



2020 ENTRY FORM

St. Louis Senior Olympics

A MASTERS STYLE COMPETITION

41st Annual: May 21 – 26, 2020

Registration Deadlines: April 13 (Early) & April 30 (Final)

Online Registration stlouisseniorolympics.org

More
than 90
events!





About the St. Louis Senior Olympics

The St. Louis Senior Olympics is an Olympic-style sporting event for men and women. **New this year, participant must turn 50 by December 31, 2020.** 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 are looking forward to having you join us in 2020.

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 Phil Ruben at pruben@jccstl.org or 314.442.3216.

Registration Deadlines

Early Registration Deadline — Monday, April 13
Final Registration Deadline — Thursday, April 30



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, Duplicate Bridge and Tap 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)	April 13 & Prior	April 14 & After
General Registration (all events, unless otherwise mentioned)	\$47	\$57
Team Events (3 on 3 Basketball, Ultimate Frisbee and Water Volleyball)	\$32	\$42
Duplicate Bridge	\$18	\$23
Tap (does not include shirt)	\$39	\$39

Opening Day! Thursday, May 21

1 - 3:30pm **Tap Dance Exhibition in the Mirowitz Performing Arts Center**

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

2 – 6pm **Fitness Fair in the Edison Gymnasium**

Get in the Senior Olympics spirit by attending our interactive Fitness Fair, located in the Edison Gymnasium. 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.

We Need Your Help



Support the tradition of the Games in its 41st year by becoming a "Friend of the St. Louis Senior Olympics."

Friends of the St. Louis Senior Olympics levels:

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

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

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

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

\$250 - Patron

- Two week pass to the J

\$100 - Well-Wisher

- One week pass to the J

Other \$ _____

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



"Although my times are slower, I have learned how to do strokes I did not know, and I am most proud I learned to flip turn at 71! My fellow competitors taught me so much!!" - SLSO 2019 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 Phil Ruben, 314.442.3216, pruben@jccstl.org

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: 314.442.3216

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

Eligibility - Changes for 2020!

NEW Minimum Age Requirement!

All events - Participant must turn 50 by December 31, 2020

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+

New for 2020: Your age on December 31 determines your age group. Example: If you are 59 on Memorial 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 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. 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.

Oasis Jazz Ensemble

Featuring the 20-piece swing band conducted by Chuck Schuder and Doris Gordon Liberman. Enjoy the standards of jazz tunes from the 30s and 40s featuring the works of Duke Ellington, Glenn Miller and more. Presented in partnership with St. Louis NORC, B'nai B'rith Missouri Lodge and St. Louis Senior Olympics. Event is free. RSVP requested by April 22 to Laura Press-Millner at 314.442.3255 or lmillner@jccstl.org.

Wednesday, April 29 at 1:30pm



2020 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 December 31, 2020

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

I participated in the 2019 St. Louis Games Yes No

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

T-Shirt Size: Unisex Women's Cut

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

Registration and Facility Fees

All Fees are Non-Refundable and Non-Transferable.

Registration Fees

\$ _____

General Registration

\$47 if postmarked by Monday, April 13
\$57 if postmarked after Monday, April 13

Team Only

\$32 if postmarked by Monday, April 13
\$42 if postmarked after Monday, April 13 for Basketball, Ultimate Frisbee or Water Volleyball. No other events.

Bridge Only

\$18 by Monday, April 13
\$23 after Monday, April 13

Tap Only

\$39 for Tap Exhibition/Masters Class. 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 _____

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

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, show information and drop-off/pick-up times 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., 10am) \$3
- Bowling Mixed Doubles – (Mon., 1pm) \$9
- Bowling Doubles – (Sun., 3pm) \$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 _____



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 by Monday, April 13, \$23 after Monday, April 13.)

- Duplicate Bridge – (Fri., 2:30pm)

Partner's Name & DOB _____

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



Cycling

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



Dart Throw

- Dart Throw – (Sat., 11am – 2pm)

Football

- Football Punt – (Sat., 9 – 10:30am) Football Kick – (Sat., 10:30am – 12pm)
- Football Throw, Accuracy – (Mon., 9 – 10:30am) Football Throw, Distance – (Mon., 9 – 10:30am)

Frisbee

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

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

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

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

Soccer

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

Softball Homerun Derby

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

Softball Throws

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

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*) |

Tap Dance (Tap dancers who participate in ONLY the Exhibition and Masters Class may register for \$39. Price does not include shirt.)

- Master's Class – (Fri., May 1, 9am – 1pm) Select: Beginner Intermediate Advanced
- Tap Dance Exhibition – (Thu., May 21, 1pm) Select: Solo Group Name: _____

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

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 at 8:30am. 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.

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 & DOB _____
- Badminton Mixed Doubles – (Sat., 12:30pm) Partner's Name & DOB _____

Billiards

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

Bocce

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

Cornhole

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

Horseshoes

- Horseshoes Singles – (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 _____



Pickleball - Indoor venue, rain or shine.

