



2016 ENTRY FORM



37th Annual St. Louis Senior Olympics: May 26 – 31, 2016

Registration Deadlines: April 18 (Early) & May 9 (Final)

Online Registration Available at 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 better. 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 2016.

2016 Events

- | | |
|--|--------------------------|
| Accuracy Plug Casting | Horseshoes |
| Art Competition | Pickleball |
| Badminton | Racquetball |
| Baseball Homerun Derby | Shuffleboard |
| Basketball 3-on-3 | Soccer 7 on 7 Tournament |
| Basketball Around the World | Soccer Kick Accuracy |
| Basketball Free Throws | Soccer Kick Distance |
| Billiards | Softball Homerun Derby |
| Bocce | Softball Throw Accuracy |
| Bowling | Softball Throw Distance |
| Bridge  | Squash |
| Cornhole | Swimming |
| Cycling | Table Tennis |
| Darts | Tap Dance |
| Football Kick | Tennis |
| Football Punt | Track & Field |
| Football Throw Accuracy | Ultimate Frisbee |
| Football Throw Distance | Volleyball |
| Frisbee Toss | Washer Toss |
| Golf 9-Hole | Water Volleyball |
| Golf 18-Hole | Weightlifting |

Thank you to our 2016 Sponsors and Community Partners!



As of February 19

SPONSORS



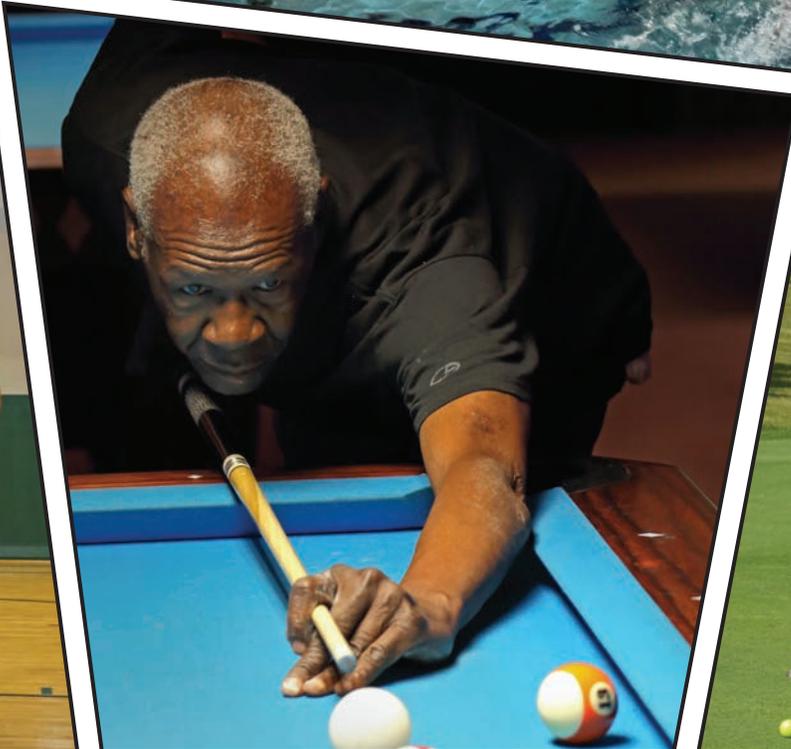
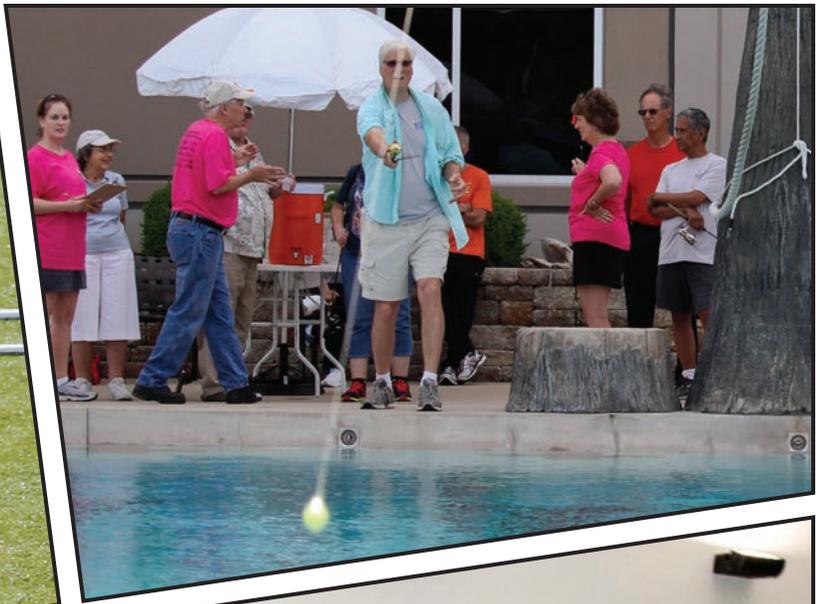
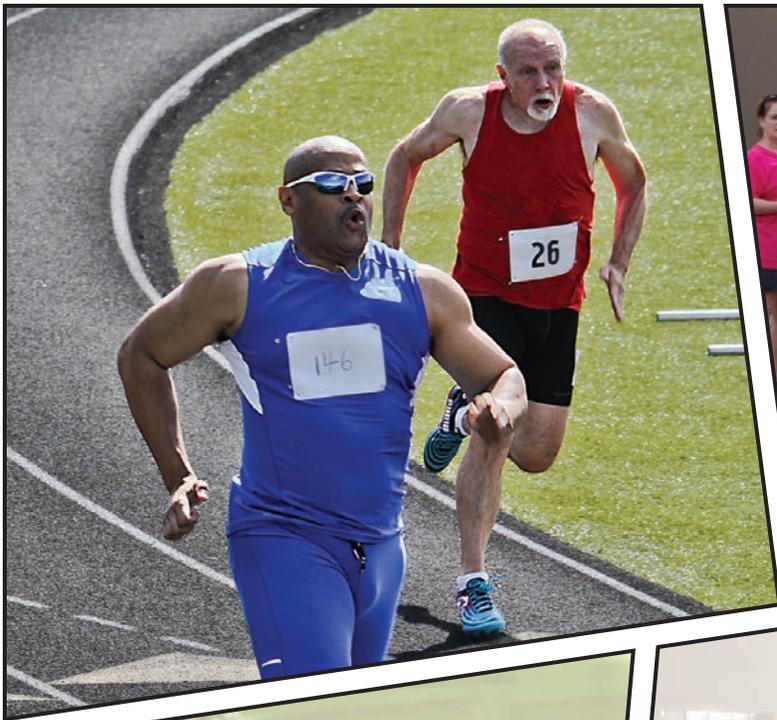
COMMUNITY PARTNERS



