



2017 ENTRY FORM



**For
Athletes
50+**

38th Annual St. Louis Senior Olympics: May 25 – 30, 2017

Registration Deadlines: April 17 (Early) & May 8 (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 older. This year's schedule includes more than 90 individual, partner and team events. Our longtime success is due to the incredible support we receive from corporate sponsors, community partners, long time participants and dedicated volunteers who share in the excitement and camaraderie that is felt during the games! Enclosed you will find the Official Entry Form, Team Entry Form & Roster, Volunteer Sign-Up, and Schedules. The Senior Olympics is a chance for the entire community to come together to celebrate the accomplishments of OUR seniors! We are looking forward to having you join us in 2017.

2017 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	Swimming
Cornhole	Table Tennis
Cycling	Tap Dance
Darts	Tennis
Football Kick	Track & Field
Football Punt	NEW Triathlon
Football Throw Accuracy	Ultimate Frisbee
Football Throw Distance	Volleyball
Frisbee Toss	Washer Toss
Golf 9-Hole	Water Volleyball
Golf 18-Hole	Weightlifting
 Golf Closest to the Pin	

We Need Your Help



Help us maintain the excellence of this event by becoming a "Friend of the St. Louis Senior Olympics." We cannot make this event a success without you.

Friends of the St. Louis Senior Olympics levels:

All supporters get their name listed on the **ALL NEW** Friends of the St. Louis Senior Olympics Donor Board, as well as

\$1,000 (\$715 is tax deductible)

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

\$500 (\$296 is tax deductible)

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

\$250

- Two week pass to the J

\$100

- One week pass to the J

Other \$ _____

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



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

"I am looking forward to this year's St. Louis Senior Olympics. I love competing, I love the camaraderie and love the overall concept of the Games."
--Scott S., 5-year participant

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

Name/Company as you would like to be recognized _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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

Friend Level: \$ _____

☐ Check (payable to St. Louis Senior Olympics)

☐ Visa

☐ MasterCard

☐ American Express

☐ Discover

Name on Card _____

Card # _____ Exp Date _____

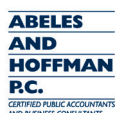
Signature _____ Date _____

For more information on supporting the St. Louis Senior Olympics, please contact Rachel Simoneau, 314.442.3189, rsimoneau@jccstl.org

Thank you to our 2017 Sponsors and Community Partners!



SPONSORS



INTEGRITY.
INSIGHT.
SOLUTIONS.



Amen, Gantner & Capriano - Attorneys at Law
Your Estate Matters, L.L.C.



Proud member of
United Way
of Greater St. Louis



COMMUNITY PARTNERS



Monte & Julie
Sandler



Sponsors as of 2-22-17

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 stlouisseniorolympics.org.

If you have questions regarding the form, contact Justin Bange at jbange@jccstl.org or 314.442.3216.

Registration Deadlines

Early Registration Deadline—Monday, April 17

Final Registration Deadline—Monday, May 8



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 **\$47 for entries received on or before April 17** and **\$57 after April 17**. 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 \$32 for entries received on or before April 17 and \$42 after April 17.**

- **Team captains are responsible for turning in Team Entry Form and Roster (Pages 13-14) by Monday, May 8. 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 **\$36**. Those dancers interested in participating in other events must pay the full General Registration Fee of \$47 or \$57.

The Tap Master's Classes will be held on **Thursday, May 4** from 9am – 1pm.

The Tap Exhibition will be held on Thursday, May 25 at 1:30pm.

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

Duplicate Bridge Participants

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

Duplicate Bridge takes place at the St. Louis Bridge Center on Friday, May 26 at 2:30pm.

Please contact the Senior Olympics office for scholarship information.

Additional Facility Fees

Bowling

Requires an additional FACILITY FEE of \$9 for each session participant selects except the 3-person Baker Team bowling session, which is only \$3 (Bowling shoes available at no additional cost). This fee is **NON-REFUNDABLE** after May 8.

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 8.

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

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

Important Information

St. Louis Senior Olympics Office

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

Phone: 314.442.3216
Fax: 314.442.3279

Email: jbange@jccstl.org
Website: stlouisseniolympics.org
Online registration is available on the website.

