

# 2024 ENTRY FORM



New Events Added



More than 90 events!



Ages 50+

## 44<sup>TH</sup> 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](http://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 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: [stlouisseniolympics.org](http://stlouisseniolympics.org). If you have questions regarding the form, contact Stephanie Rhea at [srhea@jccstl.org](mailto:srhea@jccstl.org) or 314.442.3164.

Online Registration  
Scan the QR code or visit  
[stlouisseniolympics.org](http://stlouisseniolympics.org)



### Registration Deadlines

**Early Registration Deadline — Wednesday, April 10**  
**Final Registration Deadline — Wednesday, 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

- 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<br>(all events, unless otherwise mentioned)   | \$49             | \$59             |
| Water Volleyball or 3-on-3 Basketball Only                         | \$36             | \$46             |
| Art, Bridge, Dance and Mah Jong<br><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

## 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](http://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](mailto: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/stlouisseniolympians  
Website: stlouisseniolympics.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  
[stlouisseniolympics.org](http://stlouisseniolympics.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.**

| <b>Registration Fees</b>                                      |   | \$ _____                         |
|---|---|----------------------------------|
| <b>General Registration</b>                                   | <b>\$49 if postmarked by Wednesday, April 10</b><br><b>\$59 if postmarked after Wednesday, April 10</b> |                                  |
| 3-on-3 Basketball or Water Volleyball <u>ONLY</u>             | \$36 by Wednesday, April 10<br>\$46 after Wednesday, April 10   | \$ _____<br>\$ _____             |
|   | Team Name _____   |                                  |
| Art, Bridge, Dance, and Mah Jong<br><i>Shirt not included</i> | \$22 by Wednesday, April 10<br>\$32 after Wednesday, April 10<br>\$8 add a shirt                        | \$ _____<br>\$ _____<br>\$ _____ |
| <b>Facility Fees</b>  |   |                                  |
| Golf 9-Hole   | \$12 (includes greens fee and cart)   | \$ _____                         |
| Golf 18-Hole  | \$18 (includes greens fee and cart)   | \$ _____                         |
| <b>Donation</b>   |   |                                  |
| Support the St. Louis Senior Olympics                         |   | \$ _____                         |
| <b>Registration Deadline is Wednesday, May 8</b>              |   | <b>TOTAL \$ _____</b>            |

## 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 \_\_\_\_\_



# 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 Probstein Golf Course in Forest Park – (Tue. May 28, 7:30am) \$18
- Golf 18-Hole **HANDICAP** – Normal Probstein 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 30, 1pm)



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

| Team Event                                      |
|---|
| <b>Water Volleyball - Fri., May 31</b>          |
| <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 - Same host, new location!

- 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 17, 3pm)
- Pickleball Doubles (Sat. May 18, 9am) Partner's Name & DOB \_\_\_\_\_
- Pickleball Mixed Doubles (Sun. May 19, 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) Partner's Name & DOB \_\_\_\_\_  
(50-59: Mon. May 27, 11am) (60-74: Mon. May 27, 1pm)

### 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, 10am) (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](http://stlouisseniorolympics.org)



**Registration Assistance**  
Emily Brimberry  
314.442.3110 or [ebimberry@jccstl.org](mailto: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](http://community.jccstl.org). This will be a brand-new login and not a previous username and password used on the old J system.
2. Select "Create Account" which is in white writing just below the password field.
3. Fill out the form  
**Important:** if you are a member, or have participated in any J programs, you must use the same name, birthdate and email address that we currently have on file for you. Otherwise, you may receive an error, or you may create a duplicate account that will not receive the correct pricing or access to certain sections of this website. Please feel free to contact us to confirm your information currently on file. **If you need assistance at any time, please contact us at [memberservices@jccstl.org](mailto:memberservices@jccstl.org) or 314.432.5700.**
4. Click submit.
5. Check your email for a message from 'jccstl' from the address [admin@tractionondemand.com](mailto:admin@tractionondemand.com). You may need to check your spam folder. Click the link provided in the email to verify the account.
6. Create your password following the guidelines. Click "Change Password."

**How to Register once you have an account.**

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



# 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

9:30am Horseshoes Singles J Creve Coeur Upper Play Fields

10am Sponsor Fair J Creve Coeur Gym

11am Billiards Eight Ball Teachers Billiards

11am 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

2pm Table Tennis Singles (M 50-69) J Creve Coeur Gym

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 Fitness Center

10am Push Ups J Creve Coeur Day Camp Pavilion

10am Shuffleboard Singles (W 50-64) J Creve Coeur Fitness Center

10am Weightlifting Weigh-In J Creve Coeur Upper Play Fields

11am Washer Toss (W 65+) J Creve Coeur Upper Play Fields

11:30am Bocce (W 50-64) J Creve Coeur Day Camp Pavilion

12pm Shuffleboard Singles (M 65+) J Chesterfield Gym

12pm Basketball 3-on-3 J Creve Coeur Upper Play Fields

1pm Bocce (W 65+) J Creve Coeur Upper Play Fields

1pm Washer Toss (M 65+) J Creve Coeur Day Camp Pavilion

2pm Shuffleboard Singles (W 65+) J Chesterfield Indoor Pool

2pm Swimming J Creve Coeur Upper Play Fields

2pm Washer Toss (M 50-64) Olivette Lanes

3pm Bowling Open Doubles

## 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 J Creve Coeur Upper Play Fields

9am Accuracy and Distance

9am Shuffleboard Open J Creve Coeur Day Camp Pavilion

9am Shuffleboard Open Doubles (75+)