Support the St. Louis Senior Olympics

In an effort to maintain the excellence of the St. Louis Senior Olympics, we created the "Friends of the St. Louis Senior Olympics."

We are asking you, as our Friend, to join this campaign to help maintain the viability of the St. Louis Senior Olympics. Friends' contributions can be made when you register online or on page 8. Thank you in advance for your help and continued support of the St. Louis Senior Olympics.



Registration Deadlines & Fees

Online Registration

This year, registration is an electronic version of this entry form, and is available on the St. Louis Senior Olympics website at stlouisseniolympics.org.

If you have questions regarding the form, contact Jarvis Smith at jsmith@jccstl.org or 314-442-3216.

Registration Deadlines



Early Registration Deadline—Monday, April 18

Final Registration Deadline—Monday, May 9

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". The fee is **\$45 for entries received on or before April 18** and **\$55 after April 18**. Both partners in doubles events must register and pay indicated fees. Team event participants and Tap Dancers see fees below. *Bowling and Golf require an additional facility fee, see below.*

Team Events Participants: 3 on 3 Basketball, 7 on 7 Soccer, Ultimate Frisbee, Volleyball and Water Volleyball

All players on a team roster **MUST** complete the Waiver and include the team event participant fee. **The fee is \$30 for entries received on or before April 18 and \$35 after April 18.**

- **Team captains are responsible for turning in Team Entry Form and Roster (Pages 13-14) by Monday, May 9. Team entry forms will not be processed unless all team members have submitted their waiver and payments. The Senior Olympics office encourages that they are submitted together.**

Tap Exhibition/ Masters Class Participants

Tap dancers who participate in **ONLY** the Exhibition and Masters Class may register for **\$33**. Those dancers interested in participating in other events must pay the full General Registration Fee of \$45 or \$55.

The Tap Master's Classes will be held on **Friday, May 6** from 9am – 1pm.

The Tap Exhibition will be held on Thursday, May 26 at 1:30pm.

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

Tap Masters Class registration deadline is Friday, April 15.

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 \$45 or \$55.

Duplicate Bridge takes place at the St. Louis Bridge Center on Friday, May 27 at 2:30pm.

Please contact the Senior Olympics office for scholarship information.

Additional Facility Fees

Bowling

Requires an additional FACILITY FEE of \$8 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 9.

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 9.

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

18-Hole - **\$35** at the Norman K. Probststein Golf Course in Forest Park

Important Information

St. Louis Senior Olympics Office

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

Phone: (314) 442-3216
Fax: (314) 442-3279

Email: jsmith@jccstl.org
Website: stlouisseniorolympics.org
Online registration is available on the website.

Eligibility

Minimum Age Requirements

Individual and Tournament (non-team) Events – Participant must turn **50 by May 26, 2016**

Team Events – Participant must turn **50 by December 31, 2016**

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+**

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 will be combined. You will compete against all in your division, but medal within a ten year age range. In Doubles and Partner Events, the age of the younger partner determines the age division.

Team Events 50-59, 60-69, and 70+

Opening Ceremonies

Featuring the Senior Olympics Tap Exhibition

The 2016 St. Louis Senior Olympics Opening Ceremonies will begin with the Tap Exhibition at 1:30pm in the Robert L. Edison Gymnasium at the Steenberg Family Complex in Creve Coeur. Watch these dancers kick off the 2016 Games and enjoy the torch lighting, commencement speeches and presentation of the Walter “Doc” Eberhardt Memorial Award and the Helen Stephens Memorial Award. Athlete, Volunteer shirts and goodies will be available for pickup during this time.

Goody Bags

Participants may pick up goody bags, t-shirts and age identification wristbands beginning Thursday, May 26 from 1:30-4pm 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 27 (10am-4pm); Saturday, May 28 (7am-4pm); Sunday, May 29 (7am-4pm); and Monday, May 30 (8am-1pm).

Vendors & Health Screenings

Throughout the Games, local vendors, hospitals and health organizations will be onsite offering services and free product samples for Senior Olympic athletes and volunteers at pre-determined times when events are taking place at each location. The venues include the Steenberg Family Complex (Creve Coeur); Marilyn Fox Building (Chesterfield); and Gay Field.

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, SQUASH, 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.

Awards

Medals will be awarded to the 1st, 2nd and 3rd place finalists 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.

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.

Cycling

ANSI approved helmets are required. Non-motorized multi-speed (or less) bicycles with no reduction resistance devices. Fixed gear bicycles must have brakes. **The 2016 Missouri State Time Trial Championship will be held on Saturday, August 6 in Jefferson City, MO.**

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.

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 and Squash

Racquets, gloves, eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory for all indoor court events.

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 for more information.

