



# 2010 ENTRY FORM

31<sup>st</sup> Annual **St. Louis Senior Olympics:** May 27-31, 2010

**Eligibility:** 50 Years Old or Better

**Registration Deadlines:** April 28 (Early) & May 21 (Final)

## Thank you to our 2010 St. Louis Senior Olympics Sponsors!



# About the St. Louis Senior Olympics

The St. Louis Senior Olympics is an Olympic-style sporting event for men and women age 50 and *better*. This year's schedule includes more than 85 individual, partner and team events. Our long time success is due to the incredible support we receive from corporate sponsors, community partners, long time participants and dedicated volunteers who share in the excitement and camaraderie that is felt during the Games! Enclosed you will find the Official Entry Form, Team Entry Form & Roster, Volunteer Sign-Up, and Schedules. The Senior Olympics is a chance for the entire community to come together to celebrate the accomplishments of OUR Seniors! We are looking forward to having you join us in 2010.

## 2010 Sponsors

*Jewish Community Center, Lutheran Senior Services*

*Barnes-Jewish Hospital, Essence Healthcare, Anthem Blue Cross Blue Shield*

*Creve Coeur Racquet Club, St. Louis Lions, , Bergman, Schraier, & Co., PC,*

*Bethesda Health Group, St. Luke's Hospital, The Fountains of West County, Clean -The Uniform Company*

*Ameristar, Big Shark, Delmar Gardens, Group Health Plan, J Associates, Rehabilitation Professionals, Inc., St. Louis Times, Schnucks, The Villa at Riverwood*

## 2010 Events

Accuracy Plug Casting

Art Competition

Badminton

Baseball Homerun Derby

Basketball 3 on 3

Basketball Around the World

Basketball Free Throws

Billiards

Bocce

Bowling

Cycling \* New Venue \*

Darts

Football Throw Accuracy

Football Throw Distance

Golf 9-Hole

Golf 18-Hole

Horseshoes

Racquetball

Shuffleboard \* New Venue \*

Soccer 7 v 7 Tournament

Soccer Kick

Softball Homerun Derby

Softball Throw Accuracy

Softball Throw Distance

Swimming

Squash

Table Tennis

Tap Dance

Tennis

Track & Field

Volleyball

Washer Toss

Water Volleyball

Weightlifting

## ***Support the St. Louis Senior Olympics***

**In an effort to maintain the excellence of the St. Louis Senior Olympics, we created the**

***"Friends of the St. Louis Senior Olympics."***

**We are asking you, as our Friend, to join this campaign to help maintain the viability of the St. Louis Senior Olympics. Friends contributions can be made on page 6.**

**Thank you in advance for your help and continued support of the St. Louis Senior Olympics.**

# Registration Deadlines & Fees

## Registration Deadlines

**Early Registration Deadline** – Wednesday, **April 28**

**Final Registration Deadline** – Friday, **May 21**

**Tennis Entry Deadline** – Wednesday, **May 12**

**Team Rosters** – Wednesday, **May 6**

St. Louis Senior Olympics is not responsible for delays involving the United States Postal Service.

Send or deliver entry forms to St. Louis Senior Olympics, 2 Millstone Campus Dr., St. Louis, MO 63146.

**Liability Waiver MUST be signed and turned in with the Official Entry Form.**

## Registration Fees

### General Registration

A NON-REFUNDABLE and NON-TRANSFERABLE General Registration Fee must be included with the entry form. Checks should be made payable to “St. Louis Senior Olympics.” **The fee is \$40 for entries received by April 28 and \$45 after April 28.** Both partners in doubles events must register and pay indicated fees. Team event participants and Tap Dancers see fees below. Bowling and Golf require an additional facility fee, see below.

### Team Events Participants: 3 on 3 Basketball, 7 v 7 Soccer, Volleyball and Water Volleyball

All players on a team roster MUST complete the Official Entry Form and include the team event participant fee of **\$20**. Any team player interested in participating in other events must pay the full General Registration Fee of \$40 or \$45. **Team captains are responsible for turning in Team Entry Form and Roster (Page 5) by Wednesday, May 12.**

### Tap Exhibition/ Masters Class Participants

Tap dancers who participate in ONLY the Exhibition and Masters Class may register for **\$25**. Those dancers interested in participating in other events must pay the full General Registration Fee of \$40 or \$45.

The Tap Master’s Classes will be held at the **Performing Arts Centre, Inc.**

226 North Main Street, St. Charles, MO 63301 from 9am—1pm.

The Tap Exhibition will be held on Thursday, **May 27** at the JCC in Creve Coeur at 1:30pm.

## Additional Facility Fees

### Bowling

Requires an additional FACILITY FEE of **\$6** for each session participant selects except the 3-person Baker Team bowling session, which is only **\$2** (Bowling shoes available at no additional cost). This fee is NON-REFUNDABLE after May 21.

### Golf

Requires an additional FACILITY FEE. (Fee includes greens fee and electric cart. All golfers must ride). This fee is NON-REFUNDABLE after May 21.

9-Hole - **\$18** at Creve Coeur Golf Course

18-Hole - **\$30** at the Norman K. Probststein Golf Course in Forest Park

## St. Louis Senior Olympics Office

Jewish Community Center  
Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, MO 63146

**Phone:** (314) 442-3217  
**Fax:** (314) 442-3286  
**Email:** [solympics@jccstl.org](mailto:solympics@jccstl.org)  
**Website:** [www.stlouisseniorolympics.org](http://www.stlouisseniorolympics.org)

***Please contact the Senior Olympics office for scholarship information.***

# Important Information

## Eligibility

### Minimum Age Requirements

Individual and Tournament (non-team) Events – Participant must turn **50** by **May 27, 2010**

Team Events – Participant must turn **50** by **December 31, 2010**

### Age Divisions

Except as noted below, there will be 9 age divisions for both men and women in each athletic competition.

**50-54**      **55-59**      **60-64**      **65-69**      **70-74**      **75-79**      **80-84**      **85-89**      **90+**

**Individual Events** will be 5 year divisions when 3 or more are competing. In events with less than 3 competitors divisions may be combined. All participants must compete in their own age group except as noted below.

**Team Events** 50-59, 60-69, and 70+

**Doubles and Partner Events** the age of the younger partner determines the age division

## Opening Ceremonies

The 2010 St. Louis Senior Olympics Opening Festivities will begin at 4:00 pm on Thursday, May 27 at the Jewish Community Center's Staenberg Family Complex in Creve Coeur at Schuetz Road. Join us for Packet Pick-Up, the Torch Lighting Ceremony, and a Vendor Fair! All coupons, promotional items and goodies will be handed out on a first come basis at Opening Ceremonies. Special attendance prizes will be given out immediately following the Torch Lighting.

