



2022 ENTRY FORM

New
Events
Added

42nd
St. Louis 
**Senior
Olympics**

A MASTERS STYLE COMPETITION

More
than 90
events!

Memorial Day Weekend (and surrounding dates)

Registration Deadlines: April 19 (Early) & May 10 (Final)

Online Registration stlouisseniorolympics.org



About the St. Louis Senior Olympics

The St. Louis Senior Olympics is an Olympic-style sporting competition. **New this year, participants must turn 50 by December 31, 2022.** 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 2022!

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. If you have questions regarding the form, contact Stephanie Rhea at srhea@jccstl.org or 314.442.3164.

Registration Deadlines

Early Registration Deadline — Tuesday, April 19

Final Registration Deadline — Tuesday, May 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)	Through April 19	April 20 & After
General Registration (all events, unless otherwise mentioned)	\$49	\$59
Water Volleyball Only	\$34	\$44
Dance, Bridge or Mah Jong Only	\$18	\$28

Opening Day! Thursday, May 26

- 1 – 4pm **Vendor Fair in the J Creve Coeur Arts & Education Parking Lot**
Get in the Senior Olympics spirit by attending our opening day expo with athletes, volunteers and J members. This free event will bring together our community with the opportunity to learn about and visit with the Games sponsors and other vendors in the region.
- 1pm **Opening Ceremonies in the J Creve Coeur Mirowitz Performing Arts Center**
Enjoy the torch lighting, opening day speeches and presentation of our annual awards. Athlete, volunteer shirts and welcome bags will be available for pickup during this time.
- 1:30pm **Dance Exhibition in the J Creve Coeur Mirowitz Performing Arts Center**
We welcome back our annual entertainment as performed by our wonderful and wonderfully young tappers. Watch these dancers kick off the 2022 Games. Bring your future Senior Olympians so all can enjoy. Athlete, volunteer shirts and welcome bags will be available for pickup during this time.

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 42nd 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.

Thank you to our early Friends of the St. Louis Senior Olympics!

Debbie Alex
Charles Amen
Carolyn and Clifford Birge
Robin and David Chervitz
Caroll and Dale Dressel
Phyllis and Stephen Kamenetzky
Caroline and James Keane
Tina Latham

Jim Mannion
Ricki and Neil Marglous
Richard Morris
Shirley Mosinger
Merle and Marty Oberman
Rhonda Seligman
Helene Siegfried
Gloria and Sanford Spitzer

\$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.*

Donate Today!



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

For more information about supporting the St. Louis Senior Olympics, please contact Phil Ruben, 314.442.3216 or pruben@jccstl.org

"I think the St. Louis Senior Olympics have been a piece of maintaining health... My mental health got a real boost participating, though!"

"Being part of the games once again was truly an uplifting experience: 31 years as competitor, two years as volunteer before that. I started when the first games were at Washington University. I treasure those times and the unforgettable people I have made-many lifelong friends."

"I participate in the St. Louis Senior Olympics because making new friends and competing in a fun and healthy environment. In my first swim race, my competitor beat me by a half-second. It was so exciting, everyone at the pool was screaming and yelling and cheering us both on, and I really enjoyed the "feel" of true competition again."

"I raced competitively in my 30s and have continued to run since then, but haven't run a race in over 25 years. I found it exciting at 73 to think about racing again, but with people close to my age."



Thank you to our 2022 Sponsors and Community Partners!

Sponsors



EXPRESS SCRIPTS®



Amen, Gantner & Capriano - Attorneys at Law
Your Estate Matters, L.L.C.
Helping Families Secure Their Legacies



Kuhn Foundation



Sidney and Bobbi
Guller Family
Foundation



Harvey Brown

Fischer Bauer Knirps
Foundation

Stacy and Greg
Siwak

Community Partners



Sponsors as of March 10, 2022

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/stlouisseniorolympians
Website: stlouisseniorolympics.org
Online registration is available on the website for athletes and volunteers.

All events - Participant must turn 50 by December 31, 2022

Age Divisions

Except as noted below, there will be 11 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+

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.

Doubles: Two individuals of the same gender

Mixed Doubles: Two individuals of opposite gender

Open Doubles: Two individuals, any combination

Tournaments

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

PICKLEBALL, MAH JONG 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. 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 spring 2022 protocols in the weeks leading up to the Senior Olympics. Please check the website for the latest updates and a full statement.