Rules

Rules for all events can be found on stlouisseniorolympics.org

Swimming

2016 USMS rules will be followed. **This is a USMS recognized event.** Pool available for warm-ups ½ hour prior to the first scheduled event. The 2016 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 Friday, May 6 from 9am – 1pm. The Tap Exhibition will be held on Thursday, May 26 at 1:30pm.

All tap programming will be held at the J in Creve Coeur. Tap Masters Class registration deadline is Friday, April 15.

Team Events

All players on a team roster MUST complete the Waiver and include the team event participant fee of \$30. Any team player interested in participating in other events must pay the full General Registration Fee of \$45 or \$55, and complete Official Entry Form. Team captains are responsible for completing the Team Entry Form and Roster. (Pages 13-14)

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 2016 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

Volleyball/Water Volleyball

Co-ed Volleyball team rules require minimum of three (3) women on court or four (4) 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.



2016 St. Louis Senior Olympics
Official Entry Form

Participant Information

Last Name _____ First Name _____ MI _____
 Mailing Address _____
Address City State Zip
 Phone # () _____ Alt. Phone # () _____
 Birthdate _____ Age _____ Gender Male Female
As of May 26, 2016
 E-mail Address _____

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 2015 St. Louis Games Yes No
 I am a **new** participant: Yes No If yes, how did you hear about the Games? _____
T-Shirt Size: Small Medium Large X-Large XX-Large XXX-Large
Requested shirt size not guaranteed.

Registration and Facility Fees

All Fees are Non-Refundable and Non-Transferable.

Registration Fees \$ _____

General Registration	\$45 if registered by Monday, April 18 \$55 if registered after Monday, April 18	
Team <u>Only</u>	\$30 if registered by Monday, April 18 \$35 if registered after Monday, April 18 for Basketball, Soccer, Ultimate Frisbee, Volleyball or Water Volleyball. No other events.	
Tap <u>Only</u>	\$33 for Tap Exhibition/ Masters Class. No other events.	
Bridge <u>Only</u>	\$18 for Duplicate Bridge. No other events.	

Facility Fees

Bowling	\$8 for each event selected, \$3 each for 3 Person Baker	\$ _____
Golf 9-Hole	\$23 (includes greens fee and cart)	\$ _____
Golf 18-Hole	\$35 (includes greens fee and cart)	\$ _____

Friends of the St. Louis Senior Olympics (tax deductible contribution) \$ _____

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 payments.

Credit Card # _____ Exp. Date _____
 *Name as it appears on credit card _____
 *Billing address (if different from above) _____
 Signature _____

Waiver



THE ST. LOUIS SENIOR OLYMPICS AND ITS SPONSORS STRONGLY RECOMMEND THAT EACH PARTICIPANT CONSULT HIS/HER DOCTOR IN 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 _____



Individual Events

In individual events, with no end time, participants must report at the designated starting time. All events with a start and end time, participants may report and complete the event during the time frame allotted.

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 – (Mon., 11am – 1pm)

Basketball

- Basketball Around the World – (Sun., 8:30 – 9:30am)
- Basketball Free Throw – (Sun., 9:30 – 10:30am)

Bowling (Facility Fees: \$8 for each event selected, \$3 per participant for 3-Person Baker)

- Bowling Singles (Sat., 3pm or Sun., 7pm) \$8
- Bowling 3-Person Baker Team – (Mon., 9am) \$3
- Bowling Mixed Doubles – (Mon., 12:30pm) \$8
- Bowling Doubles – (Sun., 3pm) \$8
- Bowling 4-Person Teams – (Sat., 7pm) \$8

Select One: Sat., 3pm Sun., 7pm

Partner's Name & DOB 1 _____

Partner's Name & DOB 2 _____

Partner's Name & DOB _____

Partner's Name & DOB _____

Partner's Name & DOB 1 _____

Partner's Name & DOB 2 _____

Partner's Name & DOB 3 _____

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., 11am) ¼ mile (Sat., 11:45am)
- Missouri State Time Trial Championship – (Saturday, August 6, 2016—Jefferson City, MO) (50-59: 40K) (60+: 20K)

Dart Throw

- Dart Throw – (Sat., 11am – 2pm)

Football

- Football Punt – (Sat., 9 – 11am) Football Kick – (Sat., 11am – 1pm)
- Football Throw, Accuracy – (Mon., 9 – 10:30am) Football Throw, Distance – (Mon., 9 – 10:30am)

Frisbee

- Frisbee Toss, Distance – (Sat., 3 – 5pm)

Individual Events (continued)



Golf (Facility Fees: \$23 for Golf 9-Hole, \$35 for Golf 18-Hole)

- Golf 9-Hole – Creve Coeur Golf Course – (Fri., 9am) \$23
- Golf 18-Hole – Normal K. Probstain Golf Course in Forest Park – (Tue., 7:30am) \$35

- Scratch
- Handicap*

*Must present current USGA Handicap Card at check in

Golf Foursome (optional)

1 _____

2 _____

3 _____

4 _____

Soccer

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

Softball Homerun Derby

- Softball Homerun Derby – (Mon., 1 – 3pm)

Softball Throws

- Softball Throw, Accuracy – (Mon., 11am – 1pm)
- Softball Throw, Distance – (Mon., 11am – 1pm)

Tap Dance (Tap dancers who participate in ONLY the Exhibition and Masters Class may register for \$33.)

