



First District
Tennessee
Senior Olympics

Entry
Deadline:
August 19

**September 6 – October 7,
2023**



Presenting Sponsor



First District includes Carter, Greene,
Hancock, Hawkins, Johnson, Sullivan, Unicoi
and Washington Counties

General Information

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that encompasses a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

District Information

The Tennessee Senior Olympics hosts 10 district events across the state. It is necessary to participate in a district event to advance to the state finals. This does not apply to "open" sports offered at the state finals. Athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district.

All out-of-state participants must live within 30 miles of the Tennessee state line and be pre-registered to participate.

Individuals and teams may participate in as many districts as desired. Registration and payment are required for each district. Out-of-district composition for team sports remains the same. If you are unable to participate in the First District Senior Olympics, please call (615) 200-8760 or visit the Tennessee Senior Olympics website, www.tnseniorolympics.com, to find information on other districts.

Registration and Fees

Athletes may enter an unlimited number of events. However, they may not register for events that will overlap in time.

All participants are required to pay a one-time entry fee of **\$40.00**. The fee includes awards and t-shirts. Below are additional event-related fees. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **August 19, 2023**.

- Bowling** \$7.00 per event
- Golf** \$25.00 per person, to be paid to Pine Oaks Golf Course on the day of the event (fee includes cart). A practice round is available for an additional \$25.00 (including cart) on August 31, September 1 or September 5, 2023 ONLY (no exceptions).

If you are interested in receiving a bag lunch (sandwich, chips, etc.) during the Track/Field events on Saturday, October 7, 2023, please add \$10.00 to your registration fee (see [Entry and Event Fees on page 6](#)).

Inclement Weather

The First District Senior Olympics reserves the right to cancel or postpone events in case of inclement weather or other

extenuating circumstances. Any schedule changes will be announced at the event site. In the event of bad weather, it is your responsibility to call and check for changes. Call 423-434-6237 to check for information and updates to the schedule.

Age Categories

The Tennessee Senior Olympics age categories are as follows:

50-54	55-59	60-64	65-69	70-74
75-79	80-84	85-89	90-94	95-99
100-104				

Participants will qualify for age divisions according to their age as of December 31, 2024. In doubles events and in team competitions, teams will compete in the age category determined by the age of the youngest team member.

Rules and Equipment

All events will be conducted in accordance with the 2023 Tennessee Senior Olympics *Official Rules Manual*. A copy of the manual is provided to each district coordinator. The complete rules manual is also available on the Tennessee Senior Olympics website, www.tnseniorolympics.com. A copy of the rules for each event will be available at each event site.

Equipment for each event will be provided, unless stated in the rules of each event. Participants are advised to consult the *Official Rules Manual* about equipment for their event.

Awards

Medals will be presented for first-, second-, and third-place finalists in each age/gender category. Any athlete who **participates** at a district event may advance to state finals in the exact sport/event in which he/she participated. The awards will be presented at the conclusion of each event.

Check-In for Events

Unless notified by mail, email or phone, check-in for events will be at the starting time listed on the schedule of events. Please allow ample time between events. Last-minute substitutions will not be allowed unless it is a team event and a player cannot participate due to illness. The substitute must be a registered participant of the Senior Olympics and cannot have already participated in the event.

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Event Schedule

Athletes wishing to register for doubles and mixed doubles events will not be registered for those events unless they have a partner listed on their entry form.

IT IS NOT THE RESPONSIBILITY OF THE COORDINATOR TO PARTNER PLAYERS TOGETHER.

Wednesday, September 6

Golf

9:30 a.m. Pine Oaks Golf Course, Johnson City
(Golf practice round available August 31, September 1 or September 5th, 2023 **ONLY**—No exceptions
See details under [Registration and Fees](#), page 2.)

Tuesday, September 12

Bowling—Singles (Men and Women) (Practice at 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Wednesday, September 13

Bowling—Doubles (All Ages) (Practice at 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Friday, September 15

Bowling—Mixed-Doubles (All Ages) (Practice at 8:45 a.m.)

9:00 a.m. Warpath Lanes, Kingsport

Monday, September 18

Shuffleboard—Singles, Doubles (May Be Mixed)

9:00 a.m. Jonesborough Senior Center, Jonesborough

Tuesday, September 19

Pickleball—Singles, Doubles and Mixed-Doubles

9:00 a.m. Memorial Park Community Center,
Johnson City

Wednesday, September 20

Table Tennis—Singles, Doubles and Mixed-Doubles

1:00 p.m. Memorial Park Community Center,
Johnson City

Thursday, September 21

Cornhole Competition—Singles, Doubles, Mixed Doubles

9:00 a.m. Memorial Park Community Center,
Johnson City

Friday, September 22

Horseshoes

9:00 a.m. Rock Springs Community Park, Kingsport

Tuesday, September 26

Swimming Events:

