

# 2017

## LOUISIANA SENIOR OLYMPIC GAMES

## Individual Entry Form

## **WWW.ISOG1.net** PLEASE CHECK WEBSITE FOR UPDATES AND START TIMES FOR YOUR AGE GROUP

2017 Entry Deadline:

### EACH EVENT HAS ITS OWN DEADLINE...PLEASE CHECK YOUR EVENT

Mission: LSOG is a sports organization that promotes physical fitness and quality life

for people age 50 and over.

We plan, promote and conduct a statewide program which includes competitions held at the local

and district level, an annual State event and participation in the biennial National Games.

Life Begins at 50 !!! LOUISIANA Pick your Passion

## **<u>2017 TEAM ROSTER</u>** COACH/CAPTAIN MUST SUBMIT THE TEAM ENTRY. EACH TEAM MEMBER MUST SUBMIT HIS/HER INDIVIDUAL ENTRY FORM WITH FEES IN ORDER TO PARTICIPATE ON THE TEAM.

Tea	m Name:			Age G			
Can	Note: The age i tain's Name:	s determined by	the younge Home	est team member,		n page 3. 11 Phone	
-	otains E-mail address						
-	Basketball	3 on 3	[ ]	Male	[] Female		
	Softball	10 Player Tea	m				
[]	Volleyball	6 Player Tean	1	[] Male	[] Femal	e	
_	Feam Dance	8-15 Per Tear	m []/	Advanced [	] Recreational	[ ] Line D	ance
	m Roster						
1	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:			City:		Zip:	State:
2	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	I	1	City:	I	Zip:	State:
3	Player Name:	Age:	D.O.B.	Home No:		Cell No:	1
	Address:		·	City:		Zip:	State:
4	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	·		City:	·	Zip:	State:
5	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	<b>I</b>	4	City:		Zip:	State:
6	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	<b>I</b>	1	City:		Zip:	State:
7	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	I	1	City:		Zip:	State:
8	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:		I	City:		Zip:	State:
9	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	1	<u> </u>	City:		Zip:	State:
10	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:	I	1	City:		Zip:	State:
11	Player Name:	Age:	D.O.B.	Home No:		Cell No:	I
	Address:	I	1	City:		Zip:	State:
12	Player Name:	Age:	D.O.B.	Home No:		Cell No:	
	Address:		1	City:		Zip:	State:

## LOUISIANA SENIOR OLYMPIC GAMES

### 2017 Games Contact: Landry Carmardelle 504-402-0066 LSOG Website lsog1.net **GENERAL ENTRY INFORMATION**

#### **DATES:**

April – November 2017

**REGISTRATION:** Return the attached entry form, fee payment, and signed liability waiver by your entry deadline.

#### **FEES:**

Entry Fee (for three (3) sports)*	\$ 40.00	
Each additional sport	\$ 5.00	
*Official t-shirt included.		

ADDITIONAL fees are REQUIRED if you sign up for the following sports:

Golf	\$ <b>39.00</b>
Bowling (per event)	\$ 8.00
Tennis	\$ 5.00
5-K Run & Race Walk	\$ 15.00
<b>10-K Run</b>	\$ 20.00

Any person 50 years or older as of **ELIGIBILITY:** December 31, 2017 is eligible to participate. Athletes 40 and over may sign up for Track & Field events.

AGE GROUPS: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age groups are determined by age as of December 31, 2017. Age divisions for doubles/teams determined by youngest partner/member.

> YOU ARE TO SHOW UP AT YOUR **EVENT UNLESS NOTIFIED BY GAME ORGANIZERS.** PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP www.lsog1.net

**EVENT SELECTION:** It is the responsibility of the participants to carefully select their events, considering possible overlap. Event start times will be strictly enforced Absentees will be scratched.

**CANCELLATIONS/ POSTPONEMENTS: Game** officials reserve the right to cancel or postpone events due to inclement weather, unusual circumstances or insufficient

entries. All changes in the scheduled events will be posted to http://www.lsog1.net

#### **ENTRY DEADLINE: Check your individual event** No refunds given after event deadline posted... **NO EXCEPTIONS!!!**

**AWARDS:** Medals will be presented to first through third place individual winners in-state, and actual order for out-ofstate participants.

**TEAMS AND DOUBLES:** Each member must submit an individual signed application, release, and entry fee. Team captains must submit a team roster for the team to be eligible for team competition.