2022 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, 2022

Email 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

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

\$49 if postmarked by Tuesday, April 19
\$59 if postmarked after Tuesday, April 19

\$ _____

Water Volleyball ONLY

\$34 before Tuesday, April 19
\$44 after Tuesday, April 19

\$ _____
\$ _____

Dance, Bridge OR Mah Jong ONLY

\$18 before Tuesday, April 19
\$28 after Tuesday, April 19

\$ _____
\$ _____

Facility Fees

Golf 9-Hole

\$12 (includes greens fee and cart)

\$ _____

Golf 18-Hole

\$18 (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 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 _____

Baseball Homerun Derby

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

Basketball

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

Bowling

- ☐ Bowling Singles – (Sat., 3pm)
☐ Bowling 3-Person Baker Team – (Mon., 10am)

Partner's Name & DOB 1 _____

Partner's Name & DOB 2 _____

- ☐ Bowling Mixed Doubles – (Mon., 1pm)

Partner's Name & DOB _____

- ☐ Bowling Doubles – (Sun., 3pm)

Partner's Name & DOB _____

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

Bridge

- ☐ Duplicate – (Fri., 2:30pm)

Cycling

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

New
Cycling
Venue!

Dance

- ☐ Exhibition – (Thu., 1:30pm)

Dart Throw (New Tournaments on p10)

- ☐ Dart Throw – (Sat., 10:30am – 12:30pm)

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 (Fri., May 27 and Tue., May 31) (Facility Fees: \$12 for Golf 9-Hole, \$18 for Golf 18-Hole)

- ☐ Golf 9-Hole – Creve Coeur Golf Course – (Fri., 9am) \$12
☐ Golf 18-Hole **SCRATCH** – Normal K. Probststein Golf Course in Forest Park – (Tue., 7:30am) \$18
☐ Golf 18-Hole **HANDICAP** – Normal K. Probststein Golf Course in Forest Park – (Tue., 7:30am) \$18 *Must present current USGA Handicap Card at check in
☐ Closest to the Pin – (Sat., 8-10am)

Golf Foursome (optional) 1 _____ 2 _____
3 _____ 4 _____

Official Entry Form

Individual Events (continued)



Soccer

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

Softball Homerun Derby

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

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 14 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 – (Sun., 10am – 12pm) **Required to participate in weightlifting events.**
☐ Arm Curls ☐ Bench Press ☐ Leg Press **All events on Monday 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 Monday 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 11am, based on enrollment.



Team Event
Water Volleyball - June 4-5 <input type="checkbox"/> Co-Ed: Sat., 1pm (65-74) <input type="checkbox"/> Co-Ed: Sun., 1pm (50-64) <input type="checkbox"/> Co-Ed: Sun., 5pm (75+)

Team Name _____

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., 4pm)

Partner's Name & DOB _____

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

Partner's Name & DOB _____

Billiards

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

Bocce

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

Cornhole

☐ Cornhole Singles – (Men 50-64: Mon., 8am) (Women 50-64: Mon., 9:30am) (Men 65+: Mon., 11am) (Women 65+: Mon., 12:30pm)

☐ Cornhole Open Doubles – (Men 50-59: Mon., 1:30pm) (60+: Mon., 3pm) Partner's Name & DOB _____

Darts

☐ Darts Doubles – (Sat., 1pm)

☐ Darts Singles – (Sat., 3:30pm)

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 & DOB _____

Mah Jong

☐ Mah Jong – (Sun., 12:30pm) Pick one: ☐ Just 2 Compete ☐ Just 4 Fun (no medals)

Pickleball (Fri. May 20, Sat. May 21 and Sun. May 22)

☐ Pickleball Singles (Fri., 3pm)

☐ Pickleball Doubles (Sat., 9am)

Partner's Name & DOB _____

☐ Pickleball Mixed Doubles (Sun., 9am)

Partner's Name & DOB _____

Racquetball

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

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

Partner's Name & DOB _____

Back at
The J!

Join our Facebook page, St. Louis Senior Olympians, to stay up-to-date, share your pictures and experiences, and advertise for doubles partners.



