

2018 LOUISIANA SENIOR OLYMPIC GAMES

Individual Entry Form

www.lsog1.net

**PLEASE CHECK WEBSITE FOR UPDATES AND
START TIMES FOR YOUR AGE GROUP**

June 9 – November 17

2018 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

2018 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 _____

Captain's 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

Team Roster

1	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
2	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
3	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
4	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
5	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
6	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
7	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
8	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
9	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
10	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
11	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
12	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:

LOUISIANA SENIOR OLYMPIC GAMES

2018 Games Coordinators:

Landry Camardelle (504) 402-0066 Landry.Camardelle@gmail.com
Janey Perez (504) 296-8200 jperez.gnoso@gmail.com

LSOG Website lsog1.net

GENERAL ENTRY INFORMATION

The 2018 Louisiana Senior Olympic Games are hosted by the Board Of Directors

DATES:

Saturday, June 9 – through Saturday, November 17, 2018

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

Form should be postmarked by the event deadline.

NO EXCEPTIONS

FEES:

Entry Fee (for three (3) sports)	\$ 30.00
Each additional sport	\$ 3.00

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

Golf	\$ 37.00
Bowling (per event)	\$ 8.00
Tennis	\$ 5.00
5-K Run	\$ 15.00
5 & 10-K Run, 5K Race Walk Middendorf's	\$ 20.00

ELIGIBILITY: Any person 50 years or older as of December 31, 2018 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, 2018. 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 www.lsog1.net**

ENTRY DEADLINE: Check your individual event. **No refunds given after posted event deadline.**

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 to qualify for Nationals.

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 ADDRESS AND PHONE NUMBER INFORMATION

PLEASE CHECK THE WEBSITE FOR CHANGES

www.lsog1.net

DATE / EVENT	SITE	ADDRESS	COORDINATORS PHONE
6/9 & 6/10 Sat. & Sun. Pickleball	EVENT COMPLETED		
8/25 Saturday Volleyball Men & Ladies	Coquille Park	13505 Highway 1085 Covington, 70433	Janey 504 296-8200
9/8 Saturday Swimming	CB Pennington Jr. YMCA	1550 Old Hammond Hwy. Baton Rouge, 70816	Sarah 225 272-9622
9/13 Thursday Cycling	TBA	Woodworth, 71485	Juanita 318 487-1561
9/15 Saturday Archery	Red River Bowmen	4099 Ratcliff Rd. Shreveport, 71109	Emma 318 572-6102
9/17 Monday Shooting	Rapides Parish Sheriff's Office Shooting Range	150 Sheriff Range Rd. Alexandria, 71303	Juanita 318 487-1561
9/19 Wednesday Golf	Oakwing Golf Course	2345 Vandenburg Dr. Alexandria, 71303	Juanita 318 487-1561
9/22 Saturday Basketball Men & Ladies	Little Farms Playground	10301 South Park St. River Ridge, 70123	Men Jim 504 430-3284 Ladies Ann 504 828-9766
9/25 Tuesday Bowling Singles	Colonial Lanes	6601 Jefferson Highway Harahan, 70123	Nova Dee 504 452-9623
9/26 Wednesday Bowling Mixed	Colonial Lanes	6601 Jefferson Highway Harahan, 70123	Nova Dee 504 452-9623
9/27 Thursday Bowling Doubles	Colonial Lanes	6601 Jefferson Highway Harahan, 70123	Nova Dee 504 452-9623
10/7 Sunday 5K Run	Audubon Park	Shelter Building #10 New Orleans, 70118	Ellen 504 444-3416
10/16 Tuesday Throws	Assumption Community Center	4910 Highway 308 Napoleonville, 70390	Angela 985 518-2529
10/25 Thursday Shuffleboard Singles	Belle Terre Playground	5600 Belle Terre Rd. Marrero, 70072	Janey 504 296-8200 Landry 504 402-0066
10/26 Friday Shuffleboard Doubles	Belle Terre Playground	5600 Belle Terre Rd. Marrero, 70072	Janey 504 296-8200 Landry 504 402-0066
10/27 Saturday Track & Field	Bernie Moore Track Stadium	# 1 North Stadium Dr. Baton Rouge, 70802	Paul 504 458-6766
10/27 Saturday Badminton	Mount Pilgrim Baptist Church	9700 Scenic Highway Baton Rouge, 70807	Mike 225 328-8128
11/3 Saturday Horseshoes	Waggaman Gym & Horseshoe Pits	516 Dandelion Dr. Waggaman, 70094	Janey 504 296-8200 Landry 504 402-0066
11/10 Saturday 5K, 10K, Run 5K Race Walk	Middendorf's Manchac Run	Middendorf's Restaurant I-55 Exit 15	Ellen 504 444-3416
11/17 Saturday Table Tennis	Bridge City Playground	400 11 th Street Bridge City, 70094	Janey 504 296-8200
TBA Softball	TBA		Landry 504 402-0066
TBA Tennis	TBA		Juanita 318 487-1561