<b>Doors Open</b>	<b>4:00 pm</b>
<b>Packet Pick-Up &amp; Vendor Fair</b>	<b>4:00—6:00 pm</b>
<b>Torch Lighting</b>	<b>6:00 pm</b>

## Participant Check-In

**Packet Pick-Up will be held in conjunction with Opening Ceremonies on Thursday, May 27 from 4:00 – 6:00pm.**

All participants **MUST** check in at the Jewish Community Center in Creve Coeur and receive an official entry number to participate in the events. Participants may also check-in at the Information Desk at the Jewish Community Center in Creve Coeur:

Friday, May 28 – Monday, May 31 (7:00 am – 3:00 pm)

## Volunteers

Volunteer opportunities are listed on pages 10—11. Please contact the Senior Olympics office for group volunteer opportunities.

## Tournaments

**THE FOLLOWING TOURNAMENTS WILL BE DRAWN ON SITE: BADMINTON, BILLIARDS, BOCCE, HORSESHOES, RACQUETBALL, SHUFFLEBOARD, SQUASH, TABLE TENNIS, AND WASHER TOSS. List of registered participants in each division will be available at the JCC several days prior to the start of the Games. All participants must check in with the event director approximately 10-15 minutes prior to the start time.**

## Awards

Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finalists in each age division for each event. Ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place will be awarded according to participant numbers. See published rules for each event for information concerning ties. In bowling and golf (18-Hole) awards will be given for both scratch and handicap events but a participant can only win one of these awards per event. In bowling and golf (18-Hole), the award will be made first to the top three scratch places, then to the top three handicap places, then to the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> scratch places, then the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> handicap places. The 9-Hole tournament is scratch only. Golfers must bring a current USGA handicap card to the course to compete in handicap division. No awards will be given in exhibition events.

# Event Specific Instructions

## Accuracy Plug Casting

Open-faced or closed-faced reels. A limited number of eye guards and spin casting reels will be available for loan.

## Art Competition

Participants in the Art Competition will receive a copy of the Art Competition Rules containing updated requirements, show information and drop-off/ pick-up times with confirmation mailing.

## Billiards

Billiards will follow the rules of the Amateur Pool Players Association.

## Bowling

Bowling balls and shoes available at Strike 'N Spare if not provided by participant. Participants must wear bowling shoes. Bowling will follow USBC rules but is a non-USBC sanctioned event.

## Cycling

ANSI approved helmets are required. Non-motorized multi-speed (or less) bicycles with no reduction resistance devices. Fixed gear bicycles must have brakes. **The 2010 Missouri State Time Trial Championship will be held on Saturday, July 31st in Jefferson City, MO.**

## Doubles/ Partner Events

Both partners must register and pay fees. Participants may not duplicate entry in any one event with more than one partner. No assignments will be made by the St. Louis Senior Olympics office.

## Golf

Participant must provide clubs and balls for play for the 9-Hole and 18-Hole Tournaments. (Also See Facility Fees) The golf handicap competition is limited to those who bring a current USGA handicap card to the event. The scratch competition is open to all.

9-Hole: All Women and Men 70+ will tee off on front (red) tees. Men 50-69 will tee off on back (blue) tees.

18-Hole: All Women and Men 80+ will tee off on front (silver) tees. Men 65-79 will tee off on middle (blue) tees. Men 50-64 will tee off on back (yellow) tees. Dogwood and Hawthorne courses will be used for 18-Hole Tournament.

## Racquetball and Squash

Racquets, gloves, eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory for all indoor court events. Towels will not be provided.

## Swimming

Swimming events are USMS recognized. 2010 USMS rules will be followed. Pool available for warm-ups ½ hour prior to the first scheduled event. The 2010 swimming events will take place at the JCC in Chesterfield. Directions will be listed in the Spring Newsletter.

## Tap Dance

The Tap Master's Classes will be held on Thursday, April 22, 2010 at the **Performing Arts Centre, Inc.**  
226 North Main Street, St. Charles, MO 63301 from 9am—1pm.

The Tap Exhibition will be held on Thursday, May 27, 2010 at the JCC in Creve Coeur at 1:30pm.

## Team Events

All players on a team roster MUST complete the Official Entry Form and include the team event participant fee of **\$20**. Any team player interested in participating in other events must pay the full General Registration Fee of \$40 or \$45. Team captains are responsible for completing the Team Entry Form and Roster. (Page 5)

## Tennis

Tennis will follow USTA rules. A participant may enter two of the three events and will play no more than three matches in one day. Those entering more than one event must be prepared to play multiple matches per day.

## Track & Field

Track and Field is governed by USATF rules.

1k = 1 kilogram = 2.2 pounds; 100g = 100 grams = 3.5 ounces

Discus: 1k for women and men 60+, 1.5k for men 50-59

Javelin: 400g for women 60+ and men 80+, 500g for women 50-59 and men 70-79, 600g for men 60-69, 700g for men 50-59

Shot Put: 3k for women and men 80+, 4k for men 70-79, 5k for men 60-69, 6k for men 50-59

Pole Vault: Participants need to be in good physical condition and will need to supply their own pole

## Volleyball/ Water Volleyball

Co-ed Volleyball team rules require minimum of three (3) women on court at all times.

# Team Entry Form & Roster

Team captains are responsible for completing and returning this form by Wednesday, May 12.

All players on a team roster **MUST** complete the Official Entry Form and include the team event participant fee of \$20. Any team player interested in participating in other events must pay the full General Registration Fee of \$40 or \$45.

## TEAM EVENTS

### 3 on 3 Basketball

Men: Sun., 12:00 pm

### 7 v 7 Soccer

Men: Sat., 9:00 am

### Volleyball

Men 50-59: Sat., 1:00 pm

Men 60+: Sun., 12:00 pm

Women: Sun., 8:00 am

Co-Ed: Mon., 8:00 am

### Water Volleyball

Co-Ed 50-64: Fri., 1:00 pm

Co-Ed 65+: Fri., 9:00 am

## Team Information

Team Name \_\_\_\_\_

Team Captain's Name \_\_\_\_\_

Phone # (      ) \_\_\_\_\_

Alt. Phone # (      ) \_\_\_\_\_

E-mail Address \_\_\_\_\_

## Team Roster (Please Print First and Last Names)

1 \_\_\_\_\_

11 \_\_\_\_\_

2 \_\_\_\_\_

12 \_\_\_\_\_

3 \_\_\_\_\_

13 \_\_\_\_\_

4 \_\_\_\_\_

14 \_\_\_\_\_

5 \_\_\_\_\_

15 \_\_\_\_\_

6 \_\_\_\_\_

16 \_\_\_\_\_

7 \_\_\_\_\_

17 \_\_\_\_\_

8 \_\_\_\_\_

18 \_\_\_\_\_

9 \_\_\_\_\_

19 \_\_\_\_\_

10 \_\_\_\_\_

20 \_\_\_\_\_

## Team Event Venues (Directions will be provided in Spring Newsletter)

**3 on 3 Basketball** – Jewish Community Center in Chesterfield

**7 v 7 Soccer Tournament** – Tony Glavin Soccer Complex

**Volleyball** – Jewish Community Center in Creve Coeur

**Water Volleyball** – Lutheran Senior Services at Laclede Groves

# 2010 St. Louis Senior Olympics

# Official Entry Form

**OFFICE USE ONLY:**    Entry #                      Events                      \$ Received                      Pmt. Source                      Friend

