

2014

Qualifying Year

ARKANSAS

*Senior Olympics*



HOT SPRINGS ★ SEPTEMBER 10 - SEPTEMBER 21, 2014

COMPLETE LIST OF EVENTS & ENTRY FORM

# QUALIFYING YEAR 2014 ARKANSAS SENIOR OLYMPICS



POST OFFICE BOX 1577  
HOT SPRINGS, AR 71902  
501-321-1441  
FAX: 501-321-4961  
arsrolym@hotsprings.net



Hot Springs Convention  
& Visitor Bureau  
134 Convention Blvd  
Hot Springs, AR 71901  
1-800-922-6478  
www.hotsprings.org



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# QUALIFYING YEAR GENERAL INFORMATION FOR 2014 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 or over by December 31, 2014. 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 show 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 August 21, 2014. **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) number 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 10	8:30 a.m.	Bean Bag Baseball (First Church of the Nazarene)
Saturday	September 20	8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd.)
Sunday	September 21	8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd.)
Sunday	September 21	8:00 a.m.	5K/10K Road Race & Race Walk - National Park Community College

## 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. (Friday, September 19)

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

**Eight Ball Pool:** Pick up packet at Fiesta Lanes, if only event.

**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, September 21, 8:00 a.m.

**1500M Race Walkers:** Packets will be at **Hot Springs High School Track**, Friday, September 19, 9:00 a.m.

**Cyclists:** Packets will be on sites prior to competition September 20-21. (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 - 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)

# 2014 MISCELLANEOUS INFORMATION

**PLAYING RULES:** Arkansas Senior Olympics 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, 2014. 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 Officers 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 - 500g; 60-74 - 500g; 75+ - 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: 50-74 - 3kg; 75+ - 2kg

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

Women: 50-74 - 1.0kg; 75+ - .75kg

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

DON'T MISS THE CELEBRATION FOR ATHLETES DINNER

Friday, September 19 • 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 forms: 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: Hot Springs 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 participant 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 Fiesta Lanes.
4. Golf fee is \$90 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 \$40 in state and \$45 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.

## 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

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

**Bronze:** Arkansas Blue Cross Blue Shield • Daisy Outdoor Products • Morris Foundation • Riceland

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

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

**Red:** Country Club Village • Governors Council on Fitness

**White:** Scott Keller • Entergy

**Torch:** Arkansas State Police • Bill Hall Printers • Direclynx • Fiesta Bowl  
Garland County Sheriff's Department • Hot Springs Country Club  
Hot Springs Family YMCA • Hot Springs Health & Fitness Club  
Hot Springs Police Department • Hot Spring County (Malvern) Sheriff's Department • Jessienville  
School District • Tyler Kight, DC • Lake Catherine State Park • National Park Community College  
Relyance Bank • Pro Fitness • Spa Pacers • Veterans of Foreign Wars Post 2278 • Walgreens

# 2014 EVENT DESCRIPTIONS

EVENTS ARE SUBJECT TO TIME CHANGE, CANCELLATION OR RELOCATION

## ARCHERY (45-49)

**When: Sat. Sept. 20, 9:00 a.m.**

**Where: Hot Springs 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., Sept. 18**

**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: Fri. & Sat. Sept. 19-20**

**Where: Fiesta Bowling Lanes**

Fees to be paid at the lanes. 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. Sept. 18, 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 501-321-1441 for additional information.

## HORSESHOES (45-49)

**When: Sat. Sept. 20**

**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. 901-848-0991.

## CYCLING (45-49)

**When and Where:**

**Sat., Sept. 20, 9:00 a.m., 40K**

**Road Race, Lake Catherine State Park Visitors' Center**

**Sat., Sept. 20, 2:00 p.m., 5K**

**Timed Trials, National Park Community College, Mid America Blvd.**

**Sun., Sept. 21, 9:00 a.m., 20K**

**Road Race, Lake Catherine State Park Visitors' Center**

**Sun., Sept. 21, 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. Contact Russ Cerrato - 870-246-2229 or L.J. Wilson - 870-210-0237

## RACE WALK (45-49)

**When and Where:**

**Fri., Sept. 19, 9:00 a.m., 1500M**

**Hot Springs High School**

**Sun., Sept. 21, 8:00 a.m., 5K**

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

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

## RACQUETBALL (45-49)

**When: Sat., Sept. 20, 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., Sept. 21, 8:00 a.m.**

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

Runs concurrent with Race Walk  
For information call 501-321-1441

## SHUFFLEBOARD (45-49)

**When: Fri., Sept. 19, 8:30 a.m.-12**  
**Singles & Open Doubles**

**Where: First Church of Nazarene**

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

## SWIMMING (45-49)

**When: Sat., Sept. 20, 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

All play will be double elimination. Brackets of four entries or less will be round robin. **When: Fri., Sept. 19. Singles begin 2:30 p.m. Matches will be one game to 15.**

