

2024 ENTRY FORM



New
Events
Added



More
than 90
events!



Ages
50+

44TH St. Louis Senior Olympics

A MASTERS STYLE COMPETITION

Memorial Day Weekend

(and surrounding dates)

Registration Deadlines: April 10 (Early) & May 8 (Final)

Online Registration
Scan the QR code or visit
stlouisseniorolympics.org





About the St. Louis Senior Olympics

The St. Louis Senior Olympics is an Olympic-style sporting competition. **Participants must turn 50 by December 31, 2024.** 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 2024!

2024 Registratiton 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: **stlouisseniolympics.org**. If you have questions regarding the form, contact Stephanie Rhea at srhea@jccstl.org or 314.442.3164.

Online Registration
Scan the QR code or visit
stlouisseniolympics.org



Registration Deadlines

Early Registration Deadline — Wednesday, April 10

Final Registration Deadline — Wednesday, May 8

Save
\$10!

St. Louis Senior Olympics is not responsible for delays involving the United States Postal Service.

Send or deliver entry forms to:

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

Liability Waiver MUST be signed and turned in with the Official Entry Form.

Registration Fees

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

Registration Type (per person)	Through April 10	April 11 & After
General Registration (all events, unless otherwise mentioned)	\$49	\$59
Water Volleyball or 3-on-3 Basketball Only	\$36	\$46
Art, Bridge, Dance and Mah Jong <i>Does not include t-shirt</i>	\$22	\$32

Opening Day! Friday, May 24

10am-2pm

Sponsor Fair in the J Creve Coeur Edison Gymnasium

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. This is the first opportunity for athletes to pick up shirts, and features the debut of the art exhibit.

1:15pm

Opening Ceremonies in the J Creve Coeur Edison Gymnasium

Enjoy the torch passing, opening day speeches and presentation of our annual awards. There will be a Walk of Ages from the gym to the PAC.

2pm

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 2024 Games. Bring your future Senior Olympians so all can enjoy.

Thank you to our 2024 Sponsors and Community Partners!



Gold Sponsor

Barnes-Jewish Hospital

BJC HealthCare

Dianne O'Connell & Thom Kuhn

Sliver Sponsors



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



Bronze Sponsors



SENIOR RESIDENCES
CLARENDALE
CLAYTON

Olympian Sponsors

Anonymous



**Judy & David
Grand**



**Sidney and Bobbi
Guller Family
Foundation**

Community Partners



Sponsors as of February 29, 2024

Sponsorship opportunities are still available!

For more information about supporting the St. Louis Senior Olympics, please contact MJ Probst, 314.442.3112 or mprobst@jccstl.org



Support the St. Louis Senior Olympics

Friends of St. Louis Senior Olympics

To maintain the excellence of the St. Louis Senior Olympics, we have created the Friends of the St. Louis Senior Olympics. We are asking you, as our friend, to join this campaign and help us inspire and motivate our community to live a healthier life. Please consider supporting the Game's 44th year with a generous contribution. Friend's contributions can be made when you register online or on page 6.

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

Charles Amen

Harvey Brown

Stephanie and Brandon Dahl

Fischer-Bauer-Knirps Foundation

Phyllis and Stephen Kamenetzky

Merle and Marty Oberman

RubinBrown LLP

Lester Seligman

There's still time to be a Friend of the St. Louis Senior Olympics!

Scan the QR code or visit
jccstl.com/sponsorslo



\$500-\$1,499

- Name or company logo on t-shirt handed out to Olympians (commitments need to be in by April 15, 2024)
- Preferred goodie bag pick-up.
- Free camping chair with St. Louis Senior Olympics logo
- Listing on "Friends Of" sign at admin desk during games

\$125-\$499

- Free sling back backpack with St. Louis Senior Olympics logo
- Listing on "Friends Of" sign at admin desk during games

All J donors: Recognized in J Annual Report

All J donors: \$1,000 and up will be recognized as part of the Millstone Society

For more information about supporting the St. Louis Senior Olympics, please contact MJ Probst, 314.442.3112 or mprobst@jccstl.org

Important Information

St. Louis Senior Olympics Office

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

Phone: 314.442.3164
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.

Registration Deadlines: April 10 (Early) & May 8 (Final)

Online Registration
Scan the QR code or visit
stlouisseniorolympics.org



All events - Participant must turn 50 by December 31, 2024

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 AND WASHER TOSS.