Art       Friend       Golf       Tap       Team                       Vol                       Partner

## Participant Information

Last Name    First Name    MI

Mailing Address    City    State    Zip

Phone # (      )    Alt. Phone # (      )

Birthdate    Age    Gender                       Male                       Female

As of May 27, 2010

E-mail Address

## Participant Specifics

I participated in the **2009** St. Louis Games     Yes     No

I am a **new** participant:                       Yes     No    If yes, how did you hear about the Games? \_\_\_\_\_

**T-Shirt Size:**                       Small                       Medium                       Large                       X-Large                       XX- Large

## Emergency Contact

Name    Relationship    Phone #

## Registration and Facility Fees

**All Fees are Non-Refundable and Non-Transferable.**

**Registration Fee**    \$ \_\_\_\_\_

**General Registration**    \$40 if registered by **Wednesday, April 28**  
     \$45 if registered **after Wednesday, April 28**

**Team Only**                      \$20 for Basketball, Soccer, Volleyball or Water Volleyball. No other events.

**Tap Only**                      \$25 for Tap Exhibition/ Masters Class. No other events.

### Facility Fees

Bowling                      \$6 for each event selected, \$2 each for 3 Person Baker                      \$ \_\_\_\_\_

Golf 9-Hole                      \$18 (includes green fee and cart)                      \$ \_\_\_\_\_

Golf 18-Hole                      \$30 (includes green fee and cart)                      \$ \_\_\_\_\_

**Friends of the St. Louis Senior Olympics** (tax deductible contribution)                      \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED**    \$ \_\_\_\_\_

Checks Payable to: **St. Louis Senior Olympics** Send to: St. Louis Senior Olympics, 2 Millstone Campus Drive, St. Louis, MO 63146

**Entry form will not be processed unless the waiver is signed and fees are included.**

# 2010 St. Louis Senior Olympics

# Tournament & Team Events

**TOURNAMENTS WILL BE DRAWN ON SITE.** List of registered participants in each division will be posted at the JCC several days prior to the start of the Games. All participants must check in with the event director approximately 10–15 minutes prior to the start time indicated below.

## **One Day Tournaments**

The following tournaments are completed in one day. Participants **MUST** be available to play until eliminated. Times listed are when the event begins – not necessarily your first match.

### **Badminton**

- Badminton Singles – (Men: Fri., 8:00 am) (Women: Fri., 11:00 am)
- Badminton Doubles – (Fri., 1:00 pm)
- Badminton Mixed Doubles – (Fri., 3:00 pm)

Partner's Name & DOB \_\_\_\_\_

Partner's Name & DOB \_\_\_\_\_

### **Billiards**

- Billiards – Eight Ball – (70+: Fri., 10:00 am) (50-69: Fri., 11:00 am)

### **Bocce**

- Bocce – (Men 70+: Sat., 9:00 am) (Men 50-69 Sat., 10:00am)  
(Women 50-64: Sun., 9:00 am) (Women 65+: Sun., 10:00am)

### **Horseshoes**

- Horseshoes Singles – (65-74: Fri., 12:00 pm) (75+: Sat., 2:00 pm) (50-64: Sun., 2:00 pm)
- Horseshoes Open Doubles – (Mon., 12:00 pm)

Partner's Name & DOB \_\_\_\_\_

### **Racquetball**

- Racquetball Singles – (50-64: Sat., 8:30 am) (65+: Sat., 1:15pm)
- Racquetball Open Doubles – (Sun., 8:30 am)

Partner's Name & DOB \_\_\_\_\_

### **Shuffleboard**

- Shuffleboard Singles  
(Men 75+: Fri., 9:00 am) (Men 65-74: Sat., 12:00 pm) (Men 50-64: Mon., 9:00 am)  
(Women 75+: Fri., 10:30 am) (Women 65-74: Sat., 1:00 pm) (Women 50-64: Mon., 10:00 am)
- Shuffleboard Open Doubles – (65+ Sun., 12:00 pm) (60-64 Sun, 2:30 pm) (50-59 Sun., 1:30pm)

Partner's Name & DOB \_\_\_\_\_

### **Squash**

- Squash Singles – (50-64: Sun., 8:30 am) (65+ Sun., 1:15 pm)

### **Table Tennis**

- Table Tennis Singles – (Women: Fri., 8:00 am) (Men 50-59: Fri., 12:00 pm) (Men 60+: Fri., 1:00 pm)
- Table Tennis Doubles – (Women: Fri., 10:00 am) (Men: Fri., 3:00 pm)

Partner's Name & DOB \_\_\_\_\_

### **Washer Toss**

- Washer Toss – (Women 50-64: Sat., 9:00 am) (Women 65+: Sat., 11:00am) (Men 50-64: Sun., 9:00 am) (Men 65+: Sun., 10:00 am)

## **Lynn Imergoot Memorial Tennis Tournament**

Participant may enter two of the three events and will play no more than three matches in one day. Participants must be available to play from their first match time until eliminated.

- Tennis Singles - Sat/Sun format to be determined based on entries. Best 2 of 3, match tie break for 3rd set
- Tennis Doubles - Sat/Sun format to be determined based on entries. Best 2 of 3, match tie break for 3rd set

Partner's Name & DOB \_\_\_\_\_

- Tennis Mixed Doubles – (Fri., 4:00 pm - 10:00 pm) 8 game Pro Set format / 3 round guarantee

## **Team Events**

All players on a team roster **MUST** complete the Official Entry Form and include the team event participant fee of \$20. Any team player interested in participating in other events must pay the full General Registration Fee of \$40 or \$45. Team captains are responsible for completing the Team Entry Form and Roster. (See Page 5)

- 3 on 3 Basketball** – (Sun., 12:00 pm)
- 7 v 7 Soccer Tournament** – (Sat., 9:00 am)
- Men's Volleyball** – (50-59: Sat., 1:00 pm) (60+: Sun., 12:00 pm)
- Women's Volleyball** – (Sun., 8:00 am)
- Co-Ed Volleyball** – (Mon., 8:00 am)
- Co-Ed Water Volleyball**– (50-64: Fri., 1:00 pm) (65+: Fri., 9:00 am)

Captain & Team Name \_\_\_\_\_

Captain & Team Name \_\_\_\_\_

Captain & Team Name \_\_\_\_\_

Captain & Team Name \_\_\_\_\_

Captain & Team Name \_\_\_\_\_

Captain & Team Name \_\_\_\_\_

Official Entry Form  
**Individual Events**

In individual events, participants must report at the designated starting time except in events with designated ending times. Participant may report any time up to one half hour before the scheduled end of the event for events with designated ending times.

**Individual Events**

**Accuracy Plug Casting**

- Accuracy Plug Casting, 3/8 and 5/8 oz. – (Mon., 9:00 – 12:00 pm)

**Art Competition** Work must be ready for exhibition. All painting/drawing/photography must be framed and securely wired for hanging. Rules containing updated requirements, show information and drop-off/ pick-up times will be mailed with confirmation.

