

<b>CHECK THE LSOG WEBSITE FOR UPDATES &amp; SCHEDULE CHANGES</b> <a href="http://www.lsoq.net">www.lsoq.net</a>								
<b>SATURDAY, AUGUST 21</b>								
<b>ROAD RACE - 5k RUN ONLY</b>		The Twilight Classic 5K Run – Kenilworth Club 7533 Blendon Ave. Baton Rouge ALL PARTICIPANTS – CHECK IN 6pm START TIME 7pm						
<b>SATURDAY, SEPTEMBER 11</b>								
<b>VOLLEYBALL</b>		SCHEDULES WILL BE MAILED TO TEAM CAPTAIN						
<b>SATURDAY, SEPTEMBER 18</b>								
<b>ARCHERY</b>		ALL PARTICIPANTS CHECK IN OPENS 8AM START 9AM						
<b>SUNDAY, SEPTEMBER 19</b>								
<b>OLYMPIC LIFTS</b>		ALL PARTICIPANTS WEIGH IN / WARM UP 11am COMPETITION 12noon						
<b>SUNDAY, SEPTEMBER 26</b>								
<b>POWER LIFTS</b>		ALL PARTICIPANTS WEIGH IN / WARM UP 9am COMPETITION 10am						
<b>FRIDAY, OCTOBER 1</b>								
<b>FIELD LONG JUMP</b>		ALL PARTICIPANTS BETWEEN 8:00am - 9:30am						
<b>FIELD TRIPLE JUMP</b>		ALL PARTICIPANTS BETWEEN 10am – 11am						
<b>FIELD JAVELIN (Female only)</b>			Age 50-69 8:30am		Age 70+ 8:00am			
<b>FIELD Discus</b>	F age 50-69 9:45	F age 70+9am	M age 50-59 11:30	M age 60-69 10:30	M age 70-79 9:30	M 80+ 9am		
<b>FIELD HAMMER THROW</b>			ALL PARTICIPANTS 12:30pm					
<b>TRACK 50m 8:15am*</b>		<b>TRACK 1500m RUN 8:45 or later*</b>		<b>TRACK 100m 9:15 later*</b>		<b>TRACK 400m 10am or later*</b>		
<b>SATURDAY, OCTOBER 2</b>								
<b>FIELD POLE VAULT</b>		ALL PARTICIPANTS 8:00am						
<b>FIELD HIGH JUMP</b>		ALL PARTICIPANTS 10am						
<b>FIELD WEIGHT THROW</b>		ALL PARTICIPANTS 12:30pm						
<b>FIELD JAVELIN (Male only)</b>		Age 50-59 9am		Age 60-69 11:30am		Age 70-79 10:30am		Age 80+ 9:45am
<b>FIELD SHOTPUT</b>	F age 50-69 9:30am	F age 70+ 9am	M age 50-59 11:45	M age 60-69 10:30	M age 70-79 9:30	M 80+9am		
<b>TRACK 1500m RACE WALK 8:15am*</b>		<b>TRACK 200m 8:45am or later*</b>			<b>TRACK 800m 10am or later*</b>			
*HEAT SHEETS WILL BE POSTED ON THE LSOG WEBSITE <a href="http://www.lsoq.net">www.lsoq.net</a> 3 DAYS BEFORE THE MEET. PLEASE CHECK FOR SCHEDULE CHANGES*								
<b>SUNDAY, OCTOBER 3</b>								
<b>BASKETBALL 3 on3 MALES / 3on3 FEMALES</b>			SCHEDULES WILL BE MAILED TO TEAM CAPTAIN					
<b>MONDAY, OCTOBER 4 AND TUESDAY, OCTOBER 5</b>								
<b>GOLF (PRACTICE ROUND) – OCT 4 &amp; GOLF (COMPETITION ROUND) – OCT 5</b>				<b>CHECK IN OPENS 7:00am SHOTGUN START 8:00am</b>				
<b>SATURDAY, OCTOBER 9</b>								
<b>ROAD RACE - 5k RACE WALK ONLY</b>		<b>Alzheimer's of Greater Baton Rouge – "A Walk to Remember"</b> ALL PARTICIPANTS --- CHECK IN 8am START TIME 9am						
<b>TABLE TENNIS SINGLES</b>		F 50-64 & M 65+ 9:30am		F65+ 8:00am	M 50-64 10:30am	<b>DOUBLES &amp; MIXED</b>	ALL AGES 1:00PM	
<b>SUNDAY, OCTOBER 10</b>								
<b>FITNESS CHALLENGE</b>		WEIGH IN/ WARM UP 9AM START APPROX 10:00pm						
<b>TUESDAY, OCTOBER 12</b>								
<b>BILLIARDS</b>		AGE GROUP START TIMES WILL BE MAILED BY OCTOBER 1						

