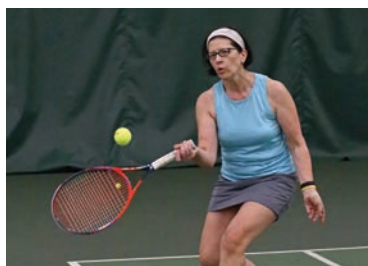


***CELEBRATING 40 YEARS!***  
**CAMARADERIE • COMPETITION • HEALTHY AGING**



# ***2019 ENTRY FORM***

**St. Louis**   
**Senior  
Olympics**

**For  
Athletes  
50+**



**St. Louis Senior Olympics: May 23 – 28, 2019**

**Registration Deadlines:** April 15 (Early) & May 1 (Final)

**Online Registration** [stlouisseniorolympics.org](http://stlouisseniorolympics.org)

# About the St. Louis Senior Olympics

The St. Louis Senior Olympics is an Olympic-style sporting event for men and women age 50 and older. This year's schedule includes more than 90 individual, partner and team events. Our longtime success is due to the incredible support we receive from corporate sponsors, community partners, long time participants, and dedicated volunteers who share in the excitement and camaraderie that is felt during the games! Enclosed you will find the Official Entry Form, Team Entry Form & Roster, Volunteer Sign-Up and Schedules. The Senior Olympics is a chance for the entire community to come together to celebrate the accomplishments of OUR seniors! We are looking forward to having you join us in 2019.

## 2019 Events

Accuracy Plug Casting	Cornhole	Horseshoes	Tap Dance
Art Competition	Cycling	Pickleball	Tennis
Badminton	Darts	Racquetball	Track & Field
Baseball Homerun Derby	Football Kick	Shuffleboard	Triathlon
Basketball 3-on-3	Football Punt	Soccer Kick Accuracy	Ultimate Frisbee
Basketball Around the World	Football Throw Accuracy	Soccer Kick Distance	Washer Toss
Basketball Free Throws	Football Throw Distance	Softball Home Run Derby	Water Volleyball
Billiards	Frisbee Toss	Softball Throw Accuracy	Weightlifting
Bocce	Golf 9-Hole	Softball Throw Distance	
Bowling	Golf 18-Hole	Swimming	
Bridge	Golf Closest to the Pin	Table Tennis	

## 40th Anniversary Kickoff! Thursday, May 23

12 – 4pm

### AARP Fitness Fair in the Edison Gymnasium

**NEW**

Get in the Senior Olympics spirit by attending in our interactive Fitness Fair, located in the Edison Gymnasium. This free exhibition brought to you by AARP will bring together participants and members of the Jewish Community Center who are interested in learning more about healthy eating, physical activity, and health services. This festival will offer interactive fitness activities and the opportunity to engage with others in the health and wellness community.

**AARP** Real Possibilities  
St. Louis

1:30 - 4pm

### Tap Dance Exhibition

Our annual treat as performed by our wonderful and wonderfully young tappers.

5 – 6pm

### Sports Panel in the Mirowitz Performing Arts Center

**NEW**

Local sports personalities will speak about their past accomplishments, healthy aging and how they stay active in athletics and fitness.

6pm

### Opening Ceremonies & Walk of Ages

A one-mile walk on The J's campus, concluding with a celebration on the back lot featuring food, music and Senior Olympic games!



# We Need Your Help



Support the tradition of the Games in its 40th year by becoming a “Friend of the St. Louis Senior Olympics.”

## Friends of the St. Louis Senior Olympics levels:

### \$1,000 - Champion (\$715 is tax deductible)

- Two event registrations
- One month pass to the J
- One pilates or personal training session
- 90 minute massage
- Listed as a sponsor on marketing materials
- Invitation to the St. Louis Senior Olympics sponsor luncheon
- Listed in the J Annual Report and on Major Donor Wall as a Millstone Society Member

### \$500 - Advocate (\$296 is tax deductible)

- Two event registrations
- Three week pass to the J
- One pilates or personal training session
- 60 minute massage

### \$250 - Patron

- Two week pass to the J

### \$100 - Well-Wisher

- One week pass to the J

Other \$ \_\_\_\_\_

☐ I'm not ready to make a gift but I'd like to learn more

Get your  
company involved!  
Larger  
Sponsorship  
Opportunities are  
still available!

“Winning five medals and two ribbons was exciting but the #1 enjoyment for me was meeting other seniors and their families and being encouraged by staff and volunteers.” – SLSO 2018 participant



Please mail to: Jewish Community Center, ATTN: St. Louis Senior Olympics, 2 Millstone Campus Drive, St. Louis, MO 63146

Name/Company as you would like to be recognized \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ I would like to learn more about The J's Legacy Society

Friend Level: \$ \_\_\_\_\_

☐ Check (payable to St. Louis Senior Olympics)

☐ Visa

☐ MasterCard

☐ American Express

☐ Discover

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

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

For more information on supporting the St. Louis Senior Olympics, please contact Stacy Smart, 314.442.3268, [ssmart@jccstl.org](mailto:ssmart@jccstl.org)



# Thank you to our 2019 Sponsors and Community Partners!

## SPONSORS



## COMMUNITY PARTNERS



Sponsors as of 1-29-19



# Registration Deadlines & Fees

## Online Registration

This year, registration is an electronic version of this entry form, and is available for athletes and volunteers on the St. Louis Senior Olympics website at [stlouisseniorolympics.org](http://stlouisseniorolympics.org).

If you have questions regarding the form, contact Phil Ruben at [pruben@jccstl.org](mailto:pruben@jccstl.org) or 314.442.3279.

## Registration Deadlines

**Early Registration Deadline—Monday, April 15**

**Final Registration Deadline—Wednesday, May 1**

**Save  
\$10!**

St. Louis Senior Olympics is not responsible for delays involving the United States Postal Service.

Send or deliver entry forms to:

Jewish Community Center, ATTN: St. Louis Senior Olympics, 2 Millstone Campus Dr., St. Louis, MO 63146.

**Liability Waiver MUST be signed and turned in with the Official Entry Form.**

## Registration Fees

### General Registration

A **NON-REFUNDABLE** and **NON-TRANSFERABLE** General Registration Fee must be included with the entry form. Checks should be made payable to “St. Louis Senior Olympics”.

**Entries postmarked April 15 and prior are \$47; April 16 and after are \$57.** Both partners in doubles events must register and pay indicated fees. Team event participants, Bridge and Tap Dancers, see fees below. *Bowling and Golf require an additional facility fee, see below.*

### **Team Events Participants: 3 on 3 Basketball, Ultimate Frisbee and Water Volleyball**

All players on a team roster **MUST** complete the Waiver and include the team event participant fee. **Entries postmarked April 15 and prior are \$32; April 16 and after are \$42.**

- **Team captains are responsible for turning in Team Entry Form and Roster (Page 14) by Wednesday, May 1. Team entry forms will not be processed unless all team members have submitted their waiver and payments. Captains are responsible for submitting them together.**

### Tap Exhibition/ Masters Class Participants

Tap dancers who participate in **ONLY** the Exhibition and Masters Class may register for **\$36**. Those dancers interested in participating in other events must pay the full General Registration Fee of \$47 or \$57.

The Tap Master's Classes will be held on **Thursday, May 9** from 9am – 1pm.

The Tap Exhibition will be held on Thursday, May 23 at 1:30pm.

