

# GENERAL INFORMATION FOR 2013 ARKANSAS SENIOR OLYMPIC GAMES

The Arkansas Senior Olympics is a 501(c) (3) non-profit organization. Arkansas Senior Olympics is a member of the National Senior Games Association. Registration fees help defray the costs of conducting the games. If you would like to contribute (tax deductible) beyond your registration fee, make your check payable to Arkansas Senior Olympics and include with your entry form or mail to: P.O. Box 1577, Hot Springs, AR 71902.

**ELIGIBILITY:** The Arkansas Senior Olympic games are open to all who are 45 years of age and over by December 31, 2013. Athletes are required to submit proof of age with their Event Registration Form. (Proof of age can be a copy of a driver's license or any other picture identification card that shows the date of birth.) Arkansas is an OPEN state - out-of-state residents are eligible and encouraged to participate. **Ages 45-49 invited to compete in designated events. "The Kids"**

All competitors must return the entry form to the Arkansas Senior Olympic office postmarked no later than September 15, 2013. **You must be registered to participate.**

**PARTNERSHIPS AND TEAMS:** Partnership and team age groups are determined by the age of the youngest team member. **All partnership and team forms must be sent together.** Team captains must complete the team roster and entry form, and submit all team entry materials together. Team members must all be of the same gender. The team captain is responsible for the team fee. Individual players pay the individual entry fee in order to compete in other events. No partnership pools.

**WEATHER POLICY:** Sports using outdoor sites are weather dependent. Competition will be conducted unless an Arkansas Senior Olympic Official determines weather conditions to be potentially dangerous or life threatening, or if the playing field would incur significant damage. Come prepared for all types of weather. **NO refunds due to weather!**

**REGISTRATION PACKET PICK UP: First Church of the Nazarene, 3804 Central Avenue. All competitors must pick up their own packet prior to competing in his/her first event.** Penalty for failure to do so is not being allowed to compete or disqualification. The confirmation letter in your packet is your authorization to compete and must be shown, if requested, at all events. *No letter - NO compete.* Race (bib) numbers are in the packet and must be worn during competition. **Participant will be disqualified if packet is not picked up.**

All competitors, other than those whose first event is listed below, will pick up packet at the First Church of the Nazarene, 3804 Central Ave., prior to competition.

Wednesday	September 19 8:30 a.m.	Bean Bag Baseball (First Church of the Nazarene)
Saturday	September 21 8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd)
Sunday	September 22 8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd)

## **PACKET INFORMATION:**

### **IF THE FOLLOWING EVENT IS YOUR FIRST TO COMPETE:**

**Pickle Ball:** Check-in packet will be at Jessieville High School gym prior to play. (October 4-6)

**Badminton Players:** Must check in at the National Park Community College

**Golf:** Packets will be available at Hot Springs Country Club prior to tee time. Call venue for tee time and information. (No passengers in carts).

**Tennis:** Packet at Hot Springs Country Club, if only event

**5K Race Walk and 5K/10K ROAD RACE:** (If only event) Mid America Blvd., Sunday, October 6, 8:00 a.m.

**1500M Race Walkers:** Packets will be at Lakeside High School Track, Friday, October 4, 9:00 a.m.

**Cyclists:** Packets will be on sites prior to competition Sept. 21-22 (Lake Catherine State Park or Mid America Blvd)

**PLEASE NOTE: Events are subject to time change/relocation!!!**

**ARKANSAS SENIOR OLYMPICS - P.O. BOX 1577 - HOT SPRINGS, ARKANSAS 71902**

501-321-1441 OR 1-800-720-7276 (Arkansas ONLY) - Fax 501-321-4961

Email: [arsrolym@hotsprings.net](mailto:arsrolym@hotsprings.net) Web Site: [www.SrSports.org](http://www.SrSports.org)

Website for Nationals: [www.nationalseniorgames.org](http://www.nationalseniorgames.org)

**PLAYING RULES:** Arkansas Senior Olympic rules are in accordance, whenever possible, with those of the National Senior Games Association (NSGA). Your event coordinator will answer questions regarding rules in the individual sports. Medals are given to first, second and third place winners in NSGA sanctioned events. Ribbons are presented to first, second and third place winners in recreational events. Events identified as *ribbon events* are not offered at the National Senior Games. If an out-of-state participant wins **first place** in any event, a duplicate award will be presented to the top Arkansas finisher.