Eligibility

Minimum Age Requirements

Individual and Tournament (non-team) Events – Participant must turn **50 by May 25, 2017**

Team Events – Participant must turn **50 by December 31, 2017**

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+
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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+ (For Water Volleyball, see page 13.)

Opening Ceremonies

Featuring the Senior Olympics Tap Exhibition

The 2017 St. Louis Senior Olympics Opening Ceremonies will begin with the Tap Exhibition on Thursday, May 25 at 1:30pm in the Robert L. Edison Gymnasium at the Staenberg Family Complex in Creve Coeur. Watch these dancers kick off the 2017 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 goody bags 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 25 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 26 (10am-4pm); Saturday, May 27 (7am-4pm); Sunday, May 28 (7am-4pm); and Monday, May 29 (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 Staenberg Family Complex (Creve Coeur) and Marilyn Fox Building (Chesterfield).

Volunteers

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

Tournaments

The following Tournaments will be drawn on site. BADMINTON, BILLIARDS, BOCCE, CORNHOLE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, TABLE TENNIS AND WASHER TOSS. List of registered participants in each division will be available at the 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 2017 Missouri State Time Trial Championship will be held on Saturday, August 5 in Centralia, 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

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

Pickleball

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

Rules

Rules for all events can be found on stlouisseniorolympics.org

Swimming

2017 USMS rules will be followed. Pool available for warm-ups ½ hour prior to the first scheduled event. The 2017 swimming events will take place at the Jewish Community Center Marilyn Fox Building in Chesterfield.

Tap Dance

The Tap Master's Classes will be held on Thursday, May 4 from 9am – 1pm. The Tap Exhibition will be held on Thursday, May 25 at 1:30pm.

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

Team Events

All players on a team roster MUST complete the Waiver and include the team event participant fee of \$32/\$42. Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57, and complete Official Entry Form. Team captains are responsible for completing the Team Entry Form and Roster. (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 2017 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.



2017 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 25, 2017

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 **2016** 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

\$47 if registered by Monday, April 17

\$57 if registered after Monday, April 17

Team Only

\$32 if registered by Monday, April 17

\$42 if registered after Monday, April 17 for Basketball, Soccer, Ultimate Frisbee, Volleyball or Water Volleyball. No other events.

Tap Only

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

Bridge Only

\$18 for Duplicate Bridge. No other events.

Facility Fees

Bowling

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

\$ _____

Golf 9-Hole

\$23 (includes greens fee and cart)

\$ _____

Golf 18-Hole

\$30 (includes greens fee and cart)

\$ _____

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

\$ _____

TOTAL AMOUNT ENCLOSED

\$ _____

Payment Information

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

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

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

Team Entry Forms will not be processed unless all team members have submitted their waiver and payments.

Credit Card # _____ Exp. Date _____

*Name as it appears on credit card _____

*Billing address (if different from above) _____

Signature _____

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

STATEMENT OF PHYSICAL CAPABILITY

I warrant and represent to the sponsors that:

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

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

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

PERSONAL INJURY RELEASE

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

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

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

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

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

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

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

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

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

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

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

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

Name _____ Date _____

Signature _____



Official Entry Form 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. *Please be conscientious of the events for which you sign up and the times they take place. The St. Louis Senior Olympics office is not responsible for overlapping event times.*

Accuracy Plug Casting

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

Art Competition

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

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

Title of Art Work _____

Baseball Homerun Derby

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

Basketball

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

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

- ☐ Bowling Singles (Sat., 3pm or Sun., 7pm) \$9
☐ Bowling 3-Person Baker Team – (Mon., 9am) \$3

☐ Bowling Mixed Doubles – (Mon., 12:30pm) \$9
☐ Bowling Doubles – (Sun., 3pm) \$9
☐ Bowling 4-Person Teams – (Sat., 7pm) \$9



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., 10:45am) ☐ ¼ mile (Sat., 11:15am)
☐ Missouri State Time Trial Championship – (Saturday, August 5 - Centralia, 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)

Official Entry Form
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. Probstin Golf Course in Forest Park – (Tue., 7:30am) \$30

☐ Scratch ☐ Handicap*

*Must present current USGA Handicap Card at check in

Golf Foursome (optional)

- 1 _____
2 _____
3 _____
4 _____

- ☐ Closest to the Pin (Sat., 8-10am)

Back by
popular
demand!

Soccer

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

Softball Homerun Derby

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

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 \$36.)