**All tap programming will be held at the JCC in Creve Coeur.**

### Duplicate Bridge Participants

Bridge players who participate in **ONLY** Duplicate Bridge may register for **\$18**. Those players interested in participating in other events must pay the full General Registration Fee of \$47 or \$57.

**Duplicate Bridge takes place at the St. Louis Bridge Center on Friday, May 24 at 2:30pm.**

***Please contact the Senior Olympics office for scholarship information.***

## Additional Facility Fees

### Bowling

Requires an additional FACILITY FEE of \$9 for each session participant selects except the 3-person Baker Team bowling session, which is only \$3. Bowling shoes available at no additional cost. This fee is **NON-REFUNDABLE** after May 1.

### Golf

Requires an additional FACILITY FEE. (Fee includes greens fee for 18 holes and electric cart. All golfers must ride). This fee is **NON-REFUNDABLE** after May 1.

9-Hole - **\$23** at Creve Coeur Golf Course

18-Hole - **\$30** at the Norman K. Probststein Golf Course in Forest Park

# Important Information

## St. Louis Senior Olympics Office

Jewish Community Center  
Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, MO 63146

Phone: 314.442.3279  
Fax: 314.442.3279

Email: pruben@jccstl.org  
Website: stlouisseniorolympics.org  
Online registration is available on the website for athletes and volunteers.

## Eligibility

### Minimum Age Requirements

Individual and Tournament (non-team) Events – Participant must turn **50 by May 23, 2019**

Team Events – Participant must turn **50 by December 31, 2019**

### Age Divisions

Except as noted below, there will be 9 age divisions for both men and women in each athletic competition.

50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
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**Individual, Doubles and Partner Tournament Events** will be 5 year divisions when three or more are competing.

**Eligibility-Age Divisions:** In events with less than three competitors divisions may be combined, however medals will be awarded based on actual age groups. In Doubles and Partner Events, the age of the younger partner determines the age division.

**Team Events** 50-59, 60-69, and 70+ (For Water Volleyball, see page 14.)

**Mixed Doubles:** Two individuals of opposite gender

**Doubles:** Two individuals of the same gender

**Open Doubles:** Two individuals, any combination

## Welcome Packets

Participants may pick up Welcome Packets and t-shirts beginning Thursday, May 23 from 12-7pm at the Jewish Community Center in Creve Coeur. Participants may also check-in at the Information Desk at the Jewish Community Center in Creve Coeur: Friday, May 24 (9am-12pm); Saturday, May 25 (7am-4pm); Sunday, May 26 (7am-4pm); and Monday, May 27 (8am-1pm).

## Vendors & Health Screenings

Throughout the Games, be sure to visit the many local vendors, hospitals and health organizations offering services and free product samples for athletes and volunteers. Further details to come regarding specific times for vendor displays at the Staenberg Family Complex (Creve Coeur) and Marilyn Fox Building (Chesterfield).

## Volunteers

Volunteer opportunities are listed on page 16. Please contact the Senior Olympics office for group volunteer opportunities.

## Tournaments

**The following Tournaments will be drawn on site. BADMINTON, BILLIARDS, BOCCE, CORNHOLE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, TABLE TENNIS AND WASHER TOSS. List of registered participants in each division will be available at The J several days prior to the start of the Games. All participants must check in with the event director approximately 10–15 minutes before start time.**

## Awards

Medals will be awarded to the 1st, 2nd and 3rd place finishers in each age division of each event. Ribbons for 4th, 5th and 6th place will be awarded according to participant numbers. See published rules for each event for information concerning ties, as well as when divisions may be combined.

## Oasis Jazz Ensemble

Featuring the 20-piece swing band conducted by Chuck Schuder and Doris Gordan Liberman. Enjoy the “standards,” music of the 30s and 40s featuring the works of Duke Ellington, Glenn Miller and more. Presented in partnership with St. Louis NORC, B’nai B’rith Missouri and St. Louis Senior Olympics.

**Wednesday, May 22 at 1:30pm**

# Event-Specific Instructions



## Accuracy Plug Casting

Open-faced or closed-faced reels. A limited number of eye guards and spin casting reels will be available for loan.

## Art Competition

Participants in the Art Competition will receive a copy of the Art Competition Rules containing updated requirements, show information and drop-off/pick-up times after registration.

## Billiards

Billiards rules will be in accordance with the B.C.A. (Billiards Congress of America).

## Bowling

Bowling balls and shoes available at Tropicana Lanes if not provided by participant. Participants must wear bowling shoes. Bowling will follow USBC rules but is a non-USBC sanctioned event. If there is no average, last years Senior Olympics average will be used. If you do not have a Senior Olympics average, one will be assigned as follows: Men, 140; women, 125; handicap will be 80% from 200. It shall be the bowler's responsibility to verify the average in the handicap portion of the tournament. Failure to use proper average will result in disqualification. Correction of average can be made at "Check-in" at the bowling lanes. Awards will be given for both scratch and handicap events but a participant can only win one of these awards per event. The award will be made first to the top three scratch places, then to the top three handicap places, then to the 4th, 5th and 6th scratch places, then the 4th, 5th and 6th handicap places.

## Bridge

ACBL Sanctioned Duplicate Bridge. Please register with a partner. If you do not have a partner, you may show up and will be paired with another player if possible. Event takes place at St. Louis Bridge Center. For more information on Bridge, visit [stlouisbridge.org](http://stlouisbridge.org).

## Cycling

ANSI approved helmets are required. Non-motorized multi-speed (or less) bicycles with no reduction resistance devices. Fixed gear bicycles must have brakes.

## Doubles/Partner Events

Both partners must register and pay fees. Participants may not duplicate entry in any one event with more than one partner. No assignments will be made by the St. Louis Senior Olympics office. Doubles is two individuals of the same gender. Mixed Doubles is two individuals of opposite gender. Open Doubles is any combination.

## Golf

Participant must provide clubs and balls for play for the 9-Hole and 18-Hole Tournaments. (Also See Facility Fees). The golf handicap competition is limited to those who bring a current USGA handicap card to the event. The scratch competition is open to all. Both the SCRATCH and a HANDICAP tournament will be played simultaneously. Golfers may ONLY participate in one of the two formats - **SCRATCH OR HANDICAP** - and must pre-determine which one they are entering. Medals will be presented to age group place winners in both tournaments.

**9-Hole:** All Women and Men 70+ will tee off on front (red) tees. Men 50-69 will tee off on back (blue) tees.

**18-Hole:** All Women and Men 80+ will tee off on front (silver) tees. Men 65-79 will tee off on middle (blue) tees. Men 50-64 will tee off on back (yellow) tees. Dogwood and Hawthorne courses will be used for 18-Hole Tournament.

## Racquetball

Racquets, gloves, eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory.

## Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. Please visit [usapa.org](http://usapa.org) for more information.

## Rules

*Rules for all events can be found on [stlouisseniorolympics.org](http://stlouisseniorolympics.org)*

## Swimming

2019 USMS rules will be followed. Pool available for warm-ups ½ hour prior to the first scheduled event. The 2019 swimming events will take place at the Jewish Community Center Marilyn Fox Building in Chesterfield.

## Tap Dance

The Tap Master's Classes will be held on Thursday, May 9 from 9am – 1pm. The Tap Exhibition will be held on Thursday, May 23 at 1:30pm.