Freestyle 50Y & 200Y, Butterfly 100Y, Breaststroke 50Y & 200Y, Individual Medley 200Y & 400Y, Backstroke 100Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Thursday, September 28

Swimming Events:

Freestyle 100Y & 400Y, Butterfly 50Y & 200Y, Breaststroke 100Y, Individual Medley 100Y Backstroke 50Y & 200Y

1:00 p.m. Kingsport Aquatic Center, Kingsport

Saturday, October 7

Track/Field Events

Science Hill High School (Kermit Tipton Stadium),
Johnson City)

7:30 a.m.	1500M Run
8:00 a.m.	100M Run
8:30 a.m.	800M Run
9:00 a.m.	50M Run
9:30 a.m.	Men's Long Jump/Triple Jump Women's Shot Put
10:30 a.m.	200M Run
11:00 a.m.	Men's Shot Put Women's Long Jump/Triple Jump
12:00 p.m.	Break—30 minutes Bag lunch available—(see page 2, Registration and Fees)
12:30 p.m.	400M Run
1:00 p.m.	Men's & Women's Javelin/Discus
2:45 p.m.	Men's & Women's High Jump/ Softball Throw
3:30 p.m.	1500M Race Walk

Registration deadline: August 19, 2023

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of Tennessee

EVENT SITES

Jonesborough Senior Center

307 E. Main Street, Jonesborough
Phone: (423) 753-4781

Kermit Tipton Stadium (Science Hill High School)

501 Liberty Bell Parkway, Johnson City
Phone: (423) 378-8400

Kingsport Aquatic Center

1820 Meadowview Parkway, Kingsport
Phone: (423) 343-9758

Memorial Park Community Center

510 Bert Street, Johnson City
Phone: 423-434-6237

Pine Oaks Golf Course

1709 Buffalo Road, Johnson City
Phone: (423) 434-6250

Rock Springs Community Park

1720 Rock Springs Road, Kingsport
Phone: (423) 341-2954

Warpath Lanes

2449 Memorial Boulevard, Kingsport
Phone: (423) 246-2695

DISTRICT T-SHIRTS

Shirts are distributed to the senior center of your choice for pick-up about a week before the games. If you prefer, your t-shirt can be made available at one of the event sites above. **Indicate on the front of the entry form which senior center or event site is most convenient for you.**

HEALTH

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor with regard to practice, preparation, and competition in these events and/or similar physical activity.

*Registration deadline:
August 19, 2023*



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Both Sides of Entry Form Must Be Completed In Order To Register.



Entry Form

General Information (Please Print)

Last Name _____ First Name _____ Middle Initial _____

Street Address (Include Apartment Number) _____

City _____ State _____ Zip Code _____

County _____ Date of Birth (Month/Date/Year) _____

Phone Number _____ Male Female Age (as of 12/31/2024) _____

T-Shirt Size (Circle Preferred Size)

S M L
XL XXL XXXL

Please indicate below the Senior Center or Event Where You Would Like to Pick Up Your T-Shirt

Events (Open sports at the state level (and not offered at the First District level) include Archery, Cycling (5K and 20K), Disc Golf, 5K & 10K Road Races, 5K Walk, Racquetball, Pole Vault & Power Walk). Sports not offered at your home district are also considered open.

- | | |
|--|---|
| <input type="checkbox"/> Bowling (Singles) | <input type="checkbox"/> Partner's Name _____ Age _____ |
| <input type="checkbox"/> Bowling (Doubles) | <input type="checkbox"/> Shuffleboard (Singles) |
| Partner's Name _____ Age _____ | <input type="checkbox"/> Shuffleboard (Doubles—May Be Mixed) |
| <input type="checkbox"/> Bowling (Mixed-Doubles) | Partner's Name _____ Age _____ |
| Partner's Name _____ Age _____ | <input type="checkbox"/> Swimming (Indicate Each Event—Up To 6 Events) |
| <input type="checkbox"/> Cornhole (Singles) | Backstroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Cornhole (Doubles) | Breaststroke: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| Partner's Name _____ Age _____ | Butterfly: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y |
| <input type="checkbox"/> Cornhole (Mixed Doubles) | Freestyle: <input type="checkbox"/> 50Y <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y |
| Partner's name _____ Age _____ | Indiv. Medley (4 strokes): <input type="checkbox"/> 100Y <input type="checkbox"/> 200Y <input type="checkbox"/> 400Y |
| <input type="checkbox"/> Field Events (Indicate Each Event) | <input type="checkbox"/> Table Tennis (Singles) |
| <input type="checkbox"/> Javelin <input type="checkbox"/> Shot Put <input type="checkbox"/> Discus | <input type="checkbox"/> Table Tennis (Doubles) |
| <input type="checkbox"/> Triple Jump <input type="checkbox"/> High Jump <input type="checkbox"/> Long Jump | Partner's Name _____ Age _____ |
| <input type="checkbox"/> Softball Throw | <input type="checkbox"/> Table Tennis (Mixed-Doubles) |
| <input type="checkbox"/> Golf | Partner's Name _____ Age _____ |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Track Events (Indicate Each Event) |
| <input type="checkbox"/> Pickleball (Singles) | Run/Walk: <input type="checkbox"/> 50M <input type="checkbox"/> 100M <input type="checkbox"/> 200M <input type="checkbox"/> 400M |
| <input type="checkbox"/> Pickleball (Doubles) | <input type="checkbox"/> 800M <input type="checkbox"/> 1500M |
| Partner's Name _____ Age _____ | Racewalk: <input type="checkbox"/> 1500M |
| <input type="checkbox"/> Pickleball (Mixed-Doubles) | |