**Sat., Sept. 20, Doubles to 2/3 to 11. Time TBA**

**Sun., Sept. 21, Mixed Doubles, 2/3 to 11. Time TBA**

**Where: Jessieville 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: Dan Trepanier 501-915-0535 or 501-321-1441.

**\*Cannot register on pickle ball website. MUST register through Arkansas Senior Olympics.**

# 2014 TIME & EVENTS

(^indicates ribbon)

## TIME AND EVENTS SUBJECT TO CHANGE OR RELOCATION

### TABLE TENNIS (45-49)

**Eligible Event (Single only)**

**When: Thurs., Sept. 18, 8:00 a.m.**

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

### TRACK AND FIELD EVENTS

(45-49)

**When: Fri., Sept. 19, 9:00 a.m.**

**Sat., Sept. 20, 8:00 a.m.**

**Where: Hot Springs High School  
Stadium**

**Event times may vary throughout  
the meet according to number of  
competitors. 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. All  
competitors must have 2014 race  
number to participate.

### TENNIS

**When: Sept. 20-21**

**Where: Hot Springs Country Club**  
Players may choose only two events.  
Players must play to receive awards.  
Include national rating on entry  
form.

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

### DAISY AIR RIFLE SHOOT

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

**When: Fri., Sept. 19, 9 a.m.-12 p.m.**

**Where: VFW Post 2278,  
2221 E. Grand**

Airgun and pistol competition to a  
target. Highest point counts wins.  
Must use air rifles and pistols on site.  
For Information call: 501-321-1441.

### BASKETBALL SHOOT

**\*(drop by)\***

**Sponsored by Bank of the Ozarks**

**When: Fri., Sept. 19, 11-1:00 p.m.**

**Where: First Church of Nazarene**

Score points from 4 areas. Point scor-  
ing determines winner.

### BEAN BAG BASEBALL

**Senior Center & Retirement Teams  
Only**

**When: Thur., Sept. 10, 10:00 a.m.**

**Where: First Church of Nazarene**

Only one team per center. Playing  
baseball using bean bags and a board  
with designed slots for bases. Com-  
plete team list and entry forms must  
be sent to state official by Aug. 16.  
Contact Todd Price 501-585-9178.

### EIGHT BALL POOL

**When: Fri., Sept. 19, 1:00 p.m.**

**Open Age**

**Where: Fiesta Bowling Lanes**

Send Registration \$10 to Arkansas  
Senior Olympics office. Pay the table  
fee to Fiesta Bowling Lanes.

Information: Call Arkansas Senior  
Olympic Office.

### WEIGHT LIFTING

**For the Serious.**

**When: Fri., Sept. 19 -**

**Weigh-in & Clinic 11-12 p.m.**

**Competition 12 Noon**

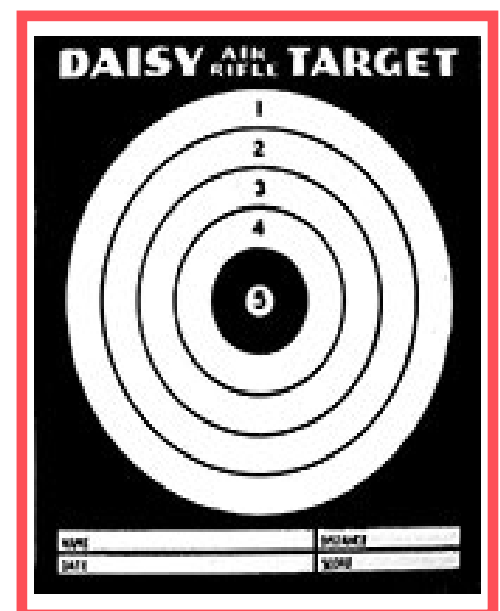
**Where: Pro Fitness**

**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**  
**Hot Springs Country Club**  
**CELEBRATION**  
**FOR**  
**ATHLETES**  
**Friday**  
**September 19th**  
**6:30 p.m.**