- ☐ Master's Class – (Thu., May 4, 9am) Select: ☐ Beginner ☐ Intermediate ☐ Advanced
☐ Tap Dance Exhibition – (Thu., May 25, 1:30pm) Select: ☐ Solo ☐ Group Name: _____

Weightlifting

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

- ☐ Arm Curls ☐ Bench Press ☐ Leg Press

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

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

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

Swimming — Jewish Community Center in Chesterfield

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

Track & Field — **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. 4**</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. 4**</u> |



Triathlon

NEW

- ☐ *Compete in 500yd Freestyle, 5 mile Cycle Race and 1,500 Meter Run. Best cumulative times receive awards.

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

One Day Tournaments

The following tournaments are completed in one day. Participants **MUST** be available to play until eliminated. Times listed are when the event begins. Not necessarily your first match. **Individual, Doubles and Partner Tournament Events** will be 5 year divisions when three or more are competing. In events with less than three competitors divisions 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 – (65+: Mon., 1:30pm) (50-64: 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)
(50-59: Mon., 11am) (60-74: Mon., 1pm)

Partner's Name & DOB _____

Table Tennis – Missouri State Qualifier for Nationals

☐ Table Tennis Singles – (Women: Sat., 9am) (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. Due to the nature of these tournaments, it is recommended you do not participate in both Pickleball and Tennis. If you choose to do so, we are not responsible for overlapping match times. 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: Thu., 5pm)

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 2017 and lose your right to play in the following year's tournament.

Daily start times of 9am on Thurs., Fri., Sat. and Sun. 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 _____

2017 St. Louis Senior Olympics

Team Entry Form & Roster



- Team captains are responsible for completing and returning this form and team roster by **Monday, May 8.**
- All players on a team roster **MUST** sign waiver (page 9) and include the team event participant fee of \$32 or \$42.
- Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57 and submit an Official Entry Form.
- Team entry forms will not be processed unless all team members have submitted their waiver and payments. 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

- ☐ Women: Fri., 5pm
☐ Co-Ed: Sat., 5pm
☐ Men: Mon., 8am

Water Volleyball

- ☐ Co-Ed 75+: Fri., 9am
☐ Co-Ed 65-74: Fri., 1pm
☐ Co-Ed 50-64: Thu., 4pm

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)

[illegible]

2017 St. Louis Senior Olympics Volunteer Sign-Up



All Volunteer Opportunities are listed on page 16.

Please return this form by **MAY 8** 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 <input type="checkbox"/> Male <input type="checkbox"/> Female
E-mail Address _____		

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

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

Volunteer Specifics

I volunteered for the **2016** 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 24 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

Accuracy Plug Casting

Art Competition

Badminton

Basketball Throws

Bocce

Cornhole

Football Kicks

Football Throws

Frisbee Toss

Golf Closest to the Pin

Homerun Derby (Baseball & Softball)