PICKLEBALL AND TABLE 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, with the exception of the Darts Doubles tournament.

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.



2024 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, 2024

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: ☐ No shirt

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 Wednesday, April 10	\$ _____
	\$59 if postmarked <u>after</u> Wednesday, April 10	
3-on-3 Basketball or Water Volleyball <u>ONLY</u>	\$36 by Wednesday, April 10	\$ _____
	\$46 after Wednesday, April 10	\$ _____
	Team Name _____	
Art, Bridge, Dance, and Mah Jong <i>Shirt not included</i>	\$22 by Wednesday, April 10	\$ _____
	\$32 after Wednesday, April 10	\$ _____
	\$8 add a shirt	\$ _____

Facility Fees

Golf 9-Hole	\$12 (includes greens fee and cart)	\$ _____
Golf 18-Hole	\$18 (includes greens fee and cart)	\$ _____

Donation

Support the St. Louis Senior Olympics \$ _____

Registration Deadline is Wednesday, May 8

TOTAL \$ _____

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 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.
3. 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.
4. 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 _____



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. May 27, 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 – (Mon. May 27, 9 – 11pm)

Basketball

- ☐ Basketball Around the World – (Sun. May 26, 8:30 – 10:30am)
☐ Basketball Free Throw – (Sun. May 26, 8:30 – 10:30am)

Bowling

- ☐ Bowling Singles – (Sat. May 25, 3pm) ☐ Scratch ☐ Handicap (Must have USBC handicap card to participate in handicap tournament)
☐ Bowling, Open Doubles – (Sun. May 26, 3pm) Partner's Name & DOB _____

You will not be registered for doubles without partner listed

Bridge

- ☐ Duplicate – (Wed. May 22, 2:30pm) Proof of COVID-19 vaccination required on-site. Partner's Name & DOB _____

Cycling

- ☐ 5 miles – (Sat. May 25, 9am) ☐ 5 kilometers – (Sat. May 25, 10am) ☐ 1 mile – (Sat. May 25, 10:45am) ☐ ¼ mile – (Sat. May 25, 11:15am)

Dance

- ☐ Exhibition – (Fri. May 24, 2pm)

Dart Throw (Tournaments on p10)

- ☐ Dart Throw – (Sat. May 25, 10:30am – 12:30pm)

Football

- ☐ Football Punt – (Sat. May 25, 9 – 10:30am) ☐ Football Kick – (Sat. May 25, 10:30am – 12pm)
☐ Football Throw, Accuracy – (Mon. May 27, 9 – 10:30am) ☐ Football Throw, Distance – (Mon. May 27, 9 – 10:30am)

Frisbee

- ☐ Frisbee Toss, Distance – (Sat. May 25, 1:30 – 3pm)

Golf (Fri., May 26 and Tue., May 30) (Facility Fees: \$12 for Golf 9-Hole, \$18 for Golf 18-Hole)

- ☐ Golf 9-Hole – Creve Coeur Golf Course – (Fri. May 24, 9am) \$12
☐ Golf 18-Hole **SCRATCH** – Normal Probststein Golf Course in Forest Park – (Tue. May 27, 7:30am) \$18
☐ Golf 18-Hole **HANDICAP** – Normal Probststein Golf Course in Forest Park – (Tue. May 28, 7:30am) \$18 *Must present current USGA Handicap Card at check in
☐ Closest to the Pin – (Sat. May 25, 8-10am)
☐ Longest Drive (Golf Simulator) – (Sat. May 25, 9-11am)

Golf Foursome (optional)

1	_____	2	_____
3	_____	4	_____

Mah Jong

- ☐ Mah Jong – (Thu. May 23, 1pm)

Official Entry Form

Individual Events (continued)



Soccer

- ☐ Soccer Kick, Accuracy – (Mon. May 27, 1:30 – 3pm)
- ☐ Soccer Kick, Distance – (Sat. May 25, 12 – 1:30pm)
- ☐ Soccer Kick, Around the World – (Fri. May 24, 3 – 4pm)

Softball Homerun Derby

- ☐ Softball Homerun Derby – (Mon. May 27, 11am – 1pm)

Softball Throws

- ☐ Softball Throw, Accuracy – (Mon. May 27, 11am – 12:30pm)
- ☐ Softball Throw, Distance – (Mon. May 27, 11am – 12:30pm)

Swimming (Sat., May 25 and Sun., May 26) — 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. May 27 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 | |



Weightlifting

- ☐ Weigh In – (Sun. May 26, 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 8am. 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.

