

Entry Form for 2009 Northeast La. Senior Olympic Games

April 18 - 23, 2009

Mailing Address: P.O. Box 7171, Monroe, La. 71211

Office Location: 2407 Ferrand Street, Monroe, La. (318) 387-0535, ext. 205

Please PRINT all information below and return this page, along with the ENTRY FEE to the P.O. Box address above. Be sure to SIGN the WAIVER (next page) & MARK below all events in which you wish to participate. Do not enter two events which take place at the same time.

DEADLINE TO ENTER: APRIL 9, 2009

Last Name: _____ **First Name:** _____ **MI:** _____

Age: (as of Dec. 31, 2009) _____ **Birthdate: (Month, Day, Year)** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Your Parish _____ *(Important)* **Cell Number: ()** _____

Sex: (circle) Male Female **Telephone Number: ()** _____

Email Address: _____ (To receive updates, news, etc...)

T Shirt Size: (circle) Med Large XL XXL (\$2 extra) XXXL (\$3 extra) or Don't Want

ALL EVENTS ENTERED SHOULD BE MARKED WITH AN 'X'

SAT., APRIL 18th

___ Walk A Thon
___ 50 M Dash
___ 100 M Dash
___ 200 M Dash
___ 400 M Dash
___ 800 M Dash
___ 1500 M Dash

___ 5 K Run

Long Jump

___ Discus

___ Shot Put

___ Javelin

*(All Track & Field Events
held at ULM Brown Stadium
beginning at 8:30 a.m.)*

TUES, APRIL 21st

___ Golf (*Chennault*)
___ Tennis Doubles (*MAC*)
___ Bowling (*Bayou Bowl*)
___ Billiards (*Bayou Bowl*)
___ Cycling (*Bayou Bowl*)

WED., APRIL 22nd

___ Shuffleboard

___ Horseshoes

___ Darts

___ Basketball Free Throws

___ Spelling Bee

___ Table Tennis

___ Dominoes

(All at Osterland Recreation Center)

THURS., APRIL 23rd

___ Frisbee Throw
___ Softball Accuracy
___ Softball Distance
___ Football Accuracy
___ Football Distance
___ Washer Pitch

___ Art

___ Ceramics

___ China Painting

___ Needle Art

___ Quilting

___ Dance Team

(All at Osterland Rec. Ctr)

IMPORTANT: For...Golf, Tennis Doubles, & Dance Team

Please indicate NAME of partner, team members, or team: _____

SEE NEXT PAGE FOR WAIVER, ENTRY FEES & TO ORDER MEALS

NORTHEAST LOUISIANA SENIOR OLYMPIC GAMES - 2009

PARTICIPANT WAIVER AND MODEL RELEASE

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, the 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; and
3. I willingly 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 lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my 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, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees 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.
6. I, the undersigned, grant to the Northeast Louisiana Senior Olympic Games, Inc. the right to use any pictures taken of me during the Games without 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.

PRINT YOUR NAME HERE _____

YOUR SIGNATURE _____ **DATE** _____

Required

EMERGENCY CONTACT INFORMATION:

NAME _____ **RELATIONSHIP** _____ **PHONE** _____

Fee Schedule for 2009 Games (Deadline to enter: April 9th)

Basic Entry Fee.....\$10.00 (all participants must pay this fee).....	\$ <u>10.00</u>
T-shirt (If desired)...\$7.50 (indicate size on page one).....	\$ _____
Note: XXL is \$2 extra and XXXL is \$3 extra.....	\$ _____
Lunch Ticket for Tues., April 21st (Sack Lunch) Add: \$3.....	\$ _____
Lunch Ticket for Wed., April 22nd (Sack Lunch) Add: \$3.....	\$ _____
Lunch Ticket for Thurs., April 23rd, (Plated Meal) Add: \$4.....	\$ _____
Additional Tickets (for visitors) for Thurs., April 23rd: \$4 each.....	\$ _____
TOTAL all fees and enter amount HERE:	\$ _____

Note: Parents of the Peak Performance Track Team will provide lunch on Saturday, April 18th at ULM for Track & Field participants. Bring your own bottled water.

**Enclose check or money order for TOTAL amount and mail along with this form to:
Northeast La. Senior Olympic Games, P.O. Box 7171, Monroe, La. 71211**

Northeast LSOG – 2009 - EVENT DETAILS – Keep these pages

Pick up your **registration packet** at the **FIRST event** in which you are entered. Plan to arrive at least 30 minutes prior to your event. **LUNCH will require a ticket each day.** Tickets **MUST** be purchased in advance. Lunch on Saturday is free for all Track & Field participants. See **ENTRY FORM**.

ELIGIBILITY: Anyone age 50 or over (as of Dec. 31, 2009) is eligible to participate in the Senior Olympic Games. Events will be conducted by age groups except as noted. Age groups are: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89, 90-94, and 95+.

AWARDS: *Gold medals* will be presented to first place winners and *ribbons* will be given for second and third place winners. **UNCLAIMED AWARDS:** Unclaimed ribbons and medals may be picked up at Ouachita Council on Aging, 2407 Ferrand Street, Monroe, La. beginning April 27th.

