



[www.tseniorolympics.com](http://www.tseniorolympics.com)

# Tennessee Senior Olympics

District Entry Information

The Southeast District Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

The following counties are included in the Southeast District: Bledsoe, Bradley, Loudon, McMinn, Meigs, Monroe, Polk, and Rhea.

# General Information

## Age Categories

The Tennessee Senior Olympics age categories are as follows:

50-54	55-59	60-64	65-69	70-74
75-79	80-84	85-89	90-94	95+

Participants will qualify for age divisions according to their age as of December 31, 2009.

In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member.

## Registration and Fees

The Tennessee Senior Olympics hosts ten district events across the state of Tennessee. To qualify for the Tennessee Senior Olympics State Finals, all you must do is participate in one of our district events. This does not apply to "open" sports offered at the state finals. This is a rule change. All district entrants advance to the State Finals. Athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district. Participation is limited to one district with the exception of team sports. Team members may travel to another district to play in a team sport even if all individual sports have been played in another district.

The following rules apply to district participation:

1. All individual sports must be completed in one district. Play may not be spread out over multiple districts. Example: An athlete may not compete in Greater Nashville and South Central in individual sports.
2. However, team players may compete in a team sport (3x3 basketball, softball & volleyball) at any one district. Example: An athlete competes in individual sports in Upper Cumberland and then plays basketball in East and volleyball in Southeast.

Participants may enter an unlimited number of events. However, they may not register for events that will overlap in time.

All participants are required to pay a one-time entry fee and submit a completed entry form. The entry fee includes medals, awards, shirts, dance, insurance and the awards dinner. The following fees must be submitted with the registration form and be postmarked by April 11, 2009.

Early Bird Entry Fee	<b>\$15.00</b> (postmarked by April 4)
Final Deadline Entry Fee	<b>\$25.00</b> (postmarked by April 11)
Dance	<b>\$3.00</b> for guests
Awards Dinner	<b>\$6.00</b> for guests – reservation required
Bowling	<b>\$3.00</b> per event
Golf	<b>\$20.00</b> – includes cart

Team captains are responsible for submitting team entry forms and team rosters by April 11. Rosters are available on our web site, [www.tnseniorolympics.com](http://www.tnseniorolympics.com).

Participants must complete the entry form and mail form with all fees to:

**Southeast District  
Tennessee Senior Olympics  
P.O. Box 41  
Athens, TN 37371-0041**

**Please make all checks payable to:  
McMinn Co. Senior Citizens Inc.**

## Check-in for Events

Unless notified by mail or phone, check-in for events will be the time listed on the schedule of events. If you are not present at game time (even exhibition), you will be scratched even if you are at another Senior Olympics event. Game Time is Forfeit Time.

## Available Lodging

Travel Lodge, 115 Co. Road 247, Athens, (Exit 52), 423-745-1212 (Rocky). Mention Sr. Olympics for special rate of \$45. + tax per night per room for 1 or 2 persons, \$5. for each additional person over 2. Includes a Continental Breakfast with muffins, donuts, two kinds of cereal, juice & coffee.

Presenting Sponsor



BlueCross BlueShield of Tennessee, Inc.,  
an Independent Licensee of the BlueCross BlueShield Association

## Corporate Sponsors

Southeast Tennessee Area Agency on  
Aging & Disability  
SkyRidge Medical Center  
Southeast Bank & Trust  
NHC Healthcare  
Athens Federal Community Bank  
Life Care Centers of America  
Waupaca

Guardian Home Care  
Life Care Center of Athens  
Pascarella & Miller, CPAs  
Green Bank  
Home Instead Senior Care  
Aid & Assist At Home, Inc.  
MorningPointe of Athens  
Athens Regional Medical Center  
Internal Medicine Associates  
Walgreens