- ☐ Straight Arm Hang – (Sun. May 26, 8:30am – 9:30am)
- ☐ Push Ups: select up to two events: ☐ Hand ☐ Knee – (Sun. May 26, 10am – 12pm)

Team Event
Basketball 3-on-3 - Sun., May 26 <input type="checkbox"/> Sun., 12pm Team Captain _____

Team Event
Water Volleyball - Fri., May 31 <input type="checkbox"/> Co-Ed: Fri., 9am (50+)

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. May 25, 8am) (Women: Sat. May 25, 11:30am)

☐ Badminton Doubles – (Men: Sat. May 25, 9:30am) (Women: Sat. May 25, 12:30pm)

Partner's Name & DOB _____

☐ Badminton Mixed Doubles – (Sat. May 25, 10:30am)

Partner's Name & DOB _____

Billiards

☐ Billiards – Eight Ball – (Fri. May 24, 11am) – **Arrive as early as 10am to practice!**

Bocce

☐ Bocce – (Men 70+: Sun. May 26, 9am) (Men 50-69 Sun. May 26, 10am) (Women 50-64: Sun. May 26, 11:30am) (Women 65+: Sun. May 26, 1pm)

Cornhole - Now indoors!

☐ Cornhole Singles – (Men 50-64: Sat. May 25, 8am) (Women 50-64: Sat. May 25, 9:30am)

(Men 65+: Sat. May 25, 11am) (Women 65+: Sat. May 25, 12:30pm)

☐ Cornhole Open Doubles – (50-59: Sat. May 25, 1:30pm) (60+: Sat. May 25, 3pm) _____

Partner's Name & DOB _____

Darts (Individual Event on p8)

☐ Darts Doubles – (Sat. May 25, 1pm) Partners will be randomly drawn on-site _____

☐ Darts Singles – (Sat. May 25, 3:30pm)

Horseshoes

☐ Horseshoes Open Singles – (Fri. May 24, 9:30am)

☐ Horseshoes Open Doubles – (Fri. May 24, 11am) Partner's Name & DOB _____

Pickleball

☐ Pickleball Singles (Fri. May 19, 3pm)

☐ Pickleball Doubles (Sat. May 20, 9am) Partner's Name & DOB _____

☐ Pickleball Mixed Doubles (Sun. May 21, 9am) Partner's Name & DOB _____

Racquetball

☐ Racquetball Singles – (Mon. May 27, 8:15am)

☐ Racquetball Open Doubles – (Mon. May 27, 12:15pm) Partner's Name & DOB _____

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



Tournament Events (continued)



Shuffleboard

☐ Shuffleboard Singles – (Men 50-64: Sun. May 26, 8am) (Women 50-64: Sun. May 26, 10am)
(Men 65+: Sun. May 26, 12pm) (Women 65+: Sun. May 26, 2pm)

☐ Shuffleboard Open Doubles – (75+: Mon. May 27, 9am)
(50-59: Mon. May 27, 11am) (60-74: Mon. May 27, 1pm)

Partner's Name & DOB _____

Table Tennis – Missouri State Qualifier for Nationals

☐ Table Tennis Singles – (Women: Sat. May 25, 9am) (Men 70+: Sat. May 25, 12pm) (Men 50-69: Sat. May 25, 2pm)

☐ Table Tennis Doubles – (Women: Sat. May 25, 11am) (Men: Sat. May, 4pm) Partner's Name & DOB _____

☐ Table Tennis Mixed Doubles – (Sat. May 25, 11am) Partner's Name & DOB _____

Washer Toss

☐ Washer Toss – (Women 50-64: Sun. May 26, 9am) (Women 65+: Sun. May 26, 11am) (Men 65+: Sun. May 26, 1pm) (Men 50-64: Sun. May, 2pm)

2024 St. Louis Senior Olympics Volunteer Sign Up



Name _____

Email _____

Phone _____

T-Shirt ☐ Small ☐ Medium ☐ Large ☐ XL ☐ 2XL ☐ 3XL

☐ I am interested in volunteering. Please call me to discuss.

