

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

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																																																																						
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9:00	100 Meter Dash (W 50-54)																																																																							
9:10	100 Meter Dash (M 80+)																																																																							
9:15	100 Meter Dash (M 70-79)																																																																							
9:25	100 Meter Dash (M 65-69)																																																																							
9:35	100 Meter Dash (M 60-64)																																																																							
9:45	100 Meter Dash (M 50-59)																																																																							
10:10	800 Meter Run (W All)																																																																							
10:15	800 Meter Run (M 75+)																																																																							
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)																																																																							
Time	Event/ (Gender & Age Group)																																																																							
8:00-8:30	3K Shot Put (W 65+)																																																																							
8:30-9:00	3K Shot Put (W 50-64)																																																																							
9:00-9:30	4K Shot Put (M 70+)																																																																							
9:30-10:00	5K Shot Put (M 65-69)																																																																							
10:00-10:30	5K Shot Put (M 60-64)																																																																							
10:30-11:00	6K Shot Put (M 50-59)																																																																							
8:00-8:30	High Jump (M 50-54)																																																																							
8:30-9:00	High Jump (M 55-59)																																																																							
9:00-9:30	High Jump (M 75+)																																																																							
9:30-10:00	High Jump (W 50-64)																																																																							
10:00-10:30	High Jump (M 65-74)																																																																							
10:30-11:00	High Jump (M 60-64)																																																																							
11:00-11:30	High Jump (W 65+)																																																																							
9:00-11:00	Triple Jump (M All, W All)																																																																							