



# 2021 ENTRY FORM

## 41<sup>st</sup> St. Louis Senior Olympics

A MASTERS STYLE COMPETITION

Presented by



**TuckerAllen**<sup>TM</sup>  
ESTATE & ELDER LAW

More  
than 90  
events!

**Labor Day Weekend (and surrounding dates)**

**Registration Deadlines: July 16 (Early) & August 13 (Final)**

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



# About the St. Louis Senior Olympics

The St. Louis Senior Olympics, presented by TuckerAllen, is an Olympic-style sporting event. **New this year, participant must turn 50 by December 31, 2021.** 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, longtime 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 athletes! We invite you to join us in 2021!

## Registration Deadlines & Fees

### Online Registration

An electronic version of this entry form is available for athletes and volunteers on the the St. Louis Senior Olympics website: [stlouisseniorolympics.org](http://stlouisseniorolympics.org). If you have questions regarding the form, contact Stephanie Rhea at [srhea@jccstl.org](mailto:srhea@jccstl.org) or 314.442.3164.

### Registration Deadlines

**Early Registration Deadline — Tuesday, July 16**

**Final Registration Deadline — Friday, August 13**

**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

- All fees are non-refundable and non-transferable.
- Both partners in doubles events must register and pay indicated fees.
- Team participants interested in competing in other events must pay the full General Registration fee.
- Please contact the Senior Olympics office for scholarship information.

Registration Type (per person)	July 16 & Prior	July 17 & After
General Registration (all events, unless otherwise mentioned)	\$47	\$57
Team Events (Ultimate Frisbee and Water Volleyball)	\$32	\$42

## Opening Day! Friday, September 3

10am – 2pm **Fitness Fair in the Day Camp Pavilion**

Get in the Senior Olympics spirit by attending our interactive Fitness Fair. This free exhibition 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.

12pm **Opening Ceremonies at the Day Camp Pavilion**

Please join us for the return of the Senior Olympics as we light the torch with friends and family.



# Support the St. Louis Senior Olympics



To maintain the excellence of the St. Louis Senior Olympics, we created the **Friends of the St. Louis Senior Olympics**. Please support the tradition of the Games in its 41st year with a \$100 contribution. We are asking **YOU**, as our Friend, to join this campaign and help us inspire and motivate our community to live a healthier life. Friends' contributions can be made when you register online or on page 6. Thank **YOU** in advance for your help and continued support of the St. Louis Senior Olympics.

## \$100 Friend of the St. Louis Senior Olympics Benefits:

- Custom St. Louis Senior Olympics polo shirt
- Name on signage during the Games
- Preferred goody bag pickup
- Commemorative certificate
- Listed in J Annual Report

*\*A \$100 donation is suggested to receive benefit, but contributions in any amount are welcome.*

"I got into track and field because women weren't allowed to participate when I was in high school and I wanted to do the throws: javelin, shot put and discus. I had to have a goal to keep me positive, so I kept visualizing myself throwing the javelin at the next Senior Olympics." – SLSO 2019 Participant

For more information about supporting the St. Louis Senior Olympics, please contact Phil Ruben, 314.442.3216 or [pruben@jccstl.org](mailto:pruben@jccstl.org)





# Thank you to our 2021 Sponsors and Community Partners!

## Sponsors



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**Julie and Monte  
Sandler**

**Stacy and Greg  
Siwak**

## Community Partners



*Sponsors as of June 9, 2021*

# Important Information

## St. Louis Senior Olympics Office

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

Phone: 314.442.3164  
Fax: 314.442.3164  
Email: srhea@jccstl.org

Facebook: facebook.com/groups/stlouisseniorolympics  
Website: stlouisseniorolympics.org  
Online registration is available on the website for athletes and volunteers.

## Eligibility - Changes for 2021!

### NEW Minimum Age Requirement!

All events - Participant must turn 50 by December 31, 2021

### Age Divisions

Except as noted below, there will be 10 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	95-99	100+
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**New for 2021:** Your age on December 31 determines your age group. Example: If you are 59 on Labor Day but your birthday is in December, you'll be in the 60-64 age group.

**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 11.)

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

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

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

## Tournaments

The following Tournaments will be drawn on site: BADMINTON, BILLIARDS, BOCCE, CORNHOLE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, TABLE TENNIS AND WASHER TOSS.