Friday, May 24

Admin Volunteers ☐ 9am-12pm

Event Volunteer, Outdoor at J Creve Coeur ☐ 9am-12pm ☐ 3-5pm

Saturday, May 25

Admin Volunteers ☐ 8-10am ☐ 10am-1pm ☐ 1-4pm

Event Volunteer, Outdoor at J Creve Coeur ☐ 7:30-11am ☐ 10:30am-1pm ☐ 12:30-3pm ☐ 2:30-5pm

Event Volunteer, Swimming at J Chesterfield ☐ 1:30-5pm

Event Volunteer, Cycling at Audobon Center ☐ 8:30am-12pm

Sunday, May 26

Admin Volunteers ☐ 8-10am ☐ 10am-1pm ☐ 1-4pm

Event Volunteer, Indoor at J Creve Coeur ☐ 8-11am

Event Volunteer, Outdoor at J Creve Coeur ☐ 8-10:30am ☐ 10:30am-12:30pm ☐ 12:30-3:30pm

Event Volunteer, Basketball at J Chesterfield ☐ 11:30am-4pm

Event Volunteer, Swimming at J Chesterfield ☐ 1:30-5pm

Monday, May 27

Admin Volunteers ☐ 8-10am ☐ 10am-1pm ☐ 1-4pm

Event Volunteer, Outdoor at J Creve Coeur ☐ 7:30-10:30am ☐ 10:30am-1pm ☐ 1-4:30pm

Event Volunteer, Track & at The Principia ☐ 7:30am-2pm

Online Registration
Scan the QR code or visit
stlouisseniorolympics.org



Registration Assistance
Emily Brimberry
314.442.3110 or ebimberry@jccstl.org

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 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



2024 St. Louis Senior Olympics

Schedule of Events



Friday, May 17

3pm Pickleball Singles J Creve Coeur Gym

Saturday, May 18

9am Pickleball Doubles J Creve Coeur Gym

Sunday, May 19

9am Pickleball Mixed Doubles J Creve Coeur Gym

Wednesday, May 22

2:30pm Duplicate Bridge St. Louis Bridge Center

Friday, May 24

9am 9-Hole Golf Tournament Creve Coeur Golf Course
 8am Horseshoes Singles J Creve Coeur Upper Play Fields
 10am Sponsor Fair J Creve Coeur Gym
 11am Billiards Eight Ball Teachers Billiards
 10am Horseshoes Open Doubles J Creve Coeur Upper Play Fields
 1pm Opening Ceremonies J Creve Coeur Gym
 1:30pm Dance Exhibition J Creve Coeur Arts & Education Building
 3pm Soccer Kick: Around the World J Creve Coeur Upper Play Fields

Saturday, May 25

8am Badminton Singles (M) J Creve Coeur Gym
 8am Cornhole Singles (M 50-64) J Creve Coeur A&E Building
 8am Golf Closest to the Pin J Creve Coeur Ballfields
 9am Cycling (5 Mile) Audubon Center Riverlands
 9am Football Punt J Creve Coeur Upper Play Fields
 9am Golf Longest Drive J Creve Coeur Fitness Hallway
 9am Table Tennis Singles (W) J Creve Coeur Gym
 9:30am Badminton Doubles (M) J Creve Coeur Gym
 9:30am Cornhole Singles (W 50-64) J Creve Coeur A&E Building
 10am Cycling (5 Kilometers) Audubon Center Riverlands
 10am Table Tennis Doubles (W) J Creve Coeur Gym
 10:30am Badminton Mixed Doubles J Creve Coeur Gym
 10:30am Football Kick J Creve Coeur Upper Play Fields
 10:30am Dart Throw J Creve Coeur A&E Building
 10:45am Cycling (1 Mile) Audubon Center Riverlands
 11am Cornhole Singles (M 65+) J Creve Coeur A&E Building
 11am Table Tennis Mixed Doubles J Creve Coeur Gym
 11:15am Cycling (1/4 Mile) Audubon Center Riverlands
 11:30am Badminton Singles (W) J Creve Coeur Gym
 12pm Soccer Kick: Distance J Creve Coeur Upper Play Fields
 12pm Table Tennis Singles (M 70+) J Creve Coeur Gym
 12:30pm Badminton Doubles (W) J Creve Coeur Gym
 12:30pm Cornhole Singles (W 65+) J Creve Coeur A&E Building
 1pm Dart Tournament (Doubles) J Creve Coeur A&E Building
 1:30pm Cornhole Open Doubles J Creve Coeur A&E Building
 1:30pm Frisbee Toss: Distance J Creve Coeur Upper Play Fields
 2pm Swimming J Chesterfield Indoor Pool
 3pm Bowling Singles Olivette Lanes
 3pm Cornhole Open Doubles (60+) J Creve Coeur A&E Building
 3:30pm Dart Tournament (Singles) J Creve Coeur A&E Building
 4pm Table Tennis Doubles (M) J Creve Coeur Gym

