



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 !!!

LOUISIANA
Pick your Passion
LouisianaTravel.com

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: _____

Note: The age is determined by the youngest team member, see age group on page 3.

Captain's Name: _____ Home Phone _____ Cell Phone _____

Captains E-mail address _____

<input type="checkbox"/> Basketball	3 on 3	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<input type="checkbox"/> Softball	10 Player Team		
<input type="checkbox"/> Volleyball	6 Player Team	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<input type="checkbox"/> Team Dance	8-15 Per Team	<input type="checkbox"/> Advanced	<input type="checkbox"/> Recreational <input type="checkbox"/> Line Dance

Team 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:			City:	Zip:	State:
3	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	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:			City:	Zip:	State:
6	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
7	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
8	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
9	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
10	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
11	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:
12	Player Name:	Age:	D.O.B.	Home No:	Cell No:	
	Address:			City:	Zip:	State:

LOUISIANA SENIOR OLYMPIC GAMES

2017 Games Contact:
Landry Carmardelle 504-402-0066

LSOG Website [lsog1.net](http://www.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	\$ 39.00
Bowling (per event)	\$ 8.00
Tennis	\$ 5.00
5-K Run & Race Walk	\$ 15.00
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
Middendorf's Manchac Run
TBA

Archery
Red River Bowmen
4099 Ratcliff Rd
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
I-49 Welcome Center
7050 N. Highway 1
Boyce

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 12th St
Bridge City

Tennis
TBD

Track and Field
West Jefferson High
2200 8th St
Harvey

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.isog1.net

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

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**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: _____ **First Name:** _____ **MI** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Parish:** _____ **Home Phone:** _____ **Cell Phone:** _____

Email: _____

[] Male **[] Female** **Age as of 12/31/16** _____ **Date of Birth:** _____ / _____ / _____

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	\$ 8.00	\$ _____
Tennis Fee: (Balls Provided) _____	\$ 5.00	\$ _____

*5-K Run / Race Walk (SEE *Note below)	\$ 15.00	\$ _____
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10-K Run	\$ 20.00	\$ _____
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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 []2XL []3XL

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS

***Manchac Middendorf Run 10 K & 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)

☐ 5K Run ☐ 5K Race Walk
Middendorf/Mancha Run by NORSI,

☐ 10K Run MIDDENDORF/MANCHAC RUN

NOTE: If you Register for these events through LSOG you will receive both the NORSI race T-Shirt and the LSOG T-Shirt
 includes food and entertainment. More info page 11

☐ **ARCHERY** ☐ Barebow
 ☐ Compound Barebow ☐ Recurve Barebow
 ☐ Compound Fingers ☐ Compound Release

☐ **BADMINTON** ☐ Singles
 ☐ Doubles ☐ Mixed Doubles

☐ **BASKETBALL**
☐ 3 ON 3

☐ **BOWLING** ☐ Singles
 ☐ Mixed Doubles (Partner _____)
 ☐ Doubles (Partner _____)

☐ **CYCLING** ☐ 5K ☐ 10K

☐ **GOLF** Individual Stroke Play

☐ **HORSESHOES**

☐ **SHOOTING**
☐ Pistol ☐ Rifle

☐ **SHUFFLEBOARD** ☐ Singles

☐ Doubles (Partner _____)

SWIMMING ☐ Women ☐ Men

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)

USMS#	Event	Seed Time
<input type="checkbox"/>	100y Butterfly	_____
<input type="checkbox"/>	50y Freestyle	_____
<input type="checkbox"/>	100y Breaststroke	_____
<input type="checkbox"/>	200y Backstroke	_____
<input type="checkbox"/>	200y Freestyle	_____
<input type="checkbox"/>	50y Butterfly	_____
<input type="checkbox"/>	50y Breaststroke	_____
<input type="checkbox"/>	200y Individual Medley	_____
<input type="checkbox"/>	100y Backstroke	_____
<input type="checkbox"/>	100y Freestyle	_____
<input type="checkbox"/>	100y Individual Medley	_____
<input type="checkbox"/>	50y Backstroke	_____
<input type="checkbox"/>	200y Breaststroke	_____
<input type="checkbox"/>	500y Freestyle	_____