- Ceramics  Collage  Drawing  Glass  Jewelry  Painting  Photography  Textiles

Title of Art Work \_\_\_\_\_

**Baseball Homerun Derby**

- Baseball Homerun Derby – (Sat., 11:00 am – 1:00 pm)

**Basketball**

- Basketball Around the World – (Sat., 8:30 – 9:30 am)  
 Basketball Free Throw – (Sat., 9:30 am – 10:30 am)

**Bowling** (Facility Fees: \$6 for each event selected, \$2 per participant for 3-Person Baker)

- Bowling Singles (Fri, 10:00 am or Sun., 3:00 pm) \$6 **Select One:**  Fri, 10:00 am  Sun., 3:00 pm

- Bowling 3-Person Baker Team – (Fri., 1:00 pm) \$2 Partner's Name & DOB 1  
Partner's Name & DOB 2

- Bowling Mixed Doubles – (Mon., 2:00 pm) \$6 Partner's Name & DOB

- Bowling Doubles – (Mon., 10:00 am) \$6 Partner's Name & DOB

- Bowling 4-Person Teams – (Sun., 7:00 pm) \$6 Partner's Name & DOB 1  
Partner's Name & DOB 2  
Partner's Name & DOB 3

**Cycling**

- 5 miles (Fri., 9:00 am)  5 kilometers (Fri., 10:00 am)  1 mile (Fri., 11:00 am)  1/4 mile (Fri., 11:45 am)  
 Missouri State Time Trial Championship – (Saturday, July 31, 2010—Jefferson City, MO) (50-59: 40K) (60+: 20K)

**Dart Throw**

- Dart Throw – (Sat., 11:00 – 2:00 pm)

**Football Throws**

- Football Throw, Accuracy – (Sun., 9:00 – 10:30 am)  Football Throw, Distance – (Sun., 9:00 – 10:30 am)

**Golf** (Facility Fees: \$18 for Golf 9-Hole, \$30 for Golf 18-Hole)

- Golf 9-Hole – Creve Coeur Golf Course – (Friday, May 28, 2010 - 8:00 am) \$18  
 Golf 18-Hole – Normal K. Probstein Golf Course in Forest Park – (Tue., June 1, 2010 - 7:30 am) \$30

**Golf Foursome** (optional) 1 2 3 4

**Soccer**

- Soccer Kick – (Sun., 1:30 – 3:00 pm)

**Softball Homerun Derby**

- Softball Homerun Derby – (Mon., 1:00 – 3:00 pm)

**Softball Throws**

- Softball Throw, Accuracy – (Sun., 11:00 – 1:00 pm)  Softball Throw, Distance – (Sun., 11:00 – 1:00 pm)

**Tap Dance** (Tap dancers who participate in ONLY the Exhibition and Masters Class may register for \$25. **See Page 2.**)

- Master's Class – (Thursday, April 22, 9:00 am) **Select:**  Beginner  Intermediate  Advanced  
 Tap Dance Exhibition – (Thursday, May 27, 1:30 pm) **Select:**  Solo  Group Name: \_\_\_\_\_

**Weightlifting** – (Weigh In: Sat. 10:00 am-2:00 pm)

- Arm Curls – (Sun.) (Men 50-59: 8:30am) (Women: 10:30am) (Men 70+: 10:30am) (Men 60-69: 12:30pm)  
 Bench Press – (Sun.) (Men 60-69: 8:30am) (Men 50-59: 10:30am) (Women: 12:30pm) (Men 70+: 12:30pm)  
 Leg Press – (Sun.) (Women: 8:30am) (Men 70+: 8:30am) (Men 60-69: 10:30am) (Men 50-59: 12:30pm)

# Individual Events & Waiver

These are approximate starting times, please arrive 10-15 minutes prior to the start of your event.

## Individual Events (continued)

### Swimming — Jewish Community Center in Chesterfield

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 200 yd. Freestyle – Fri., 2:00 pm    | <input type="checkbox"/> 50 yd. Backstroke – Sat., 2:45 pm         | <input type="checkbox"/> 100 yd. Butterfly – Sun., 3:30 pm         |
| <input type="checkbox"/> 100 yd. Breaststroke – Fri., 2:45 pm | <input type="checkbox"/> 200 yd. Individual Medley – Sat., 3:30 pm | <input type="checkbox"/> 100 yd. Individual Medley – Sun., 4:15 pm |
| <input type="checkbox"/> 50 yd. Butterfly – Fri., 3:30 pm     | <input type="checkbox"/> 50 yd. Freestyle – Sat., 4:15 pm          | <input type="checkbox"/> 200 yd. Breaststroke – Mon., 2:00 pm      |
| <input type="checkbox"/> 100 yd. Backstroke – Fri., 4:15 pm   | <input type="checkbox"/> 200 yd. Backstroke – Sun., 2:00 pm        | <input type="checkbox"/> 500 yd. Freestyle – Mon., 2:45 pm         |
| <input type="checkbox"/> 100 yd. Freestyle – Sat., 2:00 pm    | <input type="checkbox"/> 50 yd. Breaststroke – Sun., 2:45 pm       |  |

### Track & Field — John Burroughs School (See Page 12 for age/gender event time breakdown.)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Javelin – Sat., 8:00 am                | <input type="checkbox"/> Pole Vault – Sun., 9:00 am        | <input type="checkbox"/> 1500 Meter Run – Mon., 8:00 am               |
| <input type="checkbox"/> Standing Long Jump – Sat., 8:00 am     | <input type="checkbox"/> Running Long Jump – Sun., 9:00 am | <input type="checkbox"/> 100 Meter Dash – Mon., 8:50 am               |
| <input type="checkbox"/> 1,500 Meter Race Walk – Sat., 8:00 am  | <input type="checkbox"/> 50 Meter Dash – Sun., 9:45 am     | <input type="checkbox"/> Triple Jump – Mon., 9:00 am                  |
| <input type="checkbox"/> 200 Meter Dash – Sat., 9:05 am         | <input type="checkbox"/> 400 Meter Run – Sun., 11:00 am    | <input type="checkbox"/> 800 Meter Run – Mon., 10:10 am               |
| <input type="checkbox"/> 1,500 Meter Power Walk – Sat., 9:55 am | <input type="checkbox"/> High Jump – Mon., 8:00 am         | <input type="checkbox"/> 4 x 100 Meter Relay – Mon., 10:45 am *       |
| <input type="checkbox"/> 5,000 Meter Run – Sun., 8:00 am        | <input type="checkbox"/> Shot Put – Mon., 8:00 am          | <input type="checkbox"/> 10,000 Meter Run – <u>Labor Day, Sept. 6</u> |
| <input type="checkbox"/> Discus – Sun., 9:00 am                 |  | * 4 X 100 Meter Relay is not a medaled event                          |

## Waiver

THE ST. LOUIS SENIOR OLYMPICS AND ITS SPONSORS STRONGLY RECOMMEND THAT EACH PARTICIPANT CONSULT HIS/HER DOCTOR IN REGARD TO PRACTICE, PREPARATION AND COMPETITION IN THIS PROGRAM.