#### **PARTNER FIND**

Are you looking for a partner in a sport that is doubles or four to a team? In most cases, the venue coordinator will make every effort to find you a partner. You may contact the coordinator before the event (all coordinators and their phone numbers are listed in this packet); however, this is not necessary. Every effort will be made to place you with someone.

**GUESTS:** Family and friends are welcome and encouraged to attend all competitive events free of charge.

### **EVENT LOCATION INFORMATION**

**10K Run & Racewalk** Middendorf's Manchac Run TBA

#### Badminton Highland Rec Center 14024 Highland Rd Baton Rouge

Bowling Singles AMF Bowling Lanes 3640 Williams Blvd Kenner

#### Horseshoes

Waggaman Playground 516 Dandelion Dr Waggaman

> **Pickleball** Completed Event

Shuffleboard Singles McNeese State University Rec Cntr 4150 Vernon Lake Charles

> **Table Tennis** Bridge City Playground 399 12<sup>th</sup> St Bridge City

> > Weightlifting TBD

**5K Run** Alligator Stomp Fun Run West Bank Bridge Park, I-310 Exit 7 13825 River Road, Luling

> **Bowling Doubles** AMF Bowling Lanes 3640 Williams Blvd Kenner

**Cycling 5K, 10K, 20K, 40K** TBD

Men's Basketball Little Farms Playground 10301 S Park River Ridge

Shooting RPSO Firing Range 150 Sheriff's Range Rd. Alexandria

> Softball TBD

**Tennis** TBD

Women's Basketball Little Farms Playground 10301 S Park River Ridge Archery Red River Bowmen 4099 Ratcliff Rd Shreveport

#### **Bowling Mix Doubles**

AMF Bowling Lanes 3640 Williams Blvd Kenner

Golf

Graywood Golf Course 6150 Graywood Pkwy, Lake Charles

#### **Men's Volleyball**

Coquille Park 13505 Highway 1085, Covington

Shuffleboard Doubles McNeese State University Rec Cntr 4150 Vernon Lake Charles

> Swimming TBD

Track and Field TBD

Women's Volleyball Coquille Park 13505 Highway 1085, Covington

For more information about the event venues, please contact the Event Coordinator for your event. PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP www.lsog1.net

#### YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS YOU WILL NOT RECEIVE CONFIRMATION

#### INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES

Mail to: Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360

#### PARTICIPANT WAIVER SIGN BELOW

In consideration of being allowed to participate in any way in the Louisiana 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, the 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; and,

3. I willingly 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/or heirs, assigns, personal representatives and next of kin, HEREBY RELEASE the Louisiana Senior Olympic Games, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), with RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

INDEMNIFY AND HOLD HARMLESS all of the above Releasees 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 to the Louisiana Senior Olympic Games the right to use any pictures taken of me during the Louisiana Senior Olympic 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 FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PRINT NAME:		
SIGNATURE:		DATE:
EMERGENCY CONTACT:	PHONE:	

### **2017 ENTRY FEE SCHEDULE**

### RETURN THIS PAGE with CHECK or MONEY ORDER with fees to: Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360 Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports-before Reg. Deadline):	\$40.00	\$ 40.00
Entry Fee (allows participation in up to 3 Sports-after Reg. Deadline):	\$45.00	\$ 45.00
\$5.00 for each additional sport:	x \$5.00	\$
Sports Requiring an Additional Fee over the Entry Fee:		
Golf Fee:	\$ 39.00	\$
Bowling Fee: (Singles, Doubles or Mixed Doubles) each	\$ 7.00	\$
Tennis Fee: (Balls Provided)	\$ 5.00	\$
· · · · · · · · · · · · · · · · · · ·		
*5-K Run / Race Walk (SEE *Note below)	\$ 15.00	\$
10-K Run	\$ 20.00	\$
To Help Support the LSOG 2016 games, I have enclosed a donation of		\$
(All donations are tax deductible)		
TOTAL AMOUNT ENCLOSED		
		\$
Make Checks Pavable to: ISOG		
Make Checks Payable to: L.S.O.G	-	
Check T-shirt size preference [ ]S [ ]M [ ]L [ ]XL [ ]2XL [ ]3X	L	
YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAN	<b>ME ORGANI</b>	ZERS

\*ALLIGATOR FESTIVAL 5K Run/Race Walk: LSOG will enter you in the NORSI Event. Get both shirts on the day of the race.

