

SENIOR ARKANSAS SPORTS ORGANIZATION, INC.

Arkansas Senior Olympics

P.O. Box 1577

Hot Springs, AR 71902

NONPROFIT ORG.
U.S. POSTAGE
PAID
HOT SPRINGS, AR
PERMIT NO. 72

2016



ARKANSAS
Senior Olympics

“National Qualifying Year”

HOT SPRINGS

SEPTEMBER 29 - OCTOBER 2, 2016



America's First Resort

Visit Hot Springs

1-800-773-2489

FOUNDING SPONSOR



National Park Medical Center



CITIZENS BANK

LIFENET



America's First Resort



COMPLETE LIST OF EVENTS & ENTRY FORM

*** **SPECIAL EVENT** ***

DO NOT MISS THE CELEBRATION FOR ATHLETES DINNER
Friday, September 30, 6:30 p.m. • Hot Springs Country Club

Reservations only — Open to Public — Seating limited.

NATIONAL PARK MEDICAL CENTER

“FOUNDING SPONSOR”

- Platinum:** State of Arkansas
- Gold:** Sen. Bill Sample • Representatives: Alan Clark, Bruce Cozart, Laurie Rushing and John Vines
- Silver:** Hot Springs Sports and Recreation • Hot Springs School District • Lakeside School District
- Bronze:** Vernon Gingrich • Visit Hot Springs • Hot Springs Village Tennis Club • YMCA
- Angels:** LifeNet • First Church of the Nazarene • Teen Challenge
- Blue:** Sentinel Record • Bank of the Ozarks • Pete Blakeslee • Governor’s Council on Fitness
- Red:** Fred Leonard
- White:** Dorothy Morris • Lindel Trimble • AT&T • Citizen’s Bank • Wayne Mays • Entergy
- Torch:** Arkansas State Police • Bill Hall Printers • Hot Springs Country Club • Tyler Kight, DC
 Garland County Sheriff’s Department • Relyance Bank • Pro Fitness • Walgreens
 Hot Springs Health & Fitness Club • Hot Springs Police Department
 Lake Catherine State Park • Hot Spring County (Malvern) Sheriff’s Department
 National Park College

MISSION STATEMENT

To promote fitness, good health and education through competitive athletics designed for adults 45 years of age and older. To act as the sanctioned site for qualification of the National Senior Games Association — The Senior Olympics. To establish a statewide network of senior games, alternative sports competition and clinics at the local and state level. To recognize outstanding older athletic performance and maintain records achieved by senior Arkansas competitors. To serve as a center for information on senior sports activities throughout the state of Arkansas and to be an advocate for Senior Adults

**2016 SCHEDULE OF EVENTS
AND STARTING TIMES**

PLEASE NOTE:

Please Note: events are subject to time change, cancellation or relocation!!

WEDNESDAY, SEPTEMBER 14

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

THURSDAY, SEPTEMBER 29

TBA Tennis Hot Springs Village Tennis Club
 8:00 a.m. Table Tennis First Church of The Nazarene
 8:30 a.m. Golf Hot Springs Country Club
 9:00 a.m. Badminton (Singles M-F) Nat’l Park College Gym
 2:00 p.m. Badminton (Doubles M-F) Nat’l Park College Gym
 3:00 p.m. Badminton (Mixed Doubles) Nat’l Park College Gym

FRIDAY, SEPTEMBER 30

Tennis depends on numbers and match time
 Call Bob Wagstaff 501-922-5054

8:30 a.m. Shuffleboard First Church of The Nazarene
 9:00 a.m. Bowling Central 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 Javelin^ Hot Springs High School
 10:30 a.m. 400M Walk Hot Springs High School
 11:00 a.m. Weightlifting Pro Fitness
 11-1 p.m. Basketball Shoot^^ First Church of Nazarene
 12:00 p.m. Bowling TBA Central Bowling Lanes
 2:00 p.m. Tennis TBA Hot Springs Village Tennis Club
 2:30 p.m. Pickle ball TBA
 5:30 p.m. Reception for Sponsors Hot Springs Country Club
 (invitation only)
 6:30 p.m. Celebration for Hot Springs Country Club
 Athletes Dinner (**Reservations required**)

SATURDAY, OCTOBER 1

Pickle Ball TBA
Tennis (Check match times.) Hot Springs Village Tennis Club
Bowling Central Bowling Lanes
 8:00 a.m. Pole Vault^ Hot Springs High School
 9:00 a.m. Racquet Ball H.S. Health and Fitness Club
 9:00 a.m. Archery Hot Springs High School
 9:00 a.m. Cycling 40K Lake Catherine State Park
 9:00 a.m. 1500M Run Hot Springs High School
 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-noon Running Long Jump^* Hot Springs High School
 10:00 a.m. 400M Dash Hot Springs High School
 10:30 a.m. 200M Dash Hot Springs High School
 11-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
 Noon Swimming Hot Springs Family YMCA
(11:00 a.m. Swim WARM UP) Hot Springs Family YMCA
 2:00 p.m. Cycling 5K Mid America Blvd.