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 East Shamrock Street
 Pineville, LA 71360 6255

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Parish:** _____ **Contact Info** _____

Email: _____

Male **Female** **Age as of** 12/31/18 **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:

2018 ENTRY FEE SCHEDULE

RETURN THIS PAGE with CHECK or MONEY ORDER with fees to:

Louisiana Senior Olympic Games, 209 East Shamrock, Pineville, LA 71360-6255

Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports):	\$30.00	\$ 30.00
\$3.00 for each additional sport: ___x \$3.00		\$ _____
<u>Sports Requiring an Additional Fee over the Entry Fee:</u>		
Golf Fee: _____	\$ 37.00	\$ _____
Bowling Fee: (Singles, Doubles or Mixed Doubles) ___ each	\$ 8.00	\$ _____
T-Shirt _____	\$ 5.00	
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 2018 games, I have enclosed a donation of		\$ _____
(All donations are tax deductible)		
TOTAL AMOUNT ENCLOSED _____		\$ _____
Make Checks Payable to: L.S.O.G.		
PLEASE NOTE: T-SHIRTS WILL BE AVAILABLE AT EACH EVENT FOR \$5.00 YOU WILL BE GUARANTEED YOUR SIZE IF YOU PRE-ORDER AND PAY.		
S	M	L
XL	XXL	XXXL

KELSEY BRADLEY FAVROT MEMORIAL 5K Run:

LSOG will enter you in the NORSI Event. Get race Tshirt on the day of the race.

****MIDDENDORF'S MANCHAC RUN 5K, 10K, 5K Race Walk (CHOOSE ONE)**

LSOG will enter you in the NORSI Event. Get race Tshirt on the day of the race.

A scenic run with a bridge challenge at the start and finish. Enjoy a catfish dinner party.

Mail Entry Form and Fees to:

LSOG

209 East Shamrock Street

Pineville, LA 71360-6255

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

OFFICIAL 2018 LSOG ENTRY FORM

ROAD RACES

MIDDENDORF/MANCHAC RUN

5K Run 5K Race Walk 10K Run (Choose only 1)

5K KELLY BRADLEY FAVROT MEMORIAL RUN

Both events are run by New Orleans Running Systems Inc.

NOTE: If you Register for these events through LSOG you will receive the NORSI race T-Shirt.