# Event Schedule

## Saturday, April 25

- Track & Field, 5K Run  
8:00 a.m. Walker Valley High School
- Continental Breakfast  
9:00 a.m. Walker Valley High School
- Opening Ceremony  
9:45 a.m. Walker Valley High School
  - Track & Field (all ages)
  - Javelin, Shot Put, Discus
  - (see athlete newsletter for specific times)

## Monday, April 27

- Shuffleboard singles (women all ages)  
(see athlete newsletter for specific times)  
McMinn Senior Activity Center
- Horseshoes (men all ages)  
(see athlete newsletter for specific times)  
McMinn Senior Activity Center
- Lunch (60+)  
11:30 a.m. McMinn Senior Activity Center
- Basketball Free Throw Warm-Up (men 60+)  
12:30 p.m. Athens/McMinn Family YMCA
- Basketball Free Throw (men 60+)  
12:45 p.m. Athens/McMinn Family YMCA
- Basketball Free Throw Warm-Up (women 60+)  
1:30 p.m. Athens/McMinn Family YMCA
- Basketball Free Throw (women 60+)  
1:45 p.m. Athens/McMinn Family YMCA
- Basketball Hot Shot and 3-point Contest (60+)  
2:30 p.m. Athens/McMinn Family YMCA
- Basketball Free Throw (50-59)  
3-4:00 p.m. Lee University - DeVos Recreation Center
- Table Tennis (singles)  
4:00 p.m. Lee University – DeVos Recreation Center
- Basketball Hot Shot and 3-point Contest (50-59)  
4-5:00 p.m. Lee University - DeVos Recreation Center
- Table Tennis (doubles & mixed doubles)  
4:30 p.m. Lee University – DeVos Recreation Center
- Basketball 3 on 3 (women and men)  
5:00 p.m. Lee University - DeVos Recreation Center

## Tuesday, April 28

- Track & Field, Long Jump (60+)  
8:00 a.m. Walker Valley High School
- Track & Field, 200M Run (60+)  
8:30 a.m. Walker Valley High School
- Track & Field, 800M Run (60+)  
9:00 a.m. Walker Valley High School
- Bowling men's singles (60+)  
9:00 a.m. Classic Lanes
- Power walk (ages 60+)  
9:30 a.m. Walker Valley High School
- Checker Tournament\*  
10:30 a.m. McMinn Senior Activity Center
- Lunch (60+)  
11:30 a.m. McMinn Senior Activity Center
- Bridge Tournament,\* (Duplicate)  
12:30 p.m. McMinn Senior Activity Center
- Bowling singles (women 60+)  
1:00 p.m. Classic Lanes
- Track & Field, Softball throw (50-59)  
5:15 p.m. Walker Valley High School
- Track & Field, Long Jump (50-59)  
5:30 p.m. Walker Valley High School
- Track & Field, 100M Run (50-59)  
5:45 p.m. Walker Valley High School
- Volleyball (women and men)  
6:00 p.m. Lee University - DeVos Recreation Center
- Bowling (mixed doubles (50-59)  
6:00 p.m. Classic Lanes
- Racquetball (singles and doubles)  
6:00 p.m. Lee University – DeVos Recreation Center
- Track & Field, 400M Run (50-59)  
6:00 p.m. Walker Valley High School
- Track & Field 1500M Run (50-59)  
6:15 p.m. Walker Valley High School
- Powerwalk (50-59)  
6:30 p.m. Walker Valley High School

Socials will be listed in athlete newsletter,  
distributed with confirmation letters.