GAMES STATE QUALIFYING EVENTS: Bowling Scratch Singles; Golf (men and women); Dance Team; Discus; Horseshoes; Shuffleboard; Javelin; Shot Put; and Table Tennis. These are indicated with an asterisk (*).

MEALS: Sack lunches will be delivered to event sites and available by 11:00 a.m. (*Meal Tickets Required*) Exception: Lunch on Saturday at ULM for Track & Field – no charge, no ticket required.

ART: No sex or age groups. *Two divisions: I - Copy Artwork, II - Original Artwork.* Categories: Oil, Acrylics, Pen & Ink, Watercolor, Photograph. **Must provide own easels.** All works must have been completed within the past two years. Each person may enter two pieces of work in each category of each division. Each piece should be smaller than 2 ft. by 3 ft., or one piece (each category) not to exceed 4 x 6. Art pieces should be **PROPERLY LABELED** and delivered to Osterland Rec. Center between 10 a.m. and 2 p.m. on Wednesday, April 22nd, or by 9 a.m. April 23rd, and picked up by 2:00 p.m. on the 23rd. *Info: Carolyn Fox (318) 343-7834.*

BASKETBALL: Men and Women; All age groups; *Freethrow* - best of 10 throws wins.

BILLIARDS: Men and Women; No age groups; *Double elimination “8” ball tournament.* A **\$2.00 additional fee** will be **collected** at Bayou Bowl. (*Not part of our entry fee – do not include in check*)

***BOWLING:** Single; Men and Women; All age groups; *Scratch Scoring Only;* Top three players in each age and sex category will be qualified for State Games. A **\$3 fee** will be **collected** at Bayou Bowl. (Do not include this with your entry fee.)

CERAMICS & CHINA PAINTING: *Categories for Ceramics:* Glazed; Underglazed; Acrylics; Antiquing (Translucents). *Categories for China Painting:* Pieces under 12"; Pieces over 12". No more than two (2) pieces allowed in Ceramics; No more than two (2) allowed in China Painting; (Total of FOUR pieces). “Sets” are considered as ONE piece: For example, salt and pepper shakers, canister sets, etc. Items should be **PROPERLY PACKAGED and LABELED** & delivered to Osterland Recreation Center between 10 a.m. and 2 p.m., April 22nd, or by 9 a.m. April 23rd, and picked up by 2:00 p.m. on the 23rd. *Info: Jeanette Ellington, 324-1280*

CYCLING: Men and Women; All Age Groups; One mile and 5K competitions. *Miles Luke, 325-0027*

***DANCE TEAM:** Two Age Groups: 50+ and 60+ (Average age of team members will determine age group). Teams may be comprised of men and women, any combination. Rosters may have not less than 8 nor more than 15 dancers. Performance will be limited to 10 minutes and may have a maximum of three routines. Time starts with first sound of music and **does not stop for 10 minutes.** Deduction of

10 pts for up to 15 seconds over the 10 minute allowance. Leader must be incorporated into the regular formation, not out in front. All participating teams qualify for State Games Dance Competition. *Info: Diane Gaines, 387-0535, ext 205*

DART THROWING: Men and Women; All age groups; *20 throws for score*; May throw **at any time** during listed time frame. Scores will be tallied and winners determined by 2 p.m.

DOMINOES: No sex or age groups. *ONE tournament April 22nd only. Coordinator's rules are final.*

***GOLF:** Men and Women; All age groups. Both sexes must qualify at district games for state. An additional fee of \$28.00 must be paid on site at Chennault for cart and green fee. Do not mail with Senior Olympic fee. *18 hole stroke play event.* Participants may make up their own groups or be paired by tournament committee. .

***HORSESHOES:** Men and Women; All age groups; The pitching distances are set up as follows in order that top three winners may qualify for State games. MEN 50-69...40 feet; MEN 70+...30 feet; WOMEN 50-74...30 feet; WOMEN 75+...20 feet.

NEEDLE ART: Two Categories, with Sub-Categories: (1) Home Décor – *tatting, knitting, crochet, or canvas*; (2) Personal Apparel – *tatting, knitting, or crochet*. *Info: Jeanette Ellington, 324-1280.*

QUILTING: Three Categories: *Completely Hand Quilted; Completely Machine Quilted; or A Combination of Hand and Machine.* Should be LAP ROBE size or BED size. No distinction will be made between 'regular', 'queen', or 'king' sized quilts, however LAP ROBE size will be judged separately. You must supply 'stand' or quilts will be laid on tables. Quilts may be delivered to Osterland Rec. Center between 10 a.m. & 2 p.m. on April 22nd, or by 9 a.m., on April 23rd, & picked up by 2:00 p.m. on the 23rd. Awards will be made for 1st, 2nd, and 3rd place in each category. *No limit on # of quilts entered. Info: Dianne Guillot, 387-3333*

***SHUFFLEBOARD:** Men and Women; *Singles Advanced* only; Age groups may be combined.

SPELLING BEE: No sex or age groups. For a copy of the words and rules, *contact Lanell Winston at 1-800-707-2572 or (318) 387-2572.*

***TABLE TENNIS:** Men and Women; All age groups. *Singles* only.

TENNIS DOUBLES: Men and Women; All age groups. Participants must bring their own tennis balls and racquets.