PICKLEBALL AND TENNIS WILL BE DRAWN AT LEAST TWO DAYS BEFORE THE START DATE. EVENT DIRECTOR WILL CONTACT YOU WITH YOUR FIRST MATCH TIME.

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.

## Key Event Information

Please be mindful 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. Participants may not duplicate entry in any one event with more than one partner. No partner assignments will be made by the St. Louis Senior Olympics office.

## Inclusion and Welcoming Statement

The St. Louis Senior Olympics (SLSO) and the J believe everyone deserves to participate in a safe and welcoming community. We are committed to creating an atmosphere where all athletes, staff and volunteers feel safe, supported, respected, empowered, and equal. SLSO welcomes all athletes, staff and volunteers who are transgender and/or non-binary. All athletes who are transgender will participate in categories that reflect their gender identity. SLSO allows athletes who identify as non-binary to choose the gender category in which to compete throughout the games. View our full policy on our website.

## Covid-19 Statement

We continue to monitor all health and safety recommendations. As more information becomes available, we will provide updates on summer 2021 protocols in the weeks leading up to the Senior Olympics. Please check the website for the latest updates and a full statement.



# 2021 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 ☐ Non-binary  
As of December 31, 2021

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

**(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

T-Shirt Size:

**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 Tuesday, July 16**  
**\$57 if postmarked after Tuesday, July 16**

Team Only

\$32 if postmarked by Tuesday, July 16  
\$42 if postmarked after Tuesday, July 16 for Basketball, Ultimate Frisbee or Water Volleyball. 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 cannot 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 \_\_\_\_\_ CVV \_\_\_\_\_

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

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

Signature \_\_\_\_\_



**JEWISH COMMUNITY CENTER MEMBER AND PARTICIPANT RELEASE**

In consideration of being permitted to participate at the Jewish Community Center ("JCC"), to use any of the equipment, facilities and property of the JCC to include the following sites – Staenberg Family Complex – I.E. Millstone Campus, # 2 Millstone Campus Drive, St. Louis MO, 63146; Marilyn Fox Building, Harry and Jeanette Weinberg Campus, 16801 Baxter Road, Chesterfield, MO 63005 and Camp Sabra – Staenberg Peninsula – 30790 Camp Sabra Rd, Rocky Mount MO, 65072, and/or to participate in any related and sponsored programs, services and/or activities offered by the JCC, I agree that:

**Injury Release and Indemnification**

1. I recognize that my participation at the JCC, and my use of JCC property and facilities and participation in any sponsored JCC programs, services and activities necessarily involves risks of physical and emotional injuries and damages including but not limited to injuries, damages or losses relating to or resulting from slips, falls, collisions, car accidents, drowning, trauma, infection, health failure, and/or other mishaps. Possible injuries can include death, personal injury, sickness or disease, property damages, loss of service and other injuries and damages.

2. I recognize that Coronavirus or COVID-19, is an **extremely contagious** virus that spreads easily through airborne and droplet transmission and person-to person contact and may be transmitted by individuals having no apparent symptoms of infection. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. **COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in JCC programs or activities or accessing JCC property and facilities could increase the risk of contracting COVID-19.**

I agree to comply with the rules and guidelines ("Guidelines") adopted by the JCC relating to COVID-19 while using the JCC property and facilities and participating in JCC programs and activities. A copy of the Guidelines is attached hereto.

3. I assume full responsibility for any injuries, damages or losses which may occur to me and to those for whom I am responsible. I agree that JCC and its directors, trustees, officers, agents, employees, representatives, volunteers, students and assigns (collectively referred to as the "JCC Parties" in this and the following paragraphs of this Release) shall not be liable for any damages arising from any physical and emotional injuries, sickness and/or disease that I may sustain in connection with my participation at the JCC, my use of JCC property or facilities and my participation in JCC Programs and activities whether occurring on or about the premises of JCC campuses or occurring adjacent or outside of the property to the extent that this Release provides for the release of such liability.