\* Not a Senior Olympics Sanctioned Event

### Wednesday, April 29

Track & Field, High Jump (60+)  
8:00 a.m. Walker Valley High School  
Track & Field, 100M Run (60+)  
8:30 a.m. Walker Valley High School  
Track & Field, 400M Run (60+)  
9:00 a.m. Walker Valley High School  
Track & Field, 1500M Run (60+)  
9:30 a.m. Walker Valley High School  
Track & Field, 1500M Racewalk (60+)  
10:00 a.m. Walker Valley High School  
Lunch (60+)  
11:30 a.m. McMinn Senior Activity Center  
Bridge Tournament,\* (Party/Rubber)  
12:30 p.m. McMinn Senior Activity Center  
Bowling, doubles (60+)  
1:00 p.m. Classic Lanes  
Bowling, doubles (50-59)  
6:00 p.m. Classic Lanes

### Thursday, April 30

Golf  
Call Ridgewood Golf Club at (423) 263-5672 to schedule tee times of 8:00 a.m., 1:00 p.m. or 4:00 p.m.  
Swimming (all events)  
9:00 a.m. Athens/McMinn Family YMCA  
Billiard Tournament\*  
9:30 a.m. McMinn Senior Activity Center  
Lunch (60+)  
11:30 a.m. McMinn Senior Activity Center  
Rook Tournament\*  
12:30 p.m. McMinn Senior Activity Center  
Bowling, mixed doubles (60+)  
1:00 p.m. Classic Lanes  
Track & Field, High Jump (50-59)  
5:00 p.m. Walker Valley High School  
Track & Field, 200M Run (50-59)  
5:15 p.m. Walker Valley High School  
Track & Field, 800M Run (50-59)  
5:30 p.m. Walker Valley High School  
Bowling, singles (50-59)  
6:00 p.m. Classic Lanes  
Track & Field, 1500M Racewalk (50-59)  
6:30 p.m. Walker Valley High School

### Friday, May 1

Shuffleboard doubles (all ages)  
(see athlete newsletter for specific times)  
Lunch (60+)  
11:30 a.m. McMinn Senior Activity Center  
Track & Field, Softball throw (60+)  
12:30 p.m. McMinn Senior Activity Center  
Badminton (singles, doubles & mixed)  
1:00 p.m. Athens/McMinn Family YMCA  
Pickleball (singles, doubles, mixed)  
3:00 p.m. Athens/McMinn Family YMCA  
Senior Olympics Dance  
7:00 p.m. McMinn Senior Activity Center

### Saturday, May 2

Horseshoes (women, all ages)  
(see athlete newsletter for specific times)  
McMinn Senior Activity Center  
Shuffleboard, singles (men, all ages)  
(see athlete newsletter for specific times)  
McMinn Senior Activity Center  
Tennis  
9:00 a.m. TWC-Bowling Coe Tennis Complex  
Pizza Party, all athletes invited  
12:30 p.m. McMinn Senior Activity Center  
Awards Banquet  
6:00 p.m. McMinn Senior Activity Center

### Awards

Medals will be presented for first, second, and third place finalists in each age/sex category. Awards will be presented at the Awards Dinner. All participants will be eligible to advance to State Finals.

### Health

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor in regards to practice, preparation, and competition in these events or any similar physical activity.

### Inclement Weather

The Tennessee Senior Olympics reserves the right to cancel or postpone events in case of inclement weather or other extenuating circumstances. Any schedule changes will be announced at the event site and at the Registration Headquarters.  
**Rain date for Golf is Thursday, May 7.**



**Health Information**

Do you have specific health conditions or problems that would need to be known in case you need emergency treatment?

- No
- Yes \_\_\_\_\_

Family Doctor \_\_\_\_\_  
Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_  
Relation \_\_\_\_\_  
Phone ( ) \_\_\_\_\_

**Transportation and Meals**

SETHRA may be able to transport athletes on weekdays (Monday - Friday.) In order to arrange for transportation, please contact the County Coordinator in your county at least two weeks in advance.