- Pickleball Doubles (65+: Sun., 5pm) (50-64: Sat., 5pm) Partner's Name & DOB _____
- Pickleball Mixed Doubles (65+: Sun., 5pm) (50-64: Fri., 5pm) Partner's Name & DOB _____

Racquetball

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

Shuffleboard

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

Table Tennis – Missouri State Qualifier for Nationals

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

Washer Toss

- Washer Toss – (Women 50-64: Sat., 9am) (Women 65+: Sat., 11am) (Men 65+: Sat., 1pm) (Men 50-64: Sat., 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 2020 and loss of right to play in following year's tournament.

Matches are played 8am - 2pm Thurs., Fri. and Sat. 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. Indoor venue, rain or shine.

- Singles
- Doubles
- Mixed Doubles
- Doubles Partner's Name & DOB _____
- Mixed Doubles Partner's Name & DOB _____

Team Entry Form & Roster



<p>3 on 3 Basketball The J in Chesterfield <input type="checkbox"/> Men: Sun., 12pm <input type="checkbox"/> Women: Sun., 12pm</p>	<p>Ultimate Frisbee The J in Creve Coeur <input type="checkbox"/> Co-Ed: Sat., May 30, 4:30pm</p>	<p>Water Volleyball Lutheran Senior Services at Laclede Groves <input type="checkbox"/> Co-Ed 65-74: Thu., 4pm <input type="checkbox"/> Co-Ed 50-64: Thu., 6:30pm <input type="checkbox"/> Co-Ed 75+: Fri., 9am</p>
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Team Roster

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

	Name	DOB	Age on 12/31/20	Gender	Address	City	State	Zip	Phone	Email	Shirt Size
	Captain:										
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											

- Team captains are responsible for completing and returning this form and team roster by **Thursday, April 30.**
- All players on a team roster **MUST** sign waiver (page 7) and include the team event participant fee of \$32 or \$42.
- Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57 and submit an Official Entry Form.
- Team Entry Forms will not be processed unless all team members have submitted their waiver and payments. Captains are responsible for submitting together.



2020 St. Louis Senior Olympics Volunteer Sign Up

Please return this form by **APRIL 30** 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: stlouisseniolympics.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

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 **2019** 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

Pre Games, Thursday, May 21 & Friday, May 22

Event Prep

Friday, April 24

10am-12pm

Friday, May 1

10am-12pm

Friday, May 8

10am-12pm

Friday, May 15

10am-12pm

Monday, May 18

10am-1pm 1pm-4pm

Tuesday, May 19

10am-1pm 1pm-4pm

Wednesday, May 20

10am-1pm 1pm-4pm

Tap Exhibition, Information Desk & Welcome Packet Pick-Up

Thursday, May 21

11:30am-3pm 2:30-6pm

Administrative Volunteers

Friday, May 22

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

12:30-4pm

Sunday, May 24

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, May 23

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, May 25

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, May 25

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*





Schedule of Events

Thursday, May 21

8:00am	Tennis	Chesterfield Athletic Club
1:00pm	Tap Exhibition	J Creve Coeur PAC
2:00pm	Fitness Fair	J Creve Coeur Gym
4:00pm	Water Volleyball (Co-Ed) (65-74)	LSS at Laclede Groves
6:30pm	Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves

Friday, May 22

8:00am	Horseshoes Singles (M 50-64)	J Creve Coeur Ballfields
8:00am	Tennis	Chesterfield Athletic Club
9:00am	9-Hole Golf Tournament	Creve Coeur Golf Course
9:00am	Washer Toss (W 50-64)	J Creve Coeur Upper Play Fields
9:00am	Water Volleyball (Co-Ed) (75+)	LSS at Laclede Groves
9:30am	Horseshoes Singles (M 65+)	J Creve Coeur Ballfields
11:00am	Billiards: Eight Ball	Teachers Billiards
11:00am	Horseshoes Singles (W 50-64)	J Creve Coeur Ballfields
11:00am	Washer Toss (W 65+)	J Creve Coeur Upper Play Fields
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	Duplicate Bridge	St. Louis Bridge Center
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)	J Creve Coeur Gym