### STATEMENT OF PHYSICAL CAPABILITY

I warrant and represent to the sponsors that:

- I have prepared for the event which I have entered by practicing the same prior to my participation in the St. Louis Senior Olympics;
- I am in good physical health and condition and am physically able to compete in the events I have selected;
- I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the St. Louis Senior Olympics; and
- I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could activate any unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life threatening physical harm to me.

### PERSONAL INJURY RELEASE

As a condition of being permitted to participate in the St. Louis Senior Olympics, I, the undersigned participant, agree that:

- I recognize that participation in the St. Louis Senior Olympics necessarily involves risks of injuries and damages including but not limited to injuries, damages or losses relating to or resulting from slips, falls, collision, car accidents, drowning, trauma, health failure, and /or other mishaps. Possible injuries to me can include death, personal injury, property damage, loss of service and other injuries and damages.
- I assume full responsibility for any injuries, damages or losses which may occur to me and agree that the JCC of St. Louis and its sponsors, its agents, employees, representatives, volunteers, and assigns, and all other persons, firms, and other entities participating or providing services or facilities to or for the benefit of Senior Olympics and/or its participants, hereinafter collectively referred to as the ("JCC") shall not be individually or severally liable for any damages arising from any personal injuries that I may sustain in connection with my preparation for and/or participation in the St. Louis Senior Olympics whether or not the injuries, damages or losses occur on /or about the premises of the JCC of St. Louis, owned or not owned, in the conduct of the Senior Olympics.
- I hereby fully and forever release and discharge and hereby agree to indemnify and hold harmless the JCC from any and all present and future claims, demands, damages, rights of action, or causes of action including, but not limited to, reasonable attorney's fees and costs collectively ("Claims") arising out of, resulting from, or connected in any way with my preparation for and/or participation in the St. Louis Senior Olympics, whether known or unknown, anticipated or unanticipated, and specifically including, but not limited to, any claims arising out of or resulting from the negligence or fault of the JCC.
- Notwithstanding any language herein to the contrary, this release and discharge shall in no way affect any claims which I cannot legally waive, such as grossly negligent acts, intentional acts occurring in the future, and acts done with malfeasance.
- I understand that I am releasing the JCC from liability to the full extent that the law allows not only from any risk inherently associated with participation in an athletic activity, but also any enhanced exposure to injury occasioned by any carelessness, negligence or fault of the JCC or anyone acting on the JCC's behalf, including any and all liability for damage and injury or death to myself or to any person or property to the full extent that the law allows.
- I understand that THIS RELEASE OF LIABILITY IS INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE, and I accept the terms as a condition of being permitted to participate in the St. Louis Senior Olympics.

**RELEASE FOR PERSONAL PROPERTY** I acknowledge and agree that the JCC shall not be liable for any loss or theft of personal property and I release the JCC for any liability for loss or theft of any personal property in connection with the St. Louis Senior Olympics.

**CONSENT TO MEDICAL TREATMENT** The JCC of St. Louis has my permission to have a physician treat me if needed during my participation in the St. Louis Senior Olympics. I hereby consent to any first aid, medication, medical treatment or surgery deemed necessary. I release all claims for injuries or damages incurred by me in the connection with the delivery of such care in good faith. This release is also a condition of participation if the St. Louis Senior Olympics.

**PUBLICITY CONSENT** I authorize the St. Louis Senior Olympics and the JCC of St. Louis to use or publish my likeness in any form. I waive any right to inspection or for any compensation.

**OTHER RELEASES** This release is intended to supplement any other releases that I have previously signed with the JCC and is not intended to amend, modify or revoke any other release now existing between the JCC and me.

THIS WAIVER AND RELEASE AFFECTS MY LEGAL RIGHTS AND INCLUDES RELEASES OF LIABILITY WHICH ARE INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE. I HAVE READ THIS WAIVER AND I UNDERSTAND WHAT I AM SIGNING.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# 2010 St. Louis Senior Olympics

# Volunteer Sign-Up

**All Volunteer Opportunities are listed on the reverse side of this form.**

Please return this form by **MAY 21** to: St. Louis Senior Olympics, 2 Millstone Campus Drive, St. Louis, MO 63146  
 Upon placement into a volunteer position, you will be sent a confirmation letter along with all necessary information.  
 Please contact the St. Louis Senior Olympics office at (314) 442-3217 if you have any questions.

## Volunteer Information

Last Name _____	First Name _____	MI _____
Mailing Address _____		
	City _____	State _____ Zip _____
Phone # (     ) _____	Alt. Phone # (     ) _____	
Birthdate _____	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
E-mail Address _____		

## Volunteer Specifics

I volunteered in the **2009** St. Louis Games     Yes     No

I am a **new** volunteer:                             Yes     No    If yes, how did you hear about the Games? \_\_\_\_\_

I am also competing in this year's Games     Yes     No

**T-Shirt Size:**                                     Small             Medium             Large             X-Large             XX- Large

## Venue Information (see Venue Map on Page 14)

### **MAIN VENUE**—Jewish Community Center in Creve Coeur

- Opening Ceremonies/ Vendor Fair/ Packet Pick Up
- Accuracy Plug Casting
- Art Competition
- Badminton
- Basketball Throws
- Bocce
- Football Throws
- Homerun Derbies
- Horseshoes
- Racquetball
- Soccer Kick
- Softball Throws
- Squash
- Table Tennis
- Tap Dance
- Volleyball
- Washer Toss
- Weightlifting

### **COMMUNITY VENUES**

- 3 on 3 Basketball** – Jewish Community Center in Chesterfield
- Billiards** – Teacher's Billiards & Sports Cafe
- Bowling** – Strike 'N Spare
- Cycling**– Columbia Bottom Conservation Area
- Darts** – Blueberry Hill
- Golf—9 Hole** – Creve Coeur Golf Course
- Golf—18-Hole** – Norman K. Probststein Gold Course in Forest Park
- Shuffleboard**—Des Peres Park
- 7 v 7 Soccer Tournament** – Tony Glavin Soccer Complex
- Swimming** – Jewish Community Center in Chesterfield
- Tennis** – Creve Coeur Racquet Club
- Track & Field** – John Burroughs School
- Water Volleyball** – Lutheran Senior Services at Laclede Groves

# Volunteer Opportunities

## Pre Games

### Friday, May 28

#### Administrative Volunteers

- 7:00—10:00 Packet Pick-Up
- 9:00—Noon Medal Distribution
- 10:00—1:00 Packet Pick-Up
- Noon—3:00 Medal Distribution
- 1:00—4:00 Packet Pick-Up

#### Administrative Volunteers

- 7:00—10:00 Packet Pick-Up
- 9:00—Noon Medal Distribution
- 10:00—1:00 Packet Pick-Up
- Noon—3:00 Medal Distribution
- 1:00—4:00 Packet Pick-Up

### Saturday, May 29

#### Administrative Volunteers

- 7:00—10:00 Packet Pick-Up
- 9:00—Noon Medal Distribution
- 10:00—1:00 Packet Pick-Up
- Noon—3:00 Medal Distribution
- 1:00—4:00 Packet Pick-Up

