

# **2010 SOUTHWEST LOUISIANA DISTRICT SENIOR GAMES**

**Men & Women 50 Years or Older**

**SPORTS in Green are OPEN to Athletes 40 +**



**March 13 – April 10, 2010**

**Entry Deadline  
February 26, 2010**

**For additional information contact:**

**Adele F. Mart @ 337- 721-4020 or 337-625-2145**

**E-mail: [afmart@hotmail.com](mailto:afmart@hotmail.com) or [amart@cppi.net](mailto:amart@cppi.net)**

**Or**

**Diane or Dixie @ 337-625-7556**

# GENERAL ENTRY INFORMATION - KEEP THIS SECTION

Fill out the Registration form and mail it with your check or money order to:

**SOUTHWEST DISTRICT SENIOR GAMES**

**P.O. Box 806**

**Sulphur, LA 70664**

PLEASE DO NOT STAPLE CHECK OR MONEY ORDER TO REGISTRATION  
FORM Do not send cash

**SPORTS & EVENTS** (See comprehensive list)

**QUALIFYING EVENTS:** Bowling (singles), Dance Competition, Field (discus, javelin, shot-put), Golf (medal), Horseshoes (advanced), Table Tennis (singles), and Shuffleboard (advanced).

## **Instructions for all participants:**

1. Print or type all information requested on entry form.
2. Waiver must be signed and dated at the bottom of entry form.
3. Include proof of age if you have not previously participated in the Southwest District Senior Games.
4. **Include payment of all fees, guest meal fee, and larger T-shirt fee.**

**NEW PARTICIPANTS:** Please enter the name of the person who recruited you on the "Referred by" line of your Individual entry / Waiver Form.

**ELIGIBILITY:** Open to anyone 50 or older by Dec. 31, 2010. **SPORTS in Green are OPEN to Athletes 40+.** The Southwest Games are an OPEN event. Out-of-district/out of state residents are eligible and encouraged to participate. Entry forms must be submitted to the Southwest District Senior Games by **February 26, 2010.**

**FEES:** Basic entry fee is \$15.00 for first 3 sports. (For EXAMPLE- Golf, Dance Team, Washer Pitch (3 sports). Additional sports \$2.00 each.)

**Additional fees (To be paid at site):** Golf: \$ 15.00 (green fees), Bowling: \$ 5.00 *per event* (singles + doubles + mixed), Putt-Putt Golf: \$ 5.00

## GENERAL INFORMATION - KEEP THIS SECTION

**AGE GROUPS:** 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+. Age group is determined by age as of December 31, 2010. Age groups for teams, doubles, and mixed doubles are determined by the age of the youngest player. In events, which require head-to-head competition, age groups will be combined when only one person/team is registered in an age group.

**EVENT SELECTION:** It is your responsibility to carefully select the events in which you wish to compete. **You will not be allowed to enter 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.

**IMPORTANT:** In checking your Sport, be sure that you avoid conflicts of times in each Sport checked. All times stated are starting times. **SPORTS ARE IN BOLD PRINT. SPORTS in Green are OPEN to athletes 40+.**

**ENTRY DEADLINE:** February 26, 2010. **No entries will be accepted after February 26, 2010. No entries will be accepted at the time of an event. NO REFUNDS AFTER DEADLINE.**

**PARTNERSHIPS AND TEAMS:** All partners and team forms must be sent together. Team captains must complete roster forms and return material together. Teams must be all of one sex, with the exception of mixed events.

**EQUIPMENT:** Participants are required to provide their own equipment for: Shooting .22 cal. pistol, .22 cal single shot rifle, Golf, Bait and Archery.

**Out of District/State participant cannot displace in-district participants in the top 3 - they win their own award.** Age division for doubles will be determined by the age of the youngest partner, teams by the age of the youngest member. **The 2010 Southwest District Games is a qualifying site for State Senior Olympic Games.**

# GENERAL INFORMATION - KEEP THIS SECTION

**TEAM REGISTRATION:** Team Captains must complete the Team Roster Form. Completed forms must be postmarked no later than **February 26, 2010** for Dance and Bean Bag Baseball. Each member of the team must fill out an individual entry form. If you are only on a team, please send an individual entry form and fees along with the team roster at one time. **PLAYERS WHO ARE ALREADY ON THE TEAM ROSTER MUST COMPLETE PAPER WORK AND PAY FEES BEFORE DEADLINE.**

**\*\*\*Team Captains please call 337-625-7556 for a team roster form before deadline.**

**CHECK IN:** Prior to Opening Ceremonies participants can pick up packets in the McNeese Recreational Complex Arena. Packet for off-site events will be available on site.