**DO IT FOR THE HEALTH OF IT**

# 2014 SCHEDULE OF EVENTS AND STARTING TIMES

## PLEASE NOTE:

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

### WEDNESDAY, SEPTEMBER 10

10:00 a.m. Bean Bag Baseball First Church of Nazarene

### THURSDAY, SEPTEMBER 18

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

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, SEPTEMBER 19

Tennis depends on numbers & match time - Call Pablo 501-624-2153

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

9:00 a.m. Bowling (Women's Doubles) Fiesta Bowling Lanes

9:00 a.m. 1500M Race Walk Hot Springs High School

9-12 noon Discus^ Hot Springs High School

9-12 noon High Jump^ Hot Springs High School

9-12 noon Daisy Air Gun\*^ VFW

9-12 noon Javelin^ Hot Springs High School

10:30 a.m. 400M Walk Hot Springs High School

11:30 a.m. 800M Prediction Walk\* Country Club Village

11:00 a.m. Weightlifting Pro Fitness

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

12:00 p.m. Bowling (Men's Doubles) Fiesta Bowling Lanes

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

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

2:30 p.m. Pickle Ball singles Jessieville High School

3:00 p.m. Bowling (Mixed Doubles) Fiesta Bowling Lanes

5:30 p.m. Bowling (men/women singles) Fiesta Bowling Lanes

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

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

### SATURDAY, SEPTEMBER 20

TBA Pickle Ball doubles Jessieville High School

Tennis check match times. Hot Springs Country Club

8:00 a.m. Pole Vault^ Hot Springs High School

9:00 a.m. Tennis Hot Springs Country Club

9:00 a.m. Horseshoes, Women Family Park, Airport Rd.

9:00 a.m. Raquet Ball H.S. Health and Fitness Club

9:00 a.m. Archery Hot Springs High School

9:00 a.m. 1500M Run Hot Springs High School

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

9-11 a.m. Standing Long Jump^ Hot Springs High School

9-12 noon Shot Put^ Hot Springs High School

9-12 noon Softball Throw^\* Hot Springs High School

9-12 noon Football Throw^\* Hot Springs High School

9:30 a.m. 100M Dash Hot Springs High School

10-12 noon Running Long Jump^\* Hot Springs High School

10:00 a.m. Bowling Fiesta Lanes

10:00 a.m. 400M Dash Hot Springs High School

10:30 a.m. 200M Dash Hot Springs High School

11-12 noon Triple Jump^ Hot Springs High School

11:00 a.m. 800M Run Hot Springs High School

11:30 a.m. 50M Dash Hot Springs High School

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

1:00 p.m. Horseshoes, Men Family Park

1:00 p.m. Bowling (men singles) Fiesta Lanes

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

### SUNDAY, SEPTEMBER 21

TBA Pickle Ball mixed doubles Jessieville High School

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

9:00 a.m. Cycling 20K Lake Caatherine State Park

1:00 p.m. Cycling 10K Mid America Blvd

#### B-B Gun

**Daisy Air Rifle Shoot for the non-serious**

**FRIDAY, SEPTEMBER 19 - 9:00 a.m.**

**VFW Post 2278, hosting.**

**2221 East Grand**

**PARTNERSHIPS**

**NATIONAL PARK MEDICAL CENTER  
DAISY OUTDOOR PRODUCTS**



# 2014 ARKANSAS SENIOR OLYMPIC ENTRY FORM ARKANSAS STATE GAMES

SEPTEMBER 10 - 21, 2014

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN AUGUST 21, 2014

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 September 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 \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ Age as of 12/31/2014 \_\_\_\_\_ Male or Female \_\_\_\_\_ T-shirt size (S, M, L, XL, XXL)

EMERGENCY CONTACT: \_\_\_\_\_  
(Name and Relationship)

EMERGENCY CONTACT PHONE NUMBER: \_\_\_\_\_

## 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)

- (1) \_\_\_\_\_ \$40 Arkansas Participant
- (2) \_\_\_\_\_ \$45 Out-of-State Participants
- (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** \_\_\_\_\_ \$90 All Golfers, with or without carts, includes lunch

**TENNIS:** \_\_\_\_\_ \$20 for each event, choose only 2 events

### DINNER

- (18) \_\_\_\_\_ \$15 Registered Olympian
- (19) \_\_\_\_\_ \$15 Guest
- (24) \_\_\_\_\_ \$8 Extra T-Shirts

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

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

# 2014 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

- 8  Barebow Compound  
10  Compound Fingers  
11  Compound Release  
12  Recurve

### BADMINTON (200)

#### PARTNER FORMS MUST BE SENT IN TOGETHER

- 14  Singles  
15  Doubles

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

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

- 16  Mixed Doubles

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

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

### BOWLING (300) (singles only)

45-49 Eligible event

- 17  Singles (women 45-69) (singles only)

- 18  Singles (men & women 70+)

- 19  Singles (men 45-69)

- 20  Doubles (men)

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

Age \_\_\_\_\_ Ph # \_\_\_\_\_

- 21  Doubles (women)