Sunday, May 26

8am Shuffleboard Singles (M 50-64) J Creve Coeur Day Camp Pavilion
 8:30am Basketball Around the World and Free Throws J Creve Coeur Gym
 8:30am Straight Arm Hang J Creve Coeur Fitness Center
 9am Bocce (M 70+) J Creve Coeur Upper Play Fields
 9am Washer Toss (W 50-64) J Creve Coeur Upper Play Fields
 10am Bocce (M 50-69) J Creve Coeur Upper Play Fields
 10am Push Ups J Creve Coeur Fitness Center
 10am Shuffleboard Singles (W 50-64) J Creve Coeur Day Camp Pavilion
 10am Weightlifting Weigh-In J Creve Coeur Fitness Center
 11am Washer Toss (W 65+) J Creve Coeur Upper Play Fields
 11:30am Bocce (W 50-64) J Creve Coeur Upper Play Fields
 12pm Shuffleboard Singles (M 65+) J Creve Coeur Day Camp Pavilion
 12pm Basketball 3-on-3 J Chesterfield Gym
 1pm Bocce (W 65+) J Creve Coeur Upper Play Fields
 1pm Washer Toss (M 65+) J Creve Coeur Upper Play Fields
 2pm Shuffleboard Singles (W 65+) J Creve Coeur Day Camp Pavilion
 2pm Swimming J Chesterfield Indoor Pool
 2pm Washer Toss (M 50-64) J Creve Coeur Upper Play Fields
 3pm Bowling Open Doubles Olivette Lanes

Monday, May 27

8am Accuracy Plug Casting J Creve Coeur Outdoor Pool
 8am Track & Field The Principia School
 8am Weightlifting J Creve Coeur Gym
 8:15am Racquetball Singles J Creve Coeur Courts
 9am Baseball Homerun Derby J Creve Coeur Ballfields
 9am Football Throws
 Accuracy and Distance J Creve Coeur Upper Play Fields
 9am Shuffleboard Open
 Doubles (75+) J Creve Coeur Day Camp Pavilion
 11am Shuffleboard Open
 Doubles (50-59) J Creve Coeur Day Camp Pavilion
 11am Softball Throws
 Accuracy and Distance J Creve Coeur Upper Play Fields
 11am Softball Homerun Derby J Creve Coeur Ballfields
 12:15pm Racquetball Open Doubles J Creve Coeur Courts
 1pm Shuffleboard Open
 Doubles (60-74) J Creve Coeur Day Camp Pavilion
 1:30pm Soccer Kick: Accuracy J Creve Coeur Upper Play Fields

Tuesday, May 28

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

Thursday, May 30

1pm Mah Jong Mirowitz Center

Friday, May 31

9am Water Volleyball Meramec Bluffs

Updated Schedule & Results
 Scan the QR code or visit
jccstl.com/sloschedule



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

Monday, May 27

Track Schedule

8am	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+)
9am	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)
12pm	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)
1pm	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)
2pm	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