- Master's Class – (Fri., May 6, 9am) Select: Beginner Intermediate Advanced
- Tap Dance Exhibition – (Thu., May 26, 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"/> 500 yd. Freestyle – Sat., 2pm | <input type="checkbox"/> 100 yd. Individual Medley – Sat., 3:40pm | <input type="checkbox"/> 100 yd. Butterfly – Sun., 2:40pm |
| <input type="checkbox"/> 200 yd. Freestyle – Sat., 2:20pm | <input type="checkbox"/> 50 yd. Freestyle – Sat., 4pm | <input type="checkbox"/> 100 yd. Freestyle – Sun., 3pm |
| <input type="checkbox"/> 50 yd. Butterfly – Sat., 2:40pm | <input type="checkbox"/> 200 yd. Butterfly – Sat., 4:20pm | <input type="checkbox"/> 200 yd. Individual Medley – Sun., 3:20pm |
| <input type="checkbox"/> 100 yd. Breaststroke – Sat., 3:00pm | <input type="checkbox"/> 200 yd. Breaststroke – Sun., 2pm | <input type="checkbox"/> 200 yd. Backstroke – Sun., 3:40pm |
| <input type="checkbox"/> 100 yd. Backstroke – Sat., 3:20pm | <input type="checkbox"/> 50 yd. Backstroke – Sun., 2:20pm | <input type="checkbox"/> 50 yd. Breaststroke – Sun., 4pm |
- I am a USMS Member. My registration number is _____.



Track & Field — Gay Field (See Page 17 for age/gender event time breakdown.)

- | | | |
|--|--|--|
| <input type="checkbox"/> 1,500 Meter Race Walk – Sun., 8am | <input type="checkbox"/> 1,500 Meter Power Walk – Sun., 9:45am | <input type="checkbox"/> 100 Meter Dash – Mon., 8:50am |
| <input type="checkbox"/> Javelin – Sun., 8am | <input type="checkbox"/> 800 Meter Run – Sun., 11:05am | <input type="checkbox"/> Triple Jump – Mon., 9am |
| <input type="checkbox"/> Running Long Jump – Sun., 8am | <input type="checkbox"/> 1,500 Meter Run – Mon., 8am | <input type="checkbox"/> 50 Meter Dash – Mon., 9:55am |
| <input type="checkbox"/> Pole Vault – Sun., 9am | <input type="checkbox"/> High Jump – Mon., 8am | <input type="checkbox"/> 400 Meter Run – Mon., 11am |
| <input type="checkbox"/> Discus – Sun., 9am | <input type="checkbox"/> Shot Put – Mon., 8am | <input type="checkbox"/> 5,000 Meter Run – <u>Labor Day, Sept. 5*</u> |
| <input type="checkbox"/> 200 Meter Dash – Sun., 9:05am | <input type="checkbox"/> Standing Long Jump – Mon., 8am | <input type="checkbox"/> 10,000 Meter Run – <u>Labor Day, Sept. 5*</u> |



*Athletes will complete in the J's Labor Day Run.



Tournament & Team Events

THE FOLLOWING TOURNAMENTS WILL BE DRAWN ON SITE. BADMINTON, BILLIARDS, BOCCE, CORNHOLE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, SQUASH, 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.

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 will be combined. You will compete against all in your division, but medal within a ten year age range. 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., 11am)
- Badminton Doubles – (Sat., 1pm) Partner's Name & DOB _____
- Badminton Mixed Doubles – (Sat., 3pm) Partner's Name & DOB _____

Billiards

- Billiards – Eight Ball – (Fri., 12pm) – **Arrive early and 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 – (75+: Mon., 2pm) (50-74: 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., 8:30am)
- Racquetball Open Doubles – (Mon., 2:15pm) 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)

Squash

- Squash Singles – (Sun., 1pm)

Table Tennis – Missouri State Qualifier for Nationals

- Table Tennis Singles – (Women: Sat., 8am) (Men 50-59: Fri., 11am) (Men 60-69: Sat., 12pm) (Men 70+: Sat., 1pm)
- Table Tennis Doubles – (Women: Sat., 10am) (Men: Sat., 3pm) Partner's Name & DOB _____
- Table Tennis Mixed Doubles – (Sat., 4pm) 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 match time of day.

Pickleball

Select Beginner Intermediate Advanced

- Pickleball Doubles (65+: Fri., 8am) (50-64: Sun., 12pm) Partner's Name & DOB _____
- Pickleball Mixed Doubles (65+: Fri., 8am) (50-64: Sun., 12pm) Partner's Name & DOB _____

Tournament & Team Events (continued)



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 2016 and lose your right to play in the following year's tournament.

Daily start times of 8am on Sat., Sun. and Mon. Time indicated is first match time of day. Format to be determined based on entries.

Best 2 of 3 match, tiebreak for 3rd set.

Singles Doubles Mixed Doubles

Doubles Partner's Name & DOB _____

Mixed Doubles Partner's Name & DOB _____

2016 St. Louis Senior Olympics

Team Entry Form & Roster



- Team captains are responsible for completing and returning this form and team roster by **Monday, May 9.**
- All players on a team roster **MUST** sign waiver (page 9) and include the team event participant fee of \$30 or \$35.
- Any team player interested in participating in other events must pay the full General Registration Fee of \$45 or \$55 and submit an Official Entry Form.
- Team entry forms will not be processed unless all team members have submitted their waiver and payments. The Senior Olympics office encourages that they are submitted together.



Team Events

3 on 3 Basketball

- Men: Sun., 12pm
- Women: Sun., 12pm

7 on 7 Soccer

- Men: Sat., 9am
- Women: Sat., 9am

Ultimate Frisbee

- Co-Ed: Fri., 5pm & Sat., 5pm

Volleyball

- Sunday, May 22
- Co-Ed: 8am
- Men: 1pm
- Women: 5pm

Water Volleyball

- Co-Ed 75+: Fri., 9am
- Co-Ed 65-74: Fri., 1pm
- Co-Ed 50-64: Thu., 5:30pm

Team Information

Team Name _____ Team Captain's Name _____

Phone # () _____ Alt. Phone # () _____

E-mail Address _____

Team Event Venues

3 on 3 Basketball – Jewish Community Center in Chesterfield

7 on 7 Soccer Tournament – Tony Glavin Soccer Complex

Ultimate Frisbee – Jewish Community Center in Creve Coeur

Volleyball – Jewish Community Center in Creve Coeur

Water Volleyball – Lutheran Senior Services at Laclede Groves

Team Roster

(Please Print First and Last Names)

Name	DOB	Age on 12/31/16	Gender	Address	City	State	Zip	Phone	Email	Shirt Size
1.										
2.										
3.										
4.										
5.										
6.										
7.										
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18.										