SUNDAY, OCTOBER 2

TBA Pickle ball
 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 Catherine State Park
 1:00 p.m. Cycling 10K Mid America Blvd

******Special Events******

DON'T MISS THE CELEBRATION FOR ATHLETES DINNER
 Friday, September 30 • Hot Springs Country Club
 Reservations only. Tickets purchase necessary (see entry form).
 Open to public. Seating limited.



PARTNERSHIPS

**NATIONAL PARK
MEDICAL CENTER**

2016 EVENT DESCRIPTIONS

EVENTS ARE SUBJECT TO TIME CHANGE, CANCELLATION OR RELOCATION

SHUFFLEBOARD

(45-49 Singles ONLY)

When: Fri., Sep. 30, 8:30 a.m.

Singles & Open Doubles

Where: First Church of The Nazarene Tournament format determined by number of entries.

For information, call - 501-321-1441.

SWIMMING (45-49 Allowed)

When: Sat., Oct 1, 11:00 a.m.

warm up; Event at Noon

Where: Hot Springs Family YMCA

Multiple events, including 500M freestyle, 400M IM, 200M butterfly, 50M backstroke, butterfly freestyle and breaststroke; 100M backstroke; butterfly, freestyle breaststroke and Individual medley; 200M backstroke, breaststroke, freestyle and Individual 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.

TABLE TENNIS

(45-49 Eligible Event, Single only)

When: Thurs., Sep 29, 8:00 a.m.

Where:

First Church of The Nazarene.

Singles, Doubles, Mixed Doubles.

USTTA rules apply. Participant must bring his/her own paddles. Balls will be furnished. For more information contact Arkansas Senior Olympics office at 501-321-1441.

TENNIS

When: Sep 29-Oct 2

Where: Hot Springs Village

Players may choose two events.

Players must play to receive awards. Include national rating on entry form.

Tennis and registration fees are to be sent to the Arkansas

Senior Olympics office. (USTA rules apply.) For more information call **Bob Wagstaff Hot Springs Village Tennis Center 501-922-5054**

TRACK AND FIELD EVENTS

(45-49 Allowed)

When: Fri., Sep. 29, 9:00 a.m.

Sat., Oct 1, 8:00 a.m.

Where: Hot Springs High School Stadium (NO SPIKES)

Event times may vary throughout the meet according to number of competitors. Check-in 30 minutes prior to the event time. **Bring own equipment.**

Multiple events including: Track events, 50M, 100M, 200M dashes, 400M, 800M and 1500M runs. Field events, javelin, discus, 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. All competitors must have 2016 race number to participate. **Information for field events call Amos Gray at 501-701-9920**

WEIGHT LIFTING

(45-49 Eligible)

When: Fri., Sept. 30

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

Competition begins at 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 at 501-321-4177.

LIST OF HOTELS

Comfort Inn & Suites

3627 Central Avenue
Hot Springs, AR 71913
501-623-1700

Comfort Suites

320 Nash Street
Hot Springs, AR 71913
501-624-3800

Alpine Inn

741 Park Avenue
Hot Springs, AR 71901
1-866-847-9148 or 501-624-9164

Kings Inn

2101 Central Avenue
Hot Springs, AR 71901
501-623-8824

Travelodge-Hot Springs

1204 Central Avenue
Hot Springs, AR 71901
501-321-1332

The Hotel Hot Springs & Spa

305 Malvern Avenue
Hot Springs, AR 71901
501-623-6600 or 877-623-6697



ARKANSAS
Senior Olympics

GENERAL INFORMATION FOR 2016 ARKANSAS SENIOR OLYMPIC GAMES QUALIFYING YEAR

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, 2016. Athletes are required to submit **proof of age** with their Event Registration Form. (Proof of age consists of a driver's license or any other picture identification card.) 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 7, 2016. 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. Failing to do so will result in 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 First Church of the Nazarene, 3804 Central Ave., Hot Springs, prior to competition.