**All tap programming will be held at the J in Creve Coeur.**

## Team Events

All players on a team roster **MUST** complete the Waiver and include the team event participant fee of \$32/\$42. Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57, and complete Official Entry Form. Team captains are responsible for completing the Team Entry Form and Roster. (Page 14)

## Tennis

Tennis will follow USTA rules. Participants may enter both singles and doubles tournaments, but must be available to play multiple matches per day. Failure to show up for a scheduled match will result in disqualification for 2019 and lose your right to play in the following year's tournament.

## Track & Field

Track and Field is governed by USATF rules.

1k = 1 kilogram = 2.2 pounds; 100g = 100 grams = 3.5 ounces

**Discus:** .75k for women 75+, 1k for women 50-74 and men 60+, 1.5k for men 50-59

**Javelin:** 400g for women 75+ and men 80+, 500g for women 50-74 and men 70-79, 600g for men 60-69, 700g for men 50-59

**Shot Put:** 2k for women 75+, 3k for women 50-74 and men 80+, 4k for men 70-79, 5k for men 60-69, 6k for men 50-59

**Pole Vault:** Participants need to be in good physical condition and will need to supply their own pole

## Water Volleyball

Water Volleyball team rules require minimum of four (4) women in pool at all times.

## Weightlifting

Places will be determined by a ratio of body weight to weight lifted. The weight of the equipment will be added to the total weight lifted. The curl bar is 25 lbs, bench press bar is 45 lbs and the leg sled is 120 lbs. The leg press is a "Hammer Strength" Linear Leg Press. The lifter must break the weight and then lower it until the knees are at or below 90 degrees and then must lock the weight out at the top. The leg press does not have a pivot system, so it will move straight up and down with no shift or pivot. Weight will be added on the lower pegs first and then the top pegs if needed. The seat has two adjustments and the user can use whichever they are comfortable with. It also has a built in safety spot at the bottom of the slide to prevent people from getting stuck but will not at all limit the range of motion.

## Participant Information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Mailing Address \_\_\_\_\_  
Address City State Zip

Phone # ( ) \_\_\_\_\_ Alt. Phone # ( ) \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Gender ☐ Male ☐ Female

As of May 23, 2019

Email Address \_\_\_\_\_ I wish to receive confirmation ☐ By mail ☐ By email

## Emergency Contact

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Relationship \_\_\_\_\_

**(Optional)** At the request of our funders, please check one of the descriptions below corresponding to the ethnic group with which you identify.

☐ African American ☐ Asian ☐ Bi/Multiracial ☐ Caucasian ☐ Hispanic/Latino ☐ Native American/Alaskan Native ☐ Other

## Participant Specifics

I participated in the 2018 St. Louis Games ☐ Yes ☐ No

I am a **new** participant: ☐ Yes ☐ No If yes, how did you hear about the Games? \_\_\_\_\_

**T-Shirt Size:** ☐ Unisex ☐ Women's Cut

**Requested shirt size not guaranteed.** ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large ☐ XXX-Large

## Registration and Facility Fees

**All Fees are Non-Refundable and Non-Transferable.**

### Registration Fees

\$ \_\_\_\_\_

#### General Registration

**\$47 if postmarked by Monday, April 15**

**\$57 if postmarked after Monday, April 15**

#### Team Only

\$32 if postmarked by Monday, April 15

\$42 if postmarked after Monday, April 15 for Basketball, Ultimate Frisbee or Water Volleyball. No other events.

#### Tap Only

\$36 for Tap Exhibition/ Masters Class. No other events.

#### Bridge Only

\$18 for Duplicate Bridge. No other events.

### Facility Fees

#### Bowling

\$9 for each event selected, \$3 each for 3 Person Baker

\$ \_\_\_\_\_

#### Golf 9-Hole

\$23 (includes greens fee and cart)

\$ \_\_\_\_\_

#### Golf 18-Hole

\$30 (includes greens fee and cart)

\$ \_\_\_\_\_

**Friends of the St. Louis Senior Olympics** (tax deductible contribution) (see page 3)

\$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED**

\$ \_\_\_\_\_

## Payment Information

Checks payable to: **St. Louis Senior Olympics**

Send to: Jewish Community Center, ATTN: St. Louis Senior Olympics, 2 Millstone Campus Drive, St. Louis, MO 63146

**Entry Form will not be processed unless the waiver is signed and fees are included.**

Team entry forms will not be processed unless all team members have submitted their waiver and payment.

Captains are responsible for submitting them together.

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on credit card \_\_\_\_\_

Billing address (if different from above) \_\_\_\_\_

Signature \_\_\_\_\_



**THE ST. LOUIS SENIOR OLYMPICS AND ITS SPONSORS STRONGLY RECOMMEND THAT EACH PARTICIPANT CONSULT HIS/HER DOCTOR WITH REGARD TO PRACTICE, PREPARATION AND COMPETITION IN THIS PROGRAM.**

### **STATEMENT OF PHYSICAL CAPABILITY**

I warrant and represent to the sponsors that:

I have prepared for the event which I have entered by practicing the same prior to my participation in the St. Louis Senior Olympics;

I am in good physical health and condition and am physically able to compete in the events I have selected;

I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the St. Louis Senior Olympics; and I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could activate any unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life threatening physical harm to me.

### **PERSONAL INJURY RELEASE**

**As a condition of being permitted to participate in the St. Louis Senior Olympics, I, the undersigned participant, agree that:**

**I recognize that participation in the St. Louis Senior Olympics necessarily involves risks of injuries and damages including but not limited to injuries, damages or losses relating to or resulting from slips, falls, collision, car accidents, drowning, trauma, health failure, and /or other mishaps. Possible injuries to me can include death, personal injury, property damage, loss of service and other injuries and damages.**

**I assume full responsibility for any injuries, damages or losses which may occur to me and agree that the JCC of St. Louis and its sponsors, its agents, employees, representatives, volunteers, and assigns, and all other persons, firms, and other entities participating or providing services or facilities to or for the benefit of Senior Olympics and/or its participants, hereinafter collectively referred to as the ("JCC") shall not be individually or severally liable for any damages arising from any personal injuries that I may sustain in connection with my preparation for and/or participation in the St. Louis Senior Olympics whether or not the injuries, damages or losses occur on /or about the premises of the JCC of St. Louis, owned or not owned, in the conduct of the Senior Olympics.**

**I hereby fully and forever release and discharge and hereby agree to indemnify and hold harmless the JCC from any and all present and future claims, demands, damages, rights of action, or causes of action including, but not limited to, reasonable attorney's fees and costs collectively ("Claims") arising out of, resulting from, or connected in any way with my preparation for and/or participation in the St. Louis Senior Olympics, whether known or unknown, anticipated or unanticipated, and specifically including, but not limited to, any claims arising out of or resulting from the negligence or fault of the JCC.**

**Notwithstanding any language herein to the contrary, this release and discharge shall in no way affect any claims which I cannot legally waive, such as grossly negligent acts, intentional acts occurring in the future, and acts done with malfeasance.**

**I understand that I am releasing the JCC from liability to the full extent that the law allows not only from any risk inherently associated with participation in an athletic activity, but also any enhanced exposure to injury occasioned by any carelessness, negligence or fault of the JCC or anyone acting on the JCC's behalf, including any and all liability for damage and injury or death to myself or to any person or property to the full extent that the law allows.**

**I understand that THIS RELEASE OF LIABILITY IS INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE, and I accept the terms as a condition of being permitted to participate in the St. Louis Senior Olympics.**

**RELEASE FOR PERSONAL PROPERTY** I acknowledge and agree that the JCC shall not be liable for any loss or theft of personal property and I release the JCC for any liability for loss or theft of any personal property in connection with the St. Louis Senior Olympics.

