

# 2017 LOUISIANA SENIOR OLYMPIC GAMES

Individual Entry Form

# www.lsog1.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 !!!



# 2017 TEAM ROSTER 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.

Team Name: Age Group:							
Cap	Note: The age i tain's Name:	s determined by	the younge Home	D1	see age group on pa Cell P		
_	otains E-mail address						
[ ] H	Basketball	3 on 3	[ ]	Male	[ ] Female		
	Softball	10 Player Tea					
	Volleyball	6 Player Tean		[ ] Male	[ ] Female		
	Team Dance	8-15 Per Tear	m [ ] /	Advanced [	] Recreational	[ ] Line D	ance
1 ea	m Roster Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
1	Trayer rvame.	Agc.	Б.О.Б.	Home IVO.	CCI	1110.	
	Address:	<u>.</u>		City:	·	Zip:	State:
2	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
3	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:		1	City:		Zip:	State:
4	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
5	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
6	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
7	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
8	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
9	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			City:		Zip:	State:
10	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:		1	City:		Zip:	State:
11	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:		1	City:		Zip:	State:
12	Player Name:	Age:	D.O.B.	Home No:	Cell	l No:	
	Address:			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	\$ <b>5.00</b>

\*Official t-shirt included.

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

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

**ELIGIBILITY:** Any person 50 years or older as of 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-of state 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** 