4. I hereby fully and forever RELEASE, WAIVE AND COVENANT NOT TO SUE and hereby agree to indemnify and hold harmless the JCC Parties from any and all present and future claims, demands, damages, rights of action or causes of action (collectively "Claims") arising out of, resulting from, or connected in any way with my participation at the JCC, my use of JCC's property and facilities or my preparation for and/or participation in JCC and JCC sponsored programs and activities, whether known or unknown, anticipated or unanticipated, and specifically including, but not limited to, any Claims arising out of or resulting from any of the JCC Parties' negligence or fault provided that this Release shall in no way affect any claims which I cannot legally waive under applicable Missouri law.

5. I understand that I am releasing the JCC Parties from liability to the full extent that the law allows and that THIS RELEASE OF LIABILITY IS INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE, not only from any risk inherently associated with participation in JCC activities, but also any enhanced exposure to injury occasioned by any carelessness, negligence or fault of JCC Parties or anyone acting on JCC Parties' behalf, including any and all liability for damage and injury or death to me or to any person or property to the full extent that the law allows, and I accept the terms of this Release as a condition of my being permitted to participate in JCC, to use the property and facilities of the JCC and to participate in the JCC programs and activities.

**RELEASE FOR PERSONAL PROPERTY**

I acknowledge and agree that JCC and its agents, employees, representatives, volunteers and assigns (collectively referred to as "JCC Parties" in this paragraph of this Release) shall not be liable for any loss or theft of personal property and I release the JCC Parties for any liability for loss or theft of any personal property in connection with my participation at the JCC, my use of JCC property and facilities and my participation in any JCC activity.

**CONSENT TO MEDICAL TREATMENT**

JCC has my permission to have a physician treat me if needed during my participation in any JCC activity or while on JCC Property. I consent to any first aid, medication, medical treatment, or surgery deemed necessary and I release JCC Parties from all claims for injuries or damages incurred by me in connection with the delivery of such care in good faith. The terms of this Release are also a condition of being permitted to use the property and facilities of JCC and to participate in the programs and activities of JCC, programs and activities sponsored by JCC and programs and activities occurring at JCC.

**PUBLICITY CONSENT**

I authorize and permit the JCC to use or publish my likeness for marketing and promotional purposes in print, video, and digital media. I waive any right to inspection and waive any compensation. I understand that JCC-authorized photographers may be present on campus at any time, at any event or program, and that those photographers may take photographs or video of me and/or my family and/or guests for marketing purposes. I understand it is our responsibility to notify the photographer and JCC employees if photos or video should not be used for JCC marketing purposes.

**OTHER RELEASES**

From time to time, I may sign other releases concerning certain activities or events at JCC which are intended to supplement this Release and I may have signed a release prior to this release with JCC concerning certain activities or events. No prior or subsequent release that I sign in any way concerning JCC shall amend, modify, or revoke this Release unless it specifically states that it revokes this Release.

**This document affects my legal rights and contains releases of liability. I have read and understand what I am signing. I AGREE TO THE TERMS ABOVE, INCLUDING, BUT NOT LIMITED TO, THE INJURY RELEASE AND INDEMNIFICATION, AND I HAVE RECEIVED A COMPLETE COPY OF MY MEMBER AND PARTICIPANT RELEASE. THIS RELEASE WILL REMAIN IN EFFECT SO LONG AS THE UNDERSIGNED IS PARTICIPATING AT THE JCC, USING ANY JCC PROPERTY OR FACILITIES AND/OR PARTICIPATING IN ANY JCC SPONSORED PROGRAMS**

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

Signature \_\_\_\_\_

## Individual Events

**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.**

### Accuracy Plug Casting

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

## Art Competition

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

- ☐ Painting (acrylic and oil)    ☐ Photography    ☐ Ceramics/Sculpture/Glass/Jewelry  
☐ Textiles    ☐ Water Color    ☐ Prints/Drawing/Pastel/Collage

Title of Art Work

## Virtual

## Baseball Homerun Derby

- 📺 Baseball Homerun Derby – (Mon., 9 – 11am)

## 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) \$9
- ☐ Bowling 3-Person Baker Team – (Mon., 10am) \$3

**New  
Bowling  
Venue!**

Partner's Name &amp; DOB 1

Partner's Name &amp; DOB 2

Partner's Name &amp; DOB

Partner's Name & DOB

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

**New  
Cycling  
Venue!**

### Cycling (Sat., August 28)

- ☐ 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)

## Frisbee

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

**Golf (Tue., August 31 and Fri., September 3)** (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. Probstein Golf Course in Forest Park – (Tue., 7:30am) \$30
- ☐ Golf 18-Hole **HANDICAP** – Normal K. Probstein 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)