**CONSENT TO MEDICAL TREATMENT** The JCC of St. Louis has my permission to have a physician treat me if needed during my participation in the St. Louis Senior Olympics. I hereby consent to any first aid, medication, medical treatment or surgery deemed necessary. I release all claims for injuries or damages incurred by me in the connection with the delivery of such care in good faith. This release is also a condition of participation if the St. Louis Senior Olympics.

**PUBLICITY CONSENT** I authorize the St. Louis Senior Olympics and the JCC of St. Louis to use or publish my likeness in any form. I waive any right to inspection or for any compensation.

**OTHER RELEASES** This release is intended to supplement any other releases that I have previously signed with the JCC and is not intended to amend, modify or revoke any other release now existing between the JCC and me.

**THIS WAIVER AND RELEASE AFFECTS MY LEGAL RIGHTS AND INCLUDES RELEASES OF LIABILITY WHICH ARE INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE. I HAVE READ THIS WAIVER AND I UNDERSTAND WHAT I AM SIGNING.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

For events with designated start & end times, please report to and complete event during allotted time frame. For individual events with no designated end time, please report promptly at the designated start time. *Please be conscientious of the events for which you sign up and the times they take place. The St. Louis Senior Olympics office is not responsible for overlapping event times.*

### Walk of Ages

☐ Thursday, May 23 at 6pm

☐ I will be attending with # \_\_\_\_\_  
of additional non-Senior Olympians



### Accuracy Plug Casting

☐ Accuracy Plug Casting, 3/8 and 5/8 oz. – (Mon., 8 – 10am)

### Art Competition

Work must be ready for exhibition. All painting/drawing/photography must be framed and securely wired for hanging. Rules containing updated requirements, show information and drop-off/ pick-up times will be mailed after registration.

☐ Ceramics   ☐ Collage   ☐ Drawing   ☐ Glass  
☐ Jewelry   ☐ Painting   ☐ Photography   ☐ Textiles

Title of Art Work \_\_\_\_\_

### Baseball Homerun Derby

☐ Baseball Homerun Derby – (50-64: Mon., 9 – 10:30am) (65+: Mon., 10:30am – 12pm)

### Basketball

☐ Basketball Around the World – (Sun., 8:30 – 9:30am)

☐ Basketball Free Throw – (Sun., 9:30 – 10:30am)

**Bowling** (Facility Fees: \$9 for each event selected, \$3 per participant for 3-Person Baker)

☐ Bowling Singles – (Sat., 3pm or Sun., 7pm) \$9

Select One: ☐ Sat., 3pm   ☐ Sun., 7pm

☐ Bowling 3-Person Baker Team – (Mon., 10am) \$3

Partner's Name & DOB 1 \_\_\_\_\_

Partner's Name & DOB 2 \_\_\_\_\_

☐ Bowling Mixed Doubles – (Mon., 1pm) \$9

Partner's Name & DOB \_\_\_\_\_

☐ Bowling Doubles – (Sun., 3pm) \$9

Partner's Name & DOB \_\_\_\_\_

Partner's Name & DOB \_\_\_\_\_

*You will not be registered for partner/team events with nobody else listed*



**Bridge** (Players who participate in ONLY Duplicate Bridge may register for \$18.)

☐ Duplicate Bridge – (Fri., 2:30pm)

Partner's Name & DOB \_\_\_\_\_

*You may sign up without a partner and will be paired up if possible*

### Cycling

☐ 5 miles – (Sat., 9am\*)   ☐ 5 kilometers – (Sat., 10am)   ☐ 1 mile – (Sat., 10:45am)   ☐ ¼ mile – (Sat., 11:15am)

### Dart Throw

☐ Dart Throw – (Sat., 11am – 2pm)

### Football

☐ Football Punt – (Sat., 9 – 10:30am)   ☐ Football Kick – (Sat., 10:30am – 12pm)

☐ Football Throw, Accuracy – (Mon., 9 – 10:30am)   ☐ Football Throw, Distance – (Mon., 9 – 10:30am)

Official Entry Form

# Individual Events (continued)



## Frisbee

- ☐ Frisbee Toss, Distance – (Sat., 1:30 – 3pm)

## Golf (Facility Fees: \$23 for Golf 9-Hole, \$30 for Golf 18-Hole)

- ☐ Golf 9-Hole – Creve Coeur Golf Course – (Fri., 9am) \$23
- ☐ Golf 18-Hole **SCRATCH** – Normal K. Probststein Golf Course in Forest Park – (Tue., 7:30am) \$30
- ☐ Golf 18-Hole **HANDICAP** – Normal K. Probststein Golf Course in Forest Park – (Tue., 7:30am) \$30 *\*Must present current USGA Handicap Card at check in*
- ☐ Closest to the Pin – (Sat., 8-10am)

**Golf Foursome (optional)**

1	_____	2	_____
3	_____	4	_____

## Soccer

- ☐ Soccer Kick, Accuracy – (Mon., 1:30 – 3pm)
- ☐ Soccer Kick, Distance – (Sat., 12 – 1:30pm)

## Softball Homerun Derby

- ☐ Softball Homerun Derby – (50-64: Mon., 12 – 1:30pm) (65+: Mon., 1:30 – 3pm)

## Softball Throws

- ☐ Softball Throw, Accuracy – (Mon., 11am – 12:30pm)    ☐ Softball Throw, Distance – (Mon., 11am – 12:30pm)

## Tap Dance (Tap dancers who participate in ONLY the Exhibition and Masters Class may register for \$36.)

- ☐ Master's Class – (Thu., May 9, 9am – 1pm)    Select: ☐ Beginner    ☐ Intermediate    ☐ Advanced
- ☐ Tap Dance Exhibition – (Thu., May 23, 1:30pm)    Select: ☐ Solo    ☐ Group Name: \_\_\_\_\_

## Weightlifting

- ☒ Weigh In – (Sun., 10am – 12pm) **Required to participate in weightlifting events.**

- ☐ Arm Curls    ☐ Bench Press    ☐ Leg Press

*Event begins Mon. at 8:30am with competitors divided into three groups (Men 50-59; Men 60-69; Men 70+ & all Women).*

*Men 50-54, Men 55-59 with Leg Press; Men 60-64, Men 65-69 with Bench Press; Men 70+ and Women with Arm Curls.*

*Once each group has finished their lift, there will be a ten-minute break, followed by a rotation to the next lift.*

## Swimming — Jewish Community Center in Chesterfield

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 200 yd. Freestyle – (Sat., 2pm)            | <input type="checkbox"/> 50 yd. Freestyle – (Sat., 3:40pm)  | <input type="checkbox"/> 100 yd. Freestyle – (Sun., 3pm)            |
| <input type="checkbox"/> 50 yd. Butterfly – (Sat., 2:20pm)          | <input type="checkbox"/> 200 yd. Butterfly – (Sat., 4pm)    | <input type="checkbox"/> 200 yd. Individual Medley – (Sun., 3:20pm) |
| <input type="checkbox"/> 100 yd. Breaststroke – (Sat., 2:40pm)      | <input type="checkbox"/> 200 yd. Breaststroke – (Sun., 2pm) | <input type="checkbox"/> 200 yd. Backstroke – (Sun., 3:40pm)        |
| <input type="checkbox"/> 100 yd. Backstroke – (Sat., 3pm)           | <input type="checkbox"/> 50 yd. Backstroke – (Sun., 2:20pm) | <input type="checkbox"/> 50 yd. Breaststroke – (Sun., 4pm)          |
| <input type="checkbox"/> 100 yd. Individual Medley – (Sat., 3:20pm) | <input type="checkbox"/> 100 yd. Butterfly – (Sun., 2:40pm) | <input type="checkbox"/> 500 yd. Freestyle – (Sun., 4:20pm*)        |