5K Run

Alligator Stomp Fun Run West Bank Bridge Park, I-310 Exit 7

13825 River Road, Luling

Red River Bowmen 4099 Ratcliff Rd

**Archery** 

Shreveport

**Badminton** 

Highland Rec Center 14024 Highland Rd

**Baton Rouge** 

**Bowling Doubles** 

**AMF Bowling Lanes** 3640 Williams Blvd

Kenner

**Bowling Mix Doubles** 

**AMF Bowling Lanes** 3640 Williams Blvd

Kenner

**Bowling Singles** 

**AMF Bowling Lanes** 3640 Williams Blvd

Kenner

Cycling 5K, 10K, 20K, 40K

TBD

Golf

**Graywood Golf Course** 6150 Graywood Pkwy,

Lake Charles

**Horseshoes** 

Waggaman Playground 516 Dandelion Dr

Waggaman

Men's Basketball

Little Farms Playground 10301 S Park

River Ridge

Men's Volleyball

Coquille Park 13505 Highway 1085,

Covington

**Pickleball** 

Completed Event

**Shooting** 

**RPSO Firing Range** 

150 Sheriff's Range Rd.

Alexandria

**Shuffleboard Doubles** 

McNeese State University Rec Cntr

4150 Vernon

Lake Charles

**Shuffleboard Singles** 

McNeese State University Rec Cntr

4150 Vernon Lake Charles

**Softball** TBD

**Swimming** 

TBD

**Table Tennis** 

Bridge City Playground 399 12<sup>th</sup> St

Bridge City

**Tennis TBD** 

Track and Field

**TBD** 

Weightlifting

TBD

Women's Basketball

Little Farms Playground 10301 S Park

River Ridge

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

Last Name:			MI			
Address	i		City:			
State:	Zip	e: Parish:	Home Phone		Cell Phone:	
Email:						
[ ] Male	[ ] Female	Age as of 12/31/17	Date of Bir	th:	1 1	
		PARTICIPANT V	WAIVER SIC	N BELC	)W	
1. The ris and death does exis 2. I KNO NEGLIGE 3. I willing significant bring such 4. I, for a Louisiana sponsors, RESPEC involveme OTHERW INDEMNI participati I, the during the art, adver I HAVE FTERMS, I	sk of injury from a, and while part; and, will part; and, will part; and, will part agy agree to cot concern in my a to the attention of Senior Olymp, advertisers, and To ANY AN ant or participate of the full part of the full part of the full part of the full part and the full part	the activities involved in the ricular rules, equipment, are FREELY ASSUME ALL SI RELEASEES, or others, are imply with the stated and converge readiness for participation of the nearest official implements of my/or heirs, assistic Games, its officers, official, if applicable, owners are ID ALL INJURY, DISABILITION INTERPOLATION IN THE ARISING PRINCE SALE OF LIABILITY AND THAT I HAVE GIVEN UP	gns, personal representative itals, agents and/or employed lessors of the premises upon the premise and the prem	ncluding the peduce this risk and unknown, for my particins for particins es and next ees, other pased to condumage to per HE NEGLIGE and all liabilities E, to the fulles the right to y medium the AGREEMEN	k, the risk of serious injured, the risk of serious injured by IF ARISING FRO pation; and, pation. If I observe any over myself from participate of kin, HEREBY RELEATICIPATE, sponsoring agont the event ("Releasees son or property incident NCE OF THE RELEASE incident to my involver est extent permitted by late of use any pictures takent of photographer/staff see NT, FULLY UNDERSTAL	y to me M THE unusual ion and SE the encies, B'), with to my ES OR ment or w. of me es fit for
SIGNA	: \TURE:				DATE:	
	GENCY COL	NTACT:		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): Entry Fee (allows participation in up to 3 Sports-after Reg. Deadline): \$5.00 for each additional sport:	\$40.00 \$45.00 _x \$5.00	\$ 40.00 \$ 45.00 \$
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 Payable to: L.S.O.G  Check T-shirt size preference [ ]S [ ]M [ ]L [ ]XL [ ]3X	L	
YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAM	ME ORGANI	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**

# 2017 INDIVIDUAL EVENTS (Return this page with your entry)

	CHAIN WHAT I THE
[ ] 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	USMS# Event Seed Time
	[ ] 100y Butterfly
<b>NOTE:</b> If you Register for these events through LSOG	[ ] 50y Freestyle
you will receive both the NORSI race T-Shirt and the	[ ] 100y Breaststroke
LSOG T-Shirt	
	[ ] 200y Backstroke
includes food and entertainment. More info page 11	[ ] 200y Freestyle
I I I DOWNERY I I D	[ ] 50y Butterfly
[ ] ARCHERY [ ] Barebow	[ ] 50y Breaststroke
[ ] Compound Barebow [ ] Recurve Barebow	[ ] 200y Individual Medley
[ ] Compound Fingers [ ] Compound Release	[ ] 100y Backstroke
	[ ] 100y Freestyle
[ ] BADMINTON [ ] Singles	[ ] 100y Individual Medley
[ ] Doubles [ ] Mixed Doubles	[ ] 50y Backstroke
I I D A GYZDWD A Y Y	[ ] 200y Breaststroke
[ ]BASKETBALL	[ ] 500y Freestyle
[ ] 3 ON 3	
	TRACK & FIELD EVENTS
	Track Events Field Events
	[ ] 50m Dash [ ] Long Jump
[ ] BOWLING [ ] Singles	[ ] 100m Sprint [ ] High Jump
[ ] Mixed Doubles (Partner)	[ ] 800m Race Walk [ ] Discus
[ ] Doubles (Partner)	[] 800m Run [] Javelin
	[ ] 200m Run [ ] Shot Put
[ ] CYCLING [ ] 5K [ ] 10K [ ] 20K [ ] 40K	[ ] 1500m Race Walk [ ] Hammer Throw
	[ ] 400m Run [ ] Pole Vault
I LOOVE I I'I LO. L. DI	[ ] 1500m Run [ ] Triple Jump
[ ] GOLF Individual Stroke Play	
I I HODGEGHOEG	[ ] TABLE TENNIS (Ping Pong) [ ] Singles
[ ] HORSESHOES	[ ] Doubles (Partner)
	[ ] Mixed (Partner)
	[ ] TENNIS [ ] Singles
	[ ] Doubles (Partner) [ ] Mixed (Partner )
	[ ] Mixed (Partner)
[ ] SHOOTING	[ ] WEIGHTLIFTING
[ ] Pistol [ ] Rifle	
	[ ]Bench Press [ ]Dead Lift [ ]Arm Curl [ ]Clean & Jerk
[ ] SHUFFLEBOARD [ ] Singles	1
Doubles (Partner)	
[ ] Doubles (I dittiet)	