*Wednesday September 14 8:30 a.m. Bean Bag Baseball (First Church of the Nazarene) **DEADLINE SEPTEMBER 1, 2016**

Thursday	September 29-October 2	Hot Springs Village Tennis Club (Hot Springs Village)
Saturday	October 1 8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd)
Sunday	October 2 8:00 a.m.	Cycling on site (Lake Catherine State Park or Mid America Blvd)
Sunday	October 2 8:00 a.m.	5K/10K Road Race & Race Walk (National Park College)

PACKET INFORMATION:

IF THE FOLLOWING EVENT IS YOUR FIRST TO COMPETE:

Pickle Ball: ALL packet pick up September 29-October 1, FIRST CHURCH OF NAZARENE, 3804 CENTRAL AVE, HOT SPRINGS, AR

Golf: Packets will be available at **Hot Springs Country Club** prior to tee time. Call 501-623-4981 for tee time and information. (Only players are allowed in golf carts).

Tennis: Packet at **Hot Springs Village Tennis Club**

5K Race Walk and 5K/10K Road Race: Sunday, October 2, 8:00 a.m. (If only event) **Mid America Blvd.**

1500M Race Walkers: Friday, September 30, 9:00 a.m. Packets will be at **Hot Springs High School Track**

Cyclists: October 1-2, Packets will be on sites prior to competition **Lake Catherine State Park or Mid America Blvd.**

PLEASE NOTE: Events are subject to time change/relocation!!! (NO REFUNDS)
ARKANSAS SENIOR OLYMPICS - P.O. BOX 1577 - HOT SPRINGS, ARKANSAS 71902

501-321-1441- Fax 501-321-4961

Email: arsolym@hotsprings.net

Web Site: www.SrSports.org

Website for Nationals: www.nationalseniorgames.org

2016 MISCELLANEOUS INFORMATION

PLAYING RULES: Arkansas Senior Olympics rules are in accordance 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.

REGISTRATION: Athletes must be registered in order to compete in a specific event. **NO REFUNDS!!!**

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, 2015. 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 some events. They will not provide the following:

ARCHERY: 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: Participant must furnish own personal implements. Participant must furnish own vaulting pole, discus and shot...that meet the rules specification.

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

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

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

SWIMMING: Swimmers will compete in a meter pool. Distance 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. 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 their event 30 minutes before the event time.

***** PLEASE NOTE: WEIGHTS FOR JAVELIN, SHOT PUT AND DISCUS WILL BE PROVIDED*****

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 - 400g; 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

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.

2016 EVENT DESCRIPTIONS

EVENTS ARE SUBJECT TO TIME CHANGE, CANCELLATION OR RELOCATION

ARCHERY (45-49)

When: Sat. Oct 1, 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 (45-49 Singles Only)

When: Sat. Oct 1,

9:00 a.m. Singles

2:00 p.m. Doubles

3:00 p.m. Mixed

Where: National Park 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 College Gym.

BASKETBALL SHOOT (45 - 49 Eligible)

Sponsored by Bank of the Ozarks

When: Fri., Sept. 18, 11-1:00 p.m.

Where:

First Church of The Nazarene

Score points from 4 areas. Point scoring determines winner.

BEAN BAG BASEBALL

Senior Centers Only

When: Thur., Sept. 14, 8:30 a.m.

Where:

First Church of The Nazarene

Only one team per center. First 24 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 **September 1.** Contact **Theresa Chidester, 501-688-7444.**

BOWLING (45-49 Singles Only)

When: Fri. & Sat. Sept 29-Oct 1

Where: Central Bowling Lanes

\$3.50 per game, pay at Lanes. **Send**

registration form and fee to

Arkansas Senior Olympic Office.

No partnership pools. Check times schedule with Central Lanes 501-525-1338. Players must bowl with registered partner.

CYCLING (45-49 Allowed)

When and Where:

Sat., Oct 1, 9:00 a.m.

40K Road Race

Lake Catherine State Park,

Visitors Center

Sat., Oct 1, 2:00 p.m.

5K Road Race

National Park College,

Mid America Blvd.

Sun., Oct 2, 9:00 a.m.

20K Road Race

Lake Catherine State Park,

Visitors Center

Sun., Oct 2, 1:00 p.m.

10K Timed Trials

National Park College

Mid America Blvd.

Participants must provide own bicycles and must wear helmets during warm-up and competition.

Greg Ebert — 501-663-2288

GOLF (45-49 Eligible)

When: Thur. Sept. 29, 8:30 a.m.

Where: Hot Springs Country Club

Foursomes wanting to play together send registration forms together. Golf fee includes golfing and cart only. GPS in Cart. No other event.

Call 501-321-1441 for additional information. If you are entering any other events, a \$45.00 registration fee is required.

