **YES / NO**
 Guest Tickets are \$14.00 each. # of Guests _____ times \$14.00 = \$ _____

Donation Amount \$ _____

(NO CASH OR CHECKS ACCEPTED) **TOTAL AMOUNT ENCLOSED \$ _____**

Event Selections:

____ 5K Cycle
 ____ 5K Run
 ____ Badminton Singles
 ____ Badminton Doubles
 Partner's Name _____ (DOB) _____
 ____ Badminton Mixed Doubles
 Partner's Name _____ (DOB) _____
 ____ Basketball 3 Point Shot
 ____ Basketball Free Throws
 ____ Basketball Hot Shot
 ____ Basketball 3 on 3
 Team Name _____
 Captain's Name _____
 ____ Bowling Singles
 ____ Bowling Doubles
 Partner's Name _____ (DOB) _____
 ____ Bowling Mixed Doubles
 Partner's Name _____ (DOB) _____
 ____ Golf
 ____ Cornhole
 ____ Pickleball Singles
 ____ Pickleball Doubles
 Partner's Name _____ (DOB) _____
 ____ Pickleball Mixed Doubles
 Partner's Name _____ (DOB) _____

____ Racquetball Singles
 ____ Racquetball Doubles
 Partner's Name _____ (DOB) _____
 ____ Racquetball Mixed Doubles
 Partner's Name _____ (DOB) _____
 ____ Shuffleboard Singles
 ____ Shuffleboard Doubles/Mixed
 Partner's Name _____ (DOB) _____
 ____ Softball Throw

SWIMMING EVENTS (Maximum of 6 events)

Backstroke _____ 50Y _____ 100Y _____ 200Y
 Breaststroke _____ 50Y _____ 100Y _____ 200Y
 Butterfly _____ 50Y _____ 100Y _____
 Freestyle _____ 50Y _____ 100Y _____ 200Y _____ 500Y
 Individual Medley (4 strokes) _____ 100Y _____ 200Y
 ____ Table Tennis Singles
 ____ Table Tennis Doubles
 Partner's Name _____ (DOB) _____
 ____ Table Tennis Mixed Doubles
 Partner's Name _____ (DOB) _____
 ____ Tennis Singles
 ____ Tennis Doubles
 Partner's Name _____ (DOB) _____
 ____ Tennis Mixed Doubles
 Partner's Name _____ (DOB) _____

TRACK & FIELD EVENTS

____ 50M _____ 100M _____ 200M _____ 400M _____ 800M _____ 1500M _____ 1500M Race-walk
 _____ Discus _____ High Jump _____ Javelin _____ Long Jump _____ Shot Put

SCHEDULE OF EVENTS

BRING YOUR CONFIRMATION LETTER TO ALL EVENTS!

**Friday, September 24th: OPENING CEREMONY AND CELEBRATION at Hope Church (8500 Walnut Grove Rd)
@ 5:30 PM! MUSIC, FOOD, AND THE LIGHTING OF THE TORCH!**

Saturday, September 25

Swimming @ Hickory Hill Community Center
45-minute warm-up time in the water @ 9:00AM

[200Y Individual Medley](#) WOMEN @ 10:00AM
[200Y Individual Medley](#) MEN @ 10:10AM
[50Y Freestyle](#) WOMEN @ 10:20AM
[50Y Freestyle](#) MEN @ 10:25AM
[100Y Breaststroke](#) WOMEN @ 10:30AM
[100Y Breaststroke](#) MEN @ 10:40AM
[50Y Butterfly](#) WOMEN @ 10:50AM
[50Y Butterfly](#) MEN @ 10:55AM
[200Y Backstroke](#) WOMEN @ 11:00AM
[200Y Backstroke](#) MEN @ 11:10AM
[100Y Freestyle](#) WOMEN @ 11:20AM
[100Y Freestyle](#) MEN @ 11:30AM
[50Y Breaststroke](#) WOMEN @ 11:40AM
[50Y Breaststroke](#) MEN @ 11:45AM
[100Y Butterfly](#) WOMEN @ 11:50AM
[100Y Butterfly](#) MEN @ 12:00PM
[50Y Backstroke](#) WOMEN @ 12:10PM
[50Y Backstroke](#) MEN @ 12:15PM
[200Y Freestyle](#) WOMEN @ 12:20PM
[200Y Freestyle](#) MEN @ 12:30PM
[100Y Backstroke](#) WOMEN @ 12:40PM
[100Y Backstroke](#) MEN @ 12:50PM
[500Y Freestyle](#) WOMEN @ 1:00PM
[500Y Freestyle](#) MEN @ 1:15PM
[100Y Individual Medley](#) WOMEN @ 1:30PM
[100Y Individual Medley](#) MEN @ 1:40PM
[200Y Breaststroke](#) WOMEN @ 1:50PM
[200Y Breaststroke](#) MEN @ 2:00PM

Monday, September 27

[Pickleball](#) @Germantown Baptist Church **SINGLES @ 9:00 AM**
@ Bert Ferguson (Times to be announced)

[Golf](#) @Galloway Golf Course **MEN & WOMEN @ 7:00 AM**

Tuesday, September 28

[Racquetball](#) @JW Fitness **SINGLES @ 9:30AM**
DOUBLES @ 10:30AM, MIXED DOUBLES @ 11:30 AM

[Softball Throw](#) @McWherter Senior Center **MEN & WOMEN @ 9:00AM**

Wednesday, September 29

[Cornhole](#) @Bert Ferguson Community Center
Women @ 9:00AM Men @ 1:00 pm

[Badminton](#) @Davis Community Center
Singles @ 9:00AM, Mixed Doubles @ 9:45AM, Doubles @ 10:45AM

Thursday, September 30

[Bowling](#) @All Star Lanes **Doubles @ 9:00AM**

[Shuffleboard](#) @Bert Ferguson Community Center
Singles @9:00AM Doubles (May be mixed) @ 1:00PM

Friday, October 1

[Bowling](#) @All Star Lanes **Singles @ 9:00AM**

[5K Run](#) @Overton Park **MEN & WOMEN @ 8:00AM**

[5K Cycling](#) @Overton Park **MEN & WOMEN @ 9:30AM**

Saturday, October 2 Track & Field Events @ MUS

	<u>MEN</u>	<u>WOMEN</u>
50M	8:00AM	9:00AM
100M	8:30AM	9:30AM
200M	10:00AM	11:45AM
400M	10:30AM	12:15PM

CONTINUED ON NEXT PAGE →

Track and Field Events at MUS continued...