## Track & Field — Mon. at The Principia (See page 17 for event times and age & gender breakdowns)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 50 Meter Dash    | <input type="checkbox"/> 1,500 Meter Race Walk  | <input type="checkbox"/> Running Long Jump  |
| <input type="checkbox"/> 100 Meter Dash   | <input type="checkbox"/> 1,500 Meter Power Walk | <input type="checkbox"/> Shot Put           |
| <input type="checkbox"/> 200 Meter Dash   | <input type="checkbox"/> Discus                 | <input type="checkbox"/> Standing Long Jump |
| <input type="checkbox"/> 400 Meter Run    | <input type="checkbox"/> High Jump              | <input type="checkbox"/> Triple Jump        |
| <input type="checkbox"/> 800 Meter Run    | <input type="checkbox"/> Javelin                |   |
| <input type="checkbox"/> 1,500 Meter Run* | <input type="checkbox"/> Pole Vault             |   |



## Triathlon

- ☐ \*Compete in 500 yd. Freestyle swim, 5 mile Cycle Race and 1,500 Meter Run.
- Medals will be awarded to the overall combined fastest times in the Swim, Bike & Run.

# Tournament Events

**THE FOLLOWING TOURNAMENTS WILL BE DRAWN ON SITE. BADMINTON, BILLIARDS, BOCCE, CORNHOLE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, TABLE TENNIS AND WASHER TOSS.** List of registered participants in each division will be available at the JCC several days prior to the start of the Games. All participants must check in with the event director approximately 10-15 minutes prior to the start time. **Please be conscientious of the events for which you sign up and the times they take place. The St. Louis Senior Olympics office is not responsible for overlapping event times.**

## One Day Tournaments

The following tournaments are completed in one day. Participants **MUST** be available to play until eliminated. Times listed are when the event begins. Not necessarily your first match. **Individual, Doubles and Partner Tournament Events** will be 5 year divisions when three or more are competing. In events with less than three competitors divisions may be combined, however medals will be awarded based on actual age groups. In Doubles and Partner Events, the age of the younger partner determines the age division.

### Badminton – Missouri State Qualifier for Nationals

- ☐ Badminton Singles – (Men: Sat., 8am) (Women: Sat., 2pm)
- ☐ Badminton Doubles – (Men: Sat., 10:30am) (Women: Sat., 3pm) Partner's Name & DOB \_\_\_\_\_
- ☐ Badminton Mixed Doubles – (Sat., 12:30pm) Partner's Name & DOB \_\_\_\_\_

### Billiards

- ☐ Billiards – Eight Ball – (Fri., 11am) – **Arrive as early as 10am to practice!**

### Bocce

- ☐ Bocce – (Men 70+: Sun., 9am) (Men 50-69 Sun., 10am) (Women 50-64: Sun., 11:30am) (Women 65+: Sun., 1pm)

### Cornhole

- ☐ Cornhole Singles – (Men 50-64: Mon., 8am) (Women 50-64: Mon., 9:30am) (Men 65+: Mon., 11am) (Women 65+: Mon., 12:30pm)
- ☐ Cornhole Open Doubles – (50-59: Mon., 1:30pm) (60+: Mon., 3pm) Partner's Name & DOB \_\_\_\_\_

### Horseshoes

- ☐ Horseshoes Singles – (Fri., 9am)
- ☐ Horseshoes Open Doubles – (Fri., 12pm) Partner's Name & DOB \_\_\_\_\_
- ☐ I am a Quail Ridge Horseshoes Club Member (If you are a member and ONLY participate in Horseshoes, registration fee is \$20).

### Racquetball

- ☐ Racquetball Singles – (Mon., 8:15am)
- ☐ Racquetball Open Doubles – (Mon., 12:15pm) Partner's Name & DOB \_\_\_\_\_

### Shuffleboard

- ☐ Shuffleboard Singles – (Men 50-64: Sun., 8am) (Women 50-64: Sun., 10am) (Men 65+: Sun., 12pm) (Women 65+: Sun., 2pm)
- ☐ Shuffleboard Open Doubles – (75+: Mon., 9am) Partner's Name & DOB \_\_\_\_\_
- (50-59: Mon., 11am) (60-74: Mon., 1pm)

### Table Tennis – Missouri State Qualifier for Nationals

- ☐ Table Tennis Singles – (Women: Sat., 9am) (Men 50-59: Sat., 12pm) (Men 60-69: Sat., 1pm) (Men 70+: Sat., 2pm)
- ☐ Table Tennis Doubles – (Women: Sat., 10am) (Men: Sat., 4pm) Partner's Name & DOB \_\_\_\_\_
- ☐ Table Tennis Mixed Doubles – (Sat., 11am) Partner's Name & DOB \_\_\_\_\_

### Washer Toss

- ☐ Washer Toss – (Women 50-64: Sun., 9am) (Women 65+: Sun., 11am) (Men 65+: Sun., 1pm) (Men 50-64: Sun., 2pm)

**THE FOLLOWING TOURNAMENTS WILL BE DRAWN AT LEAST TWO DAYS BEFORE THE START DATE: PICKLEBALL AND TENNIS. EVENT DIRECTOR WILL CONTACT YOU WITH YOUR FIRST MATCH TIME.** All participants must check in with the event director approximately 10-15 minutes prior to the start time. (Format will be determined based on number of entries.) Time indicated is first possible match time of day.

### Pickleball *Select* ☐ Beginner ☐ Intermediate ☐ Advanced

- ☐ Pickleball Doubles (65+: Sun., 5pm) (50-64: Sat., 5pm) Partner's Name & DOB \_\_\_\_\_
- ☐ Pickleball Mixed Doubles (65+: Sun., 5pm) (50-64: Thu., 5pm) Partner's Name & DOB \_\_\_\_\_



## Lynn Imergoot Memorial Tennis Tournament

Participants may enter both singles and doubles events and must be prepared to play from their first match until they are eliminated. Play is limited to no more than three matches in one day. Failure to show up for a scheduled match will result in disqualification for 2019 and loss of right to play in following year's tournament.

Matches are played 8am - 2pm Thurs., Fri., Sat. and Sun. Best 2 of 3 match, tiebreak for 3rd set. Format is to be determined based on entries. Event Director will call you with your first match time.