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Health Information

Do you have specific health conditions or problems that medical personnel should be aware of in case of an emergency?

- No
- Yes (please explain) _____

Family Doctor _____
Phone () _____

Emergency Contact _____
Relationship to Competitor _____
Phone () _____

- Are you a first-time Senior Olympics athlete?
- No
 - Yes, but I wasn't recruited by a returning athlete
 - Yes, I was recruited by a returning athlete
Name _____

Entry and Event Fees

- Registration Fee (includes one t-shirt) \$ 40.00
- I am participating in Bowling events:
_____ (no. of events) x \$7.00 = \$ _____
- Extra T-Shirt = \$8.00 (size: _____) \$ _____
- Donation \$ _____
- Lunch (Track/Field only) = \$10.00 \$ _____
(Lunch will **only** be provided to those that sign up and pay the \$10.00 fee. **No** extra lunches will be available at the event. (See page 2-Registration and Fees)

TOTAL AMOUNT ENCLOSED \$ _____

*Make checks payable to **The City of Johnson City.**

Golf fees are payable to the Pine Oaks Golf Course on the day of your event.

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, First District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, First Tennessee Development District and Area Agency on Aging and Disability, Science Hill High School, Warpath Lanes, Pine Oaks Golf Course, City of Johnson City, Johnson City Parks & Recreation, Kingsport Aquatic Center, Jonesborough Senior Center, Rock Springs Community Park, and any other sponsoring agencies or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the First District Tennessee Senior Olympics and planned special events. To the best of my knowledge, I have no physical restrictions which would prohibit my competing in the event(s) I have selected. Senior Olympics has my permission to have emergency medical personnel attend to me during my participation in the Senior Olympics if it is deemed necessary.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the District Senior Olympics without remuneration.

Signature _____ Date _____

This form must be completed and postmarked along with all fees by **August 19, 2023** in order to participate. Forms may be mailed to: First District Tennessee Senior Olympics, Memorial Park Community Center, 510 Bert Street, Johnson City, TN 37601.

Please include your team and/or partner's name when registering for doubles events. Partners must also submit a registration form. You may not enter an event after the deadline.

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NEXT SUMMER'S STATE FINALS



IMPORTANT INFORMATION! PLEASE READ!

Information and exact dates for the 2024 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by early 2024.

To be eligible for the 2024 state finals, athletes must participate in a fall 2023 district event in most sports.

District participants will participate and qualify in age divisions that match the state finals age determination. Age at the district will be determined by the athlete's age as of December 31 of the next calendar year. Athletes must be 50 years old by December 31, 2024 to compete in the 2024 state finals.

For example, for the 2023 districts, age will be determined as of December 31, 2024. For the 2024 state finals, age will be determined as of December 31, 2024. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2024 state finals. For example, an individual who turns 50 on April 1, 2024 will play in the 50-54 division in the fall 2023 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2024 year to compete in the 2024 state finals.

Open sports that do not require district qualification include archery, cornhole, cycling (5K and 20K), disc golf, the 5K and 10K road races, 5K Walk, racquetball, triple jump, pole vault, and the power walk. Sports not offered at your home district are also considered open. **This list is subject to change by our board of directors. Notification of changes will be sent via e-mail.**

Registration for the state finals will open in March 2024.

Details will be e-mailed to all district participants.

Visit www.tnseniorolympics.com for more information about the state finals.

NATIONALS

2025 Nationals The next qualifying cycle will begin with the 2023 fall districts leading to the 2024 state finals. This offers an opportunity to advance to the 2025 Nationals. Location to be determined. For more information about Nationals, please visit www.nsga.com

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Final Checklist

- I completed the Official Entry Form and Event Registration.
- I completed the Health Information Form and signed the Liability Waiver.
- I completed the Entry Form in full and included a check or money order for the total amount, payable to First Tennessee Development District, and will submit all forms and payments by **August 19 2023**.
- I understand that I may not enter any event after the deadline.

Contact Information

Deb Fogle
423-434-6231
DFogle@johnsoncitytn.org

or

Teresa Sutphin
423-722-5120
tsutphin@ftaad.org

Presented By:



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**First District
Tennessee Senior Olympics
Memorial Park Community Center
510 Bert Street
Johnson City, TN 37601**