**AGE FOR COMPETITION:** Age 45-49, “The Kids” are invited to compete in designated events. The twelve age divisions apply to both men and women for individual and doubles events: 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Athletes may participate in only one age division. A participant’s age division for ALL SINGLES competition will be determined by his/her age as of December 31, 2013. Age of doubles, mixed doubles and teams will be determined by the age of the youngest player. Team events, basketball and softball, are divided into eight age divisions for both men and women: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; and older. Call Arkansas Senior Olympic Offices for further information.

**EQUIPMENT:** Arkansas Senior Olympics will provide the necessary equipment for all events **except** the following:

ARCHERY: Target will be provided. Archer must provide his own bow and target arrows.

BADMINTON: Shuttlecocks will be provided.

BOWLING: Participants are encouraged to bring their own shoes and ball.

CYCLING: Helmet is mandatory. Participant must bring own bicycle and helmet.

FIELD: Official throwing implements will be provided. Participant may use own personal implements, provided they meet the rules specifications. Participant must furnish own vaulting pole.

GOLF: Participants must bring his/her own clubs, balls and soft/spikeless shoes.

TABLE TENNIS: Balls provided. Participant must bring his/her own paddle.

TRACK: Participant may bring his/her own starter blocks.

DAISY AIR RIFLE AND PISTOL: Air rifles and pistol on site. No other guns and pistols. To be used.

**\*\*\* PLEASE NOTE: WEIGHTS FOR JAVELIN, SHOT PUT AND DISCUS \*\*\***

**JAVELIN:** Men: 50-54 and 55-59 - 700g; 60-64 and 65-69 - 600g; 70-74 and 75-79 - 500g; 80+ - 400g  
Women: 50-54 and 55-59 - 500 g; 60+ - 400g

**SHOT PUT:** Men: 50-54 and 55-59 - 6kg; 60-64 and 65-69 - 5kg; 70-74 and 75-79 - 4kg; 80+ - 3kg  
Women: ALL AGES - 3kg

**DISCUS:** Men: 50-54 and 55-59 - 1.5kg; 60-80+ - 1.0kg  
Women: 50-79 - 1.0kg; 80+ - .75kg

**\*\*\* SPECIAL EVENT \*\*\***

**DON'T MISS THE CELEBRATION FOR ATHLETES DINNER & POOL PARTY.**

**Friday, October 4 • Hot Springs Country Club**

Reservations only. Tickets purchase necessary (see entry form) Open to public. Seating limited.

It is very important that you complete in full the official entry form and sign the two waivers. Those participants who are competing in doubles events must make sure their partners send in their entry form; otherwise they will not be eligible to compete. Game rule applies to teams; team captains are responsible for providing a roster and must make sure all team members send in an entry form with the signed waivers. Otherwise they will not be able to compete.

**SWIMMING:** Swimmers will compete in a meter pool. Times will be converted to yards. This is a U.S. Masters recognized swim meet. Any swimmer using improper methods in order to obtain an advantage on his/her competition will be disqualified from that event.

**TRACK: Lakeside High School.** Participants who compete in the 1500 meter or 5K race walk **MAY NOT** compete in the 400 meter fun walk. Schedule to be adjusted to number of participants.

**NOTE: All competitors must wear race identification (bib) numbers. If an event is finished early, the next event MAY begin earlier than the scheduled time. All participants MUST check in at their event 30 minutes before the event time.**

**REGISTRATION FEES MUST ACCOMPANY YOUR ENTRY FORM.** Facility fees for golf and tennis must accompany your entry form. Other facility fees are paid at the facility as listed in this form.