ARCHERY Barebow
 Compound Barebow Recurve Barebow
 Compound Fingers Compound Release

BADMINTON Singles
 Doubles Mixed Doubles

BASKETBALL
 3 ON 3 MALE FEMALE

BOWLING Singles
 Mixed Doubles (_____)
 Doubles (_____)

CYCLING
 5K 10K 20K

GOLF Individual Stroke Play

HORSESHOES

PICKLEBALL COMPLETED

SHOOTING Pistol Rifle

SHUFFLEBOARD Singles
 Doubles (Partner _____)

VOLLEYBALL
 Male TEAM _____
 Female TEAM _____

SOFTBALL M F
TEAM _____

SWIMMING Female Male

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

50m Dash
 100m Sprint
 800m Race Walk
 800m Run
 200m Run
 1500m Race Walk
 400m Run
 1500m Run

Field Events

Long Jump
 High Jump
 Discus
 Javelin
 Shot Put
 Hammer Throw
 Pole Vault
 Triple Jump

TABLE TENNIS Singles
 Doubles (Partner _____)
 Mixed (Partner _____)

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

THROWS
 Football Accuracy Softball Accuracy
 Frisbee Accuracy Softball Distance
 Basketball Free throw

2018 INDIVIDUAL EVENTS (Return this page with your entry)

OFFICIAL 2018 LSOG ENTRY FORM

2018 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 TURNED IN TO THE EVENT COORDINATOR AT THE EVENT

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 _____

OFFICIAL 2018 LSOG ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
ARCHERY			SATURDAY, September 15	SEPTEMBER 8
			RED RIVER BOWMEN	
	8:00AM	8:30AM	Emma Brown	(318) 572-6102
BADMINTON			SATURDAY, October 27	OCTOBER 20
MEN/LADIES			MOUNT PILGRIMS BAPTIST CHURCH FAMILY CENTER	
Singles, then Doubles Mixed Doubles	2:00PM	2:30PM	Mike Maddox	(225) 328-8128
BASKETBALL - LADIES			SATURDAY, September 22	SEPTEMBER 15
			LITTLE FARMS PLAYGROUND	
3 on 3	8:30AM	9:00AM	Ann Hassenboehler	(504) 828-9766
BASKETBALL - MEN			SATURDAY, September 22	SEPTEMBER 15
			LITTLE FARMS PLAYGROUND	
3 on 3	12:30AM	1:00AM	Jim Young	(504) 430-3284
BOWLING (SINGLES)			TUESDAY, September 25	SEPTEMBER 18
				Fee \$8.00
			COLONIAL LANES	
	12:30PM	1:00PM	Nova Dee Carbo	(504) 452-9623
BOWLING (MIXED DOUBLES)			WEDNESDAY, September 26	SEPTEMBER 18
				Fee \$8.00
			COLONIAL LANES	
	12:30PM	1:00PM	Nova Dee Carbo	(504) 452-9623
BOWLING (DOUBLES)			THURSDAY, September 27	SEPTEMBER 18
				Fee \$8.00
			COLONIAL LANES	
	12:30PM	1:00PM	Nova Dee Carbo	(504) 452-9623
CYCLING 5K-10K-20K			THURSDAY, September 13	AUGUST 31
			TBA	
			Juanita Forbes	(318) 487-1561
GOLF			WEDNESDAY, September 19	SEPTEMBER 12
				Fee \$37.00
			OAKWING GOLF COURSE	
	10:00	10:30	Juanita Forbes	(318) 487-1561