☐ Singles ☐ Doubles ☐ Mixed Doubles

Doubles Partner's Name & DOB \_\_\_\_\_

Mixed Doubles Partner's Name & DOB \_\_\_\_\_

## Team AARP's John Ulett loved his time at the St. Louis Senior Olympics!



## As seen on KSDK, Rene Knott officially opened the Senior Olympics!



# Team Entry Form & Roster

**3 on 3 Basketball**  
**The J in Chesterfield**  
☐ Men: Sun., 12pm  
☐ Women: Sun., 12pm

**Ultimate Frisbee**  
**The J in Creve Coeur**  
☐ Co-Ed: Sat., June 1, 4:30pm

**Water Volleyball**  
**Luthern Senior Services**  
**at Laclede Groves**  
☐ Co-Ed 65-74: Thu., 4pm  
☐ Co-Ed 50-64: Thu., 6:30pm  
☐ Co-Ed 75+: Fri., 9am

## Team Roster

Please print first and last names and use additional pages as needed

Name	DOB	Age on 12/31/19	Gender	Address	City	State	Zip	Phone	Email	Shirt Size
Captain:										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										

- Team captains are responsible for completing and returning this form and team roster by Wednesday, May 1.
- All players on a team roster **MUST** sign waiver (page 9) and include the team event participant fee of \$32 or \$42.
- Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57 and submit an Official Entry Form.
- Team Entry Forms will not be processed unless all team members have submitted their waiver and payments. Captains are responsible for submitting together.

# 2019 St. Louis Senior Olympics Volunteer Sign Up



**All Volunteer Opportunities are listed on page 16.**

Please return this form by **MAY 1** to: Jewish Community Center, ATTN: St. Louis Senior Olympics, 2 Millstone Campus Drive, St. Louis, MO 63146

Upon placement into a volunteer position, you will be sent a confirmation letter along with all necessary information.

Please contact Stephanie Rhea at 314.442.3164 if you have any questions.

**NEW THIS YEAR:** Online Registration for Volunteers available at: [stlouisseniorolympics.org](http://stlouisseniorolympics.org)

**IF YOU ARE ALSO AN ATHLETE AND COMPLETED PAGE 8, PLEASE CHOOSE YOUR VOLUNTEER OPPORTUNITIES ON PAGE 16.**

## Volunteer Information

Last Name _____	First Name _____	MI _____
Mailing Address _____		
Address _____	City _____	State _____ Zip _____
Phone # ( ) _____	Alt. Phone # ( ) _____	
Birthdate _____	Age _____	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
E-mail Address _____		

**(Optional)** At the request of our funders, please check one of the descriptions below corresponding to the ethnic group with which you identify.

☐ African American ☐ Asian ☐ Bi/Multiracial ☐ Caucasian ☐ Hispanic/Latino ☐ Native American/Alaskan Native ☐ Other

## Volunteer Specifics

I volunteered for the <b>2018</b> St. Louis Games	<input type="checkbox"/> Yes <input type="checkbox"/> No
I am a <b>new</b> volunteer:	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how did you hear about the Games? _____
I am also competing in this year's Games	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>T-Shirt Size:</b>	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> XX- Large <input type="checkbox"/> XXX- Large

**Sign up to volunteer by April 22 and guarantee your shirt size!**

## Venue Information (see Venue Map on page 19)

### MAIN VENUE - Jewish Community Center (Creve Coeur) COMMUNITY VENUES

Opening Ceremonies/Information Desk/  
Welcome Packet Pick-Up/Medal Distribution  
Walk of Ages  
Accuracy Plug Casting  
Art Competition  
Badminton  
Basketball Throws  
Bocce  
Cornhole  
Football Kicks  
Football Throws  
Frisbee Toss  
Golf Closest to the Pin  
Homerun Derby (Baseball & Softball)  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kicks  
Softball Throws  
Table Tennis  
Tap Dance  
Ultimate Frisbee  
Washer Toss  
Weightlifting

**3 on 3 Basketball** – Jewish Community Center in Chesterfield  
**Billiards** – Teachers Billiards  
**Bowling** – Tropicana Lanes  
**Bridge** – St. Louis Bridge Center  
**Cycling** – Columbia Bottom Conservation Area  
**Darts** – Blueberry Hill  
**Golf – 9-Hole** – Creve Coeur Golf Course  
**Golf – 18-Hole** – Norman K. Probststein Golf Course in Forest Park  
**Horseshoes** – Quail Ridge Horseshoe Club  
**Swimming** – Jewish Community Center in Chesterfield  
**Tennis** – Chesterfield Athletic Club  
**Track & Field** – The Principia  
**Water Volleyball** – Lutheran Senior Services at Laclede Groves

# Volunteer Opportunities

**Some volunteer shifts fill quickly and are filled on a first-come, first-served basis.**

## Pre Games, Thursday, May 23 & Friday, May 24

### Event Prep

Friday, April 26

☐ 10am-12pm

### Event Prep

Friday, May 3

☐ 10am-12pm

### Event Prep

Friday, May 10

☐ 10am-12pm

### Event Prep

Friday, May 17

☐ 10am-12pm

### Tap Exhibition, Information Desk & Welcome Packet Pick-Up

Thursday, May 23

☐ 11:30am-4pm

### Walk, Information Desk & Welcome Packet Pick-Up

Thursday, May 23

☐ 4-7pm

### Administrative Volunteers

Friday, May 24

*Information Desk, Welcome Packet Pick-Up, Medal Distribution*

☐ 9am-12pm

## Saturday, May 25

### Administrative Volunteers

*Information Desk, Welcome Packet Pick-Up, Medal Distribution*

☐ 7-10am

☐ 10am-1pm

☐ 1-4pm

### Event Volunteers – Outdoors at the J

☐ 7:30-11am

☐ 10:30am-1pm

☐ 12:30-3pm

☐ 2:30-5pm

### Swimming

☐ 1:30-5pm

## Sunday, May 26

### Administrative Volunteers

*Information Desk, Welcome Packet Pick-Up, Medal Distribution*

☐ 7-10am

☐ 10am-1pm

☐ 1-4pm

### Event Volunteers – Indoors at the J

☐ 8-11am

### Event Volunteers – Outdoors at the J

☐ 8:30-10:30am

☐ 10:30am-12:30pm

☐ 12:30-3:30pm

### Swimming

☐ 1:30-5pm

## Monday, May 27

### Administrative Volunteers

*Information Desk, Welcome Packet Pick-Up, Medal Distribution*

☐ 8-10am

☐ 10am-1pm

☐ 1-4pm

### Event Volunteers – Outdoors at the J

☐ 7:30-10:30am

☐ 10:30am-1pm

☐ 1-4:30pm

### Track & Field

☐ 7:15am-1pm



# Track & Field Detailed Schedule

## The Principia



These are approximate starting times. Please arrive 10-15 minutes prior to the start of your event.