Pickleball

Racquetball

Shuffleboard

Soccer Kicks

Softball Throws

Table Tennis

Tap Dance

Ultimate Frisbee

Volleyball

Washer Toss

Weightlifting

3 on 3 Basketball – Jewish Community Center in Chesterfield

7 on 7 Soccer Tournament – Tony Glavin Soccer Complex

Billiards – Teachers Billiards

Bowling – Tropicana Lanes

Bridge – St. Louis Bridge Center

Cycling – Columbia Bottom Conservation Area

Darts – Blueberry Hill

Golf – 9-Hole – Creve Coeur Golf Course

Golf – 18-Hole – Norman K. Probststein Golf Course in Forest Park

Horseshoes – Quail Ridge Horseshoe Club

Swimming – Jewish Community Center in Chesterfield

Tennis – Creve Coeur Racquet Club

Track & Field – Gay Field

Water Volleyball – Lutheran Senior Services at Laclede Groves



Volunteer Opportunities

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

Pre Games, Thursday, May 25 & Friday, May 26

Event Prep

Friday, April 28

☐ 10am-12pm

Event Prep

Friday, May 5

☐ 10am-12pm

Event Prep

Friday, May 12

☐ 10am-12pm

Event Prep

Friday, May 19

☐ 10am-12pm

Event Prep

Thursday, May 25

☐ 10am-12pm

Tap Exhibition, Information Desk & Goody Bag Pick-Up

Thursday, May 25

☐ 1-4:30pm

Administrative Volunteers

Friday, May 26

*Information Desk, Goody Bag Pick-Up,
Medal Distribution*

☐ 10am-1pm

☐ 1-4pm

Saturday, May 27

Administrative Volunteers

Information Desk, Goody Bag Pick-Up, Medal Distribution

☐ 7-10am

☐ 10am-1pm

☐ 1-4pm

Event Volunteers – Outdoors at the J

☐ 7:30-11am

☐ 10:30am-1pm

☐ 12:30-3pm

☐ 2:30-5pm

Swimming

☐ 1:30-5pm

Sunday, May 28

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 29

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

☐ 1-4:30pm

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 28	Track (Sun., 8 – 11:25am) 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)	Field (Sun., 8 – 11:20am) Time Event/ (Gender & Age Group) 8:00-8:20 400g Javelin (W 75+) 8:20-8:40 500g Javelin (W 50-74) 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)
	Track (Mon., 8 – 11:30am) Time Event/ (Gender & Age Group) 8:00 1500 Meter Run (W All) 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) 10:35 50 Meter Dash (M 60-64) 10:45 50 Meter Dash (M 55-59) 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)	Field (Mon., 8 – 11am) 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)



2017 St. Louis Senior Olympics Schedule of Events

Thursday, May 25

9:00am	Tennis	Creve Coeur Racquet Club
1:30pm	Tap Exhibition	J Creve Coeur Gym
4:00pm	Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves
5:00pm	Pickleball Mixed Doubles (50-64)	J Creve Coeur Gym

Friday, May 26

8:00am	Pickleball Doubles & Mixed Doubles (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	Tennis	Creve Coeur Racquet Club
9:00am	Water Volleyball (Co-Ed) (75+)	LSS at Laclede Groves
12:00pm	Billiards: Eight Ball	Teachers 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
5:00pm	Volleyball (W)	J Creve Coeur Gym

Saturday, May 27

8:00am	Badminton Singles (M)	J Creve Coeur Gym
8:00am	Golf Closest to the Pin	J Creve Coeur Ballfields
9:00am	7 on 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
9:00am	Table Tennis Singles (W)	J Creve Coeur Gym
9:00am	Tennis	Creve Coeur Racquet Club
10:00am	Cycling (5 Kilometers)	Columbia Bottom Conservation Area
10:00am	Table Tennis Doubles (W)	J Creve Coeur Gym
10:45am	Cycling (1 Mile)	Columbia Bottom Conservation Area
11:00am	Badminton Singles (W)	J Creve Coeur Gym
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
11:15am	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
5:00pm	Ultimate Frisbee	J Creve Coeur Upper Play Fields
5:00pm	Volleyball (Co-Ed)	J Creve Coeur Gym
7:00pm	Bowling 4 Person Teams	Tropicana Lanes

Sunday, May 28

8:00am	Shuffleboard Singles (M 50-64)	J Camp Pavilion
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	Tennis	Creve Coeur Racquet Club
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 Doubles (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