OFFICIAL 2018 LSOG ENTRY FORM

Event	Check-In	Start	Date/Site	Registration Deadline
HORSESHOES			SATURDAY, November 3	October 28
			WAGGAMAN HORSESHOE PITS	
75+ 80+ 85+ 90+	9:00AM	9:30AM	Landry Camardelle	(504) 402-0066
50+ 55+ 60+ 65+70+	12:30PM	1:00PM	Janey Perez	(504) 296-8200
PICKLEBALL*			SAT.& SUN, June 8 & 9	
COMPLETED			**COMPLETED**	**COMPLETED**
Doubles, Mixed Doubles				
Singles	7:30AM	8:00AM	Tom Burkhart	(225) 752-5905
SOFTBALL			TBA	SEPTEMBER 3
MEN & LADIES				
			Landry Camardelle	(504) 402-0066
SHOOTING			MONDAY, September 17	SEPTEMBER 10
Rifle -.22 caliber bolt action single shot.			RAPIDES SHERIFFS	
			SHOOTING RANGE	
.22 caliber hand gun	9:00AM	9:30AM		
Revolver or semi-automatic pistol			Juanita Forbes	(318) 487-1561
SHUFFLEBOARD SINGLES			THURSDAY, October 26	SEPTEMBER 19
			BELLE TERRE PLAYGROUND	
ALL AGES	8:30AM	9:00AM	Landry Camardelle &	(504) 402-0066
			Janey Perez	(504) 296-8200
SHUFFLEBOARD DOUBLES			FRIDAY, October 27	SEPTEMBER 20
			BELLE TERRE PLAYGROUND	
75+ 80+ 85+ 90+	9:00AM	9:30AM	Landry Camardelle &	(504) 402-0066
50+ 55+ 60+ 65+70+	12:30PM	1:00PM	Janey Perez	(504) 296-8200
SWIMMING			SATURDAY September 8	SEPTEMBER 1
			CB PENNINGTON JR.	
			Y.M.C.A.	
	9:00AM	9:30AM	Sarah Kelly	(225) 272-9622
TABLE TENNIS			SATURDAY, November 17	NOVEMBER 10
			BRIDGE CITY PLAYGROUND	
	8:30AM	9:00AM	Janey Perez	(504) 296-8200
TENNIS			TBD	\$5.00 FEE
			Juanita Forbes	(318) 487-1561

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

OFFICIAL 2018 LSOG ENTRY FORM

Event	Check-In	Start	Date/Site	Registration Deadline
THROWS (FUN GAMES)			TUESDAY, October 16	October 9
All Ages	8:30AM	9:00AM	ASSUMPTION COMMUNITY CENTER Angela Young	(985) 518-2529

TRACK & FIELD		SATURDAY, October 27		October 20
Track Events	8:00AM	9:00AM	BERNIE MOORE TRACK STADIUM	Order of events to be determined by Coordinator
Field Events	10:30AM	11:00AM	Paul Bowman (504) 458-6766	

VOLLEYBALL		SATURDAY, August 25		AUGUST 18
MEN	8:00AM	8:30AM	COQUILLE PARK	(504) 296-8200
LADIES	9:00AM	9:30AM	Janey Perez	

5K RUN	KELSEY BRADLEY FAVROT MEMORIAL RUN	SUNDAY, Oct. 7	\$15.00 Extra DEADLINE SEPT. 17
7:00AM	Race starts at 8:30	AUDUBON PARK Ellen Hall	(504) 444-3416
<p>NOTE: This LSOG event is managed by New Orleans Running Systems. (NORSI) Senior Olympians register with LSOG and LSOG will take care of registering you with NORSI.</p>		<p>ENTRY DEADLINE SEPTEMBER 17 Pick up race packet at Shelter Building #10 Starting at 7:00AM on Race Day For more information: www.nolarunning.com</p>	

MIDDENDORF'S/MANCHAC 10K RUN, 5K RUN, 5K RACE WALK (CHOOSE ONLY 1)		SATURDAY, November 10	\$20.00 Extra DEADLINE OCT. 29
7:00AM	8:00AM	Ellen Hall	(504) 444-3416
<p>NOTE: This LSOG event is managed by New Orleans Running Systems. (NORSI) Senior Olympians register with LSOG and LSOG will take care of registering you with NORSI</p>		<p>Pick up race packet at Middendorf's on race day (I-55 Exit 15)</p>	

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP

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Place
stamp
here

LSOG
Rapides Sr. Citizens Center
209 E. Shamrock Street
Pineville, LA 71360 6255

2018
LOUISIANA SENIOR OLYMPIC GAMES
JUNE 9 - NOVEMBER 17, 2018

HOSTED BY
LOUISIANA SENIOR OLYMPIC GAMES
BOARD OF DIRECTORS



LOUISIANA
Pick your Passion
LouisianaTravel.com