THROWS: Men and Women; All age groups. **FOOTBALL:** Accuracy and Distance Awards; **SOFTBALL:** Accuracy and Distance Awards; **FRISBEE** : Accuracy Only

TRACK & FIELD EVENTS: Men and Women; All age groups. **FIELD:** **LONG JUMP;** ***DISCUS:** 1.5 kilogram - age 50-59 men; 1 kg all others; ***SHOT PUT:** Men age 50-59, 6kg; Men age 60-69, 5kg; Men age 70+, 4kg; All females, 3kg. ***JAVELIN:** Men age 50-59, 700gm; Men age 60-69, 600gm; Men 70-79, 500gm; Men 80+, 400gm; Women age 50-59, 500gm, Women age 60+, 400 gm. **TRACK:** Men & Women; All age groups. **DASH: 50, 100, 200, 400, 800, &1500 meters; RUN: 5K (5K held at 8:30 a.m.)**

WALKATHON: Men & Women; All age groups; *1 mile. (ULM Brown Stadium Sat. April 18th, 9:00 am)*

WASHER PITCH: Men & Women; All age groups

Northeast LSOG 2009 SCHEDULE OF EVENTS - KEEP THIS PAGE

NOTE: For "Rain Dates", please visit our webpage at www.northeastlsog.com.

Saturday, April 18th (All at ULM Brown Stadium)

All Track and Field events, including Walk-A-Thon, will be held today.

(Lunch provided by parents of Peak Performance Track Team)

Registration for participants will be at Brown Stadium at 8:00 a.m.

Event Schedule: **TRACK:** 8:30-5K run; 9:00-Walkathon;

9:30-Running events (in the following order) 50M, 1500M, 100M, 800M, 200M, 400M.

FIELD: 9:00 a.m.-Long Jump, Shot Put, Discus, Javelin. (in this order)

Tuesday, April 21st (Various Venues)

Golf - 8:00 a.m. at Chennault Golf Course

Bowling - 9 a.m. at Bayou Bowl

Cycling - 10:00 a.m. at Bayou Bowl

Tennis Doubles - 10 a.m. at Monroe Athletic Club, Chauvin

Billiards - 11:00 a.m. at Bayou Bowl

LUNCH: Sack Lunches available by 11 a.m. at all sites - MUST HAVE TICKET

Wednesday, April 22nd (All at Osterland Recreation Center)

Horseshoes - 50-69 at 9:00 a.m.; 70-85+ at 12:30 p.m.

Shuffleboard - 70-85+ at 9:00 a.m.; 50-69 at 12:30 p.m.

Darts - 9 a.m. until 12:30 p.m. - *(may participate at any time during this timeframe)*

Dominoes - 11 a.m. *(ONE tournament only)*

Basketball Free Throws - 11:00 a.m.

Spelling Bee - 12:30 p.m.

Table Tennis - 12:30 p.m.

LUNCH: Sack Lunches available by 11:00 a.m. - MUST HAVE TICKET

Thursday, April 23rd (All at Osterland Recreation Center)

Throws/Accuracy and Distance - 70-85+ at 9:00 a.m.; 50-69 at 12:30 p.m.

Washer Pitch - 50-69 at 9 a.m.; 70-85+ at 12:30 p.m.

Art - 9:00 a.m. *(On display til 1:30 p.m.)*

Ceramics and China Painting - 9:00 a.m. *(On display til 1:30 p.m.)*

Needle Art - 9:00 a.m. *(On display til 1:30 p.m.)*

Quilting - 9:00 a.m. *(On display til 1:30 p.m.)*

Dance Team Competition - 11:00 a.m.

"Celebration of Athletes Banquet" - 11:30 a.m. - 12:30

LUNCH: - Served at 11:30 a.m. - MUST HAVE TICKET

Event Sites/Addresses: For info, call Diane Gaines at 318-387-0535, ext 205

Osterland Recreation Center - 710 Holland Drive, Monroe, LA - 345-0040, Tim Judd

Chennault Golf Course - 8475 Millhaven Road, Monroe - 329-2454

Bayou Bowl - US 165 North, Monroe - 325-2062

Monroe Athletic Club (MAC) - 3801 Chauvin Lane, Monroe - 387-2352

University of Louisiana Monroe - Desiard Street off 165 Bypass North - 355-2598, Dennis Groll

Attention All Participants: PLEASE allow the Coordinator ***one full hour*** after the close of an event (all age groups) to tally results. In some cases, you must wait until the following day. As often as possible, awards will be given at event sites, otherwise, an

“AWARDS TABLE” will be set up at Osterland Rec.Center in same area where you picked up your Registration Packet.

VISIT OUR WEBSITE AT: www.northeastlsog.com