#### **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	
*Golf – foursome Player 1:	Player 2:
PHONE ( )	PHONE ( )
Player 3:	Player 4:
PHONE ( )	PHONE ( )

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

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
10K Run &	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	Registration Deadline
5K Run			9/23/2017	9/11/2017
	10:30	11:00	West Bank Bridge Park, I-31 7 13825 River Road, Luling, Ellen Hall	
Event	Check-in	Start	Date / Site	Registration Deadline
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	l		10/28/2017	10/16/2017
	13:30	14:00	<b>14024 Highland Rd, Baton R</b> Mike Maddox	225-328-8128
Event	Check-in	Start	Date / Site	Registration Deadline
<b>Bowling Do</b>	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
<b>Bowling M</b>	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
<b>Bowling Sin</b>	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 no Check www.lsog1.net	

Event	Check-in	Start	Date / Site	Registration Deadline
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	Registration Deadline
Horseshoes			10/07/2017	09/25/2017
	00.00	00.20	516 Dandelion Dr, Wa	66
	09:00	09:30	Landry Carmardelle	504-402-0066

Event	Check-in	Start	Date / Site	Registration Deadline
Men's Bas	sketball		9/23/2017	9/11/2017
	1:00 pm	1:30 pm	10301 S Park, River Ridge Jim Young	

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Men's Vol	lleyball		9/16/2017	9/04/2017
			13505 Highway 1085,	Covington
	8:00	8:30	Janey Perez	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			9/18/2017	9/06/2017
150 Sheriff's Range Rd. Alexand		Alexandria		
	8:00	8:30	Juanita Vanderhoeven	318-487-1561

Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard	Doubles		11/3/2017	10/22/2017
			4150 Vernon, Lake Charles	\$
	8:30	9:00	Butch Ryan	337-309-0858
Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard		Start	11/2/2017	10/21/2017
Shuffieboard	onigics		4150 Vernon, Lake Charles	
	8:30	9:00	Butch Ryan	337-309-0858
		, , , , , , , , , , , , , , , , , , , ,		
E4	Charle in	C4 a set	Date / Site	Docietustian Docullina
Event	Check-in	Start		Registration Deadline TBD
Softball			TBD  Date and Location not conf	
			Check www.lsog1.net for up	
			check <u>www.isogr.net</u> for up	dates
Event	Check-in	Start	Date / Site	Registration Deadline
Swimming			TBD	TBD
Date and Location not confirmed				
Check <u>www.lsog1.net</u> for updates				dates
Event	Check-in	Start	Date / Site	Dogistration Doubling
Event Table Tennis		Start		Registration Deadline
Table Tennis	•		11/11/2017	10/30/2017
	8:30 am	9:00 am	<b>399 12<sup>th</sup> St, Bridge City</b> Janey Perez	504-286-8200
	o.so am	9.00 am	Janey Ferez	304-260-8200
Event	Check-in	Start	Date / Site	Registration Deadline
	CHCCK-III	Start		TBD
Tennis			TBD  Date and Location not conf	
Date and Location not confirmed Check www.lsog1.net for updates				
Event	Check-in	Start	Date / Site	Registration Deadline
Track and Field		TBD	TBD	
			Date and Location not conf	irmed
			Check www.lsog1.net for up	dates

Event	Check-in	Start	Date / Site	<b>Registration Deadline</b>
Weightlifting			TBD	TBD
Date and Location not confirmed				t confirmed
Check <u>www.lsog1.net</u> for updates				for updates

Event	Check-in	Start	Date / Site	Registration Deadline
Women's Ba	sketball		9/23/2017	9/11/2017
			10301 S Park, River Ridge	
	8:00	8:30	Ann Hassenboehler	504-828-9766

Event	Check-in	Start	Date / Site	Registration Deadline
Women's	Volleyball		9/16/2017	9/04/2017
		13505 Highway 1085, Covington		
	8:00	8:30	Janey Perez	504-286-8200

# PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP <a href="https://www.lsog1.net">www.lsog1.net</a>



209 E Shamrock Pineville, LA 71360





# 2017 LOUISIANA SENIOR OLYMPIC GAMES April – November 2017