

ATTENTION CONTESTANTS

Please read EVERYTHING in this pamphlet, as there may be changes to dates and places where your events are being held!

T-Shirts

Everyone wonders why we ask you to get your entry form in by the date requested. Jerry Harris Originals needs 2 weeks to process and deliver our T-Shirt order. We place an initial order (based on past needs) and 2-3 follow-up orders, as needed. We try to have as few left over shirts as possible because left over shirts are a drain on our financial resources that cannot be fully recovered. So, help us to continue serving you by submitting your entry form as soon as possible. This will let us place a more accurate order for the shirts. Thank you.

Walk-ins Discontinued

Walk-ins to an event have been discontinued. This is due to the scheduling conflicts this practice causes. If you have already paid your contestant fee and want to compete in an event you have not already signed up for PLEASE contact the Coordinator for that event at least one day prior to that event. If you show up for an event you have not signed up for you WILL NOT be allowed to compete! NO EXCEPTIONS!

Golf and Chip & Putt

The venue for Golf and Chip & Putt has not been finalized at this time. Also, due to the low participation last year, Golf and Chip & Putt may be cancelled this year. Check our web site (nwlsog.org) or contact the Event Coordinator or Ronny Comstock for more information.

Recreational and 5-K Walk

We presently do not have a Coordinator for the Recreational and 5-K Walk. This DOES NOT mean that the event is or will be cancelled! We will do whatever is necessary to insure that this event occurs as planned!

Closing Ceremony Meal

We are pleased to announce that our meal for the Closing Ceremony will be as follows: Pulled Pork BBQ Sandwiches, Cole Slaw, BBQ Beans, Potato Salad, Chips, Drinks and a Dessert. And remember, one guest per contestant please! This will insure that there will be enough for everyone.

Steering Committee Volunteers

If you, or someone you know, would like to become involved with the Senior Olympics Steering Committee, contact Ronny Comstock. We are always looking for volunteers to help with our events.

THE NORTHWEST LA. DISTRICT SENIOR OLYMPICS CONTESTANTS NEED TO KNOW:

Direct questions to Coordinator Ronny Comstock, Email: RComs40927@gmail.com or Duane Chilton, Email: duane.chilton@yahoo.com. Duane may also be reached by phoning (318) 742-8867 or you may contact the event coordinator listed on the schedule page. For Senior Residence Communities competition information, contact Marilyn or Dick Hainey, (318) 617-6765.

TO YOUR GOOD HEALTH: Louisiana Senior Olympic Games Inc., the sanctioning agency of our competition, strongly urges that all participants consult their physicians regarding their practice for and participation in this program.

ELIGIBILITY: This is an OPEN competition. Out-of-district and out-of-state entries are welcomed and encouraged. **Anyone who will be 50 years of age as of December 31, 2020 is eligible.** District competitors are those from Caddo, Bossier, Bienville, Claiborne, Webster, Desoto and Red River parishes.

AGE GROUPS: Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90 and above. Whenever possible, we conform to these age groups, but we reserve the right to combine age brackets to ensure medals are won through competition or to meet scheduling demands. **Age group is determined by contestant's age as of December 31 of this year.** In team competition, including doubles events, age is determined by the youngest player. **WELCOME 40-49 AGE COMPETITORS in Track, the only event to have a special 40-49 age bracket.** Use this entry form. Fee is \$20 and signed participation waiver must be sent in with entry form. Ribbons awarded in 40-49 age group.

FEES: Entry fee is \$20.00. Track and field, bowling, tennis and table tennis are considered one event, no matter the number of subdivisions you enter within them. Bowling requires a \$10.00 facility fee each in Singles, Doubles and Mixed Doubles, 9-Pin No Tap, Team and Scotch Doubles. Additional facility and usage fees also apply in Miniature Golf (\$5.00), Golf (\$35.00 for greens fee and cart), in addition to the \$20 basic entry. The Celebration of Athletes has a \$10.00 fee for a participant who wishes to attend. Athletes' spouse (or guest) fee is also \$10.00 with a limit of one guest per competitor. Competitor's spouse is considered to be a guest. Reservations must be made by May 14.