Official Entry Form

# Individual Events (continued)



## Softball Homerun Derby

☐ Softball Homerun Derby – (Mon., 11:30am – 1:30pm)

## Softball Throws

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

## 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 13 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.

## Weightlifting

☐ Weigh In – (Sat., 10am – 12pm) **Required to participate in weightlifting events.**

☐ Arm Curls ☐ Bench Press ☐ Leg Press **All events on Sunday starting at 8:00am**



Group A	Group B	Group C
50-59 Male	60-69 Male	70+ Male & All Women
Begins Leg Press	Begins Bench Press	Begins Arm Curls

Event begins Sunday at 8:00am. Rotation is Leg Press → Bench Press → Arm Curls.

For those competing in other events, the **approximate** time of subsequent rotations are 10:15am and 11:30am, based on enrollment.

Team Events	
<b>Ultimate Frisbee</b> <b>The J in Creve Coeur</b> <input type="checkbox"/> Co-Ed: date & time TBD	<b>Water Volleyball - August 28-29</b> <b>Lutheran Senior Services</b> <b>at Laclede Groves</b> <input type="checkbox"/> Co-Ed: Sat., 4pm (65-74) <input type="checkbox"/> Co-Ed: Sat., 6:30pm (50-64) <input type="checkbox"/> Co-Ed: Sun., 9am (75+)

# Tournament Events

## One Day Tournaments

Format based on number of entries. Time indicated is first possible match time of day.

### 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 &amp; DOB \_\_\_\_\_

☐ Badminton Mixed Doubles – (Sat., 12:30pm)

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

### Billiards (Sat., August 28)

☐ Billiards – Eight Ball – (Sat., 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 – (Sun., 3pm)

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

### Horseshoes

☐ Horseshoes Singles – (Men 50-64: Fri., 8am) (Men 65+: Fri., 9:30am) (Women 50-64: Fri., 11am) (Women 65+: Fri., 1pm)

☐ Horseshoes Open Doubles – (50-59: Fri., 2:30pm) (60+: Fri., 4pm)

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

### Pickleball - new outdoor venue

☐ Pickleball Doubles (65+: Sun., 5pm) (50-64: Sat., 5pm)

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

☐ Pickleball Mixed Doubles (65+: Sun., 5pm) (50-64: Fri., 5pm)

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

### Racquetball

☐ Racquetball Singles – (Mon., 8:15am)

☐ Racquetball Open Doubles – (Mon., 12:15pm)

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

☐ Table Tennis Mixed Doubles – (Sat., 11am)

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

### Washer Toss

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

## 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 2021 and loss of right to play in following year's tournament.

Matches are played 11am - 5pm Fri. and Sun., and 9am - 2pm Mon. 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. Be prepared to play two matches in one day, three if playing singles and doubles.

☐ Singles ☐ Doubles ☐ Mixed Doubles

New  
Outdoor  
Venue!

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

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

**To register, you must first create an account in our system.**

(If you've created an account since the October 1, 2020 launch of our new system, skip to How to Register.)

## How to Create an Account on the J's Community

1. Create your personal online account in the new J online community at [community.jccstl.org](https://community.jccstl.org). This will be a brand-new login and not a previous username and password used on the old J system.
2. Select "Create Account" which is in white writing just below the password field.
3. Fill out the form  
**Important:** if you are a member, or have participated in any J programs, you must use the same name, birthdate and email address that we currently have on file for you. Otherwise, you may receive an error, or you may create a duplicate account that will not receive the correct pricing or access to certain sections of this website. Please feel free to contact us to confirm your information currently on file. If you need assistance at any time, please contact us at [memberservices@jccstl.org](mailto:memberservices@jccstl.org) or 314.432.5700.
4. Click submit.
5. Check your email for a message from 'jccstl' from the address [admin@tractionondemand.com](mailto:admin@tractionondemand.com). You may need to check your spam folder. Click the link provided in the email to verify the account.
6. Create your password following the guidelines. Click "Change Password."