11am Shuffleboard Open J Creve Coeur Day Camp Pavilion

11am Softball Throws J Creve Coeur Upper Play Fields

11am Accuracy and Distance J Creve Coeur Ballfields

11am Softball Homerun Derby J Creve Coeur Courts

12:15pm Racquetball Open Doubles

1pm Shuffleboard Open J Creve Coeur Day Camp Pavilion

1pm Shuffleboard Open Doubles (60-74) J Creve Coeur Upper Play Fields

1:30pm Soccer Kick: Accuracy

## 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](http://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)       |

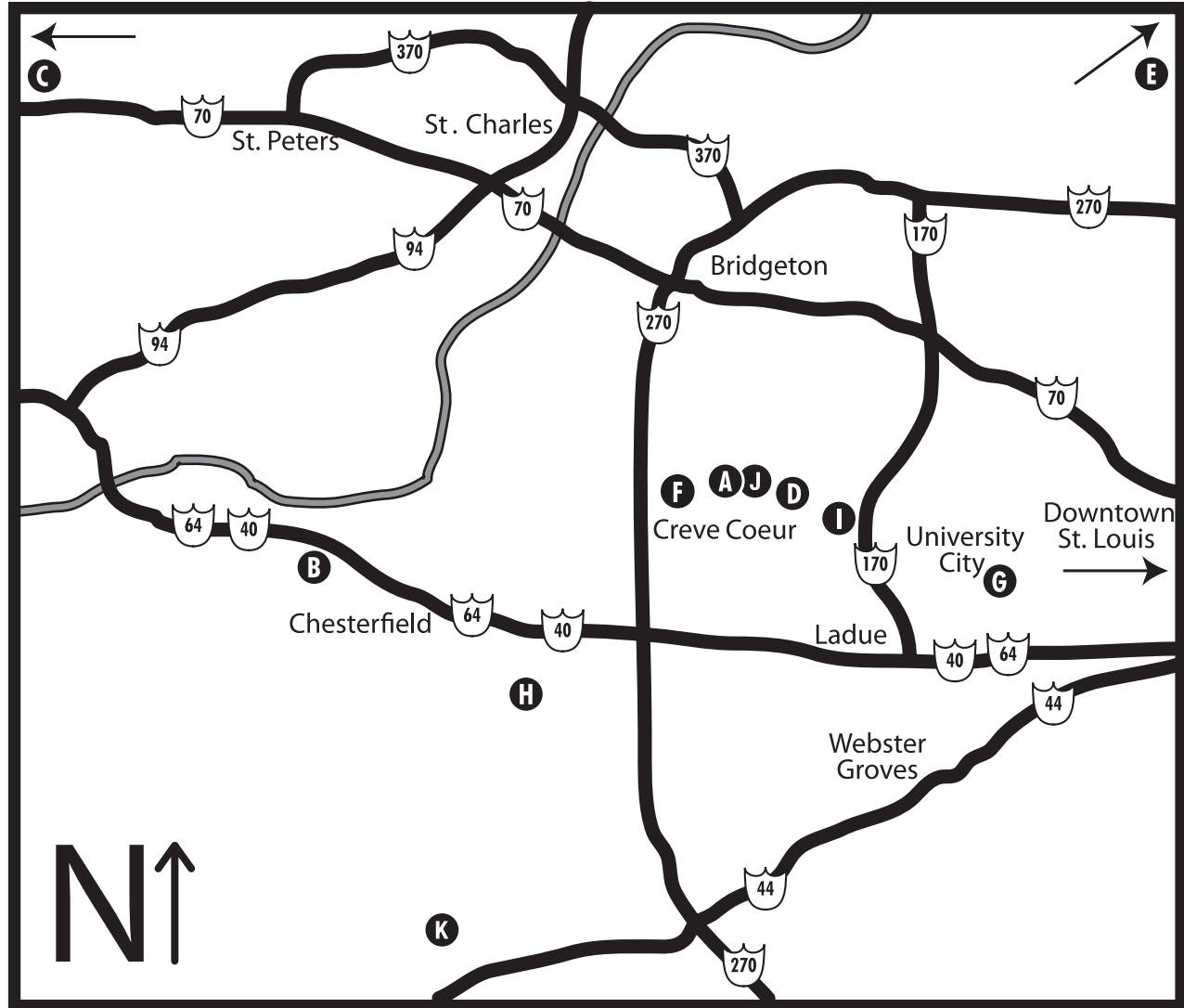
#### Field Schedule

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  
[jcctl.com/sloschedule](http://jcctl.com/sloschedule)





- 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, 10604 Veterans Memorial Parkway, Lake St. Louis, MO 63367
- 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. Probstein 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



More than 90 events!

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Staenberg Family Complex  
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# 44<sup>th</sup> St. Louis Senior Olympics Memorial Day Weekend 2024 (and surrounding dates) 314.442.3164 or stlouisseniolympics.org

Thank you to our 2024 St. Louis Senior Olympics Sponsors and Community Partners!

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### Community Partners



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