Carolyn Schlueter



Carolyn Schlueter



Official Entry Form

Tournament Events (continued)



Shuffleboard

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

Table Tennis – Missouri State Qualifier for Nationals

- ☐ Table Tennis Singles – (Women: Sat., 9am) (Men 70+: Sat., 3pm) (Men 60-69: Sat., 4:30pm) (Men 50-59: Sat., 6pm)
- ☐ Table Tennis Doubles – (Women: Sat., 10:30am) (Men: Sat., 1:30pm) Partner's Name & DOB _____
- ☐ Table Tennis Mixed Doubles – (Sat., 12pm) 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)

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 2022 and loss of right to play in following year's tournament.

Matches are played 8am - 2pm Fri., Sat., Sun. and Mon. Best 2 of 3 match, tiebreak for 3rd set. Format is to be determined based on entries. Event Director will email 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



Doubles Partner's Name & DOB _____

Mixed Doubles Partner's Name & DOB _____

2022 St. Louis Senior Olympics

Volunteer Sign Up



Volunteers are needed before and during the Senior Olympics.

Please email or call Stephanie for days and times. Or signup online at jccstl.com/slsovolunteer



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. 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 or 314.432.5700.
4. Click submit.
5. Check your email for a message from 'jccstl' from the address 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



2022 St. Louis Senior Olympics Schedule of Events



Friday, May 20

3:00pm Pickleball Singles J Creve Coeur Gym

Saturday, May 21

9:00am Pickleball Doubles J Creve Coeur Gym

Sunday, May 22

9:00am Pickleball Mixed Doubles J Creve Coeur Gym

Thursday, May 26

1:00pm Vendor Fair JCC Creve Coeur Arts & Education Building Parking Lot

1:00pm Opening Ceremonies JCC Creve Coeur Arts & Education Building Parking Lot

1:30pm Dance Exhibition JCC Creve Coeur Performing Arts Center

Friday, May 27

8:00am Horseshoes Singles (M 50-64) JCC Creve Coeur Upper Play Fields

8:00am Tennis The Principia School

9:00am 9-Hole Golf Tournament Creve Coeur Golf Course

9:30am Horseshoes Singles (M 65+) JCC Creve Coeur Upper Play Fields

11:00am Horseshoes Singles (W 60-64) JCC Creve Coeur Upper Play Fields

11:00am Billiards Eight Ball Teachers Billiards

1:00pm Horseshoes Singles (W 65+) JCC Creve Coeur Upper Play Fields

2:30pm Duplicate Bridge St. Louis Bridge Center

2:30pm Horseshoes Open Doubles (50-69) JCC Creve Coeur Upper Play Fields

4:00pm Horseshoes Open Doubles (65+) JCC Creve Coeur Upper Play Fields

Saturday, May 28

8:00am Badminton Singles (M) JCC Creve Coeur Gym

8:00am Golf Closest to the Pin JCC Creve Coeur Ballfields

