

# Participant Information for Northwest Louisiana District Senior Olympics

Direct questions to Coordinator Doyle Blasingame, Email:djblas@bellsouth.net or Bette Turner, Email: tetteb20@aol.com Bette may be reached by phoning (318) 470-6264. Or you may contact event coordinators listed with schedule of events. For Senior Residence Communities competition information, contact Marilyn or Dick Hailey, 318-617-6765.

**TO YOUR GOOD HEALTH:** Louisiana Senior Olympic Games Inc., the sanctioning agency of our competition, strongly urges all participants to consult their physicians regarding their practice for and participation in this program.



**FEES:** Entry fee is \$15.00. Track and field, bowling, tennis and table tennis are considered one event, regardless of the number of activities you choose within them. Bowling requires a \$8.00 facility fee each in Singles, Doubles and Mixed Doubles, 9-Pin No Tap and Scotch Doubles. Miniature golf (\$5.00) and golf (\$35.00 for greens fee and cart) also require additional fees to basic entry. The Celebration of Athletes requires a \$5.00 fee for each participant who wishes to attend (\$5 for guests). Reservations must be made by May 11. **REGISTRATION:** Use entry blank in this publication or download entry form from our website ([www.nwlsog.org](http://www.nwlsog.org)) and return with all fees and the signed release of liability by the **entry deadline** of noon, March 21 for Beanbag Baseball and April 13 for all other events (late entries will be considered subject to availability in sport or game). Team competition requires team captains to bring team roster for his or her team. Commemorative T-shirts, *Seniorific* magazine and schedule changes or updates will be available at Senior Health Fair from 9 a.m. to 1 p.m. April 18 in Horseshoe Riverdome. These also will be delivered to event sites.

**ELIGIBILITY:** This is an OPEN competition. Out-of-district and out-of-state entries are welcomed and encouraged. **Anyone who will be 50 years of age as of December 31, 2012 is eligible.** District competitors are those from Caddo, Bossier, Bienville, Claiborne, Webster, Desoto and Red River parishes. **AGE GROUPS:** Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and above. Whenever possible, we conform to these groups, but we reserve the right to combine age brackets to ensure medals are won through competition or to meet scheduling demands. **Age group is determined by contestant's age as of December 31, 2012.** In team competition, including doubles events, age is determined by the youngest player. **WELCOME 40-49 AGE COMPETITORS in TRACK,** the only activity with a special 40-49 age bracket. Competitors those ages are encouraged to take part. Use this entry form. Entry fee is \$15 and signed participation waiver must accompany entry form. Ribbons will be awarded in the 40-49 age groups. **IN DOUBLES EVENTS, player must choose own partner to enter a doubles/mixed doubles event and name should be listed on entry form.** Exception: Tennis partners may be determined during tournament. If an individual must pull out of a doubles event on the day of play, we will attempt to help find a partner. We will not accept a doubles entry that does not list a partner.

**QUALIFYING EVENTS:** Athletes must qualify for state competition in Bowling Singles (top three scratch scores or age qualifying scores), Advanced Horseshoes (top 3 places), and Table Tennis (top 3 places). Top two finishers in Discus, Shot Put, Javelin and Shuffleboard qualify for state competition. Bowlers may qualify by reaching determined scoring levels. Golfers may qualify by finishing 1-2-3 or by meeting minimum scores (men 50-69 100 or below, 70-79 105 or less, 80-plus must complete round in four hours. Women 50-69 105, 70-79 110, 80-plus must complete round in four hours). **MEDALS:** In qualifying events, the top three district athletes in each event and age group will be awarded medals and out-of-state or out-of-region athletes will be awarded duplicate medals based on their actual placement. District and out-of-district athletes may qualify for their state games through finish in our district. (please check with your state association to be sure they recognize this).

**EQUIPMENT:** Participants must supply own equipment in tennis, bowling (rentals okay), shooting (.22 pistols and .22 rifles). Do not wear white shirts in table tennis. You may bring your own paddle, subject to judges' acceptance. **TRACK AND FIELD:** Implements will be provided according to age groups as determined by the state. Shot Put and Discus will begin at 8:30 a.m. Javelin will start at 9:30 a.m. Running begins at 8:30 a.m. Order is 50 meters, 800 meters, 100 meters, 400 meters, 1,500 meters and 200 meters.

**TEAM SPORTS:** Bean Bag Baseball teams must have a minimum of 9 players (maximum 15). **TIME OF EVENTS:** The Games schedule lists starting times for the various events. Participants should be ready for play at a minimum of 15 minutes before the listed time or at the specific time of registration if one is listed for an event. Game officials reserve the right to cancel or postpone any event due to inclement or threatening weather or unusual circumstances and to change an event to multiple days if registration warrants. Events may be cancelled if number of entries does not warrant them.

**TENNIS:** Tournament will use USTA rating system (3.5 and below, 4.0 and above). To comply with our insurance, participants may enter only two divisions, singles and a doubles or two doubles. Officials reserve the right to re-categorize entries to insure competitive levels.

**STATE GAMES:** Go to [www.lsog.net](http://www.lsog.net) or write the LOUISIANA SENIOR OLYMPIC GAMES, P.O. Box 14748, Baton Rouge, LA 70898-4748 for information about our state competition.

Good luck and good fortune.