Saturday, May 23

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

Sunday, May 24

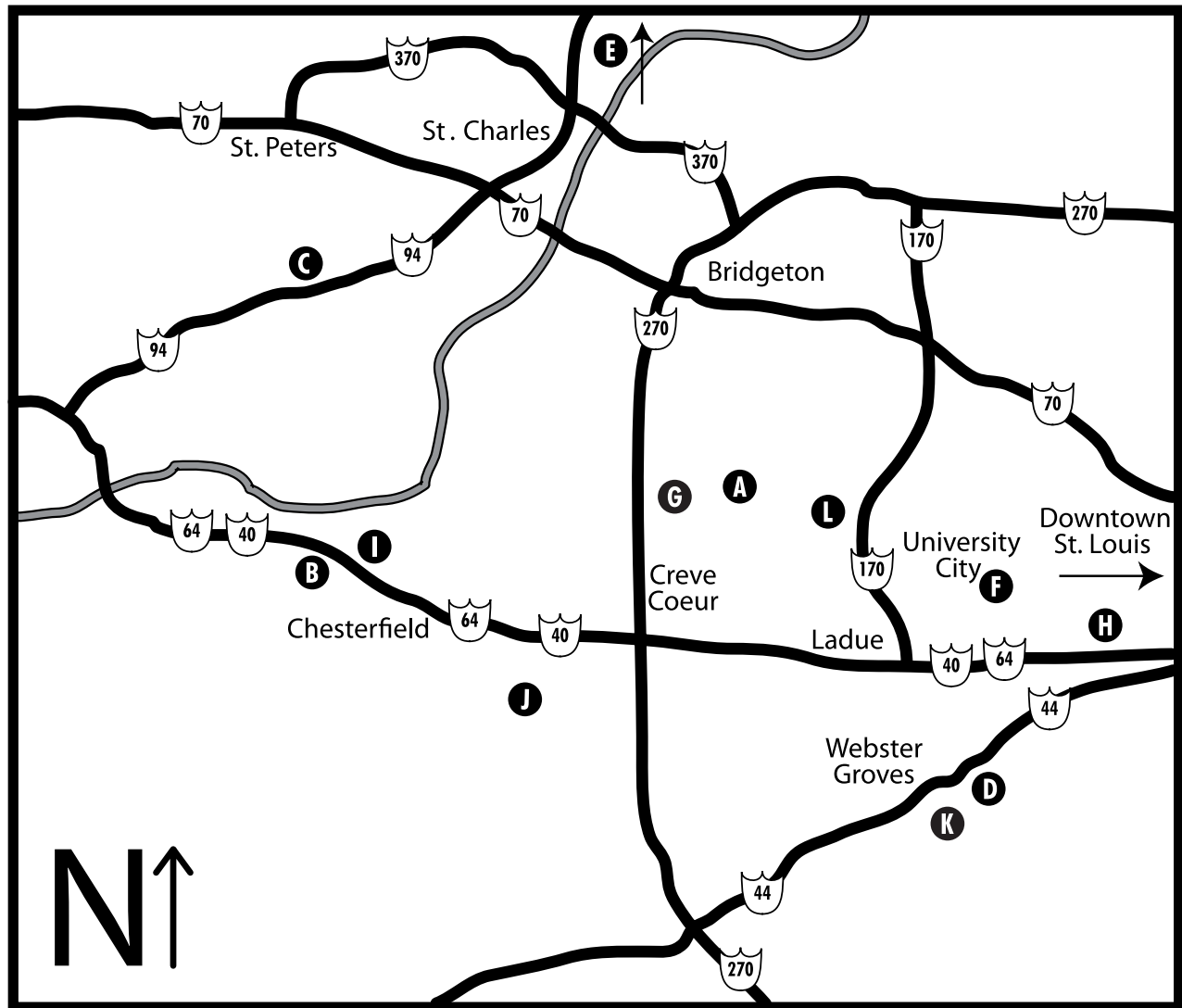
8:00am	Shuffleboard Singles (M 50-64)	J Day Camp Pavilion
8:30am	Basketball Around The World	J Creve Coeur Gym
9:00am	Bocce (M 70+)	J Creve Coeur Upper Play Fields
9:30am	Basketball Free Throw	J Creve Coeur Gym
10:00am	Bocce (M 50-69)	J Creve Coeur Upper Play Fields
10:00am	Shuffleboard Singles (W 50-64)	J Day Camp Pavilion
10:00am	Weightlifting Weigh-In	J Creve Coeur Fitness Center
11:30am	Bocce (W 50-64)	J Creve Coeur Upper Play Fields
12:00pm	3 on 3 Basketball	J Chesterfield Gym
12:00pm	Shuffleboard Singles (M 65+)	J Day Camp Pavilion
1:00pm	Bocce (W 65+)	J Creve Coeur Upper Play Fields
2:00pm	Shuffleboard Singles (W 65+)	J Day Camp Pavilion
2:00pm	Swimming	J Chesterfield Indoor Pool
3:00pm	Bowling Doubles	Shrewsbury Lanes
5:00pm	Pickleball Doubles & Mixed Doubles (65+)	J Creve Coeur Gym
7:00pm	Bowling Singles	Shrewsbury Lanes

Monday, May 25

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

Tuesday, May 26

7:30am	18-Hole Golf Tournament	Forest Park Golf Course
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- A** **Main Venue:** The J, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B** **3 on 3 Basketball & Swimming:** The J in Chesterfield, Marilyn Fox Building, 16801 Baxter Road, Chesterfield, MO 63005
- C** **Billiards:** Teachers Billiards and Sports Cafe, 3611 N. St. Peters Parkway, St. Peters, MO 63376
- D** **Bowling:** 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. Probstain Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- I** **Tennis:** Chesterfield Athletic Club, 16625 Swingley Ridge Road, Chesterfield, MO 63017
- 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
- L** **Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132



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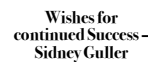
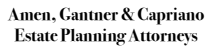
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