



Dear Athletes:

On behalf of Louisiana Senior Olympic Games, and its Board of Directors, we welcome your participation in the 2010 State Games. While many worthy organizations cater to the welfare of seniors, only LSOG provides you with the thrill of athletic competition, a sense of accomplishment, and improved self-esteem that comes from participation in Senior Games. Not to mention, you get to enjoy the camaraderie of your fellow athletes. This year is especially exciting since we are qualifying for the National Games in Houston, Texas next summer.

As many of you have heard, the Governor's Office of Elderly Affairs has once again cut our budget. This is the second year in a row, and we now receive approximately one-third of the grant monies originally agreed upon between GOEA and LSOG. The money we currently receive doesn't even cover a salary; let alone the cost of venues, officials, equipment, and day to day operations. Despite the state's effort to minimize our mission, we will move forward. But, in order to do that, adjustments have been made to the pricing of the 2010 Games. You will see an increase in your registration fees along with pricing of individual sports/events. Hopefully, increases won't become the norm, but until we get legislators and big business to appreciate our organization, it has become necessary. With a little patience, understanding, and a stabilizing economy, we will return to days past. Help us keep the tradition alive; talk with your local legislators and business leaders. It's our organization!!

Please note the following items:

1. Online Registration will be available on our website www.lzog.net beginning August 7 – August 31. When registering online, note that the singles events are listed first followed by the doubles events.
2. Team Rosters will be available for download from our website www.lzog.net beginning on August 7. If you do not have access to a computer, please call the LSOG office at (225) 925-1748 to request one by mail.
3. Confirmation letters will be mailed in early September. To save money on postage, those athletes who register online will NOT receive a confirmation letter in the mail. Instead it will be emailed to you upon completion of your online registration.
4. ENTRY DEADLINE WAS AUGUST 31! DEADLINE EXTENDED TO SEPTEMBER 7!



2010 Louisiana Senior Olympic Games – General Information

1. Register for the 2010 Games in one of two ways:
 - Fill out the Registration Form and mail it, along with your check/money order to:
LOUISIANA SENIOR OLYMPIC GAMES
P.O. BOX 14748
BATON ROUGE, LA 70898-4748
 - Or Register online with a credit card via the LSOG website, www.lsoq.net.
2. **SPORTS & EVENTS** (See back page for a comprehensive list)
3. **QUALIFYING EVENTS** limited to athletes that qualified at a 2010 District Competition, 2009 State Gold Medallist, and or athletes that will be 80 or older by Dec 31, 2010. Bowling(singles), Dance Team, Field(discus, javelin, shot-put, hammer, weight), Golf(medal), Horseshoes(advanced), Table Tennis(singles), and Shuffleboard(singles advanced & doubles), *if your qualifying site for shuffleboard only had a singles tournament, the top two finishers in each age group may combine into doubles teams for the State Games. Write in your doubles partner and qualifying site in the space provided on your registration form.*
4. **ENTRY DEADLINE** Return envelope must be postmarked no later than August 31. **DEADLINE EXTENDED! ENVELOPE MUST BE POSTMARKED NO LATER THAN SEPTEMBER 7!** All participants, including each team member, must register and pay fees.
5. **TEAM REGISTRATION** Team Captains must call the LSOG Office at 1-800-799-8309 or (225) 925-1748 and request a Team Roster or print one online at www.lsoq.net. Your return envelope must be postmarked no later than Sept 1 for Basketball, Dance, and Volleyball. Each member of the team must fill out an individual entry form. If you are only on a team, please send all individual entry forms and fees along with the team roster at one time. **NEW PLAYERS** can be added up until one hour before start of game. They must complete paperwork & pay fees at that time. **PLAYERS THAT ARE ALREADY ON THE TEAM ROSTER MUST COMPLETE PAPER WORK AND PAY FEES BEFORE DEADLINE.**
6. **DRESS CODE** appropriate athletic attire is required for each sport.
7. **CELEBRATION OF ATHLETES** (Parade of Athletes & Dinner) – Friday, October 22, 6pm – 9pm at the LSU Field House.
8. **CONFIRMATION FORMS** will be mailed by Sept 9 to those athletes that register via mail. For those athletes who register online, you will receive a confirmation email upon completion of your registration. This will substitute for the confirmation page you traditionally receive in your mailbox. Please bring your confirmation letter to your event(s). Please check the web site www.lsoq.net for updates.
9. **DIRECTIONS & MAPS** will be sent along with the confirmation letter to those athletes that register via mail. For those athletes that register online, maps & directions will be available for download during the registration process. Maps & Directions will also be available for download on the LSOG website www.lsoq.net.
10. More information on the backside of this page.