PICKLE BALL

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

When: Thursday, September 29 – Sunday October 2. Matches will be one game to 15. TBA

Where: TBA

USPA members must include your number on registration. ALL GAMES you wish to play must appear on your registration form. NO ADDITIONS on game day.

RACE WALK (45-49 allowed)

1500 M

When: Fri., Sep 30, 9:00 a.m.

Where: Hot Springs High School

5K Road Race

When: Sun. Oct. 2, 8:00 a.m.

Where: National Park College, Mid America Blvd.

RACQUETBALL (45-49 singles only)

When: Sat., Oct 1, 9:00 a.m.

Where: Hot Springs Health & Fitness Club, 281 Lake Hamilton Dr. (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 ROAD RACE (45-49 Allowed)

When: Sun., Oct 2, 8:00 a.m.

Where: National Park College, Mid America Blvd.

Runs concurrent with Race Walk.

For information call 501-321-1441

2016 ARKANSAS SENIOR OLYMPICS EVENT REGISTRATION FORMS

PLEASE NOTE:

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

Your Name _____ Age _____ Gender M ___ F ___

(*Denotes Drop By)

SWIMMING (1000) 45-49 Eligible Event
US MASTERS RECOGNIZED

Give Personal Best Date
last 12 months

- 38 200M Breaststroke _____
- 39 200M Freestyle _____
- 40 100M Backstroke _____
- 41 50M Breaststroke _____
- 42 200M Indiv. Med. _____
- 43 50M Backstroke _____
- 44 100M Indiv. Med. _____
- 45 100M Freestyle _____
- 46 100M Butterfly _____
- 47 50M Freestyle _____
- 48 200M Backstroke _____
- 49 100M Breaststroke _____
- 50 50M Butterfly _____
- 51 400M Freestyle _____
- 83 500M Freestyle _____
- 84 400M Indiv. Med. _____
- 85 200M Butterfly _____

TABLE TENNIS (2000) 45-49 Eligible Event
(Singles ONLY)
(PARTNER FORMS MUST BE SENT IN TOGETHER)

- 52 Singles (F) Rating _____
- 53 Singles (M) Rating _____
- 54 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 55 Doubles (M)
Partner's Name _____
Age _____ Partner's # _____
- 56 Mixed Doubles
Partner's Name _____
Age _____ Partner's # _____

SENIOR CENTER TEAMS ONLY
210 **BEAN BAG BASEBALL* 45-49 Eligible Event**

TENNIS (3000) 45-49 Eligible Events
(Singles ONLY)
(PARTNER FORMS MUST BE SENT IN TOGETHER)

- 57 Singles (F) Rating _____
- 58 Singles (M) Rating _____
- 59 Doubles (F) Rating _____
Partner's Name _____
Age _____ Partner's # _____
- 60 Doubles (M) Rating _____
Partner's Name _____
Age _____ Partner's # _____
- 61 Mixed Doubles Rating _____
Partner's Name _____
Age _____ Partner's # _____

TRACK (4000) 45-49 Eligible Event

- 62 100M Dash
- 63 200M Dash
- 64 400M Run
- 65 800M Run
- 66 1500M Run
- 67 400M Walk
(Ribbon Event)
- 68 50M Dash

FIELD (5000) 45-49 Eligible Event

- 69 Triple Jump*
- 70 Discus*
- 71 High Jump*
- 72 Javelin*
- 73 Running Long Jump*
- 74 Shot Put*
- 75 Pole Vault*
- 76 Standing Long Jump*
(Ribbon Event)

RECREATIONAL GAMES (600) (Ribbon Events)

- 77 BASKETBALL SHOOT* 45-49 Eligible Event
- 78 FOOTBALL THROW* 45-49 Eligible Event
- 79 SOFTBALL THROW* 45-49 Eligible Event

WEIGHTLIFTING (7000) (Medal Event)
***Counts as 1 event**

- 80 Bench Press
- 81 Leg Press
- 82 Standing Strict Curl

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 over his/her competition will be disqualified.

TRACK: Hot Springs High School. Participants who compete in 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.



REGISTRATION FEES MUST ACCOMPANY YOUR ENTRY FORM. Bowling fee/Central Lanes. Other facility fees are paid at the facility as listed in this form.

1. Registration fee entitles entrance 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. Golf fee is \$90 to be sent in with the registration fee to the Arkansas Senior Olympic Office. Golf fee includes green fee and cart. **NON-REFUNDABLE.** players participate in more than golf, registration fee of \$45 in state and \$47 out of State is applicable with golf fee. (No riders - Participants only)
4. Weight lifting fee is \$10.00 (payable at the gym). Registration fee send to State Office.
5. Bowling Fee to be paid to Central Lanes. Registration fee send to State Office.

