

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

Direct questions to Coordinator Ronny Comstock, Email: RComs40927@gmail.com or Bette Turner, Email: tetteb20@aol.com. Bette may be reached by phoning (318) 470-6264 or you may contact the event coordinator listed on 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, 2018 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 \$15 and signed participation waiver must be sent in with entry form. Ribbons awarded in 40-49 age group.

FEES: Entry fee is \$15.00. 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 \$15 basic entry. The Celebration of Athletes has a \$5.00 fee for a participant who wishes to attend. Athletes' spouse (or guest) fee is also \$5.00 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), TUESDAY, March 6 for Senior Residence Division and 12 pm (noon) FRIDAY, March 16 for Open Division!**

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. Commemorative T-shirts and Seniorific magazine will be available at individual competitor's first event.

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 marksmanship (.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 (1-318-487-1561). LSOG Website address: www.lzog1.net.

Good luck and good fortune.