## Mail Entry Form and Fees to: LSOG 209 E Shamrock

## Pineville, LA 71360

(Include pages 5, 6, 7, and 8. Team Captain turns in page 2.)

#### **OFFICIAL 2017 LSOG ENTRY FORM**

(Return this page with your entry)

### **2017 INDIVIDUAL EVENTS**

#### [ ] 5K Run [ ] 5K Race Walk GATOR STOMP SWIMMING [ ] Women [ ] Men ALLIGATOR FEST RUN by NORSI, Events listed in order as they will occur on day of the event. Women precede men. Check up to 6 events. (Only 5 for USMS times) [ ] 10K Run MIDDENDORF/MANCHAC RUN Event Seed Time USMS# 100y Butterfly [] NOTE: If you Register for these events through LSOG 50y Freestyle [] vou will receive both the NORSI race T-Shirt and the 100y Breaststroke []] LSOG T-Shirt 200y Backstroke [] includes food and entertainment. 200y Freestyle More info page 11 1 50y Butterfly [] []ARCHERY [] Barebow 50y Breaststroke 1 [ ] Compound Barebow [ ] Recurve Barebow 200y Individual Medley 1 [ ] Compound Fingers [ ] Compound Release 100y Backstroke [] 100v Freestyle []] []BADMINTON [] Singles 100y Individual Medley 1 ] Mixed Doubles 50y Backstroke [] Doubles Г 1 E 200y Breaststroke [ ] []BASKETBALL 500y Freestyle [ ] **3 ON 3 TRACK & FIELD EVENTS Track Events Field Events** [ ] 50m Dash [] Long Jump **BOWLING** [ ] 100m Sprint [] High Jump [] Singles [] Discus [ ] 800m Race Walk [ ] Mixed Doubles (Partner Doubles (Partner [ ] 800m Run [] Javelin [ ] 200m Run [] Shot Put |CYCLING [ ] 5K [ ] 10K [ ] 20K [ ] 40K [ ] 1500m Race Walk [] Hammer Throw [] Pole Vault [ ] 400m Run [ ] 1500m Run [] Triple Jump **] GOLF** Individual Stroke Play [ ] **TABLE TENNIS** (Ping Pong) [ ] Singles [] HORSESHOES [] Doubles (Partner [] Mixed (Partner [] TENNIS [] Singles [] Doubles (Partner [] Mixed (Partner\_ ] SHOOTING [ ] WEIGHTLIFTING ] Pistol []Bench Press []Dead Lift []Arm Curl []Clean & Jerk [] Rifle [] SHUFFLEBOARD [] Singles ] Doubles (Partner)

#### **OFFICIAL 2017 LSOG ENTRY FORM**

### **2017 TEAM EVENTS FOR INDIVIDUALS**

#### EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM ON PAGE 2 BY THE EVENT REGISTRATION DEADLINE TO PARTICIPATE. INDIVIDUAL PLAYERS COMPLETE THIS FORM TO INDICATE THE TEAM YOU ARE PLAYING WITH.

#### **ROSTERS MUST BE SUBMITTED WITH THE CAPTAIN/COACH'S ENTRY FORM**

Basketball 3 on 3 M or F	Age Group
Team Name	
Captain's Name	
Softball M or F	Age Group
Team Name	
Captain's Name	
Volleyball M or F Team Name Captain's Name	Age Group
*Golf – foursome Player 1:	Player 2:
PHONE ( )	
Player 3:	Player 4:
PHONE ( )	PHONE ( )

\*You will be placed in a foursome if you need one

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Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
10K Run &	z Racewalk		11/11/2017	10/30/2017
	07:30 am	08:00 am	<b>Middendorf's Manchac</b> Ellen Hall	504-444-3416
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
5K Run			9/23/2017	9/11/2017
	10:30	11:00	West Bank Bridge Park, I-310 7 13825 River Road, Luling, I Ellen Hall	
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Archery			9/16/2017	09/04/2017
	8:00 am	8:30 am	<b>4099 Ratcliff Rd, Shreveport</b> Emma Brown	318-572-6102
Event	Check-in	Start	Date / Site	Registration Deadline
Badminton			10/28/2017	10/16/2017
	13:30	14:00	<b>14024 Highland Rd, Baton Ro</b> Mike Maddox	225-328-8128
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Bowling Do	oubles		09/27/2017	09/15/2017
	01:00 pm	01:30 pm	<b>3640 Williams Blvd, Kenner</b> Nova Dee Carbo	504-452-9623
Event	Check-in	Start	Date / Site	Registration Deadline
Bowling M	ix Doubles		09/28/2017	09/16/2017
	01:00 pm	01:30 pm	<b>3640 Williams Blvd, Kenner</b> Nova Dee Carbo	504-452-9623
Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Si	ngles		09/26/2017	09/14/2017
	01:00 pm	01:30 pm	<b>3640 Williams Blvd, Kenner</b> Nova Dee Carbo	504-452-9623