TRACK & FIELD EVENTS

Track Events	Field Events
<input type="checkbox"/> 50m Dash	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 100m Sprint	<input type="checkbox"/> High Jump
<input type="checkbox"/> 800m Race Walk	<input type="checkbox"/> Discus
<input type="checkbox"/> 800m Run	<input type="checkbox"/> Javelin
<input type="checkbox"/> 200m Run	<input type="checkbox"/> Shot Put
<input type="checkbox"/> 1500m Race Walk	<input type="checkbox"/> Hammer Throw
<input type="checkbox"/> 400m Run	<input type="checkbox"/> Pole Vault
<input type="checkbox"/> 1500m Run	<input type="checkbox"/> Triple Jump

☐ **TABLE TENNIS** (Ping Pong) ☐ Singles
☐ Doubles (Partner _____)
☐ Mixed (Partner _____)

☐ **TENNIS** ☐ Singles
☐ Doubles (Partner _____)
☐ Mixed (Partner _____)

☐ **WEIGHTLIFTING**

☐ Bench Press ☐ Dead Lift ☐ Arm Curl ☐ Clean & Jerk

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 Age Group _____

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	Registration Deadline
10K Run & Racewalk			11/11/2017	10/30/2017
	07:30 am	08:00 am	Middendorf's Manchac Ellen Hall	504-444-3416

Event	Check-in	Start	Date / Site	Registration Deadline
5K Run			11/11/2017	10/30/2017
	07:30 am	08:00 am	Middendorf's Manchac Ellen Hall	504-444-3416

Event	Check-in	Start	Date / Site	Registration Deadline
Archery			9/16/2017	09/04/2017
	8:00 am	8:30 am	4099 Ratcliff Rd, Shreveport Emma Brown	318-572-6102

Event	Check-in	Start	Date / Site	Registration Deadline
Badminton			10/28/2017	10/16/2017
	13:30	14:00	14024 Highland Rd, Baton Rouge Mike Maddox	225-328-8128

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Doubles			09/27/2017	09/15/2017
	01:00 pm	01:30 pm	3640 Williams Blvd, Kenner Nova Dee Carbo	504-452-9623

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Mix Doubles			09/28/2017	09/16/2017
	01:00 pm	01:30 pm	3640 Williams Blvd, Kenner Nova Dee Carbo	504-452-9623

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Singles			09/26/2017	09/14/2017
	01:00 pm	01:30 pm	3640 Williams Blvd, Kenner Nova Dee Carbo	504-452-9623

Event	Check-in	Start	Date / Site	Registration Deadline
Cycling 5K, 10K			10/14/2017	9/30/2017
	8:30 am	9:00 am	I-49 Welcome Center, Boyce, LA Robert Bussey, rlb@blcawgroup.com	

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
	09:00	09:30	516 Dandelion Dr, Waggaman Landry Carmardelle	504-402-0066

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

Event	Check-in	Start	Date / Site	Registration Deadline
Pickleball			Event completed	

Event	Check-in	Start	Date / Site	Registration Deadline
Shooting			9/18/2017	9/06/2017
	8:00	8:30	150 Sheriff's Range Rd. Alexandria Juanita Vanderhoeven	318-487-1561

Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard Doubles			11/3/2017	10/22/2017
	8:30	9:00	4150 Vernon, Lake Charles Butch Ryan	337-309-0858

Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard Singles			11/2/2017	10/21/2017
	8:30	9:00	4150 Vernon, Lake Charles Butch Ryan	337-309-0858

Event	Check-in	Start	Date / Site	Registration Deadline
Softball			TBD	TBD
			Date and Location not confirmed Check www.lsog1.net for updates	

Event	Check-in	Start	Date / Site	Registration Deadline
Swimming			TBD	TBD
			Date and Location not confirmed Check www.lsog1.net for updates	

Event	Check-in	Start	Date / Site	Registration Deadline
Table Tennis			11/18/2017	11/04/2017
	8:30 am	9:00 am	399 12 th St, Bridge City Janey Perez	504-286-8200

Event	Check-in	Start	Date / Site	Registration Deadline
Tennis			TBD	TBD
			Date and Location not confirmed Check www.lsog1.net for updates	

Event	Check-in	Start	Date / Site	Registration Deadline
Track and Field			9/16/2017	09/02/2017
	9:00 am	9:30 am	West Jefferson High 2200 8 th St, Harvey	

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

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

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

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AND START TIMES FOR YOUR AGE GROUP**

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Pineville, LA 71360



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