### Sunday, May 30

#### Administrative Volunteers

- 7:00—10:00 Packet Pick-Up
- 9:00—Noon Medal Distribution
- 10:00—1:00 Packet Pick-Up
- Noon—3:00 Medal Distribution
- 1:00—4:00 Packet Pick-Up

### Monday, May 31

#### Event Prep

- Friday, May 7
- 10:00—12:00pm

#### Event Prep

- Friday, May 14
- 10:00—12:00pm

#### Event Volunteers

- 7:00—12:30 9 Hole Tournament
- 7:45—9:30 Table Tennis
- 7:45—10:45 Badminton
- 8:00—12:30 Cycling
- 8:30—12:30 Shuffleboard
- 8:30—12:30 Water Volleyball—AM
- 9:00—2:00 Bowling
- 9:30—12:30 Table Tennis
- 10:45—12:45 Badminton
- 11:30—2:00 Horseshoes
- 12:30—2:30 Table Tennis
- 12:30—4:30 Water Volleyball—PM
- 12:45—3:30 Badminton
- 1:30—4:30 **Swimming**
- 3:30—9:00 Tennis
- 2:30—4:30 Table Tennis
- 2:45—4:30 Badminton

#### Event Volunteers

- 7:15—1:00 **Track & Field**
- 7:45—11:30 Tennis
- 8:00—11:00 Basketball Around the World
- 9:00—11:00 Basketball Throws
- 8:00—12:45 Racquetball
- 8:00—12:00 Team Soccer—AM
- 8:30—12:30 Bocce
- 8:30—12:30 Washer Toss
- 10:30—1:30 Baseball Homerun Derby
- 11:30—3:00 Shuffleboard
- 11:30—3:30 Tennis
- 12:00—3:30 Team Soccer—PM
- 12:30—4:30 Volleyball
- 12:45—3:30 Racquetball
- 1:30—3:30 Horseshoes
- 1:30—4:30 **Swimming**
- 3:30—6:00 Tennis

#### Event Volunteers

- 7:15—1:00 **Track & Field**
- 7:30—12:00 Volleyball
- 7:45—11:30 Tennis
- 8:00—11:00 Weightlifting—AM
- 8:00—12:45 Racquetball
- 8:00—12:00 Squash
- 8:30—11:00 Football Throws
- 8:30—11:30 Bocce
- 8:30—11:30 Washer Toss
- 10:30—1:30 Softball Throws
- 11:00—2:30 Weightlifting—PM
- 11:30—3:00 3 on 3 Basketball
- 11:30—3:30 Tennis
- 11:30—4:00 Shuffleboard
- 11:30—3:30 Volleyball
- 1:00—3:30 Soccer Kick
- 12:00—3:30 Squash
- 1:30—3:30 Horseshoes
- 1:30—4:30 **Swimming**
- 2:00—5:00 Bowling
- 3:30—6:00 Tennis
- 5:00—8:00 Bowling

#### Event Volunteers

- 7:15—1:00 **Track & Field**
- 7:30—12:00 Volleyball—AM
- 8:30—12:30 Accuracy Plug Casting
- 8:30—12:30 Shuffleboard
- 9:00—11:30 Bowling
- 11:30—2:30 Bowling
- 11:30—1:30 Horseshoes
- 12:00—3:30 Volleyball—PM
- 12:30—3:30 Softball Homerun Derby
- 1:30—3:00 **Swimming**

# Track & Field Detailed Schedule

These are approximate starting times, please arrive 10-15 minutes prior to the start of your event.  
Field event results will be tabulated at the end of the day. Results will be posted at the JCC in the afternoon.

Date	Track Schedule	Field Schedule
Sat., May 29	<b>Track (Sat., 8:00 am – 11:15 am)</b>	<b>Field (Sat., 8:00 am – Noon)</b>
	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>
	8:00      1500 Meter Race Walk (W All)	8:00-8:20      400g Javelin (W 60+)
	8:20      1500 Meter Race Walk (M All)	8:20-8:40      500g Javelin (W 50-59)
	9:05      200 Meter Dash (M 75+)	8:40-9:00      400g Javelin (M 80+)
	9:10      200 Meter Dash (M 70-74)	9:00-9:20      500g Javelin (M 70-79)
	9:15      200 Meter Dash (M 65-69)	9:20-9:40      600g Javelin (M 65-69)
	9:20      200 Meter Dash (M 60-64)	9:40-10:00      600g Javelin (M 60-64)
	9:30      200 Meter Dash (M 55-59)	10:00-10:20      700g Javelin (M 55-59)
	9:35      200 Meter Dash (M 50-54)	10:20-10:40      700g Javelin (M 50-54)
	9:45      200 Meter Dash (W All)	8:00-8:30      Standing Long Jump (M 50-54)
	9:55      1500 Meter Power Walk (W All)	8:30-9:00      Standing Long Jump (M 55-59)
	10:35      1500 Meter Power Walk (M All)	9:00-9:30      Standing Long Jump (M 60-64)
		10:00-10:30      Standing Long Jump (M 70-74)
		10:30-11:00      Standing Long Jump (M 75+)
		11:00-11:30      Standing Long Jump (W All)
Sun., May 30	<b>Track (Sun., 8:00 – 11:40 am)</b>	<b>Field (Sun., 9:00 am – 11:30 am)</b>
	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>
	8:00      5000 Meter Run (M 60+)	9:00 – 9:40      1K Discus (W All)
	8:40      5000 Meter Run (W All)	9:40-10:20      1K Discus (M 75+)
	9:10      5000 Meter Run (M 50-59)	10:20-10:40      1K Discus (M 70-74)
	9:45      50 Meter Dash (W 65+)	10:40-11:00      1K Discus (M 65-69)
	9:50      50 Meter Dash (W 50-64)	11:00-11:20      1K Discus (M 60-64)
	10:00      50 Meter Dash (M 50-54)	11:20-11:40      1.5K Discus (M 55-59)
	10:10      50 Meter Dash (M 55-59)	11:40-12:00      1.5K Discus (M 50-54)
	10:15      50 Meter Dash (M 60-64)	9:00-9:20      Running Long Jump (M 50-54)
	10:25      50 Meter Dash (M 65-69)	9:20-9:40      Running Long Jump (M 55-59)
	10:35      50 Meter Dash (M 70-74)	9:40-10:00      Running Long Jump (M 60-64)
	10:40      50 Meter Dash (M 75+)	10:00-10:20      Running Long Jump (M 65-69)
	11:00      400 Meter Run (W All)	10:20-10:40      Running Long Jump (M 70-74)
	11:05      400 Meter Run (M 75+)	10:40-11:00      Running Long Jump (M 75+)
	11:10      400 Meter Run (M 65-74)	11:00-11:20      Running Long Jump (W 50-64)
	11:15      400 Meter Run (M 60-64)	11:20-11:40      Running Long Jump (W 65+)
	11:25      400 Meter Run (M 55-59)	9:00-11:00      Pole Vault (M All, W All)
11:30      400 Meter Run (M 50-54)		
Mon., May 31	<b>Track (Mon., 8:00 – 11:30 am)</b>	<b>Field (Mon., 8:00 am – Noon)</b>
	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>	<b>Time</b> <b>Event/ (Gender &amp; Age Group)</b>
	8:00      1500 Meter Run (W All)	8:00-8:30      3K Shot Put (W 65+)
	8:10      1500 Meter Run (M 70+)	8:30-9:00      3K Shot Put (W 50-64)
	8:20      1500 Meter Run (M 60-69)	9:00-9:30      4K Shot Put (M 70+)
	8:30      1500 Meter Run (M 50-59)	9:30-10:00      5K Shot Put (M 65-69)
	8:50      100 Meter Dash (W 65+)	10:00-10:30      5K Shot Put (M 60-64)
	8:55      100 Meter Dash (W 55-64)	10:30-11:00      6K Shot Put (M 50-59)
	9:00      100 Meter Dash (W 50-54)	8:00-8:30      High Jump (M 50-54)
	9:10      100 Meter Dash (M 80+)	8:30-9:00      High Jump (M 55-59)
	9:15      100 Meter Dash (M 70-79)	9:00-9:30      High Jump (M 75+)
	9:25      100 Meter Dash (M 65-69)	9:30-10:00      High Jump (W 50-64)
	9:35      100 Meter Dash (M 60-64)	10:00-10:30      High Jump (M 65-74)
	9:45      100 Meter Dash (M 50-59)	10:30-11:00      High Jump (M 60-64)
	10:10      800 Meter Run (W All)	11:00-11:30      High Jump (W 65+)
	10:15      800 Meter Run (M 75+)	9:00-11:00      Triple Jump (M All, W All)
	10:20      800 Meter Run (M 65-74)	
	10:25      800 Meter Run (M 60-64)	
10:35      800 Meter Run (M 50-59)		
10:45      4x100 Meter Relay (All)		

