

2009 SOUTHWEST LOUISIANA DISTRICT SENIOR GAMES

SPORTS IN GREEN ARE OPEN TO ATHLETES AGE 40+

Sat. April 18, 2009

Archery

9:00 am

Carlyss Park - Carlyss, LA

Sat. March 14, 2009

Pistol & Rifle Shooting

9:00 am

Calcasieu Regional Training
Academy, Lake Charles, LA

Mon. March 23, 2009

Golf (medal play)

9:00 am

Frasch Park - Sulphur, LA

Tues. March 24, 2009

Bean Bag Baseball

9:00 am

MSU Recreational Complex

Thurs. March 26, 2009

Bowling

12:30 pm

Petro Bowl -- Lake Charles, LA

Putt-Putt Golf

4:30 pm

Putt-Putt Golf Course – L.C.

Fri. March 27, 2009

Opening Ceremonies

Competitive Events (**swimming**)

8:00 am

MSU Recreational Complex

Sat. March 28, 2009

Track & Field

8:00 am

MSU Track

Qualifying site for:

2009

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

Best Suites

401 Lakeshore Dr

439-2444 or 1-800-237-8466

Super 8 Motel

1350 E. Prien Lake Road

477-1606

Sleep Inn & Suites

3231 E. Prien Lake Rd

480-0898

Inn on the Bayou

1101 W. Prien Lake Road

474-5151 or 1-800-642-2968

Sulphur

Microtel Inn

2616 Ruth St

527-1000

LaQunita

2600 Ruth Street

527-8303 or 1-800-531-5900

Best Western Hotel & Suites

1200 Pintail Dr

625-9000 or 1-800-528-1234

Comfort Suites

320 S. Cities Service Hwy

626-7000

Holiday Inn Express

102 Mallard Rd.

625-2500

SCHEDULE 2009 SW District Games

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

(Do not mail this page)

March 24th, Tuesday		
Bean bag baseball	All report at 9:00 am	MSU Recreational Complex
March 14th, Saturday		
Shooting	All report at 9:00 am	Cal Regional Training Academy, Lake Charles
March 23rd, Monday		
Golf (medal play)	All report at 9:00 am	Frasch Park, Sulphur
March 26th, Thursday		
Bowling	Report at 12:30 pm	Petro Bowl, Lake Charles
Putt-putt	Report at 4:30 pm	Putt-putt Golf, Lake Charles
March 27th, Friday	<u>Hospitality Room Opens @ 8:30 AM</u>	<u>After the Opening ceremonies</u>
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 9:30 am	MSU Rec Complex, Room 200
Swimming (all events)	Events start 10 am 50M back; 50 M breast; 50M free; 100M back; 100M breast; 100M IM; 100M free	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 8:30 am to check brackets for start time	McNeese Recreational Complex
March 28th, Saturday		
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	Start at 8:00 am - 5000m, 50m, 100m, 800m, 200m, 400m, 500m, 1500m	McNeese Track
½ mile walk/run	All start at 10:30 am	McNeese Track
1 mile walk/run	All start at 11:00 am	McNeese Track
Horseshoes (all events)	Report at 9:00 am to check brackets for start time	McNeese Track
March 14th, Saturday		
Archery (all events)	Report at 9:00 am	Carlyss Park, Carlyss Louisiana

**PARTICIPANT WAIVER AND MODEL RELEASE
PLEASE READ & SIGN**

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: Name: _____ Phone: () _____

ENTRY FEES

You will not be able to enter a sport that over laps your previous Sport choices!

Once a sport starts, that you have chosen & you are not there at your appointed time you will not be able to participate late!

Checks or money orders made payable to SOUTHWEST DISTRICT SENIOR GAMES...	DO NOT SEND CASH!
BASIC ENTRY FEE (for first 3 Sports).....	\$ <u>15.00</u>
ADDITIONAL FEES	
each Sport over 3 (\$2.00each)	\$ _____
XX or XXX T-Shirt fee (\$2.25)	\$ _____
Guest lunch (\$2.00 each)	\$ _____
Donation (Tax Deductible)	\$ _____
TOTAL ENCLOSED	\$ _____

FEES PAID AT SITE

Bowling each + single + double + mixed	\$ 5.00	I will bring a guest to the games.
Putt-Putt Golf	\$ 5.00	_____ x \$2.00 for their lunches
Golf	\$15.00	

Registration Fees MUST BE paid by February 19th 2009

I have checked the sport/event entries on this form and verify that they are correct. I have also signed the liability waiver. I understand there are NO SUBSTITUTIONS or REFUNDS. All fees are enclosed.

Signature is required _____ Date: _____

***THIS FORM MUST BE SIGNED AND RETURNED WITH PARTICIPANT APPLICATION FORM**

TEAM ROSTER

(To Be Filled In By Team Captain Only)

Beanbag Baseball

Dance Team

Team Name _____

Captain _____ Phone _____

Cell Phone: _____ email: _____

No.	Name	Birth date
1.		
2.		
3.		
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17.		
18.		

**PLEASE FILL OUT COMPLETELY
AND
RETURN WITH YOUR ENTRY FORM**