**WEDNESDAY, OCTOBER 13 – SUNDAY, OCTOBER 17****TENNIS TOURNAMENT**1<sup>ST</sup> match start time will be mailed by Oct 6 (age 65+ begins play Oct 13) (age 50-64 begins play Oct 15)**MONDAY, OCTOBER 18****BOWLING 65+ SINGLES**

CHECK IN OPENS 8am START 9am

**BOWLING 50-64 SINGLES**

CHECK IN OPENS 12pm START 1pm

**TUESDAY, OCTOBER 19****BOWLING 65+ DOUBLES**

CHECK IN OPENS 8am START 9am

**BOWLING 50-64 DOUBLES**

CHECK OPENS 12pm START 1pm

**WEDNESDAY, OCTOBER 20****BOWLING MIXED DOUBLES ALL**

ALL PARTICIPANTS CHECK IN OPENS 8am START 9am

**SHUFFLEBOARD RECREATIONAL**

Males 50-64 10am

Females 50-69 10am

Males 65-69 8am

M &amp; F 70+ 8am

**THURSDAY, OCTOBER 21****FUN EVENTS: ACCURACY THROWS, SOFTBALL DISTANCE & BASKETBALL FREE THROW**

ALL PARTICIPANTS ANYTIME FROM 8am – 1pm (CHECK IN TO YOUR LAST FUN EVENT NO LATER THAN 1:00PM)

**SHUFFLEBOARD ADV SINGLES**

Age 50-69 CHECK IN 11:30-12noon

Age 70+ CHECK IN 7:30am – 8:00am

**WALKATHON 1 mile**

50-59 10:15am

60-64 9:45am

65-69 9:15am

70-74 8:45am

75-79 8:15am

80+ 8:00am

**WASHER PITCH** (game begins 15 minutes after these check-in times)

Age 50-59 &amp; 80+ 8:30

Age 60-69 11:45

Age 70-79 9:45am

**FRIDAY, OCTOBER 22****DANCE TEAM COMPETITION**

ALL TEAMS CHECK IN OPENS 12noon START 1:00pm

**HORSESHOE REC**

Age 50-59 8am

Age 60-64 12:45pm

Age 65-69 9:45am

Age 70-74 2:45pm

75-79 8:45am

80+8am

**SHUFFLEBOARD ADV Doubles**

Age 70+ CHECK IN 7:30am – 8:00am

Age 50-69 CHECK IN 11:30AM – 12Noon

**CELEBRATION OF ATHLETES' DINNER**

5:30 PARADE OF ATHLETES' 6:00PM DINNER LSU FIELD HOUSE

**SATURDAY, OCTOBER 23****PICKLEBALL DOUBLES**Check-in 11:00am  
Start time 12noon

Schedules will be mailed by Oct. 4. If LSOG has your email, schedule will be emailed by Oct 4.

**CYCLING 10k Time Trial & 20k Road Race**Check-in at 7:00AM for 10k Time Trial - 1<sup>st</sup>rider off at 8:15AM  
Check-in at 12:00PM for 20k – First Group off at 1:15PM**HORSESHOES Advance**

Age 50-64 10:45am

Age 65-69 8:45am

Age 70-74 8:00am

Age 75+ 9:45am

**SUNDAY, OCTOBER 24****PICKLEBALL SINGLES & MIXED DOUBLES**

Schedules will be mailed by Oct. 4. If LSOG has your email, schedule will be emailed by Oct 4.

**CYCLING 5k Time Trial & 40k Road Race**Check-in at 7:00AM for 5k Time Trial - 1<sup>st</sup>rider off at 8:15AM  
Check-in at 11:00AM for 40k – First Group off at 12:15PM**SWIMMING**

Choose 6 events maximum

ALL PARTICIPANTS CHECK IN OPENS 8:00am START 9:00am  
Order of events: 100Free 200IM 50BFLY 100Back 200Free 50Breast  
200Back 100BFly 50Free 100Breast 50Back 500Free 200Breast**SATURDAY, OCTOBER 30****RACQUETBALL**

ALL PARTICIPANTS CHECK IN 12:30 – 1:00pm

**BADMINTON SINGLES**

Age 60+ 10am

Age 50-59 12noon

**BADMINTON DOUBLES**

Age 60+ 1pm

Age 50-59 2:30pm

MIXED begins after Doubles

**SUNDAY, OCTOBER 31****SHOOTING**

PISTOL: FEMALES 9am MALES 10am

RIFLE: FEMALES 12noon MALES 1pm

**FRIDAY, OCTOBER 22 CELEBRATION OF ATHLETES 5:30/DINNER 6:00PM LSU FIELD HOUSE**