<u>800M</u>	12:45PM	1:15PM
<u>1500M</u>	7:30AM	7:30AM
<u>1500M Race-walk</u>	11:00AM	11:00AM

Sunday, October 3

<u>High Jump</u>	9:00AM	8:00AM
<u>Shot Put</u>	9:30AM	8:30AM
<u>Long Jump</u>	11:45AM	10:00AM
<u>Javelin</u>	1:15PM	12:45PM
<u>Discus</u>	12:15PM	10:30AM

Monday, October 4

[Bowling](#) @All Star Lanes Mixed Doubles @ 12:00 Noon

[Table Tennis](#) @Davis Community Center Singles @ 1:00PM
Doubles @ 2:00PM Mixed Doubles @ 3:00PM

[Pickleball](#) @Germantown Baptist Church Doubles @ 9:00

@Bert Ferguson Comm Center, Times To Be Announced

Tuesday, October 5

[Pickleball](#) @Germantown Baptist Ch. MIXED DOUBLES @ 9:00AM

[Basketball](#) @ Bartlett Recreation Center

[Hot Shot](#) @ 12:30pm MEN & WOMEN

[Free Throws](#) @ 2:00PM MEN & WOMEN

[3 Point Shot](#) @ 3:00PM MEN & WOMEN

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

Wednesday, October 6, 2021 1st **Rain date for all outside events** . Track and Field takes priority over all outside sports.

Thursday, October 7

[Tennis](#) @Eldon Roarke Tennis Center SINGLES @9:00 am

[Tennis](#) @Eldon Roarke Tennis Center DBLS & MXD DBLS @12N

Thursday, October 7, 2021 2nd **Rain Date**

Friday, October 8, 2021

[Closing Awards Banquet](#) @ 12:00PM

Liberty Bowl Stadium Field

335 S. Hollywood St. Memphis, TN (901) 254-9113

Athletes will enjoy a delicious meal and special awards will be presented.

Athletes are **ADMITTED FREE** and guest tickets are \$14.00.

RESERVATIONS ARE REQUIRED!

Event Sites

All Star Bowling Lanes	1576 S. White Station	683-2695
Bartlett Recreation Center	7700 Flaherty Place	385-6470
Bert Ferguson Comm Ctr	8505 Trinity Rd	309-1761
Davis Community Center	3371 Spottswood Ave	323-8015
Eldon Roarke Tennis Center	1500 Finley Rd.	332-0546
Galloway Golf Course	3815 Walnut Grove Rd	685-7805
Germantown Baptist Church	9450 Poplar Ave.	756-9450
Hickory Hill Comm Center	3910 Ridgeway Rd.	566-9685
Hope Church	8500 Walnut Grove Rd.	755-7721
JW Fitness	6161 Shelby Oaks Dr.	388-6580
McWherter Senior Center	1355 Estate Drive	761-2462
Memphis University School	6191 Park Avenue	260-1300
Liberty Bowl Stadium	335 S. Hollywood	729-4344
Overton Park East Parkway Pavilion	389 E. Parkway N.	304-8194



Sports Chairs

Badminton	K. C. Lim
Bowling	Laura Madsen
Pickleball	Mike Morgan
Racquetball	David & Sandy Gross
Shuffleboard	Hickman Ewing
Table Tennis	Dennis Frenchie
Golf	Nick Brundyke
Track & Field	Staff
Tennis	Wanda Martin

Memphis District Senior Olympics
PO Box 11385
Memphis, TN 38111

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MEMPHIS, TN

Confirmation Letters will be emailed. Please provide an updated email address below:

EMAIL: _____

PLEASE PRINT LEGIBLY

If you do not have an email account or access to email, please indicate on the line above that you do not have email and we will mail your confirmation letter to the address you provide on this form.

Registration Form Pick-up and Drop Off Locations

Frayser-Raleigh Senior Center

3985 Egypt Central 38128
901-636-0710

Vernon Gipson, Director

Pick Up and Drop Off

J.K. Lewis Senior Center

1188 N. Parkway 38105
901-636-4255

Traci Sandidge, Director

Pick Up and Drop Off

McWherter Senior Center

1355 Estate Drive 38119
901-761-2462

Cherita Hopper, Director

Pick Up and Drop Off

Orange Mound Senior Center

2590 Park 38114
901-636-6622

Marcus Robinson, Director

Pick Up and Drop Off

Ruth Tate Senior Center

1620 Marjorie Street 38106
901-636-0720

Evelyn Young, Director

Pick Up and Drop Off

Memphis District Headquarters

2599 Avery Avenue 38112
901-254-9113

Amanda Johnson, Coordinator

Pick up and Drop Off

Bert Ferguson CC

8505 Trinity Road
Cordova, TN 38018

Pick Up Only

Bartlett Rec Center

7700 Flaherty Place
Memphis, TN 38133

Pick Up Only