8:00am Tennis The Principia School

9:00am Cycling (5 Mile) Audubon Center Riverlands

9:00am Football Punt JCC Creve Coeur Upper Play Fields

9:00am Table Tennis Singles (W) JCC Creve Coeur Gym

10:00am Cycling (5 Kilometers) Audubon Center Riverlands

10:30am Badminton Doubles (M) JCC Creve Coeur Gym

10:30am Dart Throw JCC Creve Coeur A&E Building

10:30am Football Kick JCC Creve Coeur Upper Play Fields

10:30am Table Tennis Doubles (W) JCC Creve Coeur Gym

10:45am Cycling (1 Mile) Audubon Center Riverlands

11:15am Cycling (1/4 Mile) Audubon Center Riverlands

12:00pm Table Tennis Mixed Doubles JCC Creve Coeur Gym

12:00pm Soccer Kick – Distance JCC Creve Coeur Upper Play Fields

12:30pm Badminton Mixed Doubles JCC Creve Coeur Gym

1:00pm Dart Tournament (Doubles) JCC Creve Coeur A&E Building

1:30pm Table Tennis Doubles (M) JCC Creve Coeur Gym

1:30pm Frisbee Toss – Distance JCC Creve Coeur Upper Play Fields

2:00pm Badminton Singles (W) JCC Creve Coeur Gym

2:00pm Swimming JCC Chesterfield Indoor Pool

3:00pm Bowling Singles Shrewsbury Lanes

3:30 pm Dart Tournament (Singles) JCC Creve Coeur A&E Building

4:00pm Badminton Doubles (W) JCC Creve Coeur Gym

4:00pm Table Tennis Doubles (M) JCC Creve Coeur Gym

4:30pm Table Tennis Singles (M 60-69) JCC Creve Coeur Gym

6:00pm Table Tennis Singles (M 50-59) JCC Creve Coeur Gym

Sunday, May 29

8:00am Shuffleboard Singles (M 50-64) JCC Creve Coeur Day Camp Pavilion

8:00am Tennis The Principia School

8:30am Basketball Around the World JCC Creve Coeur Gym

9:00am Bocce (M 70+) JCC Creve Coeur Upper Play Fields

9:00am Washer Toss (W 50-64) JCC Creve Coeur Upper Play Fields

9:30am Basketball Free Throw JCC Creve Coeur Gym

10:00am Bocce (M 50-69) JCC Creve Coeur Upper Play Fields

10:00am Shuffleboard Singles (W 50-64) JCC Creve Coeur Day Camp Pavilion

10:00am Weightlifting Weigh-In JCC Creve Coeur Fitness Center

11:00am Washer Toss (W 65+) JCC Creve Coeur Upper Play Fields

11:30am Bocce (W 50-64) JCC Creve Coeur Upper Play Fields

12:00pm Shuffleboard Singles (M 65+) JCC Creve Coeur Day Camp Pavilion

1:00pm Bocce (W 65+) JCC Creve Coeur Upper Play Fields

1:00pm Mahjong Tournament JCC Creve Coeur Arts and Education Building

1:00pm Washer Toss (M 65+) JCC Creve Coeur Upper Play Fields

2:00pm Shuffleboard Singles (W 65+) JCC Creve Coeur Day Camp Pavilion

2:00pm Swimming JCC Chesterfield Indoor Pool

2:00pm Washer Toss (M 50-64) JCC Creve Coeur Upper Play Fields

3:00pm Bowling Doubles Shrewsbury Lanes

Monday, May 30

8:00am Accuracy Plug Casting JCC Creve Coeur Outdoor Pool

8:00am Cornhole Singles (M 50-64) JCC Creve Coeur Upper Play Fields

8:00am Tennis The Principia School