## How to Register once you have an account.

1. Log in to your account.
2. Click on "Register for Programs"
3. Enter the word "Olympics" in the search field (where it says "Keyword or Code").
4. Click the "Options" button on the right side next to the item which you're going to register.
  - a. To register for events, choose "St. Louis Senior Olympics – Participant"
  - b. To register as a volunteer, choose "St. Louis Senior Olympics – Volunteer"
  - c. To register for ONLY Water Volleyball OR Ultimate Frisbee, choose "St. Louis Senior Olympics – Team Event Only (Ultimate Frisbee/Water Volleyball)"
5. Select which events for which you want to register.
6. Select the person within your account that you wish to enroll.
7. Note: If your spouse is not listed, you can add them to the account by clicking "Create a New Contact"
8. Select any "Add Ons" for Cycling, Track & Field, Swimming, Art Competition & Weightlifting. You can select as many events as you like within these categories.
9. When you are done selecting events, please click the blinking "Next" in the upper right-hand corner of the screen.
10. Answer the custom questions (first, click on your name).
11. Sign the electronic waiver, if needed
12. Click the Green "Pay" button in the upper right-hand corner of the screen.
13. Click the "Make a Payment" button.
14. Enter your credit card information and complete payment





2021 St. Louis Senior Olympics

# Volunteer Sign Up

Please return this form by **AUGUST 14** 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.

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

**IF YOU ARE ALSO AN ATHLETE AND COMPLETED PAGE 6, PLEASE CHOOSE YOUR VOLUNTEER OPPORTUNITIES BELOW.**

## Volunteer Information

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

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

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

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Gender ☐ Male ☐ Female ☐ Non-binary

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

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

### Pre Games, Thursday, September 2 & Friday, September 3

#### Event Prep

Friday, August 6

☐ 10am-12pm

Friday, August 13

☐ 10am-12pm

Friday, August 20

☐ 10am-12pm

Friday, August 27

☐ 10am-12pm

Monday, August 30

☐ 10am-1pm ☐ 1pm-4pm

Tuesday, August 31

☐ 10am-1pm

Wednesday, September 1

☐ 10am-1pm ☐ 1pm-4pm

#### Information Desk & Welcome

##### Packet Pick-Up

Thursday, September 2

☐ 1-4pm

#### Administrative Volunteers

Friday, September 3

Information Desk, Welcome Packet  
Pick-Up, Medal Distribution

☐ 7-10am ☐ 10am-2pm

☐ 1-5pm

#### Event Volunteers Outdoors at the J

Friday, September 3

☐ 7:30-11am ☐ 10:30am-1pm

☐ 12:30-4pm ☐ 3-6am

### Sunday, September 5

#### 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

☐ 7:30-11am ☐ 10:30am-1pm ☐ 12:30-3:30pm

#### Swimming

☐ 1:30-5pm

### Saturday, September 4

#### 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 ☐ 12:30-3:30pm

#### Swimming

☐ 1:30-5pm

### Monday, September 6

#### Administrative Volunteers

Information Desk, Welcome Packet Pick-Up, Medal Distribution

☐ 8-10am ☐ 10am-1pm ☐ 1-4pm

#### Event Volunteers – Outdoors at the J

☐ 7:30-11am ☐ 10:30am-1pm ☐ 12:30-4:30pm

#### 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, September 6

### 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)
9:30-11:00am	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)
11:00am-12:30pm	Triple Jump (M All, W All)

\*Please visit [stlouisseniorolympics.org](http://stlouisseniorolympics.org) for age-specific weights



## Saturday, August 28

9:00am Cycling (5 miles)	Marias Temps Clair Conservation Area
10:00am Cycling (5 Kilometers)	Marais Temps Clair Conservation Area
10:45am Cycling (1 Mile)	Marais Temps Clair Conservation Area
11:00am Billiards: Eight Ball	Teachers Billiards
11:15am Cycling (1/4 Mile)	Marais Temps Clair Conservation Area
4:00pm Water Volleyball (Co-Ed) (65-74)	LSS at Laclede Groves
6:30pm Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves
TBA Ultimate Frisbee	

## Sunday, August 29

9:00am Water Volleyball (Co-Ed) (75+)	LSS at Laclede Groves
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## Tuesday, August 31

7:30am 18-Hole Golf Tournament	Forest Park Golf Course
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## Friday, September 3