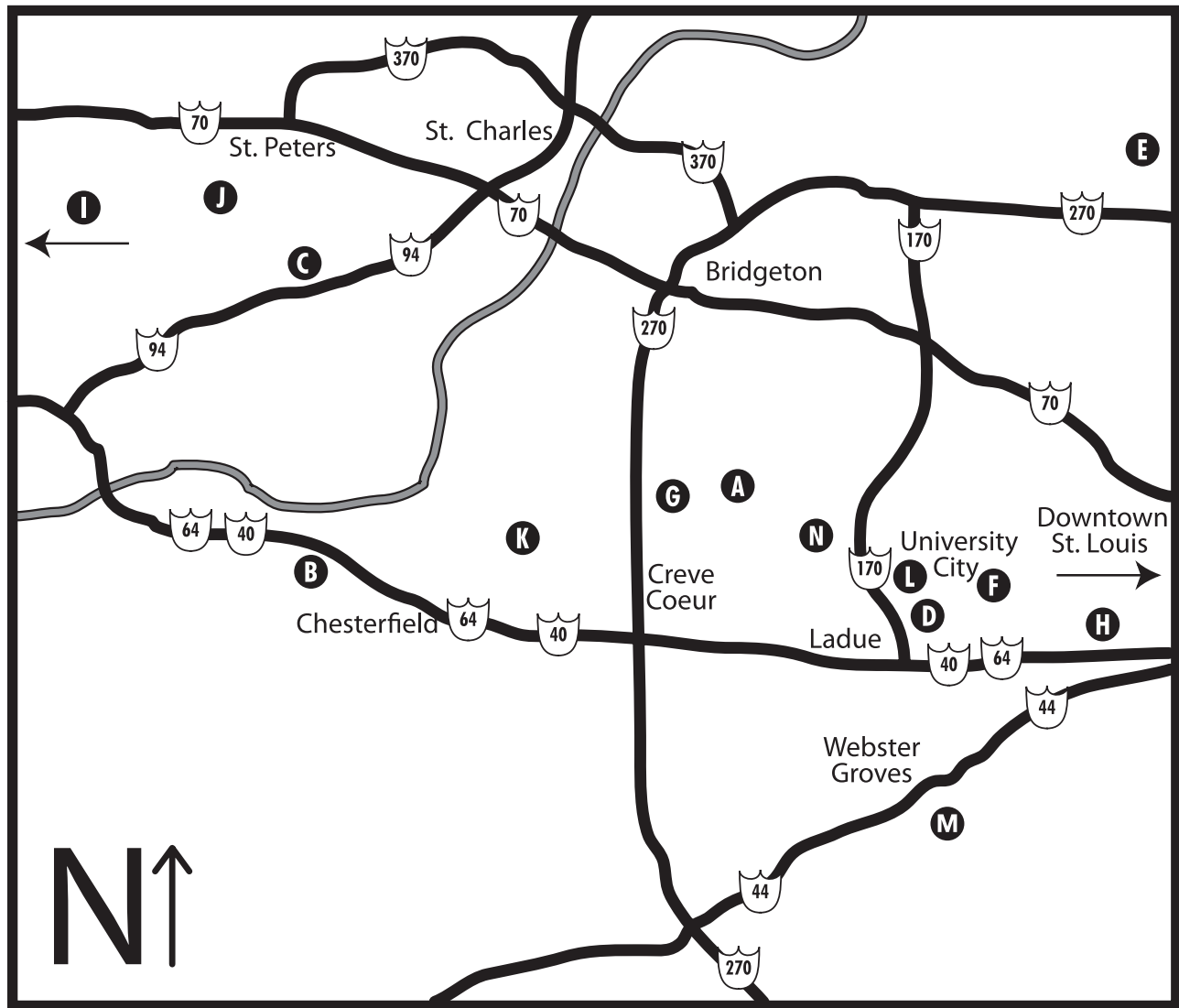
Monday, May 29

8:00am	Accuracy Plug Casting	J Creve Coeur Outdoor Pool
8:00am	Cornhole (M 50-64)	J Creve Coeur Upper Play Fields
8:00am	Track & Field	Gay Field
8:00am	Volleyball (M)	J Creve Coeur Gym
8:30am	Racquetball Singles	J Creve Coeur Courts
8:30am	Weightlifting	J Creve Coeur Gym
9:00am	Baseball Homerun Derby (50-64)	J Creve Coeur Ballfields
9:00am	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
10:30am	Baseball Homerun Derby (565+)	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
12:00pm	Softball Homerun Derby (50-64)	J Creve Coeur Ballfields
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
1:30pm	Cornhole Open Doubles (65+)	J Creve Coeur Upper Play Fields
1:30pm	Softball Homerun Derby (65+)	J Creve Coeur Ballfields
1:30pm	Soccer Kick – Accuracy	J Creve Coeur Upper Play Fields
2:15pm	Racquetball Doubles	J Creve Coeur Courts
3:00pm	Cornhole Open Doubles (50-64)	J Creve Coeur Upper Play Fields

Tuesday, May 30

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



- A** **Main Venue:** The J, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B** **3 on 3 Basketball & Swimming:** The J in Chesterfield, Marilyn Fox Building, 16801 Baxter Road, Chesterfield, MO 63005
- C** **Billiards:** Teachers Billiards and Sports Cafe, 3611 N. St. Peters 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:** Creve Coeur Racquet Club, 12691 Conway Road, Creve Coeur, 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, 1270 N. Price Road, Olivette, MO 63132



For
Athletes
50+

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For more information, visit stlouisseniorolympics.org

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