*** PLEASE READ REGISTRATION INFORMATION CAREFULLY! ***

REGISTRATION: Use entry blank in this publication or download entry form from our website (www.nwlsog.org) and return with all fees and the signed release of liability **BY THE ENTRY DEADLINE OF 12 pm (noon), MONDAY, March 2 to insure you receive a shirt!**

Late entries CANNOT BE GUARENTEED a shirt to wear on the day of your first event!

In doubles bowling events and Team Bowling, player must choose own partner or teammates and names should be listed on entry form. If an individual must pull out of a doubles event on the day of play, we will attempt to help find a suitable partner. We will not accept a doubles entry that does not list a partner. Team competition requires team captains to bring team roster for his or her team to competition. Seniorific magazines will be available at an individual competitor's first event. A commemorative T-shirt will likewise be available provided this entry form is received in time, otherwise the T-shirt will be available as soon as possible.

QUALIFYING EVENTS: Athletes must qualify for state competition in Bowling Singles (top three scratch scores or age qualifying scores), Advanced Horseshoes (top 3 places), and Table Tennis (top 3 places). Top two finishers in age groups in Discus, Shot Put, Javelin and Shuffleboard qualify for state competition. Bowlers may qualify by reaching determined scoring levels. Golfers may qualify by finishing 1-2-3 or by meeting minimum scores (men 50-69 100 or less, 70-79 105 or less, 80-plus must complete round in four hours. Women 50-69 105 or less, 70-79 110 or less, 80-plus must complete round in four hours).

MEDALS: In qualifying events, the top three district athletes in each event and age group will be awarded medals and out-of-state or out-of-region athletes will be awarded duplicate medals based on their actual placement. District and out-of-district athletes may qualify for their state games through finish in our district. (Please check with your state association to be sure they recognize this).

EQUIPMENT: Participants must supply own equipment in tennis, golf and shooting (.22 pistols and .22 rifles). You may bring your own table tennis paddle, subject to judges' acceptance. **TRACK AND FIELD:** Implements will be provided according to age groups as determined by the state. Shot Put and Discus will begin at 8:30 a.m. Javelin will start at 9:30 a.m. Running begins at 8:30 a.m. Order of track events is 50 meters, 800 meters, 100 meters, 400 meters, 1,500 meters and 200 meters.

TEAM SPORTS: Bean Bag Baseball teams must have a minimum of 9 players (maximum 15). Team Bowling requires four individuals, two males and two females or four females. Scotch Doubles bowling makeup is two females or a male and a female.

TIME OF EVENTS: The Games schedule lists starting times for the various events. Participants should be ready for play at a minimum of 30 minutes before the listed time or at the specific time of registration if one is listed for an event. Game officials reserve the right to cancel or postpone any event due to inclement or threatening weather or unusual circumstances and to change an event to multiple days if registration warrants. Events may be cancelled if number of entries does not warrant them.

STATE GAMES: The LSOG mailing address is 309 E. Shamrock, Pineville, LA 71360 (318)487-1561. LSOG Website address: www.lzog1.net.

Proudly Sponsored by the Bossier Council on Aging

Here's What NW La. District Senior Olympics Offers This Year March 9-May 26

Monday, March 9 **OPENING CEREMONY & SENIOR HEALTH FAIR, 9 A.M.** Riverview Hall, 600 Clyde Fant, Shreveport
Monday, March 9 **DARTS/ACCURACY THROWS, 9 A.M.** Riverview Hall, 600 Clyde Fant, Shreveport

Senior Residence Communities Competition

Friday, March 13 **BEAN BAG BASEBALL, 9 A.M.** Bellaire Fitness Center, 4330 Panther Drive, Bossier City.
Friday, March 20 **WASHER PITCH, 9 A.M.** Azalea Estates, 516 Flournoy Lucas Rd., Shreveport.