I would like to order a lunch from Nutrition Program (60+ only) - Donations are appreciated

- Monday 4/27       Thursday 4/30
- Tuesday 4/28       Friday 5/1
- Wednesday 4/29

**Liability Waiver**

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, Southeast District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, McMinn County Senior Citizens, Inc., Classic Lanes, Tennessee Wesleyan College, SETHRA, Lee University, Southeast TN Area Agency on Aging & Disability, NHC Healthcare, Athens/McMinn Family YMCA, Ridgewood Golf Club, Walker Valley High School, Southeast Bank & Trust, SkyRidge Medical Center, Athens Regional Medical Center, Athens Federal Community Bank, Guardian Home Care, Life Care Centers of America, Pascarella & Miller CPA's PLLC, Green Bank, Home Instead, Aid & Assist, Waupaca, MorningPointe of Athens, Don Ledford Auto Park, Internal Medicine Associates, Walgreens and any other sponsoring agencies or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the Southeast District Tennessee Senior Olympics and planned special events. To the best of my knowledge, I have no physical restrictions which would prohibit my competing in the event(s) I have selected. Senior Olympics has my permission to have emergency medical personnel attend me during my participation in the Senior Olympics if it is deemed necessary.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the 2009 Southeast District Tennessee Senior Olympics without remuneration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entry and Event Fees**

- Early Bird Registration (4/4) \$15.00 \$     .00
- Final Deadline Registration (4/11) \$25.00 \$     .00

- I am participating in Golf \$20.00 \$     .00
- I am participating in Bowling  
\_\_\_\_\_ x \$3.00 = \$     .00  
number of events

- I will NOT attend the Awards Dinner \$     .00
- I will attend the Awards Dinner \$     .00
- I will attend the Awards Dinner with guest(s)  
\_\_\_\_\_ x \$6.00 = \$     .00  
number of guests

- I will NOT attend the Sr. Olympics Dance \$     .00
- I will attend the Sr. Olympics Dance \$     .00
- I will attend the Sr. Olympics Dance with guest(s)  
\_\_\_\_\_ x \$3.00 = \$     .00  
number of guests

- I will NOT attend the Pizza Party \$     .00
- I will attend the Pizza Party \$     .00

- Donation \$ \_\_\_\_\_  
(pays entry fee for low-income) persons

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

*Make checks payable to  
"McMinn Co. Senior Citizens, Inc."*

This form must be completed and postmarked by April 11, 2009 in order to participate. Team Captains must submit all entry forms and team roster(s). Forms may be mailed to: Southeast District Tennessee Senior Olympics, P.O. Box 41, Athens, TN 37371-0041

Please include your team and/or partner's name when registering for doubles and team events. Partners must also submit a registration form. You may not enter an event after the deadline. Reservations are required for the Awards Banquet.

## Event Sites

Athens/McMinn Family YMCA  
Address: 205 Knoxville Ave., Athens  
Phone: (423) 745-4904

Classic Lanes  
Address: 1001 Congress Parkway South, Athens  
Phone: (423) 745-1532

DeVos Student Recreation Center  
Address: 1305 Parker Street NE, Cleveland  
Phone: (423) 614-8450

Lee University  
Address: 1120 North Ocoee Street, Cleveland  
Phone: (423) 614-8450

McMinn Senior Activity Center  
Address: 205 McMinn Avenue, Athens  
Phone: (423) 745-6830

Ridgewood Golf Club  
Address: 387 County Road 603, Athens  
Phone: (423) 263-5672

Tennessee Wesleyan College  
Address: 204 E. College Street, Athens  
Phone: (423) 745-7504

Walker Valley High School

### State Finals Tennis Tournament

The Tennessee Senior Olympics Board of directors voted to combine the tennis divisions into one event. This means there are no longer two divisions (USTA & Recreational) for our tennis tournament. For the time being, tennis will become a "closed" sport at the state finals. It will be necessary to qualify through a district event to advance to the tournament in Williamson County.

### State Finals Golf Tournament

As mentioned on the general information page, the Tennessee Senior Olympics Board of Directors voted to move the golf tournament back to July. This decision was made after the 2008 golfers overwhelmingly voiced their desire to be a part of the week long festivities in July. Golfers will still need to participate and qualify at a district tournament to attend the state finals golf tournament.