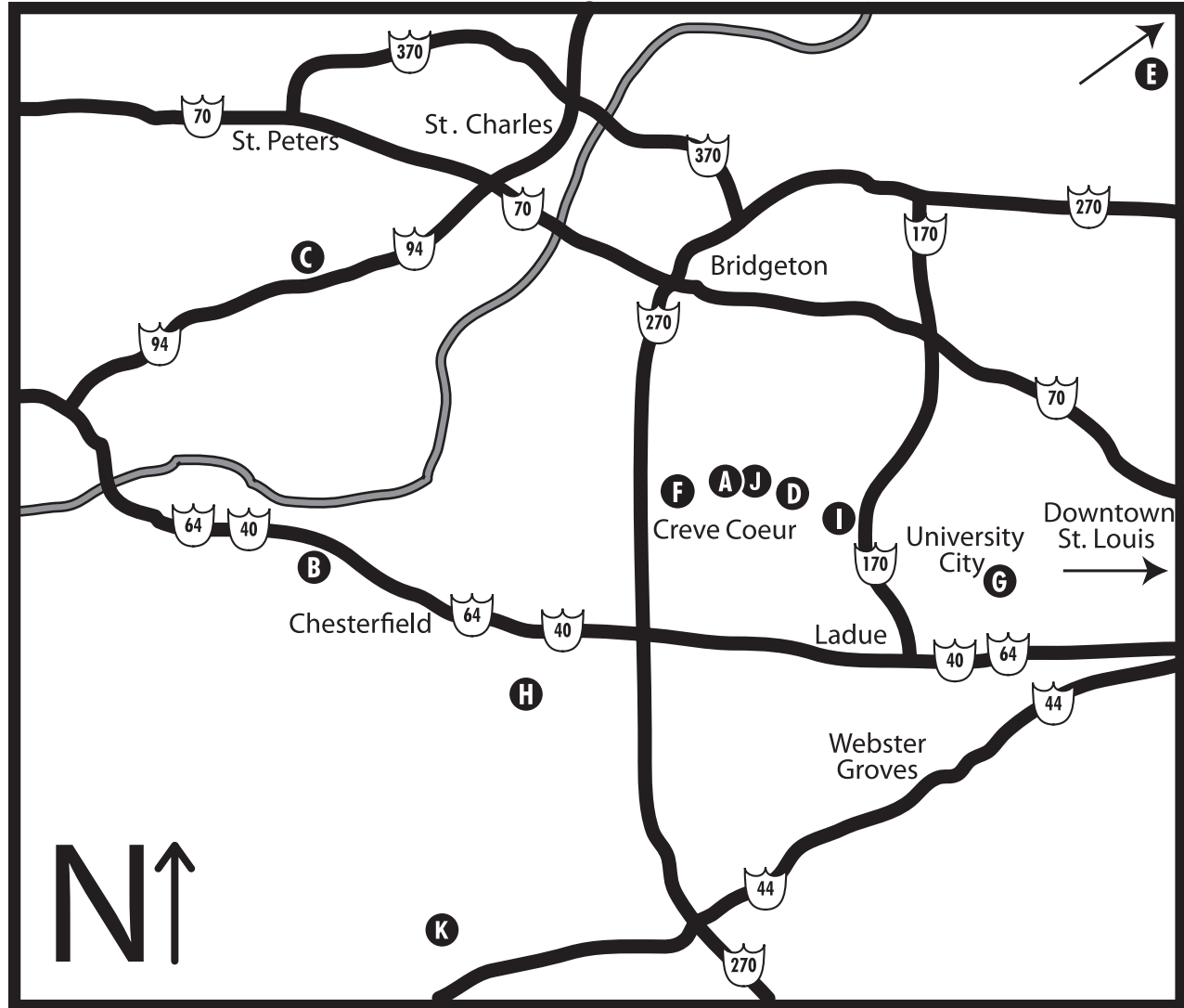
For events with designated start and end times, please report to and complete event during allotted time frame.

8:30-11:30am	Javelin (All)
8:30-11:30am	Discus (All)
8:30-11:30am	Shot Put (All)
8:30-11:30am	Running Long Jump (All)
8:30-11:30am	Standing Long Jump (All)
8:30-11:30am	Pole Vault (All)
8:30-11:30am	Triple Jump (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)

Updated Schedule & Results
Scan the QR code or visit
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Venue Map



- A Main Venue:** The J in Creve Coeur, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B Basketball 3-on-3 & 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:** Olivette Lanes, 9250 Olive Blvd. St Louis, MO 63132
- 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 Track & Field:** The Principia, 13201 Clayton Road, St. Louis, MO 63131
- I Bridge:** St. Louis Bridge Center, 1270 N. Price Road, Olivette, MO 63132
- J Mah Jongg:** Mirowitz Center, 8 Millstone Campus Drive, St. Louis, MO 63146
- K Water Volleyball:** Meramec Bluffs, 1 Meramec Bluffs Drive, Ballwin, MO 63021



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