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Cycling 5K	K, 10K, 20K, 40K		TBD	TBD
			Date and Location not confine Check <u>www.lsog1.net</u> for upd	
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Golf			11/13/2017	11/01/2017
	9:00	9:30	6150 Graywood Pkwy,Lake Charles, LA Janet Osbourn	337-478-7789
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Horseshoes	5		10/07/2017	09/25/2017
	09:00	09:30	<b>516 Dandelion Dr, Waggama</b> Landry Carmardelle	an 504-402-0066
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Men's Basl	ketball		9/23/2017	9/11/2017
	1:00 pm	1:30 pm	<b>10301 S Park, River Ridge</b> Jim Young	
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Men's Voll	eyball		9/16/2017	9/04/2017
	8:00	8:30	<b>13505 Highway 1085, Coving</b> Janey Perez	g <b>ton</b> 504-286-8200
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Pickleball			Event completed	
Event	Check-in	Start	Date / Site	Registration Deadline
Shooting	CHUCK-III	Juit	9/18/2017	9/06/2017
Shooting			150 Sheriff's Range Rd. Alex	
	8.00	8.20	International Strange Ru. Alex	210 407 1561

Juanita Vanderhoeven

318-487-1561

8:00

8:30

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Shuffleboard	Doubles		11/3/2017	10/22/2017
			4150 Vernon, Lake Char	
	8:30	9:00	Butch Ryan	337-309-0858
7 4		<u> </u>		
Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard	Singles		11/2/2017	10/21/2017
	0.00	0.00	4150 Vernon, Lake Char	
	8:30	9:00	Butch Ryan	337-309-0858
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Softball	CHEEK-III	Start	TBD	TBD
Soluali			Date and Location not co	
			Check <u>www.lsog1.net</u> for	
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Swimming			TBD	TBD
8			Date and Location not co Check <u>www.lsog1.net</u> for	
Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Event Table Tennis		Start	11/11/2017	Registration Deadline 10/30/2017
		Start		
		Start 9:00 am	11/11/2017	<b>Registration Deadline</b> <b>10/30/2017</b> 504-286-8200
Table Tennis	8:30 am	9:00 am	11/11/2017399 12th St, Bridge CityJaney Perez	<b>10/30/2017</b> 504-286-8200
	ł		11/11/2017 399 12 <sup>th</sup> St, Bridge City	10/30/2017

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Track and	d Field		TBD	TBD
			Date and Location no	t confirmed
			Check <u>www.lsog1.net</u>	for updates

Check-in	Start	Date / Site	<b>Registration Deadline</b>	
5		TBD	TBD	
		Date and Location not confirmed		
		Check <u>www.lsog1.net</u> for	updates	
Check-in	Start	Date / Site	<b>Registration Deadline</b>	
Women's Basketball		9/23/2017	9/11/2017	
		10301 S Park, River Ridg	ge	
8:00	8:30	Ann Hassenboehler	504-828-9766	
Cheels in	Start	Data / Sita	Desistration Deadline	
	Start		Registration Deadline	
lleyball		9/16/2017	9/04/2017	
		13505 Highway 1085, Co	vington	
8:00	8:30	Janey Perez	504-286-8200	
	Check-in sketball 8:00 Check-in lleyball	Check-inStartsketball8:008:30Check-inStartlleyball	TBDDate and Location not co Check www.lsog1.netCheck-inStartDate / Sitesketball9/23/20178:008:30Ann HassenboehlerCheck-inStartDate / SiteIleyball9/16/201713505 Highway 1085, Co	

### PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP <u>www.lsog1.net</u>



209 E Shamrock Pineville, LA 71360





2017 LOUISIANA SENIOR OLYMPIC GAMES April – November 2017