## Monday, May 27

### Track Schedule

8:00am	1500 Meter Race Walk (W All)
8:20am	1500 Meter Race Walk (M All)
8:50am	400 Meter Run (W All)
8:55am	400 Meter Run (M 75+)
9:00am	400 Meter Run (M 65-74)
9:05am	400 Meter Run (M 60-64)
9:15am	400 Meter Run (M 55-59)
9:20am	400 Meter Run (M 50-54)
9:30am	1500 Meter Power Walk (W All)
9:50am	1500 Meter Power Walk (M All)
10:20am	100 Meter Dash (W 65+)
10:25am	100 Meter Dash (W 55-64)
10:30am	100 Meter Dash (W 50-54)
10:40am	100 Meter Dash (M 80+)
10:45am	100 Meter Dash (M 70-79)
10:55am	100 Meter Dash (M 65-69)
11:05am	100 Meter Dash (M 60-64)
11:15am	100 Meter Dash (M 50-59)
11:30am	1500 Meter Run (W All)
11:40am	1500 Meter Run (M 70+)
11:50am	1500 Meter Run (M 60-69)
12:00pm	1500 Meter Run (M 50-59)
12:15pm	200 Meter Dash (W All)
12:20pm	200 Meter Dash (M 75+)
12:25pm	200 Meter Dash (M 70-74)
12:30pm	200 Meter Dash (M 65-69)
12:35pm	200 Meter Dash (M 60-64)
12:40pm	200 Meter Dash (M 55-59)
12:45pm	200 Meter Dash (M 50-54)
12:55pm	800 Meter Run (W All)
1:00pm	800 Meter Run (M 75+)
1:05pm	800 Meter Run (M 65-74)
1:10pm	800 Meter Run (M 60-64)
1:15pm	800 Meter Run (M 50-59)
1:30pm	50 Meter Dash (W 65+)
1:35pm	50 Meter Dash (W 50-64)
1:45pm	50 Meter Dash (M 75+)
1:55pm	50 Meter Dash (M 70-74)
2:00pm	50 Meter Dash (M 65-69)
2:10pm	50 Meter Dash (M 60-64)
2:20pm	50 Meter Dash (M 55-59)
2:25pm	50 Meter Dash (M 50-54)

### Field Schedule

For events with designated start and end times, please report to and complete event during allotted time frame.

8:00-9:30am	Javelin (M All)
8:00-9:30am	Running Long Jump (M All)
8:00-9:30am	Discus (M All)
8:00-9:30am	Shot Put (W All)
8:00-9:30am	Standing Long Jump (W All)
8:00-8:20am	High Jump (M 50-54)
8:20-8:40am	High Jump (M 55-59)
8:40-9:00am	High Jump (M 60-64)
9:00-9:20am	High Jump (M 65-74)
9:20-9:40am	High Jump (M 75+)
9:40-10:00am	High Jump (W All)
9:00-10:30am	Pole Vault (M All, W All)
9:00-10:30am	Triple Jump (M All, W All)
9:30-11:00am	Javelin (W All)
9:30-11:00am	Running Long Jump (W All)
9:30-11:00am	Discus (W All)
9:30-11:00am	Shot Put (M All)
9:30-11:00am	Standing Long Jump (M All)

*\*Please reference page 7 for age-specific weights*



### Thursday, May 23

8:00am	Tennis	Chesterfield Athletic Club
12:00pm	AARP Fitness Fair	J Creve Coeur Gym
1:30pm	Tap Exhibition	J Creve Coeur
4:00pm	Water Volleyball (Co-Ed) (65-74)	LSS at Laclede Groves
5:00pm	Pickleball Mixed Doubles (50-64)	J Creve Coeur Gym
5:00pm	Sports Panel	J Performing Arts Center
6:00pm	Walk of Ages	J Creve Coeur
6:30pm	Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves

### Friday, May 24

8:00am	Tennis	Chesterfield Athletic Club
9:00am	9-Hole Golf Tournament	Creve Coeur Golf Course
9:00am	Horseshoes Singles	Quail Ridge Horseshoe Club
9:00am	Water Volleyball (Co-Ed) (75+)	LSS at Laclede Groves
11:00am	Billiards: Eight Ball	Teachers Billiards
12:00pm	Horseshoes Open Doubles	Quail Ridge Horseshoe Club
2:30pm	Duplicate Bridge	St. Louis Bridge Center

### Saturday, May 25

8:00am	Badminton Singles (M)	J Creve Coeur Gym
8:00am	Golf Closest to the Pin	J Creve Coeur Ballfields
8:00am	Tennis	Chesterfield Athletic Club
9:00am	Cycling (5 Mile)	Columbia Bottom Conservation Area
9:00am	Football Punt	J Creve Coeur Upper Play Fields
9:00am	Table Tennis Singles (W)	J Creve Coeur Gym
10:00am	Cycling (5 Kilometers)	Columbia Bottom Conservation Area
10:00am	Table Tennis Doubles (W)	J Creve Coeur Gym
10:30am	Badminton Doubles (M)	J Creve Coeur Gym
10:30am	Football Kick	J Creve Coeur Upper Play Fields
10:45am	Cycling (1 Mile)	Columbia Bottom Conservation Area
11:00am	Dart Throw	Blueberry Hill
11:00am	Table Tennis Mixed Doubles	J Creve Coeur Gym
11:15am	Cycling (1/4 Mile)	Columbia Bottom Conservation Area
12:00pm	Soccer Kick – Distance	J Creve Coeur Upper Play Fields
12:00pm	Table Tennis Singles (M 50-59)	J Creve Coeur Gym
12:30pm	Badminton Mixed Doubles	J Creve Coeur Gym
1:00pm	Table Tennis Singles (M 60-69)	J Creve Coeur Gym
1:30pm	Frisbee Toss – Distance	J Creve Coeur Upper Play Fields
2:00pm	Badminton Singles (W)	J Creve Coeur Gym
2:00pm	Swimming	J Chesterfield Indoor Pool
2:00pm	Table Tennis Singles (M 70+)	J Creve Coeur Gym
3:00pm	Badminton Doubles (W)	J Creve Coeur Gym
3:00pm	Bowling Singles	Tropicana Lanes
4:00pm	Table Tennis Doubles (M)	J Creve Coeur Gym
5:00pm	Pickleball Doubles (50-64)	J Creve Coeur Gym

### Sunday, May 26

8:00am	Shuffleboard Singles (M 50-64)	J Day Camp Pavilion
8:00am	Tennis	Chesterfield Athletic Club
8:30am	Basketball Around The World	J Creve Coeur Gym
9:00am	Bocce (M 70+)	J Creve Coeur Upper Play Fields
9:00am	Washer Toss (W 50-64)	J Creve Coeur Upper Play Fields
9:30am	Basketball Free Throw	J Creve Coeur Gym

10:00am	Bocce (M 50-69)	J Creve Coeur Upper Play Fields
10:00am	Shuffleboard Singles (W 50-64)	J Day Camp Pavilion
10:00am	Weightlifting Weigh-In	J Creve Coeur Fitness Center
11:00am	Washer Toss (W 65+)	J Creve Coeur Upper Play Fields
11:30am	Bocce (W 50-64)	J Creve Coeur Upper Play Fields
12:00pm	3 on 3 Basketball	J Chesterfield Gym
12:00pm	Shuffleboard Singles (M 65+)	J Day Camp Pavilion
1:00pm	Bocce (W 65+)	J Creve Coeur Upper Play Fields
1:00pm	Washer Toss (M 65+)	J Creve Coeur Upper Play Fields
2:00pm	Shuffleboard Singles (W 65+)	J Day Camp Pavilion
2:00pm	Swimming	J Chesterfield Indoor Pool
2:00pm	Washer Toss (M 50-64)	J Creve Coeur Upper Play Fields
3:00pm	Bowling Doubles	Tropicana Lanes
5:00pm	Pickleball Doubles & Mixed Doubles (65+)	J Creve Coeur Gym
7:00pm	Bowling Singles	Tropicana Lanes