1. Registration fee entitles entrant to participate in 8 events. The 9th and all successive events are \$10.00 each.
2. The registration fee and Celebration for Athletes Dinner ticket purchases are NON-REFUNDABLE. All registrants receive a t-shirt and welcome packet.
3. Bowling fee is \$8.00, payable at Central Bowling Lanes.
4. Golf fee is \$80 to be sent in with the registration fee to the Arkansas Senior Olympic Office. Golf fee includes green fee, cart and lunch. Non-refundable. If players participate in more than golf, registration fee of \$39 in state and \$43 Out of State is applicable with golf fee.
5. Weight lifting fee is \$10.00 (payable at the gym). Registration fee send to State Office

## HUMANA, INC. PRESENTING 2013 ARKANSAS SENIOR OLYMPICS

### NATIONAL PARK MEDICAL CENTER - FOUNDING SPONSOR

(To date of printing)

**Platinum** State of Arkansas

**Gold** Sen. Bill Sample • Representatives: John Vines, Bruce Cozart, Bruce Westerman, Andy Mayberry

**Silver:** Hot Springs Convention and Visitors Bureau  
Hot Springs Parks and Recreation • Lakeside School District • Jessieville School District

**Bronze:** Daisy Outdoor Products • Riceland Foods

**Angels:** LifeNet, First Church of the Nazarene, Teen Challenge

**Blue:** Sentinel Record • Summit Bank • Bank of the Ozarks \* Munro Foundation

**White:** Scott Keller, Entergy, AAR

**Torch:** Arkansas State Police • Bill Hall Printers • Central Bowling Lanes  
Coulson Oil • Delta Theta Chi Sorority • Direclynx  
• Garland County Sheriff's Department • Hot Springs Country Club  
Hot Springs Family YMCA • Hot Springs Health & Fitness Club • Hot Springs Police Department  
Lake Catherine State Park • Hot Spring County (Malvern) Sheriff's Department  
• National Park Community College, Hot Springs Bank & Trust, Posey Printing, ProFitness  
Spa Pacers, Senior Ambassadors, Veterans of Foreign Wars Post 2278

# 2013 EVENT DESCRIPTIONS

EVENTS ARE SUBJECT TO TIME CHANGE, CANCELLATION OR RELOCATION

## ARCHERY (45-49)

**When: Sat., October 5, 9:00 a.m.**

**Where: Lakeside High School**

Participant must choose one event: Compound fingers, Compound release, Recurve, Barebow Compound. Archers will shoot 900 round using regulation 48" target. Archers must use own equipment; target arrows required. For information call Charles Pate, 501-318-3775

## BADMINTON

**When: Thurs., October 4,**

**9:00 a.m. Singles**

**2:00 p.m. Doubles**

**3:00 p.m. Mixed Doubles**

**Where: National Park Community College Gym**

Badminton matches will consist of 2 out of 3 games. USBA rules apply. Players must check for game information before play at National Park Community College Gym.

## BOWLING

**When: Sat. & Sun., Sept. Oct. 5-6**

**Where: Central Lanes** fees to be paid at the lanes, \$8.00 per person, per event.

Send registration fee to Arkansas Senior Olympic office. No partnership pools.

Check times schedule. Players must bowl with registered partner. For information: 501-321-1441

## GOLF (45-49)

**When: Thur. Oct 3 8:30 a.m.**

**Where: Hot Springs Country Club**

Foursomes wanting to play together send registration forms together. Golf fee includes golf, cart, lunch only. No other events. Call 501321-1441 for additional information.

## HORSESHOES (45-49)

**WHEN: Thurs. Oct 3**

**9:00 a.m. Women; 1:00 p.m. Men**

**Where: Family Park, Airport Rd.**

Matches conducted in accordance with the NHPA rules. For information call Darrell Graham, 501-305-3902

## CYCLING (45-49)

**When and Where:**

**Sat., Sept. 21, 9:00 a.m., 40K Road Race. Lake Catherine State Park Visitors' Center**

**Sat., Sept. 21, 2:00 p.m., 5K Timed Trials, National Park Community College, Mid America Blvd.**

**Sun., Sept. 22, 9:00 a.m., 20K Road Race, Lake Catherine State Park Visitors' Center**

**Sun., Sept. 22, 1:00 p.m., 10K Timed Trials, National Park Community College, Mid America Blvd.**

Participants must provide own bicycles and must wear helmets during warm-up and competition. Russ Cerrato - 870-246-2229 or L.J. Wilson - 870-210 -0237

## RACE WALK (45-49)

**When and Where:**

**Fri., Oct. 5, 9:00 a.m., 1500M, Lakeside High School**

**Sun., Oct. 6, 8:00 a.m., 5K,**

**Mid America Blvd. National Park Community College**

Participants must use proper racewalk techniques. Failure to adhere will result in disqualification. Call Bill Richardson, 501-262-2836.