8:00am Horseshoes Singles (M 50-64)	J Creve Coeur Ballfields
9:00am 9-Hole Golf Tournament	Creve Coeur Golf Course
9:00am Washer Toss (W 50-64)	J Creve Coeur Upper Play Fields
9:30am Horseshoes Singles (M 65+)	J Creve Coeur Ballfields
10:00am Vendor Fair	J Camp Pavilion and Parking Lot
11:00am Horseshoes Singles (W 50-64)	J Creve Coeur Ballfields
11:00am Tennis	Dwight Davis Tennis Center
11:00am Washer Toss (W 65+)	J Creve Coeur Upper Play Fields
12:00pm Opening Ceremonies	J Creve Coeur Day Camp Pavilion
1:00pm Horseshoes Singles (W 65+)	J Creve Coeur Ballfields
1:00pm Washer Toss (M 65+)	J Creve Coeur Upper Play Fields
2:00pm Washer Toss (M 50-64)	J Creve Coeur Upper Play Fields
2:30pm Horseshoes Open Doubles (50-59)	J Creve Coeur Ballfields
4:00pm Horseshoes Open Doubles (60+)	J Creve Coeur Ballfields
5:00pm Pickleball Mixed Doubles (50-64)	Dwight Davis Tennis Center

## Saturday, September 4

8:00am Badminton Singles (M)	J Creve Coeur Gym
8:00am Golf Closest to the Pin	J Creve Coeur Ballfields
9:00am Football Punt	J Creve Coeur Upper Play Fields
9:00am Table Tennis Singles (W)	J Creve Coeur Gym
10:00am Table Tennis Doubles (W)	J Creve Coeur Gym
10:00am Weightlifting Weigh-In	J Creve Coeur Fitness Center
10:30am Badminton Doubles (M)	J Creve Coeur Gym
10:30am Football Kick	J Creve Coeur Upper Play Fields
11:00am Dart Throw	Blueberry Hill
11:00am Table Tennis Mixed Doubles	J Creve Coeur Gym
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	Shrewsbury Lanes
4:00pm Table Tennis Doubles (M)	J Creve Coeur Gym
5:00pm Pickleball Doubles (50-64)	Dwight Davis Tennis Center

## Sunday, September 5

8:00am Shuffleboard Singles (M 50-64)	J Creve Coeur Day Camp Pavilion
8:00am Weightlifting	J Creve Coeur Gym
8:30am Basketball Around the World	J Creve Coeur Gym
9:00am Bocce (M 70+)	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 Creve Coeur Day Camp Pavilion
11:00am Tennis	Dwight Davis Tennis Center
11:30am Bocce (W 50-64)	J Creve Coeur Upper Play Fields
12:00pm Shuffleboard Singles (M 65+)	J Creve Coeur Day Camp Pavilion
1:00pm Bocce (W 65+)	J Creve Coeur Upper Play Fields
2:00pm Shuffleboard Singles (W 65+)	J Creve Coeur Day Camp Pavilion
2:00pm Swimming	J Chesterfield Indoor Pool
3:00pm Bowling Doubles	Shrewsbury Lanes
3:00pm Cornhole Open Doubles	J Creve Coeur Upper Play Fields
5:00pm Pickleball Doubles & Mixed Doubles (65+)	Dwight Davis Tennis Center