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

“NO REFUNDS”

ARKANSAS SENIOR OLYMPICS

835 CENTRAL AVENUE • SUITE 506 (Mail may NOT be accepted at this address. Please use PO Box)

P.O. BOX 1577 - HOT SPRINGS, ARKANSAS 71902

501-321-1441

Email: arsrolym@hotsprings.net Web Site: www.SrSports.org

2016 ARKANSAS SENIOR OLYMPIC ENTRY FORM ARKANSAS STATE GAMES

SEPTEMBER 29 - OCTOBER 2, 2016

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 7, 2016

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 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: Arkansas Senior Olympics, P.O. Box 1577, Hot Springs, AR 71902.

Payable to: Arkansas Senior Olympics **(NO REFUNDS)**

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 12/31/2016 _____ 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

_____, 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) _____ \$45 Arkansas Participant
- (2) _____ \$47 Out-of-State Participants
- (39) _____ \$10 per each additional event over 8

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

GOLF _____ \$90 All Golfers, with or without carts

TENNIS: _____ Choose only 2 events
\$37 Singles
\$27 Doubles

DINNER

- (17) _____ \$10 Banquet (Child)
- (18) _____ \$20 Registered Olympian
- (19) _____ \$20 Guest
- (24) _____ \$10 Extra T-Shirts
- (50) **DONATIONS \$** _____ (Thank You)
(Tax Exempt)

TOTAL ENCLOSED \$ _____

2016 ARKANSAS SENIOR OLYMPICS EVENT REGISTRATION FORMS

PLEASE NOTE:

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

Your Name _____ Age _____ Gender M ___ F ___

- | | |
|--|--|
| RCHERY (Choose one) (100) 45-49 Eligible event | RACEWALK (600) 45-49 Eligible event |
| 1 <input type="checkbox"/> Barebow Compound | 23 <input type="checkbox"/> 1500 M |
| 2 <input type="checkbox"/> Compound Fingers | 24 <input type="checkbox"/> 5000 M (5 K) |
| 3 <input type="checkbox"/> Compound Release | ROAD RACE (800) 45-49 Eligible event |
| 4 <input type="checkbox"/> Recurve | 29 <input type="checkbox"/> 5K |
| | 30 <input type="checkbox"/> 10K |

BADMINTON (200) **(45-49 Eligible Singles)**

PARTNERS FORMS MUST BE SENT IN TOGETHER

- 5 Singles (F)
Partner's Name _____
Age _____ Partner's # _____
- 6 Singles (M)
- 7 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 8 Doubles (M)
Partner's Name _____
Age _____ Partner's # _____
- 9 Mixed Doubles
Partner's Name _____
Age _____ Partner's # _____

BOWLING (300) **(Singles only ages 45-49)**

PARTNERS FORMS MUST BE SENT IN TOGETHER

- 10 Singles (F)
Partner's Name _____
Age _____ Partner's # _____
- 11 Singles (M)
- 12 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 13 Doubles (M)
Partner's Name _____
Age _____ Partner's # _____
- 36 Mixed Doubles
Partner's Name _____
Age _____ Partner's # _____

CYCLING (400) **45-49 Eligible Event**

Helmets must be worn at all times

- 14 5K Timed Trials
- 15 10K Timed Trials
- 16 20K Road Race
- 17 40K Road Race

GOLF **45-49 Eligible Event**

- 35 (Singles will be put into a foursome)

RACQUETBALL (700)

- 25 Singles (F)
Partner's Name _____
Age _____ Partner's # _____
- 26 Singles (M)
- 27 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 28 Doubles (M)
Partner's Name _____
Age _____ Partner's # _____

SHUFFLEBOARD (900) **45-49 Eligible (Singles Only)**

PARTNER FORMS MUST BE SENT IN TOGETHER

- 31 Singles (F)
Partner's Name _____
Age _____ Partner's # _____
- 32 Singles (M)
- 33 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 34 Doubles (Men)
Partner's Name _____
Age _____ Partner's # _____

PICKLE BALL (500) **45-49 Singles ONLY)**

PARTNER FORMS MUST BE SENT IN TOGETHER

- 18 Singles (F)
Partner's Name _____
Age _____ Partner's # _____
- 19 Singles (M)
- 20 Doubles (F)
Partner's Name _____
Age _____ Partner's # _____
- 20 Doubles (M)
Partner's Name _____
Age _____ Partner's # _____
- 22 Mixed Doubles
Partner's Name _____
Age _____ Partner's # _____