**CANCELLATION/POSTPONEMENTS:** Sports using outdoor sites are weather dependent. Games officials reserve the right to cancel or postpone events due to inclement weather or unusual or extenuating circumstances. **Rain out date is April 17, 2010. No Refunds due to weather.**

**GUESTS:** *Family and friends are welcome to attend all sporting events free of charge with the exception of lunch. There is a \$2.00 charge per guest for lunch. Lunches must be ordered with this entry form.*

**DISTRICT GAMES** are designed to make available additional competition in athletic events already being held at the state level. **Athletes must qualify in one of the 2010 District Games to compete in the 2010 State Championship Games in the following events:**

- **Bowling Singles (top three scratch score places)**
- **Men & Women Golf (must meet minimum standard)**
- **Advanced Horseshoes (top three places)**
- **Table Tennis Singles (top three places)**
- **Advanced Shuffleboard**
- **Discus**
- **Javelin**
- **Shot Put (top two places)**
- **Dance Team Competition (two per district)**

Athletes may also qualify by meeting minimum qualifying standards for each starred event.

**DRESS CODE:** Appropriate athletic attire is required for each sport.  
**NO SUBSTITUTIONS OR REFUNDS AFTER FEBRUARY 26, 2010.**

# Special Thanks to Our Sponsors

Louisiana Senior Olympics Games  
Calcasieu Parish Police Jury  
City of Lake Charles

PDI of the South

Entergy

Lake Charles Memorial Hospital

Cameron State Bank

SWLA Sports Rehab Center

Michael Turner

Cox, Cox, Filo & Camel & Wilson

McNeese State University  
Lake Charles Parks & Recreation  
Sulphur Parks & Recreation  
Calcasieu Parish Sheriff Department

Acadian Ambulance  
Coca Cola Bottling Company  
McDonalds – Lake Charles  
Outdoor Specialties  
K-Jon Services

**2010**

*SOUTHWEST LOUISIANA*  
**DISTRICT SENIOR GAMES**

**SPORTS IN GREEN ARE OPEN TO ATHLETES AGE 40+**

**Sat. March 13, 2010**  
**Shooting Pistol & Rifle**

**8:00 am**  
**Calcasieu Regional Training  
Academy, Lake Charles, LA**

**Fri. March 19, 2010**  
**Opening Ceremonies**  
**In-door Games (swimming)**

**8:00 am**  
**MSU Recreational Complex**

**Sat. March 20, 2010**  
**Track & Field**

**8:00 am**  
**MSU Track**

**Mon. March 22, 2010**  
**Golf (medal play)**

**9:00 am Please do not arrive  
before 8:45 am**  
**Frasch Park - Sulphur, LA**

**Tues. March 23, 2010**  
**Bean Bag Baseball**

**8:00 am**  
**MSU Recreational Complex**

**Bowling**

**Thurs. March 25, 2010**                      **12:30 pm**  
**Petro Bowl -- Lake Charles, LA**

**Putt-Putt Golf**

**4:30 pm**  
**Putt-Putt Golf Course – L.C.**

**Sat. April 10, 2010**  
**Archery**

**9:00 am**  
**Carlyss Park - Carlyss, LA**

**Qualifying site for:**

**2010**

**State Senior Olympic Games  
In the following Sports:**

**Bowling (singles), Dance Team,  
Discus, Golf, Horseshoes (adv),  
Javelin, Shot Put, Shuffleboard (adv),  
Table Tennis (singles)**

*LOCAL HOTELS*

Lake Charles

Comfort Inn  
Nicholas Vasseghy  
607 East Prien Lake Rd  
Lake Charles, LA 70601  
337-478-4650  
[comfort@communityhotels.com](mailto:comfort@communityhotels.com)  
\$79.95 + tax per room per night