2016 St. Louis Senior Olympics
Volunteer Sign-Up



All Volunteer Opportunities are listed on page 16.

Please return this form by **MAY 9** 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 the St. Louis Senior Olympics office at (314) 442-3216 if you have any questions.

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 Male 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 **2015** St. Louis Games Yes No

I am a **new** volunteer: Yes No If yes, how did you hear about the Games? _____

I am also competing in this year's Games Yes No

T-Shirt Size: Small Medium Large X-Large XX- Large XXX- Large

Sign up to volunteer by April 25 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/
Goody Bag Pick-Up/Medal Distribution | 3 on 3 Basketball – Jewish Community Center in Chesterfield |
| Accuracy Plug Casting | 7 on 7 Soccer Tournament – Tony Glavin Soccer Complex |
| Art Competition | Billiards – Teacher's Billiards |
| Badminton | Bowling – Tropicana Lanes |
| Basketball Throws | Bridge – St. Louis Bridge Center |
| Bocce | Cycling – Columbia Bottom Conservation Area |
| Cornhole | Darts – Blueberry Hill |
| Football Kicks | Golf – 9-Hole – Creve Coeur Golf Course |
| Football Throws | Golf – 18-Hole – Norman K. Probstain Golf Course in Forest Park |
| Frisbee Toss | Horseshoes – Quail Ridge Horseshoe Club |
| Homerun Derbies | Swimming – Jewish Community Center in Chesterfield |
| Pickleball | Tennis – Forest Lake Tennis Club |
| Racquetball | Track & Field – Gay Field |
| Shuffleboard | Water Volleyball – Lutheran Senior Services at Laclede Groves |
| Soccer Kicks | |
| Softball Throws | |
| Squash | |
| Table Tennis | |
| Tap Dance | |
| Ultimate Frisbee | |
| Volleyball | |
| Washer Toss | |
| Weightlifting | |



Volunteer Opportunities

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

Pre Games, Thursday, May 26 & Friday, May 27

Event Prep
Friday, April 29
 10am-12pm

Event Prep
Friday, May 6
 10am-12pm

Event Prep
Friday, May 13
 10am-12pm

Event Prep
Friday, May 20
 10am-12pm

Event Prep
Thursday, May 26
 10am-12pm

Tap Exhibition, Information Desk & Goody Bag Pick-Up
Thursday, May 26
 1-4:30pm

Administrative Volunteers
Friday, May 27
Information Desk, Goody Bag Pick-Up, Medal Distribution
 10am-1pm
 1-4pm

Saturday, May 28

Administrative Volunteers
Information Desk, Goody Bag Pick-Up, Medal Distribution
 7-10am
 10am-1pm
 1-4pm

Event Volunteers – Outdoors at the J
 8:30-11am
 10:30am-1pm
 12:30-3pm
 2:30-5pm

Swimming
 1:30-5pm

Sunday, May 29

Administrative Volunteers
Information Desk, Goody Bag 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
 1:30-4:30pm

Track & Field
 7:15am-1pm

Monday, May 30

Administrative Volunteers
Information Desk, Goody Bag Pick-Up, Medal Distribution
 8-10am
 10am-1pm
 1-4pm

Event Volunteers – Outdoors at the J
 7:30-10:30am
 10:30am-1pm
 1-4pm

Track & Field
 7:15am-1pm

Track & Field Detailed Schedule

These are approximate starting times, please arrive 10-15 minutes prior to the start of your event.
Field event results will be tabulated at the end of the day. Results will be posted at the J in the afternoon.