## RACQUET BALL (45-49)

**When: Sat., Oct 5, 9:00 a.m.**

**Where: Hot Springs Health & Fitness Club • 281 Lake Hamilton behind Hot Springs Mall**

Games play to 15 points. For information

Call Pete Blakeslee, 501-321-2732 or 800-964-4368.

## ROAD RACE 5K/10K

**(45-49) When: Sun., Oct 6,**

**8:00 a.m.**

**Where: Mid America Blvd. /Nat'l Park Community College Runs concurrent.**

For information call 501-321-1441

## SHUFFLEBOARD (45-49)

**When: Fri., Oct. 4, 8:30 a.m. -12**

**Singles & Open Doubles Where:**

**First Church of the Nazarene**

Tournament form determined by number of entries. For information - 501-321-1441

## SWIMMING (45-49)

**When: Sat., Oct. 5, 11:00 a.m.**

**warm up; 12 Noon Meet**

**Where: Hot Springs Family YMCA**

Multiple events, including 50M backstroke, butterfly and freestyle; breaststroke; 100M backstroke, butterfly, freestyle breaststroke and IM medley; 200M backstroke, breaststroke, freestyle and IM medley; 400M freestyle. Recognized by U.S. Masters Swimming. Events will be swum as listed on entry form. For information call YMCA, 501-623-8803.

## PICKLE BALL

(Sanctioned 4 tier) All play will be double elimination. Brackets of four entries or less will be round robin.

**When: Fri. Oct.4. Singles begin**

**2:30 p.m. Matches will be one game to 15.**

**Sat. Oct. 5, Doubles to 2/3 to11. Time TBA**

**Sun. Oct. 6, Mixed dbls, 2/3 to 11. Time TBA**

**Where: Jessierville High School Gym**

USPA members include your number on registration. ALL GAMES you wish to play must appear on your registration form. NO ADDITIONS on game day. - Time for first match will be posted on website: [www.hsvpickleball.org](http://www.hsvpickleball.org). - General information call Dee Vincent 501-984-2523 or Dan Tretanier 501-915-0503

# PARTNERSHIPS

HUMANA NATIONAL PARK  
MEDICALCENTER DAISY  
OUTDOOR PRODUCTS  
RICELAND

# 2013 Time & Events

(^indicates ribbon)

TIME AND EVENTS SUBJECT TO CHANGE OR RELOCATION

## TABLE TENNIS (45-49)

**Eligible Event, Single only**

**When: Thurs., Oct. 3, 8:00 a.m.**

**Where: First Church of the Nazarene**  
Singles, Doubles, Mixed Doubles.  
USTTA rules apply. Participant bring  
own paddles. Balls furnished. Call  
Arkansas Senior Olympics office.

## TRACK AND FIELD EVENTS SPONSORED BY SUMMIT BANK (45-49)

**When: Fri., Oct 4, 9:00 a.m.**

**Sat., Oct. 5, 8:00 a.m.**

**Where: Lakeside High Stadium**

**Event times may vary throughout the  
meet according to number of com-  
petitors. Check-in 30 minutes before  
event.**

Multiple events including: Track events,  
50M, 100M, 200M dashes, 400M, 800M  
and 1500m runs. Field events, discus,  
javelin, shot put, high jump, running  
long jump, triple jump and pole vault.  
Recreational track and field include:  
400M walk, softball throw, football  
throw, standing long jump, 800M  
prediction walk and 1 mile mixed relay  
(prediction). All competitors must have  
2013 race number to participate.  
Information for **field events call Bob  
Gravett, 870-246-7367.**

## TENNIS

**When: Oct. 4-6.**

**Where: Hot Springs Country Club**

**Tennis players may play in all events.**

**Players must play to receive awards.**

**Include national rating on entry form.**

Tennis and registration fees to be sent to  
the Arkansas Senior Olympics office.  
USTA rules apply. Club will notify  
match times.

## SKIP-BO

**When: Thurs., Oct 3, 9:00 a.m.**

**Where: First Church of Nazarene**

Card game, individual or  
partnership. Open Ages.

## SCRABBLE^

**When: Fri. Oct 4, 9:00 a.m. Where:**

**First Church of the Nazarene**

Make words out of letters. Open Ages.