Inn on the Bayou  
Barbara Sittig  
1101 West Prien Lake Rd.  
Lake Charles, LA 70601  
337-474-5151  
[sittigb@yahoo.com](mailto:sittigb@yahoo.com)  
69.95 + tax per room per night

Sulphur

Microtel Inn  
Deirdre Butts  
2619 S. Ruth St.  
Sulphur, LA 70665  
337-527-1000  
[deirdrebutts@yahoo.com](mailto:deirdrebutts@yahoo.com)  
\$60.99 + tax per room per night

Quality Inn & Suites  
Midge Singleton  
320 North Cities Service Hwy  
Sulphur, LA 70663  
337-626-7000  
[gm.la005@choicehotels.com](mailto:gm.la005@choicehotels.com)  
79.99 + tax per room per night

# 2010 SCHEDULE SOUTHWEST DISTRICT GAMES

**KEEP THIS PAGE WITH YOU AS A REFERENCE FOR  
DATES & START TIMES**

(Do not mail this page)

<b>Friday, March 19</b>	<b><u>Hospitality Room Opens @ 8:30 AM</u></b>	<b><u>After the Opening ceremonies</u></b>
Packet pick-up	7:30 am	McNeese Recreational Complex
Opening Ceremonies	8:30 am	McNeese Recreational Complex
Bait casting	All report by 10:30 am	McNeese Recreational Complex
Basketball Free Throw	All report by 9:30 am	McNeese Recreational Complex
Billiards	All report by 2:00 pm	Frosty Factory, Lake Charles
Dance Team	Start at 3:30 pm	MSU Rec Complex, Room 201
Dominoes	All report by 12 noon	McNeese Recreational Complex
Shuffleboard (all events)	Report at 10:30 to check brackets for start time	McNeese Recreational Complex
Spelling	All report at 1:00 pm	MSU Rec Complex, Room 200
Swimming (all events)	Events start 10 am---50M back, breast, free, 100M--- back, breast free & IM	MSU Pool 15 minutes between events
Table Tennis (all events)	Starts at 1:00 pm	McNeese Recreational Complex
Throws for accuracy	Age 65+ start at 9:30 am Age 50-64 start at 10:30 am	McNeese Recreational Complex
Washer Pitch	Report at 9:00 am to check brackets for start times	McNeese Recreational Complex
<b>Saturday, March 20</b>		
Discus (male & female)	Start at 8:00 am	McNeese Track
Javelin (male & female)	Start at 10:30 am	McNeese Track
Shot put (male & female)	Start at 9:30 am	McNeese Track
Softball throw distance	Start at 11:15 am	McNeese Track
All Track events: 5000m, 50m, 100m, 800m, 200m 400m, 500m, 1500m	Start at 8:00 am	McNeese Track
Walk ½ mile	All start at 10:30 am	McNeese Track
Walk 1 mile	All start at 11:00 am	McNeese Track
Horseshoes ( all events)	Report at 9:00 am to check brackets for start time	McNeese Track
<b>Saturday, March 13</b>		
Shooting Pistol & Rifle	All report at 8:00 am	Cal. Regional Training Academy
<b>Monday, March 22</b>		
Golf (Medal play)	All report at 9:00 am <b>Not before 8:45 pm</b>	Frash Park, Sulphur
<b>Tuesday, March 23</b>		
Bean Bag Baseball	All report at 8:00 am	MSU Recreational Complex
<b>Thursday, March 25</b>		
Bowling Singles	Report at 12:30 pm	Petro Bowl, LC
Doubles & Mix doubles	Report at 1:30 pm	Petro Bowl, LC
<b>Saturday, April 10</b>		
Archery	Report at 9:00 am	Carlyss Park, Carlyss LA

**SOUTHWEST DISTRICT SENIOR OLYMPIC GAMES  
INDIVIDUAL ENTRY / PARTICIPANT WAIVER FORM  
COMPLETE INFORMATION AND RETURN WITH FEES**

**Southwest District Senior Games, PO Box 806 Sulphur, LA 70664**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ML \_\_\_\_\_

Address \_\_\_\_\_ Parish \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Sex \_\_\_\_\_

Age as of 12/31/10 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Referred By \_\_\_\_\_