## Monday, September 6

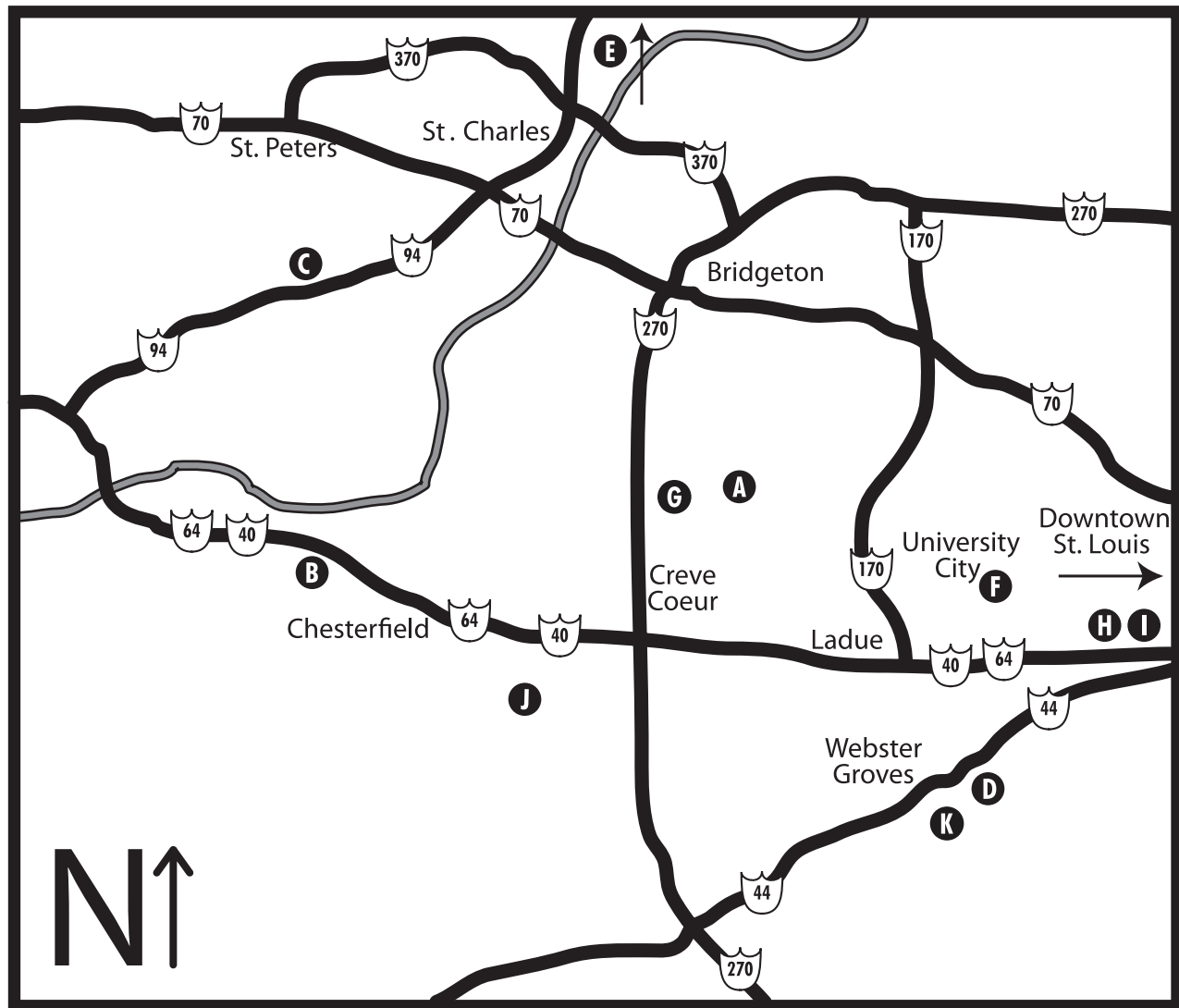
8:00am Accuracy Plug Casting	J Creve Coeur Outdoor Pool
8:00am Cornhole Singles (M 50-64)	J Creve Coeur Upper Play Fields
8:00am Track & Field	Principia School
8:15am Racquetball Singles	J Creve Coeur Courts
9:00am Baseball Homerun Derby	J Creve Coeur Ballfields
9:00am Football Throws & Accuracy and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

## Virtual Senior Olympics

- Opening Ceremonies
- Art Show
- Stretching classes each morning at 8am
- Sampling of Group Ex classes throughout the weekend

Visit [stlseniorolympics.org](http://stlseniorolympics.org) to learn more

# Venue Map



- A**     **Main Venue:** The J, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B**     **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:** Shrewsbury Lanes, 7202 Weil Avenue, St. Louis, MO 63119
- E**     **Cycling:** Marais Temps Clair Conservation Area, 5134 Island Road, St. Charles, MO 63301
- 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**     **Tennis & Pickleball:** Dwight Davis Tennis Center, 5620 Grand Drive, St. Louis, MO 63112
- J**     **Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- K**     **Water Volleyball:** Lutheran Senior Services at Laclede Groves, 723 S. Laclede Station Road, St. Louis, MO 63119



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## 41<sup>st</sup> St. Louis Senior Olympics: Labor Day Weekend 2021 (and surrounding dates) 314.442.3164 or stlouisseniorylympics.org

Thank you to our 2021 St. Louis Senior Olympics Sponsors and Community Partners!

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