# 2010 St. Louis Senior Olympics

# Schedule of Events

## Thursday, May 27

1:30pm Tap Exhibition JCC Creve Coeur—Gym  
 4:00pm **Opening Ceremonies** JCC Creve Coeur—Gym

## Friday, May 28

8:00am 9-Hole Tournament Creve Coeur Golf Course  
 8:00am Badminton Singles (M) JCC Creve Coeur—Gym  
 8:00am Table Tennis Singles (W) JCC Creve Coeur—Gym  
 9:00am Cycling (5 Mile) Columbia Bottom Conservation Area  
 9:00am Shuffleboard (M 75+) Des Peres Park  
 9:00am Water Volleyball (Co-Ed) LSS at Laclede Groves  
     (65+)  
 10:00am Billiards (70+) Teacher's Billiards  
 10:00am Bowling Singles Strike 'N Spare  
 10:00am Cycling (5 Kilometers) Columbia Bottom Conservation Area  
 10:00am Table Tennis Doubles (W) JCC Creve Coeur—Gym  
 10:30am Shuffleboard (W 75+) Des Peres Park  
 11:00am Badminton Singles (W) JCC Creve Coeur—Gym  
 11:00am Billiards (50-69) Teacher's Billiards  
 11:00am Cycling (1 Mile) Columbia Bottom Conservation Area  
 11:45am Cycling (1/4 Mile) Columbia Bottom Conservation Area  
 12:00pm Horseshoes Singles (65-74) JCC Creve Coeur  
 12:00pm Table Tennis Singles JCC Creve Coeur—Gym  
     (M 50-59)  
 1:00pm Badminton Doubles JCC Creve Coeur—Gym  
 1:00pm Bowling 3-Person Baker Strike 'N Spare  
 1:00pm Table Tennis Singles (M 60+) JCC Creve Coeur-Gym  
 1:00pm Water Volleyball (Co-Ed) LSS at Laclede Groves  
     (50-64)  
 2:00pm Swimming JCC Chesterfield—Indoor Pool  
 3:00pm Badminton Mixed Doubles JCC Creve Coeur—Gym  
 3:00pm Table Tennis Doubles (M) JCC Creve Coeur—Gym  
 4:00pm Tennis Mixed Doubles Creve Coeur Racquet Club  
**One Night Event**

## Saturday, May 29

8:00am Tennis Creve Coeur Racquet Club  
 8:00am Track & Field John Burroughs Schools  
 8:30am Basketball Around the World JCC Creve Coeur—Gym  
 8:30am Racquetball Singles (50-64) JCC Creve Coeur—Courts  
 9:00am 7 v 7 Soccer Tournament Tony Glavin's Soccer Complex  
 9:00am Bocce (M 70+) JCC Creve Coeur  
 9:00am Washer Toss (W 50-64) JCC Creve Coeur  
 9:30am Basketball Free Throw JCC Creve Coeur—Gym  
 10:00am Bocce (M 50-69) JCC Creve Coeur  
 10:00am Weightlifting Weigh-In JCC Creve Coeur—Fitness Center  
 11:00am Baseball Homerun Derby JCC Creve Coeur—Baer Ball Fields  
 11:00am Dart Throw Blueberry Hill  
 11:00am Washer Toss (W 65+) JCC Creve Coeur  
 12:00pm Shuffleboard (M 65-74) Des Peres Park  
 1:00pm Shuffleboard (W 65-74) Des Peres Park  
 1:00pm Volleyball (M 50-59) JCC Creve Coeur—Gym  
 1:15pm Racquetball Singles (65+) JCC Creve Coeur—Courts  
 2:00pm Horseshoes Singles (75+) JCC Creve Coeur  
 2:00pm Swimming JCC Chesterfield—Indoor Pool

## Sunday, May 30

8:00am Tennis Creve Coeur Racquet Club  
 8:00am Track & Field John Burroughs School  
 8:00am Volleyball (W) JCC Creve Coeur—Gym  
 8:30am Racquetball Doubles JCC Creve Coeur—Courts  
 8:30am Squash (50-64) JCC Creve Coeur—Courts  
 8:30am Weightlifting JCC Creve Coeur—Fitness Center  
 9:00am Bocce (W 50-64) JCC Creve Coeur  
 9:00am Football Throws JCC Creve Coeur—Baer Ball Fields  
     Accuracy and Distance  
 9:00am Washer Toss (M 50-64) JCC Creve Coeur  
 10:00am Bocce (W 65+) JCC Creve Coeur  
 10:00am Washer Toss (M 65+) JCC Creve Coeur  
 11:00am Softball Throws JCC Creve Coeur—Baer Ball Fields  
     Accuracy and Distance  
 12:00pm 3 on 3 Basketball JCC Chesterfield—Gym  
 12:00pm Shuffleboard Doubles Des Peres Park  
     (65+)  
 12:00pm Volleyball (M 60+) JCC Creve Coeur—Gym  
 1:15pm Squash (65+) JCC Creve Coeur—Courts  
 1:30pm Shuffleboard Doubles Des Peres Park  
     (50-59)  
 1:30pm Soccer Kick JCC Creve Coeur—Baer Ball Fields  
 2:00pm Horseshoes Singles JCC Creve Coeur  
     (50-64)  
 2:00pm Swimming JCC Chesterfield—Indoor Pool  
 2:30pm Shuffleboard Doubles Des Peres Park  
     (60-64)  
 3:00pm Bowling Singles Strike 'N Spare  
 7:00pm Bowling 4-Person Teams Strike 'N Spare