PLEASE CHECK THE LSOG WEB SITE FOR UPDATES & SCHEDULE CHANGE www.LSOG.net

30 SPORTS LISTED ARE IN BOLD and**84 EVENTS LISTED ARE IN SMALL CAPS**

ELIGIBILITY Any person age 50 or over as of December 31, 2010 is eligible to participate. An athlete must have amateur status in the sport in which they participate. Athletes must qualify to compete in 12 of 84 events. (See **Sports & Events**)

FEES The Basic Entry Fee for one to three sports is \$20 for members; \$35 for nonmembers.

Additional Fees: \$5 per SPORT for each sport over three; \$50 for Golf, which covers green fees, cart & lunch; \$10 for each Bowling event; \$12 per player for Basketball 3on3; \$12 per player for Volleyball; \$10 per player for Tennis; \$10 per person for Archery; \$10 per person for Cycling; \$5 per person for Swimming and \$5 per person for the Celebration of Athletes Dinner & \$8 per Dinner Guest; \$7 for (S-XL) T-shirt & \$10 for XXL & XXL T-shirts.

ENTRY DEADLINE AND REGISTRATION

No entries will be accepted if postmarked later than the deadline posted. **No refunds after deadline.** All fees and a signed liability waiver must be included with the entry form for your Registration to be valid. Nonmembers must also send a copy of official identification verifying birth date.

AGE GROUPS Age Groups are 50-54, 55-59, 60-64, 65-69, 70-79, 75-79, 80-84, 85-89, 90-94 & 95+. Age group is determined by age as of December 31, 2010. Teams have six age groups 50+, 55+, 60+, 65+, 70+ and 75+, with the exception of Dance that is 50+, 60+, and 70+ and is determined by average age of the team. Age group for all other teams, doubles and mixed doubles is determined by the age of the youngest player. Events will be conducted according to age group, except as noted in the LSOG Rule Book. In events which require head-to-head competition, age groups will be combined when only one person/team is registered in an age group.

PARTNERS and TEAMS Athletes may compete with only one partner or team per event.

EQUIPMENT Participants are required to provide their own equipment for some events. (See Sports and Events)

AWARDS Medallions will be presented to First, Second, and Third Place winners.

NATIONAL SENIOR GAMES EVENTS See Sports and Events. The State Games serve as Qualifying site for the National Games in 2011. The National Senior Games will be held in June 2011 in Houston, TX.

EVENT SELECTION It is your responsibility to carefully select the events in which you wish to compete. You will not be allowed to register for two or more events scheduled at the same time. **In sports with recreational and advanced events you can enter only one category.** Choose either the recreational or advanced event according to your athletic ability. Changes in events cannot be made after deadlines. Age group start times in some head to head events are not published until registration is complete.

GUESTS Family and friends are welcome to attend all events free of charge, with the exception of the dinner. There is an \$8 charge per guest for the dinner. Guest tickets must be ordered with this entry form.

ENTERTAINMENT The Celebration of Athletes will be held at the Louisiana State University Field House at 5:30pm on Friday, Oct 22. The dinner will be held immediately following the Celebration of Athletes at 6:00pm.

CHECK IN There is NOT A CENTRAL CHECK IN SITE. **Participants MUST REPORT to their SPORT VENUE by the CHECK IN TIMES published** in the schedule (green sheet) or the age group start times mailed to the participants in the case of some head to head sports.

T-SHIRT PICK UP : State T-shirts are only available for purchase this year. You must purchase your t-shirt on your entry form. Participant must pre-pay for a t-shirt and therefore t-shirts will not be available for sale after registration has closed. T-shirts can be picked up at your first event.

Athletes that qualified in the Discus, Javelin or Shot Put are automatically qualified for the Hammer & Weight. (Athletes must provide their own hammer & weight implements).
Sports or Events followed by an asterisk* are qualifying events (must have qualified at a district game) All sports & events not marked as rec event or Recreational are National Senior Games Sports.