## DAISY AIR RIFLE SHOOT

**\*(drop by)\* 45-49 eligible**

**When: Fri., Oct 4, 9 a.m. -12 p.m.**

**Where: VWF Post 2278**

Airgun and pistol Competition to a  
target. Highest point counts wins. Must  
use air rifles on site. **(See insert) For  
Information: call 501-321-1441.**

## BASKETBALL SHOOT \*(drop by)\* SPONSORED BY BANK OF THE OZARKS

**When: Fri., Oct. 4, 11-1:00 p.m.**

**Where: First Church of the  
Nazarene** Score points from 4 areas.  
Point scoring determines winner.

## BEAN BAG BASEBALL

**Senior Center & Retirement Teams  
Only**

**When: Thur., Sept. 19, 8:30 a.m.**

**Where: First Church of Nazarene**

Only one team per center. First 16  
registered will be accepted. Playing  
baseball using bean bags and a board  
with designated slots for bases.

Complete team list and entry forms  
must be sent to state office by  
August 30. Contact Todd Price  
501-585-9178.

## EIGHT BALL POOL

**When: Fri., Oct. 4, 1 p.m.**

Open Age.

Send Registration \$10 to Senior  
Office. Pay the table fee to  
Central Bowling Lanes.

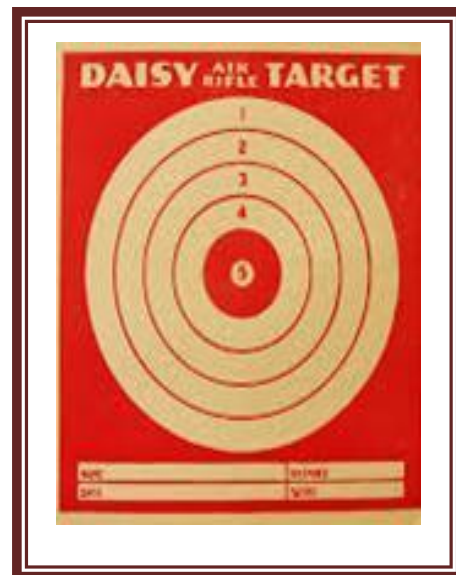
Information: Call Arkansas  
Senior Olympic Office.

## WEIGHT LIFTING For the Serious. When: Fri., Oct 4 weigh-in and clinic 11-12 p.m., competition 12 Noon

**Where: Pro Fitness 2230 Malvern**

**Ave.** Participation fee \$10.00 per  
entrant payable at gym (mail entry fee  
to state office). No walk-ins. Limited  
participation available.

Bench press, leg press, standing strict  
curl. I.S.A. Rules apply. Touch and Go  
Style. For information call Joe Bill  
501- 321-4177.