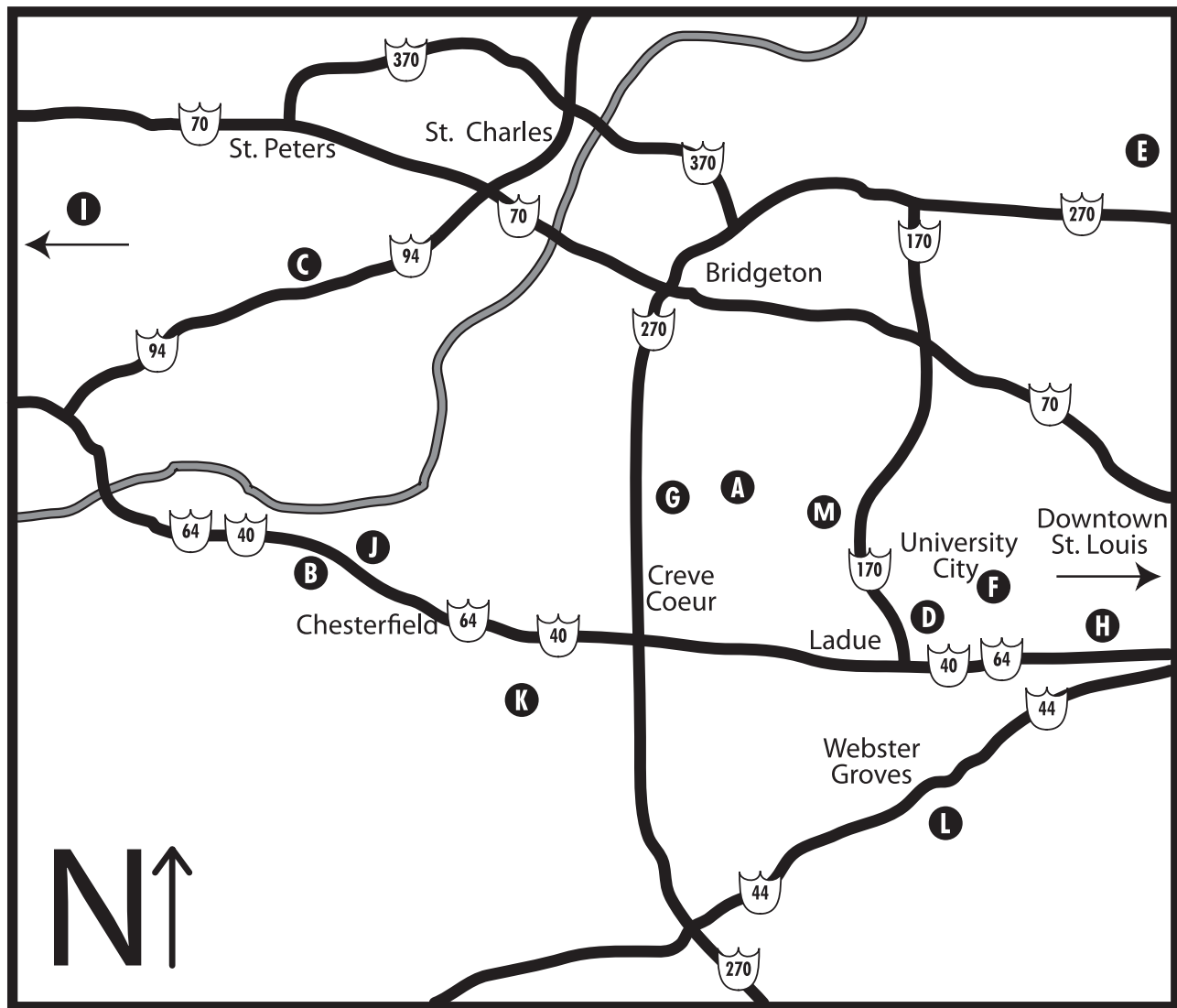
### Monday, May 27

8:00am	Accuracy Plug Casting	J Creve Coeur Outdoor Pool
8:00am	Cornhole Singles (M 50-64)	J Creve Coeur Upper Play Fields
8:00am	Track & Field	Principia School
8:15am	Racquetball Singles	J Creve Coeur Courts
8:30am	Weightlifting	J Creve Coeur Gym
9:00am	Baseball Homerun Derby (50-64)	J Creve Coeur Ballfields
9:00am	Football Throws	J Creve Coeur Upper Play Fields
	Accuracy and Distance	
9:00am	Shuffleboard Open Doubles (75+)	J Day Camp Pavilion
9:30am	Cornhole Singles (W 50-64)	J Creve Coeur Upper Play Fields
10:00am	Bowling 3 Person Baker	Tropicana Lanes
10:30am	Baseball Homerun Derby (65+)	J Creve Coeur Ballfields
11:00am	Cornhole Singles (M 65+)	J Creve Coeur Upper Play Fields
11:00am	Shuffleboard Open Doubles (50-59)	J Day Camp Pavilion
11:00am	Softball Throws	J Creve Coeur Upper Play Fields
	Accuracy and Distance	
12:00pm	Softball Homerun Derby (50-64)	J Creve Coeur Ballfields
12:15pm	Racquetball Open Doubles	J Creve Coeur Courts
12:30pm	Cornhole Singles (W 65+)	J Creve Coeur Upper Play Fields
1:00pm	Bowling Mixed Doubles	Tropicana Lanes
1:00pm	Shuffleboard Open Doubles (60-74)	J Day Camp Pavilion
1:30pm	Cornhole Open Doubles (50-59)	J Creve Coeur Upper Play Fields
1:30pm	Softball Homerun Derby (65+)	J Creve Coeur Ballfields
1:30pm	Soccer Kick – Accuracy	J Creve Coeur Upper Play Fields
3:00pm	Cornhole Open Doubles (60+)	J Creve Coeur Upper Play Fields

### Tuesday, May 28

7:30am	18-Hole Golf Tournament	Forest Park Golf Course
--------	-------------------------	-------------------------

# Venue Map



- A**     **Main Venue:** The J, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B**     **3 on 3 Basketball & Swimming:** The J in Chesterfield, Marilyn Fox Building, 16801 Baxter Road, Chesterfield, MO 63005
- C**     **Billiards:** Teachers Billiards and Sports Cafe, 3611 N. St. Peters Parkway, St. Peters, MO 63376
- D**     **Bowling:** Tropicana Lanes, 7960 Clayton Road, Richmond Heights, MO 63117
- E**     **Cycling:** Columbia Bottom Conservation Area, 801 Strodtman Road, St. Louis, MO 63138
- F**     **Darts:** Blueberry Hill, 6504 Delmar Boulevard, St. Louis, MO 63130
- G**     **9-Hole Golf Tournament:** Creve Coeur Golf Course, 11400 Olde Cabin Road, Creve Coeur, MO 63141
- H**     **18-Hole Golf Tournament:** Norman K. Probststein Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- I**     **Horseshoes:** Quail Ridge Horseshoe Club, 100 Bluestem Way, Wentzville, MO 63385
- J**     **Tennis:** Chesterfield Athletic Club, 16625 Swingley Ridge Road, Chesterfield, MO 63017
- K**     **Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- L**     **Water Volleyball:** Lutheran Senior Services at Laclede Groves, 723 S. Laclede Station Road, St. Louis, MO 63119
- M**     **Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132



For  
Athletes  
50+

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St. Louis Senior Olympics  
Jewish Community Center  
Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, Missouri 63146

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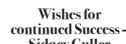
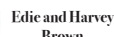
## 40<sup>th</sup> Annual St. Louis Senior Olympics: Memorial Day Weekend 2019

### 314.442.3279

For more information, visit [stlouisseniorolympics.org](http://stlouisseniorolympics.org)

**Thank you to our 2019 St. Louis Senior Olympics Sponsors and Community Partners!**

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