ARCHERY W/SIGHTS: RECURVE & COMPOUND FINGER; BAREBOW:RECURVE & COMPOUND;
RELEASE:COMPOUND (participants must provide equipment)

BADMINTON SINGLES, DOUBLES, MIXED DOUBLES (participants must provide own racquet)

BASKETBALL 3on3 Tournament MEN'S TEAMS WOMEN'S Teams (see THROWS for Free Throw)

BILLIARDS (recreational event) SINGLES 8 BALL TOURNAMENT (cues provided)

BOWLING SINGLES* DOUBLES MIXED DOUBLES (may rent shoes & balls from facility)

CYCLING TIME TRIALS: 5k, 10k ROAD RACE: 20K, 40k (participants must provide own equipment)

DANCE TEAM * (rec event) 50+ 60+ 70+ (Age group based upon average age of team members)

FIELD THROWS: DISCUS*,JAVELIN*,SHOT*, HAMMER* & WEIGHT* **JUMPS:** HIGH, LONG, TRIPLE, POLE VAULT

Discus, Javelin & Shot provided. Athletes must provide their own vaulting pole, hammer & weight.
Athletes may elect to use their own discus, javelin or shot. All personal implements must be certified by the Head Track & Field Official at least one hour prior to the applicable age group start time.

FITNESS CHALLENGE (rec event) ARM CURL, BENCH PRESS OR PUSH-UPS, LEG PRESS, SIT-UPS, 1MILE
RUN/WALK

GOLF MEDAL* & PRACTICE ROUND (recreational event) Participants must provide own clubs & balls, wear shoes with soft spikes and shirts with collars. Golfers that did not qualify at a District Game or the Last Chance Qualifier may play for fun in the Practice Round. Those who play for fun in the Practice Round on Day 1 are not eligible to participate in the Medal Play held on Day 2. The Practice Round held on Day 1 can also be used by qualified golfers as a practice round for the Medal play held on Day 2.

HORSESHOES ADVANCED* RECREATIONAL (recreational event) Horseshoes are provided.

OLYMPIC LIFTS (rec event) WEIGHTLIFTING: CLEAN & JERK, SNATCH (participants must attempt both lifts)

PICKLE BALL (rec event) SINGLES DOUBLES MIXED DOUBLES (participants must provide own racquet)

POWER LIFTS (rec events) SQUAT, BENCH PRESS, DEAD LIFT (choose any or all of the events)

RACQUETBALL SINGLES DOUBLES (participant must provide racquet and two canisters of unopened regulation balls)

ROAD RACE 5K RUN OR 5K RACE WALK (knees must be exposed)

SHOOTING (rec event) 22PISTOL 22RIFLE (please provide own firearm & ammunition Metallic sights only)

SHUFFLEBOARD ADV SINGLES* ADV DOUBLES* SINGLES RECREATIONAL(rec event)(all equipment provided)

SWIMMING maximum of 6 events BACKSTROKE: 50y,100y, 200y BREASTSTROKE: 50y,100y, 200y
BUTTERFLY: 50y,100y FREESTYLE: 50y,100y, 200y, 500y INDIVIDUAL MEDLEY: 200y

TABLE TENNIS SINGLES* DOUBLES MIXED DOUBLES (balls provided)

TENNIS maximum 2 events SINGLES DOUBLES MIXED DOUBLES (participants must provide own racquet)

THROWS (rec events) ACCURACY: FOOTBALL, SOFTBALL, FRISBEE; DISTANCE: SOFTBALL

FREE THROW: BASKETBALL (must use LSOG equipment)

TRACK 50m (rec event) 100m 200m 400m 800m 1500m 1500m Race Walk (knees must be exposed) (max 6mm spikes)

VOLLEYBALL TOURNAMENT MEN'S TEAMS WOMEN'S TEAMS

WALK A THON (recreational event) 1MILE WALK INDOOR TRACK (race walk participants NOT eligible)

WASHER PITCH (recreational event) PITCHING INCH WASHER AT 3 INCH CUP (equipment provided)

GAME VENUES

ARCHERY: Waddill Wildlife Refuge: 4142 North Flannery Road, Baton Rouge, LA 70814.

BADMINTON: LSU Student Rec Complex, Baton Rouge, LA 70803 <http://www.lsu.edu/urec/>

BASKETBALL: LSU Student Rec Complex, Baton Rouge, LA 70803 <http://www.lsu.edu/urec/>

BILLIARDS: Clicks Billiards, 5124 Corporate Boulevard, Baton Rouge, LA 70808. (225) 925-0806.

BOWLING: Don Carter Lanes, 9829 Airline Highway, Baton Rouge, LA 70816. (225) 924-0124.

CYCLING: Cycling Course, 13970 Hwy 421, St. Francisville, LA 70775

DANCE TEAMS: LSU Field House, on the campus of LSU off Nicholson Dr.