**Dinner Poolside  
CELEBRATION FOR ATHLETES  
COOKOUT AND AWARDS  
Friday, October 4 – 6:30 P.M.**

**DO IT FOR THE HEALTH OF IT**



# 2013 Schedule of Events and Starting Times

\* Denotes Ribbon Events    ^ Denotes drop by events

## PLEASE NOTE:

**Events are subject to time change,  
cancellation or relocation!!**

### THURSDAY, SEPTEMBER 19

8:30 a.m. Bean Bag Baseball First Church, Nazarene

### SATURDAY, SEPTEMBER 21

9:00 a.m. Cycling 40K Lake Catherine

2:00 p.m. Cycling 5K Mid America

### SUNDAY, SEPTEMBER 22

9:00 p.m. Cycling 20K Lake Catherine

2:00 p.m. Cycling 10K Timed Trials Mid America Blvd

### THURSDAY, OCTOBER 3

8:00 a.m. Table Tennis Church of Nazarene

9:00 a.m. Skip Bo Church of the Nazarene

8:30 a.m. Golf Hot Springs Country Club

9:00 a.m. Badminton (singles) women Nat'l Park Com. Coll. Gym

9:00 a.m. Badminton (singles) men Nat'l Park Com. Coll. Gym

9:00 a.m. Horseshoes Men/women Family Park

1:00 p.m. Skip-Bo\* First Church of the Nazarene

2:00 p.m. Badminton (Doubles) Nat'l Park Com. Coll. Gym

3:00 p.m. Badminton (Mixed Doubles) Nat'l Park Com. Coll. Gym

### FRIDAY, October 4 Tennis depends on numbers and match time

8:30 a.m. Shuffleboard (singles & doubles) First Church of the Nazarene

9:00 a.m. Scrabble\* First Church of the Nazarene

10:00 a.m. 1500m Race Walk Lakeside High School

9-12 noon Discus' Lakeside High School

9-12 noon High Jump' Lakeside High School

9-12 noon Daisy Air Gun\*' VFW Hwy 70 East

9-12 noon Javelin' Lakeside High School

10:30 a.m. 400M Walk Lakeside High School

11-1 p.m. Basketball Shoot\* First Church of the Nazarene

11:00 a.m. Weightlifting Pro Fitness

11:00 a.m. 800M Prediction Walk \* Lakeside High School

11:30 a.m. Prediction Mixed Relay\*' Lakeside High School

1:00 p.m. Eight Ball Pool Central Bowling Lanes

2:00 p.m. Tennis Hot Springs Country Club

5:30 p.m. Reception for Sponsors Hot Springs Country Club  
(invitation only)

**6:30 p.m. Celebration for Athletes Dinner Hot Springs Country Club beside the Pool. Reservations required.**

### SATURDAY October 5

#### Tennis check match times.

8:00 a.m. Pole Vault'

9:00 a.m. Tennis

9:00 a.m. Racquet Ball

9:00 a.m. Archery

9:00 a.m. 1500M Run

9-11 a.m. Standing Long Jump'

9-12 noon Shot Put'

9-12 noon Softball Throw'\*

9-12 noon Football Throw'\*

9:30 a.m. 50M Dash

10-12 noon Running Long Jump'\*

10:00 a.m. Bowling M/W singles

10:00 a.m. 400M Dash

10:30 a.m. 200M Dash

11-12 noon Triple Jump'

11:30 a.m. 800M Run

11:30 a.m. 100M Dash

12 noon Swimming (11a.m. warm-up) H.S. Family YMCA

1:00 p.m. Bowling Mxd dbls Central Lanes

#### Hot Springs Co. Club

Lakeside High School

Hot Springs Country Club

H.S. Health and Fitness Club

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Central Lanes

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

Lakeside High School

### SUNDAY, OCTOBER 6

#### 8:00 a.m. TENNIS, depending on numbers and match time

8:00 a.m. 5K/10K Road Race Mid America Blvd

8:00 a.m. 5K Race walk Mid America Blvd

TBA Pickleball Jessieville High School

10:00 a.m. Bowling (m/w mxd doubles) Central Lanes



DAISY WINCHESTER M-14

#### B-B Gun

Daisy Air Rifle and Pistol Shoot for the non-serious

FRIDAY, October 4, 9:00 a.m.

Daisy Air Rifles

VFW Post 2278 Hosting

# 2013 ARKANSAS SENIOR OLYMPIC ENTRY FORM

## ARKANSAS STATE GAMES

**SEPTEMBER 19--22, October 2-6, 2013**

**ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 16, 2013**

**THIS PAGE MUST BE FILLED OUT COMPLETELY**

Review the following information to make sure you are ready for the games.

1. Please be properly conditioned for strenuous events.
2. **Do not** select two events or more for the same time. Review the October schedule of events to insure you do not have conflicting times. We will not schedule events for individual time consideration.
3. You must be present at the starting time of the event. Commissioners will not delay events for late comers.
4. The participant **must** sign the two (2) waivers below.
5. Event times and locations are subject to change.
6. You must check in at registration - **packet must be picked up or player will be disqualified in all events.**

Enclose  
Stamped  
Self-Addressed  
Envelope for  
Confirmation

Please fill out the form below and send the required fees.