**PARTICIPANT WAIVER**

**SIGN BELOW**

**PLEASE RETURN**

In consideration of being allowed to participate in any way in the Senior Olympic Games program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk of serious injury to me does exist: and

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation:

3. I willing agree to comply with the stated and customary terms and conditions for participation. IF I observe any unusual significant concern in my readiness for participation and/ or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately: and

4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE Louisiana Senior Olympic Games Inc, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leaser of premises used to conduct the event ("Releases"). WITH RESPECT TO ANY INJURY, DISABILITY, DEATH, or loss or damage to person property incident to involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

5. I, for myself and on behalf of my/our heirs, assign, personal representatives and next of kin. HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I, the undersigned participant, grant the Southwest District Senior Games the right to use any pictures taken of me during the Southwest District Senior Games without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or any purpose whatsoever.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

**SIGNATURE:** \_\_\_\_\_ **Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **Phone:** (     ) \_\_\_\_\_

# 2010 ENTRY FEE SCHEDULE (RETURN THIS PAGE)

RETURN THIS PAGE with CHECK or MONEY ORDER for fees to:  
SOUTHWEST DISTRICT SENIOR GAMES, PO Box 806, Sulphur, LA 70663

Entry fees must be sent with this form to be eligible.

Entry Fee for 3 Sports_____	\$15.00	\$ 15.00
Each Additional Sport over 3_____ each	\$ 2.00	\$_____
Golf Fee_____	\$	\$_____
Bowling Fee (Singles, Doubles or Mixed Doubles)_____ each	\$	\$_____
XX or XXX T-Shirt fee _____	\$ 2.25	\$_____
Archery lunches _____	\$ 2.00	\$_____
Guest lunch each _____	\$ 2.00	\$_____
TOTAL AMOUNT ENCLOSED_____		\$_____

**Check Payable to: Southwest District Senior Games**

All Entrants - Circle your T-shirt size preference

S          M          L          XL          XXL          XXXL

**Mail Entry Form and Waiver Form:  
Southwest District Senior Games  
PO BOX 806  
Sulphur, LA 70664**

**TEAM CAPTAINS PLEASE CALL 337-625-7556 FOR A TEAM ROSTER FORM**

## 2010 Individual Events Registration (RETURN THIS PAGE)

Circle the Events in which you will participate & list partner if needed.

Qualifying Events for the 2010 State Games indicated by \*

<b>ARCHERY</b> (circle bow & option) Compound Fingers Release Bare-bow Compound Re-Curve Re-curve	<b>SHOOTING</b> 22 Pistol 22 Rifle (single shot only & no scope)
BAIT CASTING	<b>SHUFFLEBOARD</b> (circle one) Recreational Advanced *
BEAN BAG BASEBALL (min 8 players per team, max 11) Team Capt. _____ Team Name _____	<b>SPELLING</b>
<b>BILLIARDS</b> Singles	<b>SWIMMING</b> Back Stroke 50M 100M Breast Stroke 50M 100M Free Stroke 50M 100M Ind. Medley 100M
BOLO GOLF	<b>TABLE TENNIS</b> Singles * Doubles Partner _____ Mixed Partner _____
BOWLING (additional fees at site) Singles * Doubles Partner name _____ Mixed Partner name _____	<b>THROWS</b> Accuracy: Football Frisbee Softball Distance: Softball (Sat only)
<b>DANCE TEAM</b> Team Name _____ Team Capt _____ <b>DOMINOES</b> <b>FIELD</b> Discus* Javelin * Shot Put * <b>GOLF</b> (additional fees at site) Medal play* Putt - Putt	<b>TRACK</b> 50M 100M 200M 400M 800M 1500M 5000M <b>WALK</b> 1/2 mile 1 mile
<b>HORSESHOES</b> (circle one) Recreational Advanced*	<b>WASHER PITCH</b> Sports in GREEN are open to athletes age 40+

**Southwest District Senior Games  
C/O Diane Devincenzi  
P.O. Box 806  
Sulphur, LA 70664**



**2010**

**Southwest Louisiana  
District Senior Games**

**Lake Charles, Sulphur, Carlyss  
March 13 – April 10, 2010**