Date	Track Schedule	Field Schedule																																																																																																
Sunday, May 29	<p>Track (Sun., 8am – 11:25am)</p> <table border="1"> <thead> <tr> <th>Time</th> <th>Event/ (Gender & Age Group)</th> </tr> </thead> <tbody> <tr><td>8:00</td><td>1500 Meter Race Walk (W All)</td></tr> <tr><td>8:20</td><td>1500 Meter Race Walk (M All)</td></tr> <tr><td>9:05</td><td>200 Meter Dash (M 75+)</td></tr> <tr><td>9:10</td><td>200 Meter Dash (M 70-74)</td></tr> <tr><td>9:15</td><td>200 Meter Dash (M 65-69)</td></tr> <tr><td>9:20</td><td>200 Meter Dash (M 60-64)</td></tr> <tr><td>9:25</td><td>200 Meter Dash (M 55-59)</td></tr> <tr><td>9:30</td><td>200 Meter Dash (M 50-54)</td></tr> <tr><td>9:35</td><td>200 Meter Dash (W All)</td></tr> <tr><td>9:45</td><td>1500 Meter Power Walk (W All)</td></tr> <tr><td>10:25</td><td>1500 Meter Power Walk (M All)</td></tr> <tr><td>11:05</td><td>800 Meter Run (W All)</td></tr> <tr><td>11:10</td><td>800 Meter Run (M 75+)</td></tr> <tr><td>11:15</td><td>800 Meter Run (M 65-74)</td></tr> <tr><td>11:20</td><td>800 Meter Run (M 60-64)</td></tr> <tr><td>11:25</td><td>800 Meter Run (M 50-59)</td></tr> </tbody> </table>	Time	Event/ (Gender & Age Group)	8:00	1500 Meter Race Walk (W All)	8:20	1500 Meter Race Walk (M All)	9:05	200 Meter Dash (M 75+)	9:10	200 Meter Dash (M 70-74)	9:15	200 Meter Dash (M 65-69)	9:20	200 Meter Dash (M 60-64)	9:25	200 Meter Dash (M 55-59)	9:30	200 Meter Dash (M 50-54)	9:35	200 Meter Dash (W All)	9:45	1500 Meter Power Walk (W All)	10:25	1500 Meter Power Walk (M All)	11:05	800 Meter Run (W All)	11:10	800 Meter Run (M 75+)	11:15	800 Meter Run (M 65-74)	11:20	800 Meter Run (M 60-64)	11:25	800 Meter Run (M 50-59)	<p>Field (Sun., 8 – 11:20am)</p> <table border="1"> <thead> <tr> <th>Time</th> <th>Event/ (Gender & Age Group)</th> </tr> </thead> <tbody> <tr><td>8:00-8:20</td><td>400g Javelin (W 60+)</td></tr> <tr><td>8:20-8:40</td><td>500g Javelin (W 50-59)</td></tr> <tr><td>8:40-9:00</td><td>400g Javelin (M 80+)</td></tr> <tr><td>9:00-9:20</td><td>500g Javelin (M 70-79)</td></tr> <tr><td>9:20-9:40</td><td>600g Javelin (M 65-69)</td></tr> <tr><td>9:40-10:00</td><td>600g Javelin (M 60-64)</td></tr> <tr><td>10:00-10:20</td><td>700g Javelin (M 55-59)</td></tr> <tr><td>10:20-10:40</td><td>700g Javelin (M 50-54)</td></tr> <tr><td>8:00-8:15</td><td>Running Long Jump (M 50-54)</td></tr> <tr><td>8:15-8:30</td><td>Running Long Jump (M 55-59)</td></tr> <tr><td>8:30-8:45</td><td>Running Long Jump (M 60-64)</td></tr> <tr><td>8:45-9:00</td><td>Running Long Jump (M 65-69)</td></tr> <tr><td>9:00-9:15</td><td>Running Long Jump (M 70-74)</td></tr> <tr><td>9:15-9:30</td><td>Running Long Jump (M 75+)</td></tr> <tr><td>9:30-10:00</td><td>Running Long Jump (W All)</td></tr> <tr><td>9:00-9:40</td><td>.75k/1K Discus (W All)</td></tr> <tr><td>9:40-10:00</td><td>1K Discus (M 75+)</td></tr> <tr><td>10:00-10:20</td><td>1K Discus (M 70-74)</td></tr> <tr><td>10:20-10:40</td><td>1K Discus (M 60-69)</td></tr> <tr><td>10:40-11:00</td><td>1.5K Discus (M 55-59)</td></tr> <tr><td>11:00-11:20</td><td>1.5K Discus (M 50-54)</td></tr> <tr><td>9:00-11:00</td><td>Pole Vault (M All, W All)</td></tr> </tbody> </table>	Time	Event/ (Gender & Age Group)	8:00-8:20	400g Javelin (W 60+)	8:20-8:40	500g Javelin (W 50-59)	8:40-9:00	400g Javelin (M 80+)	9:00-9:20	500g Javelin (M 70-79)	9:20-9:40	600g Javelin (M 65-69)	9:40-10:00	600g Javelin (M 60-64)	10:00-10:20	700g Javelin (M 55-59)	10:20-10:40	700g Javelin (M 50-54)	8:00-8:15	Running Long Jump (M 50-54)	8:15-8:30	Running Long Jump (M 55-59)	8:30-8:45	Running Long Jump (M 60-64)	8:45-9:00	Running Long Jump (M 65-69)	9:00-9:15	Running Long Jump (M 70-74)	9:15-9:30	Running Long Jump (M 75+)	9:30-10:00	Running Long Jump (W All)	9:00-9:40	.75k/1K Discus (W All)	9:40-10:00	1K Discus (M 75+)	10:00-10:20	1K Discus (M 70-74)	10:20-10:40	1K Discus (M 60-69)	10:40-11:00	1.5K Discus (M 55-59)	11:00-11:20	1.5K Discus (M 50-54)	9:00-11:00	Pole Vault (M All, W All)																
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8:10	1500 Meter Run (M 70+)																																																																																																	
8:20	1500 Meter Run (M 60-69)																																																																																																	
8:30	1500 Meter Run (M 50-59)																																																																																																	
8:50	100 Meter Dash (W 65+)																																																																																																	
8:55	100 Meter Dash (W 55-64)																																																																																																	
9:00	100 Meter Dash (W 50-54)																																																																																																	
9:10	100 Meter Dash (M 80+)																																																																																																	
9:15	100 Meter Dash (M 70-79)																																																																																																	
9:25	100 Meter Dash (M 65-69)																																																																																																	
9:35	100 Meter Dash (M 60-64)																																																																																																	
9:45	100 Meter Dash (M 50-59)																																																																																																	
9:55	50 Meter Dash (W 65+)																																																																																																	
10:00	50 Meter Dash (W 50-64)																																																																																																	
10:10	50 Meter Dash (M 75+)																																																																																																	
10:20	50 Meter Dash (M 70-74)																																																																																																	
10:25	50 Meter Dash (M 65-69)																																																																																																	
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10:50	50 Meter Dash (M 50-54)																																																																																																	
11:00	400 Meter Run (W All)																																																																																																	
11:05	400 Meter Run (M 75+)																																																																																																	
11:10	400 Meter Run (M 65-74)																																																																																																	
11:15	400 Meter Run (M 60-64)																																																																																																	
11:25	400 Meter Run (M 55-59)																																																																																																	
11:30	400 Meter Run (M 50-54)																																																																																																	
Time	Event/ (Gender & Age Group)																																																																																																	
8:00-8:45	2K Shot Put (W 75+) & 3K Shot Put (W 50-74)																																																																																																	
8:45-9:05	3K Shot Put (M 80+)																																																																																																	
8:45-9:05	4K Shot Put (M 70-79)																																																																																																	
9:05-9:25	5K Shot Put (M 65-69)																																																																																																	
9:25-9:45	5K Shot Put (M 60-64)																																																																																																	
9:45-10:05	6K Shot Put (M 50-59)																																																																																																	
8:00-8:20	High Jump (M 50-54)																																																																																																	
8:20-8:40	High Jump (M 55-59)																																																																																																	
8:40-9:00	High Jump (M 60-64)																																																																																																	
9:00-9:20	High Jump (M 65-74)																																																																																																	
9:20-9:40	High Jump (M 75+)																																																																																																	
9:40-10:10	High Jump (W All)																																																																																																	
8:00-8:20	Standing Long Jump (W All)																																																																																																	
8:20-8:40	Standing Long Jump (M 75+)																																																																																																	
8:40-9:00	Standing Long Jump (M 70-74)																																																																																																	
9:00-9:20	Standing Long Jump (M 65-69)																																																																																																	
9:20-9:40	Standing Long Jump (M 60-64)																																																																																																	
9:40-10:00	Standing Long Jump (M 55-59)																																																																																																	
10:00-10:20	Standing Long Jump (M 50-54)																																																																																																	
9:00-11:00	Triple Jump (M All, W All)																																																																																																	