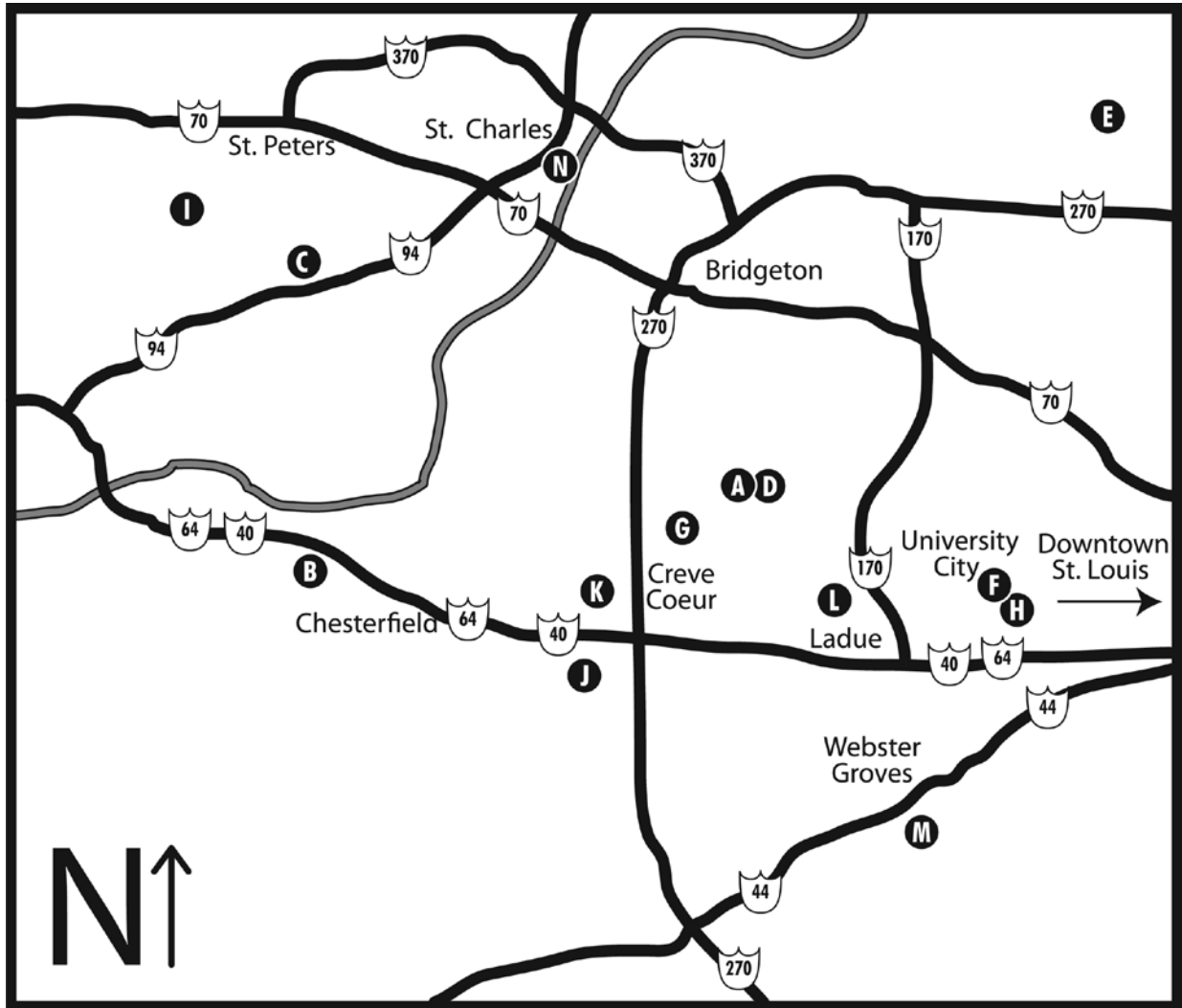
## Monday, May 31

8:00am Track & Field John Burroughs School  
 8:00am Volleyball (Co-Ed) JCC Creve Coeur—Gym  
 9:00am Accuracy Plug Casting JCC Creve Coeur—Outdoor Pool  
 9:00am Shuffleboard (M 50-64) Des Peres Park  
 10:00am Bowling Doubles Strike 'N Spare  
 10:00am Shuffleboard (W 50-64) Des Peres Park  
 12:00pm Horseshoes Open Doubles JCC Creve Coeur  
 1:00pm Softball Homerun Derby JCC Creve Coeur—Baer Ball Fields  
 1:15pm Handball Doubles JCC Creve Coeur—Courts  
 2:00pm Bowling Mixed Doubles Strike 'N Spare  
 2:00pm Swimming JCC Chesterfield—Indoor Pool

## Tuesday, June 1

7:30am 18-Hole Tournament Forest Park Golf Course

# Venue Map



- A** **Main Venue:** JCC in Creve Coeur, Staenberg Family Complex, 2 Millstone Campus Drive, St. Louis, MO 63146
- B** **3 on 3 Basketball & Swimming:** JCC in Chesterfield, Marilyn Fox Building, 16801 Baxter Road, Chesterfield, MO 63005
- C** **Billiards:** Teacher's Billiards and Sports Cafe, 291 Centre Pointe Drive, St. Peters, MO 63376
- D** **Bowling:** Strike 'N Spare, 1309 N. Lindbergh Road, St. Louis, MO 63132
- E** **Cycling:** Columbia Bottom Conservation Area, 801 Strodtman Rd., St. Louis, MO 63138
- F** **Darts:** Blueberry Hill, 6504 Delmar Boulevard, St. Louis, MO 63130
- G** **9-Hole Golf Tournament:** Creve Coeur Golf Course, 11400 Olde Cabin Road, Creve Coeur, MO 63141
- H** **18-Hole Golf Tournament:** Norman K. Probstain Golf Course at Forest Park, 6141 Lagoon Drive, St. Louis, MO 63112
- I** **7 v 7 Soccer Tournament:** Tony Glavin Soccer Complex, 2 Woodlands Parkway, St. Peters, MO 63338
- J** **Shuffleboard:** Des Peres Park, 12325 Manchester Road, Des Peres Road, MO 63131
- K** **Tennis:** Creve Coeur Racquet Club, 12691 Conway Road, Creve Coeur, MO 63141
- L** **Track & Field:** John Burroughs School, 755 South Price Road, St. Louis, MO 63124
- M** **Water Volleyball:** Lutheran Senior Services at Laclede Groves, 723 S. Laclede Station Road, St. Louis, MO 63119
- N** **Tap-Master Class Only:** Performing Arts Centre, Inc. 226 North Main Street, St. Charles, MO 63301

# 31<sup>st</sup> Annual **St. Louis Senior Olympics:** May 27 - 31, 2010

(314) 442-3217

For more Information and a copy of the Entry Form visit [www.stlouisseniorolympics.org](http://www.stlouisseniorolympics.org)



St. Louis Senior Olympics  
Jewish Community Center  
Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, Missouri 63146



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