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

Age \_\_\_\_\_ Ph # \_\_\_\_\_

- 22  Mixed Doubles (50-59)

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

Age \_\_\_\_\_ Ph # \_\_\_\_\_

- 23  Mixed Doubles (60-74)

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

Age \_\_\_\_\_ Ph # \_\_\_\_\_

- 24  Mixed Doubles (75+)

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

Age \_\_\_\_\_ Ph # \_\_\_\_\_

### CYCLING (Helmets must be worn) (400) 45-49 Eligible event

- 25  5K Timed Trials  
26  10K Timed Trials  
27  20K Road Race  
28  40K Road Race

### GOLF

45-49 Eligible event

- 29  (Singles will be put into a foursome)

### HORSESHOES

45-49 Eligible event

- 30  Men  
31  Women

### RACEWALK (500)

45-49 Eligible event

- 32  1500 M  
33  5000 M

### ROAD RACE (550)

45-49 Eligible event

- 36  5K  
37  10K

### SHUFFLEBOARD (600)

#### PARTNER FORMS MUST BE SENT IN TOGETHER

- 38  Singles (Women)

- 39  Singles (Men)

- 40  Doubles

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

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

### RACQUETBALL (525)

- 34  Singles

- 72  Doubles

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

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

### PICKLE BALL (4000)

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

Rating \_\_\_\_\_

#### PARTNER FORMS MUST BE SENT IN TOGETHER

- 85  Doubles

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

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

- 86  Mixed Doubles

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

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

- 83  Singles (W)

- 84  Doubles (M)

# 2014 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 Event

**Recognized by US MASTERS (last 12 months)**

Personal Best/Date (Limit 8 events)

- 46  200M Breaststroke \_\_\_\_\_
- 51  200M Freestyle \_\_\_\_\_
- 42  100M Backstroke \_\_\_\_\_
- 44  50M Breaststroke \_\_\_\_\_
- 54  200M Indiv. Med. \_\_\_\_\_
- 41  50M Backstroke \_\_\_\_\_
- 53  100M Indiv. Med. \_\_\_\_\_
- 50  100M Freestyle \_\_\_\_\_
- 48  100M Butterfly \_\_\_\_\_
- 49  50M Freestyle \_\_\_\_\_
- 43  200M Backstroke \_\_\_\_\_
- 45  100M Breaststroke \_\_\_\_\_
- 47  50M Butterfly \_\_\_\_\_
- 52  400M Freestyle \_\_\_\_\_

### TABLE TENNIS (800) 45-49 Eligible Event

(Singles only)

#### PARTNER FORMS MUST BE SENT IN TOGETHER

55  Singles Rating \_\_\_\_\_

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

57  Mixed Doubles  
Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

### TENNIS (900)

58  Singles Rating \_\_\_\_\_

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

60  Mixed Doubles  
Partner's Name \_\_\_\_\_  
Age \_\_\_\_\_ Partner's # \_\_\_\_\_

### TRACK (1000) 45-49 Eligible Event

- 61  100M Dash
- 62  200M Dash
- 63  400K Run
- 64  800M Run
- 65  1500M Run
- 92  400M Walk (Ribbon Event)
- 93  50M Dash
- 94  800M Prediction Walk (Ribbon Event)

### FIELD (2000) 45-49 Eligible Event

- 7  Triple Jump\*
- 66  Discus\*
- 67  High Jump\*
- 68  Javelin\*
- 69  Running Long Jump\*
- 70  Shot Put\*
- 71  Pole Vault\*
- 91  Standing Long Jump\* (Ribbon Event)

### RECREATIONAL GAMES (Ribbon Events) (5000)

- 74  BASKETBALL SHOOT\* 45-49 Eligible Event
- 76  FOOTBALL THROW\* 45-49 Eligible Event
- 77  SOFTBALL THROW\* 45-49 Eligible Event
- 81  DAISY AIR GUN (BB GUN)\* 45-49 Eligible Event
- BEAN BAG BASEBALL (210)  
(For Senior Center Teams ONLY)
- 78  EIGHT BALL POOL (Open Age)

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

- 6  Bench Press
- 89  Leg Press
- 90  Standing Strict Curl

\* Denotes drop by

SENIOR ARKANSAS SPORTS ORGANIZATION, INC.

Arkansas Senior Olympics

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Hot Springs, AR 71902

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**2014 OFFICIAL  
ENTRY FORM**

**Bean Bag Baseball:**  
**Wednesday**  
**September 10, 2014**

**Games:**  
**Thursday through Sunday**  
**September 18-21, 2014**

*America's First Resort*