Open Division

Wednesday, March 25 **KORNHOLE, 9 A.M.,** VFW Post #4588, 1004 Jeter St., Bossier City
Friday, March 27 **DOMINOS, 9 A.M.** NW La. War Veterans Home, Arthur Ray Teague Parkway, Bossier City.
Thursday, April 2 **TABLE GAMES, 9 A.M.** (Skipbo, Phase 10, Mexican Train Dominoes) Bossier Council on Aging, 706 Bearkat Dr., Bossier City (Choose and list your partner for Skipbo)
Friday, April 3 & Saturday, April 4 **BEANBAG BASEBALL, 9 A.M.,** VFW Post #4588, 1004 Jeter St., Bossier City, **NOTE: Teams that avoid elimination continue play on Saturday, April 11, 9 a.m., same location.**
Wednesday, April 8 **RECREATIONAL & 5K WALK, 9 A.M.,** Brownlee Park Pavilion #1 off Brownlee Road, Bossier City.
Thursday, April 9 **TABLE TENNIS, 5:30 P.M.,** Bossier Recreation Offices, 3223 Old Shed Road., Bossier City.
Thursday, April 16 **MARKSMANSHIP, 1 P.M.,** .22 rifles and .22 pistols, ***Location to be announced.***
Saturday, April 18 **TRACK AND FIELD, 8:30 A.M.,** Benton High School, LA Hwy.3, Benton, LA.
Monday, April 20 **GOLF, 9 A.M., * To Be Announced ***
CHIP & PUTT, 1 P.M., * To Be Announced *
Tuesday, April 21 **POOL, 8-BALL, 9 A.M.,** Randal T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport
Wednesday, April 22 **CHESS, 9:30am-4:30pm,** Bossier Council on Aging, 706 Bearcat Dr., Bossier City.
Wednesday, April 29 **TENNIS, 9 A.M.,** Bossier Tennis Center, 4330 Benton Road, Bossier City (flexible scheduling)
Friday, May 1 **HORSESHOES, RECREATIONAL, 8 A.M.,** Loyal Order of Moose Lodge #2239, 9113 Bert Kouns, Shreveport
HORSESHOES, ADVANCED, 9 A.M., Loyal Order of Moose Lodge #2239, 9113 Bert Kouns, Shreveport
Saturday, May 2 **ARCHERY, 9 A.M.,** Red River Archery Range, 4099 Radcliff Rd., Shreveport
Monday, May 4 **WASHER PITCH, 9 A.M.,** Bellaire Fitness Center, 4330 Panther Drive, Bossier City.
Wednesday, May 6 **BOWLING, MIXED DOUBLES, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport.
Thursday, May 7 **BOCCE BALL, 9 A.M.,** Betty Virginia Park, 3800 Line Ave., Shreveport **Note: Bring your own chair!**
Friday, May 8 **BOWLING, DOUBLES, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport. (Choose your own partner).
Saturday, May 9 **LADDERS GOLF, 8 A.M.,** Knights of Columbus Bossier, 5400 E. Texas, Bossier City.
Monday, May 11 **SHUFFLEBOARD, 8 A.M., SINGLES.** Bill Cockrell Community Center, 4109 Pines Rd., Shreveport
Tuesday, May 12 **SHUFFLEBOARD, 8 A.M., DOUBLES.** Bill Cockrell Community Center, 4109 Pines Rd., Shreveport
Wednesday, May 13 **BOWLING, SINGLES, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport.
Friday, May 15 **BOWLING, SCOTCH DOUBLES, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport. (Choose your own partner. Teams are either one man and one woman or two women).
Tuesday, May 19 **MINIATURE GOLF, 6 P.M.,** Party Central, 4401 Viking Drive, Bossier City.
Wednesday, May 20 **BOWLING, 9 PIN NO TAP, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport.
Friday, May 22 **BOWLING, TEAM, 1 P.M.,** All-Star Lanes, 9130 Mansfield Road, Shreveport. (Four players to a team, either two men and two women or four women. Make up your own teams)
Tuesday, May 26 **CELEBRATION 10 A.M.,** VFW Post #4588, 1004 Jeter St., Bossier City

Rain Dates: Archery, May 16; Bocce Ball, May 14; Rec. & 5K Walk, April 15; Miniature Golf, May 21; Horseshoes, May 18; Golf and Chip & Putt, April 23; Track & Field, April 25; Ladders Golf, May 23

NOTE: If you are unable to play in an event you signed for, please call Duane Chilton at 318-453-3966 or the coordinator of your event at least one day prior to your event.