Schedule of Events

Thursday, May 26

1:30pm Tap Exhibition	J Creve Coeur Gym
5:30pm Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves

Friday, May 27

8:00am Pickleball (65+)	J Creve Coeur Gym
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
12:00pm Billiards: Eight Ball	Teacher's Billiards
12:00pm Horseshoes Open Doubles	Quail Ridge Horseshoe Club
1:00pm Water Volleyball (Co-Ed) (65-74)	LSS at Laclede Groves
2:30pm Duplicate Bridge	St. Louis Bridge Center
5:00pm Ultimate Frisbee	J Creve Coeur Upper Play Fields

Saturday, May 28

8:00am Badminton Singles (M)	J Creve Coeur Gym
8:00am Table Tennis Singles (W)	J Creve Coeur Gym
8:00am Tennis	Forest Lake Tennis Club
9:00am 7 v 7 Soccer Tournament	Tony Glavin Soccer Complex
9:00am Cycling (5 Mile)	Columbia Bottom Conservation Area
9:00am Football Punt	J Creve Coeur Upper Play Fields
10:00am Cycling (5 Kilometers)	Columbia Bottom Conservation Area
10:00am Table Tennis Doubles (W)	J Creve Coeur Gym
11:00am Badminton Singles (W)	J Creve Coeur Gym
11:00am Cycling (1 Mile)	Columbia Bottom Conservation Area
11:00am Dart Throw	Blueberry Hill
11:00am Football Kick	J Creve Coeur Upper Play Fields
11:00am Table Tennis Singles (M 50-59)	J Creve Coeur Gym
11:45am Cycling (1/4 Mile)	Columbia Bottom Conservation Area
12:00pm Table Tennis Singles (M 60-69)	J Creve Coeur Gym
1:00pm Badminton Doubles	J Creve Coeur Gym
1:00pm Soccer Kick – Distance	J Creve Coeur Upper Play Fields
1:00pm Table Tennis Singles (M 70+)	J Creve Coeur Gym
2:00pm Swimming	J Chesterfield Indoor Pool
3:00pm Badminton Mixed Doubles	J Creve Coeur Gym
3:00pm Bowling Singles	Tropicana Lanes
3:00pm Frisbee Toss – Distance	J Creve Coeur Upper Play Fields
3:00pm Table Tennis Doubles (M)	J Creve Coeur Gym
4:00pm Table Tennis Mixed Doubles	J Creve Coeur Gym
4:00pm Tennis	Creve Coeur Racquet Club
5:00pm Ultimate Frisbee	J Creve Coeur Upper Play Fields
7:00pm Bowling 4 Person Teams	Tropicana Lanes

Sunday, May 29

8:00am Shuffleboard Singles (M 50-64)	J Camp Pavilion
8:00am Tennis	Forest Lake Tennis Club
8:00am Track & Field	Gay Field
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 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 Pickleball (50-64)	J Creve Coeur Gym
12:00pm Shuffleboard Singles (M 65+)	J Camp Pavilion
1:00pm Bocce (W 65+)	J Creve Coeur Upper Play Fields
1:00pm Squash	J Creve Coeur Courts
1:00pm Washer Toss (M 65+)	J Creve Coeur Upper Play Fields
2:00pm Shuffleboard Singles (W 65+)	J 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
7:00pm Bowling Singles	Tropicana Lanes