**Have you participated in the Arkansas Senior Olympics in Hot Springs? Yes \_\_\_ No \_\_\_ What Year \_\_\_\_\_**

**NAME** \_\_\_\_\_  
(Last) (First)

**MAILING ADDRESS** \_\_\_\_\_  
(Street) (City) (State) (Zip)

**TELEPHONE: Home:** (\_\_\_\_\_) \_\_\_\_\_ **Work / Cell:** (\_\_\_\_\_) \_\_\_\_\_

**E-MAIL ADDRESS** \_\_\_\_\_ **COUNTY** \_\_\_\_\_  
(Arkansas Only)

**BIRTH DATE** \_\_\_\_\_ **Age as of 12/31/2013** \_\_\_\_\_ **Male or Female** \_\_\_\_\_ **T-shirt size (S, M, L, XL, XXL)**

**EMERGENCY CONTACT:**

**(Name and relationship)**

**PHONE**

**YOU MUST SIGN BOTH THE WAIVER OF LIABILITY AND THE CONSENT FOR MEDICAL TREATMENT**

**WAIVER OF LIABILITY**

In consideration of being allowed to participate in any way in the Senior Arkansas Sports Organization, Inc. /Arkansas Senior Olympic athletic/sports program, related events and activities, I, undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation; and I willingly agree to comply with the stated and customary terms and conditions for participation.

3. If however, I observe any unusual significant hazard during my presence and participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Senior Arkansas Sports Organization, Inc., their officers, officials, agents and/or employees other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASES OR OTHERWISE.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARY WITHOUT ANY INDUCEMENT.**

Signed \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

**CONSENT FOR MEDICAL TREATMENT**

I, the undersigned, hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**SUMMARY OF FEES**

Basic Registration (8 events or less)  
 \_\_\_\_\_ \$39 Arkansas Participant  
 (1) \_\_\_\_\_ \$43 Out-of-State Participant  
 (39) \_\_\_\_\_ \$10 per each additional event over 8

**TEAM FEES (Team Captain Pays)**

\_\_\_\_\_ \$12 Bean Bag Baseball per participant

**Additional Fee for Certain Events. Registration applies if participating in other events.**

**GOLF:** \_\_\_\_\_ \$80 All Golfers, cart and lunch  
(Golf Only)

**TENNIS:** \_\_\_\_\_ \$22 total one or three events

**COOKOUT**

(18) \_\_\_\_\_ \$15 Registered Olympian

(19) \_\_\_\_\_ \$15 Guest

(24) \_\_\_\_\_ \$6 Extra T-Shirts

(50) **DONATIONS** \$ \_\_\_\_\_ (Thank You)  
(Tax Exempt)

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

# 2013 ARKANSAS SENIOR OLYMPICS EVENT REGISTRATION FORMS

## PLEASE NOTE:

**Events are subject to time change, cancellation or relocation!!**

Your Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M \_\_\_ F \_\_\_

**ARCHERY (Choose one)(100) 45-49 Eligible event**

- Barebow Compound
- Compound Fingers
- Compound Release
- Recurve

**BADMINTON (200)**

**PARTNER FORMS MUST BE SENT IN TOGETHER.**

- Singles
- Doubles

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

- Mixed Doubles

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

**BOWLING (300) (singles only) 45-49 Eligible event**

**PARTNER FORMS MUST BE SENT IN TOGETHER**

- Singles (women 45-69)
- Singles (men & women 70+)
- Singles (men 45-69)
- Doubles (men)

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Ph# \_\_\_\_\_

- Doubles (women)

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Ph# \_\_\_\_\_

- Mixed Doubles (50-59)

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Ph# \_\_\_\_\_

- Mixed Doubles (60-74)

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Ph# \_\_\_\_\_

- Mixed Doubles (75+)

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Ph# \_\_\_\_\_

**CYCLING (Helmets must be worn) (400) 45-49 Eligible Event**

- 5K Timed Trials
- 10K Timed Trials
- 20K Road Race
- 40K Road Race

**GOLF 45-49 Eligible Event**

- (Singles will be put into a foursome)

**HORSESHOES 45-49 Eligible Event**

- Men
- Women

**RACEWALK (500) 45-49 Eligible Event**

- 1500 M
- 5000 M

**ROAD RACE (550) 45-49 Eligible Event**

- 5K
- 10K

**SHUFFLEBOARD (600)**

**PARTNER FORMS MUST BE SENT IN TOGETHER**

- Singles (Women)
- Singles (Men)
- Doubles

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

**RACQUETBALL (525)**

- Singles
- Doubles

Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

**PICKLE BALL (4000)**

USPA # \_\_\_\_\_

Rating \_\_\_\_\_

**PARTNER FORMS MUST BE SENT IN TOGETHER**

- Doubles

Partner's Name \_\_\_\_\_

Age \_\_\_\_\_ Partner's # \_\_\_\_\_

- Mixed Doubles

Partner's Name \_\_\_\_\_

Age \_\_\_\_\_ Partner's # \_\_\_\_\_

- Singles (W)
- Singles (M)



# 2013 ARKANSAS SENIOR OLYMPICS EVENT REGISTRATION FORMS

## PLEASE NOTE:

Events are subject to time change, cancellation or relocation!!