8:00am Track & Field The Principia School

8:00am Weightlifting JCC Creve Coeur Gym

8:15am Racquetball Singles JCC Creve Coeur Courts

9:00am Baseball Homerun Derby (50-64) JCC Creve Coeur Ballfields

9:00am Football Throws

Accuracy and Distance J Creve Coeur Upper Play Fields

9:00am Shuffleboard Open Doubles (75+) JCC Creve Coeur Day Camp Pavilion

9:30am Cornhole Singles (W 50-64) JCC Creve Coeur Upper Play Fields

10:00am Bowling 3 Person Baker Shrewsbury Lanes

10:30am Baseball Homerun Derby (65+) JCC Creve Coeur Ballfields

11:00am Cornhole Singles (M 65+) JCC Creve Coeur Upper Play Fields

11:00am Shuffleboard Open Doubles (50-59) JCC Creve Coeur Day Camp Pavilion

11:00am Softball Throws

Accuracy and Distance J Creve Coeur Upper Play Fields

12:00pm Softball Homerun Derby (50-64) JCC Creve Coeur Ballfields

12:15pm Racquetball Open Doubles JCC Creve Coeur Courts

12:30pm Cornhole Singles (W 65+) JCC Creve Coeur Upper Play Fields

1:00pm Bowling Mixed Doubles Shrewsbury Lanes

1:00pm Shuffleboard Open Doubles (60-74) JCC Creve Coeur Day Camp Pavilion

1:30pm Cornhole Open Doubles (50-59) JCC Creve Coeur Upper Play Fields

1:30pm Softball Homerun Derby (65+) JCC Creve Coeur Ballfields

1:30pm Soccer Kick – Accuracy JCC Creve Coeur Upper Play Fields

3:00pm Cornhole Open Doubles (60+) JCC Creve Coeur Upper Play Fields

Tuesday, May 31

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

Saturday, June 4

1:00pm Water Volleyball (Co-Ed) (75+) J Creve Coeur Indoor Pool

Sunday, June 5

1:00pm Water Volleyball (Co-Ed) (50-64) J Creve Coeur Indoor Pool

5:00pm Water Volleyball (Co-Ed) (65-74) J Creve Coeur Indoor Pool

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

Monday, May 30

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

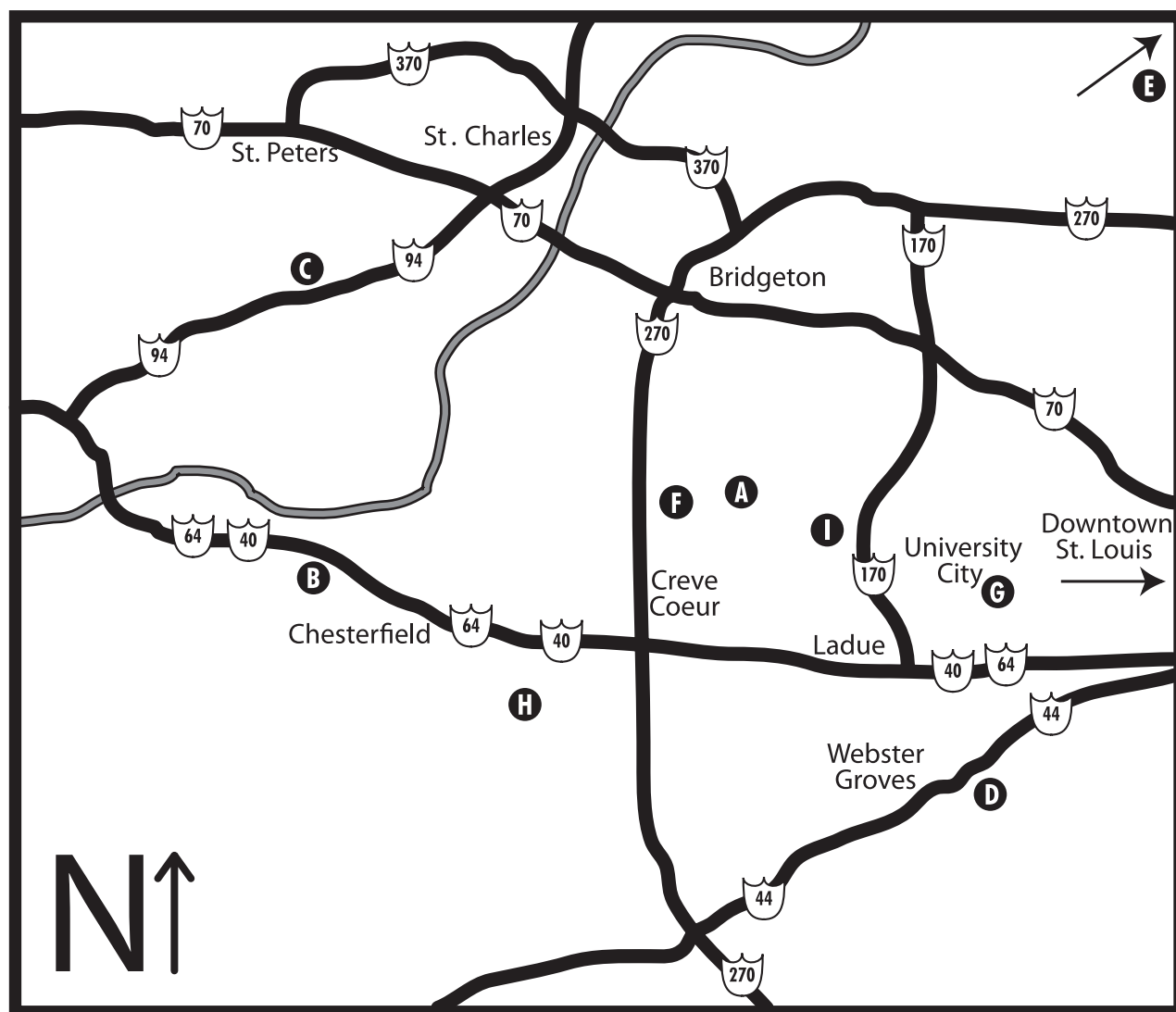
For events with designated start and end times, please report to and complete event during allotted time frame.

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 for age-specific weights



Venue Map



- A** **Main Venue:** The J in Creve Coeur, 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:** Audubon Center Riverlands, 301 Riverlands Way, West Alton, MO 63386
- F** **9-Hole Golf Tournament:** Creve Coeur Golf Course, 11400 Olde Cabin Road, Creve Coeur, MO 63141
- G** **18-Hole Golf Tournament:** Norman K. Probstain Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- H** **Tennis & Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- I** **Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132



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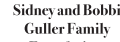
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