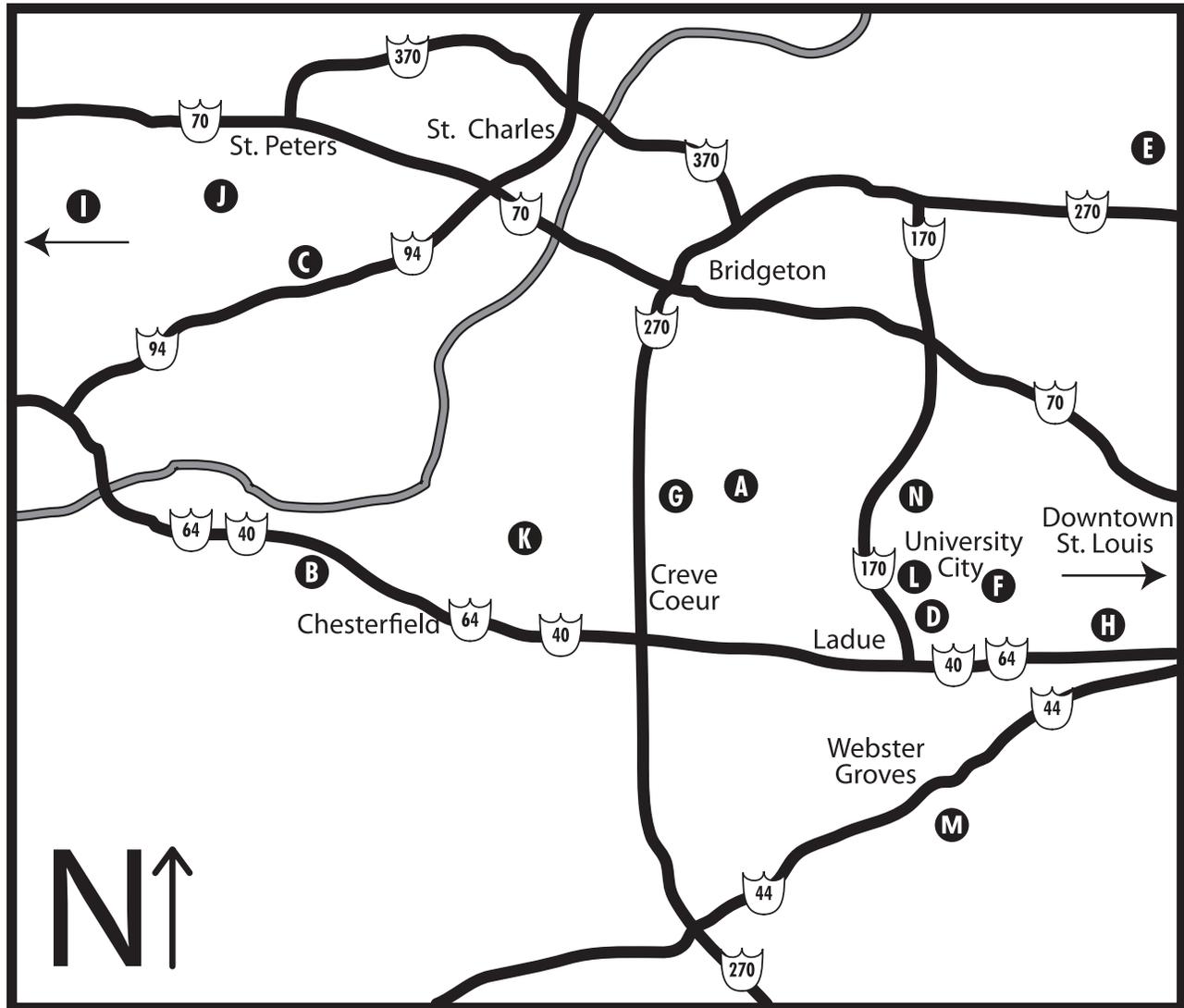
Monday, May 30

8:00am Accuracy Plug Casting	J Creve Coeur Outdoor Pool
8:00am Cornhole (M 50-64)	J Creve Coeur Upper Play Fields
8:00am Tennis	Forest Lake Tennis Club
8:00am Track & Field	Gay Field
8:30am Racquetball Singles	J Creve Coeur Courts
8:30am Weightlifting	J Creve Coeur Gym
9:00am Bowling 3 Person Baker	Tropicana Lanes
9:00am Football Throws – Accuracy and Distance	J Creve Coeur Upper Play Fields
9:00am Shuffleboard Open Doubles (75+)	J Camp Pavilion
9:30am Cornhole (W 50-64)	J Creve Coeur Upper Play Fields
11:00am Baseball Homerun Derby	J Creve Coeur Ballfields
11:00am Cornhole (M 65+)	J Creve Coeur Upper Play Fields
11:00am Shuffleboard Open Doubles (50-59)	J Camp Pavilion
11:00am Softball Throws – Accuracy and Distance	J Creve Coeur Upper Play Fields
12:30pm Bowling Mixed Doubles	Tropicana Lanes
12:30pm Cornhole (W 65+)	J Creve Coeur Upper Play Fields
1:00pm Shuffleboard Open Doubles (60-74)	J Camp Pavilion
1:00pm Softball Homerun Derby	J Creve Coeur Ballfields
1:30pm Soccer Kick – Accuracy	J Creve Coeur Upper Play Fields
2:00pm Cornhole Open Doubles (75+)	J Creve Coeur Upper Play Fields
2:15pm Racquetball Doubles	J Creve Coeur Courts
3:00pm Cornhole Open Doubles (50-74)	J Creve Coeur Upper Play Fields

Tuesday, May 31

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



- A** **Main Venue:** The J in Creve Coeur, 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:** Teacher's Billiards and Sports Cafe, 3611 N. St. Peters Pkwy 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** **7 on 7 Soccer Tournament:** Tony Glavin Soccer Complex, 2 Woodlands Parkway, St. Peters, MO 63338
- K** **Tennis:** Forest Lake Tennis Club, 1012 N. Woods Mill Road, St. Louis, MO 63141
- L** **Track & Field:** Gay Field, 305 Gay Avenue, Clayton, MO 63105
- M** **Water Volleyball:** Lutheran Senior Services at Laclede Groves, 723 S. Laclede Station Road, St. Louis, MO 63119
- N** **Bridge:** St. Louis Bridge Center, 8616 Olive Boulevard, St. Louis, MO 63132



For Athletes 50+

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

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