COMPETITORS PLEASE NOTE:

If you have questions specific to events, contact the following parties who act as coordinators of events:

Accuracy Throws, Bocce Ball, Bowling, Darts, Washer Pitch, or Retirement Communities activities,

Marilyn Hainey (318) 617-6765

Archery, Emma Brown (318) 572-6102

Beanbag Baseball, Duane Chilton (318) 742-8867 or (318) 453-3866

Chess, Bob Taylor (318) 742-7111

Dominoes, Lowrane Johns (318) 741-2763 Ext. 127

8-Ball Pool, Lillian Trammel (318) 773-0574

Golf, Chip & Putt and/or Miniature Golf, Marilyn Creswell (318) 771-8302

Horseshoes, Kornhole and/or Ladders Golf, Gary Price (318) 294-2545

Marksmanship and/or Table Games, Jackie Conner (318) 742-9440

Opening Ceremony and/or Celebration, Ronny Comstock (318) 658-3811

Recreational and/or 5-K Walk, Coordinator to be announced.

Shuffleboard, Lionel Brangham (318) 294-3375

Table Tennis, Velma Johnson (318) 294-3681

Tennis, Todd Killen (318) 213-2108

Track and Field, Frank Trammel (318) 286-8454 or (318) 949-9316

PARTICIPANT RELEASE OF LIABILITY AND MODEL RELEASE

In consideration of being allowed to participate in any way in the State Olympic Games athletic/sports program and related events and activities such as the Northwest Louisiana District Senior Olympics, the undersigned acknowledges, appreciates and agrees that: 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 **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 I willingly agree to comply with the stated and customary terms and conditions of 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 I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE THE Louisiana Senior Olympic Games Inc., its officers, officials, sponsors, advertisers, and if applicable, owners or leasers of premises used to conduct the events (“Releases”), WITH RESPECT TO ANY INJURY, DISABILITY, DEATH, OR LOSS OF PARTICIPATION IN THESE PROGRAMS, whether ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, **HEREBY indemnify and hold harmless all of the above Releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE**, to the fullest extent by law.

I, the undersigned participant, grant to the Northwest Louisiana District Senior Olympics and its sanctioning organization, Louisiana Senior Olympic Games, Inc., the right to use any pictures taken of me during the district competition without my remuneration and in any medium the photographer/staff sees fit for art, advertising, exhibition, editorial or any purpose whatsoever.

Entry Fee Recap	
General Entry Fee.....	\$20.00
Golf Usage Fee (\$35.00)	_____
Miniature Golf Fee (\$5.00)	_____
Mixed Doubles Bowling (\$10.00)	_____
Doubles Bowling (\$10.00)	_____
Singles Bowling (\$10.00)	_____
Scotch Doubles Bowling (\$10.00)	_____
Nine Pin No Tap Bowling (\$10.00)	_____
Team Bowling (\$10.00)	_____
2X or 3X T-shirt add (\$4.00)	_____
4X or 5X T-shirt add (\$5.00)	_____
Celebration Tickets (\$10.00 participants)	_____
(\$10.00 1 guest ONLY)	_____
I want to make a voluntary donation to the NW LA District Senior Olympics	_____
Grand Total	_____

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND I UNDERSTAND FULLY IT'S TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING AND I SIGN FREELY AND WITHOUT ANY INDUCEMENT. I ALSO AGREE TO THE STATED MODEL RELEASE.

PRINTED NAME _____

SIGNATURE _____

AGE _____ DATE _____

THIS FORM MUST BE SIGNED AND RETURNED WITH PARTICIPANT APPLICATION FORM AND FEES BEFORE THE NW LA. DISTRICT SENIOR OLYMPICS WILL ALLOW AN INDIVIDUAL TO TAKE PART IN ANY EVENTS.