## RULES

All events will be conducted in accordance with the 2009 Tennessee Senior Olympics Official Rules Manual. A copy of the rules for each event will be available at each event site.

## National Senior Games Information

Every other year, athletes from our state finals have the opportunity to qualify for the National Senior Games - The Senior Olympics. Last summer marked a qualifying cycle for next summer's

Nationals scheduled for August 1-15, 2009, in San Francisco, CA. Participants must have qualified in 2008 for this event. Most events will be held at Stanford University in Palo Alto. The 2011 event has been awarded to Houston, Texas.

For more information about the National Senior Games Association please visit [www.nationalseniorgames.org](http://www.nationalseniorgames.org).

## Senior Olympics State Finals

**July 17-23, 2009 / Williamson County**

To qualify for the Tennessee Senior Olympics State Finals, all you must do is participate in one of our district events. This is a rule change. All district entrants advance to the State Finals. Open sports include archery, cycling, the 5K and 10K road races, the fitness walk, racquetball, and any sport not offered at your district.

**IT IS NECESSARY TO REGISTER FOR THE STATE FINALS.** Participating in a district event does not automatically register an athlete for participation in the state finals.

Obtaining a state entry form is the responsibility of each participant. Forms are available through each district and at [www.tnseniorolympics.com](http://www.tnseniorolympics.com). **Each district handles the distribution of state entry forms differently. Some are mailed, some are available at event sites, and some are available only at banquets.**

- The early bird deadline to register: May 22, 2009.
- The final deadline to register: June 5, 2009 (with the exception of First TN athletes. They may use the early bird rate until June 5).
- **TEAM CAPTAINS WILL BE RESPONSIBLE FOR THE REGISTRATION OF THEIR TEAM. THIS WILL INCLUDE SUBMITTING A ROSTER AND ALL ENTRY FORMS TOGETHER. BLANK ROSTERS MAY BE DOWNLOADED AT [www.tnseniorolympics.com](http://www.tnseniorolympics.com).**
- Participants will receive a confirmation letter and newsletter by early July.
- Registration is mandatory. Athletes may not show up in Williamson County and be added.

## Our Website

For those who may be new to the Senior Olympics, please visit our website at [www.geocities.com/mcminnsenior/SouthEastSeniorOlympics.html](http://www.geocities.com/mcminnsenior/SouthEastSeniorOlympics.html) or the TN state site at [www.tnseniorolympics.com](http://www.tnseniorolympics.com). A web page has been designed for each district, including information such as counties in the district, rules, entry forms, team rosters, and other information. The website is also a great source for additional details about the state finals and the Tennessee Senior Olympics.

District	Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	May 4-9	April 1	Ginny Stone	(423) 755-6100	gstone@alexianbrothers.net
East TN	TBA	TBA	TBA	TBA	TBA
First TN	May 18-22	May 1	Teresa Sutphin	(423) 722-5120	tsutphin@ftaad.org
Greater Nashville	April 21-May 5	April 6	Angella Nutt or Teresa Prino	(931) 381-2019	tnsrgames@charter.net
Memphis	April 13-24	March 15	Clairene Tibbs	(901) 761-2462	kay.lightfoot@memphistn.gov
Northwest	April 14-May 12	April 11	Dorothy Cook	(731) 587-4213	dorothy.cook@nwtd.org
South Central	April 20-24	April 6	Beth Campbell	(931) 762-4231	bcampbell@lawrenceburgtn.org
Southeast	April 25-May 2	April 11	Holly Currier	(423) 745-6830	mcmnnsenior@comcast.net
Southwest	April 18-27	March 20	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityof-jackson.net
Upper Cumberland	April 27-May 9	April 15	Peggy Houston	(931) 484-7416	fpsectn@yahoo.com

Go to [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for complete list of counties.

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Southeast District  
Tennessee Senior Olympics  
P.O. Box 41  
Athens, TN 37371-0041