FIELD: University of Louisiana at Lafayette, Ragin' Cajuns Track/Soccer Facility, Lafayette, LA

FITNESS CHALLENGE: Spectrum Fitness Club at Southdowns, 4355 Perkins Road, Baton Rouge, LA 70808

GOLF: Atchafalaya Golf Course: 400 Cotton Road, Patterson, LA 70392 www.atchafalayagolf.com

HORSESHOES: LSU Field House, on the campus of LSU off Nicholson Dr.

OLYMPIC LIFTS: USSTA, 7987 Pecue Lane, Baton Rouge, LA 70809 www.theussta.com

PICKLEBALL: LSU Field House, on the campus of LSU off Nicholson Dr.

POWER LIFTS: 17521 Monitor Avenue, Baton Rouge, LA 70817

RACQUETBALL: LSU Student Rec Complex, Baton Rouge, LA 70803 <http://www.lsu.edu/urec/>

ROAD RACE: 5k Run, Twilight Classic, Kenilworth Club, 7533 Blendon Ave, Baton Rouge
5k Race Walk Alzheimer's "A Walk to Remember", LSU Campus at the Old Front Nine

SHOOTING: LSU Dept. of Military Science, 106 Military Science Building, Baton Rouge, LA 70803

SHUFFLEBOARD: LSU Field House, on the campus of LSU off Nicholson Dr.

SWIMMING: LSU Natatorium, W. Chimes St. & Nicholson Drive, Baton Rouge, LA 70803

TABLE TENNIS: BREC Independence Park, 7505 Independence Blvd, Baton Rouge, LA

TENNIS: Paula G. Manship YMCA, 8100 YMCA Plaza Drive, Baton Rouge, LA 70810

THROWS: LSU Field House, on the campus of LSU off Nicholson Dr.

TRACK: University of Louisiana at Lafayette, Ragin' Cajuns Track/Soccer Facility, Lafayette, LA

VOLLEYBALL: Coquille Sports Complex Gymnasium, 13505 Highway 1085 Covington, LA

WALK-A-THON: LSU Field House, on the campus of LSU off Nicholson Dr.

WASHER PITCH: LSU Field House, on the campus of LSU off Nicholson Dr.

2010 HOTEL INFORMATION

2010 HOST HOTEL STAYBRIDGE SUITES ON THE CAMPUS OF LSU



Staybridge Suites
4001 Nicholson Drive,
Baton Rouge, LA 70808
(225) 456-5430

Nightly Rate: \$79.00 + 13% tax

HOTEL AVAILABLE FOR TENNIS, BOWLING, & BIG WEEK

- Hotel available for Tennis October 13 – October 17
- Hotel available for The Big Week October 18 – October 27
- Studio Suites with queen bed, living area, and sofa bed
- Complimentary Breakfast Buffet (includes deluxe breakfast featuring Wolfgang Puck Coffee)
- Sundowner Reception (includes food and drinks on Tuesday, Wednesday, & Thursday 5:30-7:30pm)

Reservations Deadline: September 13, 2010



** Hotel Information for other sports listed on the other side!**



HOTEL FOR TRACK & FIELD

Fairfield Inn & Suites
1606 West Pinhook Rd.
Lafayette, LA 70508
(337) 233-5558

- Reservations Deadline: Sept. 15
- Hotel available for Track & Field on October 1 & 2. Hotel available for the night before on Sept. 30 & Oct. 1.
- Nightly Rate: \$69.00 + 13% tax (Standard Room) or \$79.00



Holiday Inn

ADDITIONAL HOTEL FOR BOWLING

Holiday Inn South
9940 Airline Highway
Baton Rouge, LA 70816
(225) 924-7021

- Reservations Deadline: Oct. 1
- Additional hotel available for the Bowling Tournament from October 17 – October 20.
- Holiday Inn is directly across street from Bowling Alley
- Nightly Rate: \$89.00 + 13% tax.



HOTEL FOR BASKETBALL

Marriott Baton Rouge
5500 Hilton Ave
Baton Rouge, LA 70808
(225) 924-5000

- Reservations Deadline: Sept. 7
- Hotel available for Basketball Tournament on October 3. Hotel available for the night before on Oct. 2.
- Nightly Rate: \$99.00 + 13% tax.



HOTEL OF CYCLING

PLEASE NOTE: THE BEST WESTERN HOTEL IS SCHEDULED TO OPEN SEPTEMBER 1. RATE WILL BE DETERMINED THEN. PLEASE CHECK LSOG WEBSITE FOR MORE INFORMATION.

- Reservations Deadline: Oct. 1
- Hotel available for Cycling on October 23 & 24.
- Nightly Rate: \$? + 13% tax.