Your Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M\_\_ F\_\_

### SWIMMING (700)

45-49 Eligible

Recognized by US MASTERS (last 12 months)

Personal Best/Date (Limit 8 events)

- 200M Breaststroke \_\_\_\_\_
- 200M Freestyle \_\_\_\_\_
- 100M Backstroke \_\_\_\_\_
- 50M Breaststroke \_\_\_\_\_
- 200M Indiv. Med. \_\_\_\_\_
- 50M Backstroke \_\_\_\_\_
- 100M Indiv. Med. \_\_\_\_\_
- 100M Freestyle \_\_\_\_\_
- 100M Butterfly \_\_\_\_\_
- 50M Freestyle \_\_\_\_\_
- 200M Backstroke \_\_\_\_\_
- 100M Breaststroke \_\_\_\_\_
- 50M Butterfly \_\_\_\_\_
- 400M Freestyle \_\_\_\_\_

### TABLE TENNIS (800)

45-49 Eligible Event,

(Singles only)

PARTNER FORMS MUST BE SENT IN TOGETHER

- Singles Rating \_\_\_\_\_
- Doubles
  - Partner's Name \_\_\_\_\_
  - Age \_\_\_\_\_ Partner's # \_\_\_\_\_
- Mixed Doubles
  - Partner's Name \_\_\_\_\_
  - Age \_\_\_\_\_ Partner's # \_\_\_\_\_

### TENNIS

- Singles Rating \_\_\_\_\_
- Doubles
  - Partner's Name \_\_\_\_\_
  - Age \_\_\_\_\_ Partner's # \_\_\_\_\_
- Mixed Doubles
  - Partner's Name \_\_\_\_\_
  - Age \_\_\_\_\_ Partner's # \_\_\_\_\_

### TRACK (1000)

45-49 Eligible Event

- 100M Dash
- 200M Dash
- 400M Run
- 800M Run
- 1500M Run
- 400M Walk (Ribbon Event)
- 50M Dash
- 800M Prediction Walk (Ribbon Event)
- 1 Mile Mixed Prediction Relay (Ribbon Event)

### FIELD (2000)

45-49 Eligible Event

- Triple Jump\*
- Discus\*
- High Jump\*
- Javelin\*
- Running Long Jump\*
- Shot Put\*
- Pole Vault\*
- Standing Long Jump\* (Ribbon Event)

### RECREATIONAL GAMES (Ribbon Events)

- BASKETBALL SHOOT\* 45-49 Eligible Event
- FOOTBALL THROW\* 45-49 Eligible Event
- SOFTBALL THROW\* 45-49 Eligible Event
- DAISY AIR GUN (BB GUN)\* 45-49 Eligible
- BEAN BAG BASEBALL  
(For Senior Center Teams ONLY - 1st 16 Teams Allowed)
- SCRABBLE (Open age)
- SKIP BO (Open age)
- EIGHT BALL POOL (Open Age)

### WEIGHTLIFTING (6000) (Medal Event) \* Counts as 1 event

- Bench Press
- Leg Press
- Standing Strict Curl

\* Denotes drop by



HUMANA



Hot Springs Convention & Visitor Bureau • 134 Convention Road • Hot Springs, AR  
1-800-922-6478 • [www.hotsprings.org](http://www.hotsprings.org)

PLEASE NOTE: Events are subject to time change/relocation ! ! ! !  
ARKANSAS SENIOR OLYMPICS • P.O. BOX 1577 • HOT SPRINGS , ARKANSAS  
71902  
501•321•1441 OR 1•800•720•7276 (Arkansas Only) FAX: 501•321•4961  
E-mail: [arsrolym@hotsprings.net](mailto:arsrolym@hotsprings.net)



2013  
Arkansas  
Senior  
Olympics