Proudly Sponsored by the Bossier Council on Aging

Please return only this page completed on the front and back

2020 NW La. District Senior Olympics Entry Form

Please **read** and **sign** Contestant Waiver on back of this page. Compute appropriate fees. Send your check for that amount with fully completed and signed form to **NW LA District Senior Olympics, 5220 Lauri Lane, Bossier City, LA 71112**. Make checks payable to NW LA District Senior Olympics. **Entry form deadline: Senior Residence, March 6, Open Division, March 2. THE SOONER IT'S IN, THE BETTER!**

Last Name _____ Preferred Name _____ Gender: Male / Female
Address _____ City _____ State _____ ZIP _____
Home Phone (____) _____ Cell Phone (____) _____ Email _____

AGE AS OF DEC. 31, 2020 _____ Date of Birth m____/d____/y____ T-Shirt Size (**circle one**): Small / Med / Large / XL / 2X / 3X
(\$4.00 extra for XX or XXX - \$5.00 extra for 4X or 5X). 4X / 5X

Check space of activity you will participate in and circle or check specific categories. Name Partner or Team where it applies. All applicable spaces must be filled in. Note: A T-Shirt can't be guaranteed for you to wear on the day of your first event if this entry form isn't received at least 2 weeks before the Olympics begin on March 9, 2020.

Where or how did you obtain this form? _____

Archery.....Saturday, May 2
Recurve (with sights)___ Bare bow Recurve (no sights)___
Compound Fingers (with sights)___ Compound Release ___
Bare bow Release ___

Beanbag Baseball.....First Round, Friday, April 3
Second Round Saturday, April 4 Finals Saturday April 11
Team Name _____
Captain _____

Bocce Ball.....Thursday, May 7
Note: Bring your own lawn or folding chair!

Bowling (add \$10.00 facility fee for each category)
Mixed with _____ Age ____ May 6
Doubles with _____ Age ____ May 8
Singles.....May 13
*Scotch Doubles w/ _____ Age ____ May 15
9-Pin No Tap.....May 20
*Team Bowling, Team Name _____ May 22
w/ _____ Age ____
w/ _____ Age ____
w/ _____ Age ____

***Note: Must name your own teammates or partner.
See Schedule or Participant information for details.**

Chess.....Wednesday, April 22

Chip & Putt.....Monday, April 20

Darts.....Monday, March 9

Dominos.....Friday, March 27

Golf (added \$35 cart/greens fee applies) Monday, April 20
(List average score to be used to form foursomes' _____)

Horseshoes (Select one division only).....Friday, May 1
Advanced _____ Recreational _____

Ladders Golf.....Saturday, May 9

Kornhole.....Wednesday, March 25

Marksmanship (circle event or events) Thursday, April 16
Provide your own firearm .22 pistol .22 rifle

Miniature Golf (add \$5.00 facility fee).....Tuesday, May 19

Pool, 8-Ball.....Tuesday, April 21

Recreational one mile and 5-K Walk.....Wednesday, April 8
(Circle one or both) One mile 5-K

Shuffleboard (Singles).....Monday, May 11

Shuffleboard (Doubles).....Tuesday, May 12
List Partner _____

Table Games (circle event or events).....Thursday, April 2
SKIPBO Phase 10 Mexican Train
SKIPBO Partner _____

Table Tennis (circle event or events).....Thursday, April 9
Singles
Doubles Partner _____
Mixed Doubles Partner _____

Tennis (circle event or events).....Wednesday, April 29
Gender Doubles (partner's name) _____
Mixed Doubles (partner's name) _____
Singles (if entry warrants)

Throws for Accuracy.....Monday, March 9
(Scoring will be football and Frisbee combined)

Track and Field (circle event or events) Saturday, April 18
50 meters 100 m 200 m 400 m 800 m 1500 m
Discus Javelin Shot Put

Washer Pitch.....Monday, May 4

Celebration of Athletes.....Tuesday, May 26
(\$10.00 for athletes, \$10.00 for guests)

SENIOR RESIDENCE COMPETITION

Beanbag Baseball.....Friday, March 13
Team name _____
Captain's Name _____

Washer Pitch.....Friday, March 20

Please be sure all the above information is legible!