

# Union-Snyder County Senior Olympic Games

The Union-Snyder County Senior Olympic Games is a recreational yet competitive experience, promoting health and fitness for people age 50 and over. Gold, silver, and bronze medals will be awarded to the top three finishers in each event for each age group, unless indicated otherwise. All participants will receive a commemorative T-shirt. Outdoor events will not be held during rainy or dangerous weather conditions. Decisions to cancel are generally made the day before an event, and participants will be notified via phone or email. Canceled events may be rescheduled if possible. All events are tobacco, alcohol, and substance free. Due to health concerns of all participants, smoking will not be permitted at or during any of the events indoors or outdoors.

- **Eligibility**

Participants must be 50 years of age or older as of December 31, 2009. Age groups for females and males are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. The event coordinators for the Union-Snyder County Senior Olympic Games reserve the right to consolidate age divisions for competitions based on insufficient entries, modify rules and formats, or cancel events. It is possible that a participant may be scheduled to compete with those in a younger age group; however, such competition will not affect the older participant's standing in his or her own age group. All participants must actually compete to be eligible for a medal.

- **Registration**

To register, complete the entry form, event selection form, medical information form, sign the participant release form, and send with payment by *August 21, 2009*. No registrations will be accepted on the day of an event. Each participant must complete the entire entry form and pay the \$5 (or \$7, for non-residents of Union & Snyder counties) registration fee, including those who are entering as doubles or partners. Participants who are entering as doubles or partners may submit both registration forms at the same time. Please do NOT send cash. Checks should be made payable to AA/Senior Olympics. Send entry forms and checks to: Senior Olympics Coordinator, Union-Snyder Agency on Aging, Inc., 116 N. 2<sup>nd</sup> St., Lewisburg, PA 17837. Registration fees are nonrefundable.

- **Additional Fees**

The following events require additional fees to the \$5 (or \$7) registration fee:

Bowling	\$7.00 for 3 games singles; \$7.00 for 3 games doubles
Golf	\$6.00 greens fee and \$4.00 cart fee
Miniature Golf	\$4.00

These fees must be paid at the respective sites. Do not send the additional fees with your registration.

- **Medical Form**

Every participant is required to have a completed medical form to compete. The medical information must accompany the entry, event selection, and release form, and payment. We urge you to check with your doctor before competing; however, a doctor's signature is optional on the medical form. This information remains confidential and will only be provided to emergency services personnel as necessary.

- **Insurance**

Each participant is responsible for his or her own medical insurance. It is expressly understood that the Union-Snyder County Senior Olympic Games, nor any participating facilities, do not insure against, and accept no responsibility for personal injury or property loss or damage, which might be sustained by the participant as a result of his or her participation.

*See Schedule of Events on reverse side.*

**2009**  
**Union-Snyder County**  
**Senior Olympics Games**  
**Schedule of Events**

<b>Sport/Event</b>	<b>Date/Time</b>	<b>Location</b>
• <b>Pool</b>	Thursday, Aug. 27 9:00 am	Break 'N' Run, 34 South Market St. Selinsgrove
• <b>Bowling</b>	Wednesday, Sept. 2 9:00 am Singles 11:00 am Doubles	Best Bowl, 2208 Rt. 522, Selinsgrove
• <b>Golf</b>	Thursday, Sept. 3 9:00 am	Dick Kidd's Par 3 Golf Course 11 <sup>th</sup> Ave., Shamokin Dam
• <b>Table Shuffleboard</b>	Wednesday, Sept. 9 9:00 am Doubles	Middlecreek Area Community Center 1 Elm St., Beaver Springs
• <b>Basketball</b> <b>Hot Shot &amp; "21"</b> *Participants may only participate in one day of basketball events*	Wednesday, Sept. 9 10:15 am	
• <b>Miniature Golf</b>	Thursday, Sept. 10 9:00 am	Champs, Behind Hampton Inn 15 Stetler Ave., Shamokin Dam
• <b>Bocce</b>	Saturday, Sept. 12 9:00 am Doubles	Lewisburg Area Recreation Park 15 <sup>th</sup> & St. Mary's St., Lewisburg
• <b>Walking</b>	Saturday, Sept. 12 9:00 am	
• <b>Basketball</b> <b>Hot Shot &amp; "21"</b> *Participants may only participate in one day of basketball events*	Saturday, Sept. 12 9:00 am	
• <b>Tennis</b>	Saturday, Sept. 12 9:00 am Singles	
• <b>Horseshoes</b>	Saturday, Sept. 19 9:00 am Singles	East Snyder Park University Ave., Selinsgrove Just off Route 522, near Grayson View
• <b>Throwing Competition</b> <b>Football</b> <b>Frisbee</b> <b>Softball</b>	Saturday, Sept. 19 8:30 am	

\*Healthy snacks and water will be provided. Lunch will **NOT** be provided.\*

If you will be unable to participate in any event for which you have registered, please call Debbie Sanders as soon as possible at 524 - 2100 or 374 - 5558, ext. 126 and leave a message.

## Senior Olympics Rules

- **Basketball Shooting**

### **Hot Shot**

**Divisions:** Individual Female & Male

**Description:** In Hot Shot, the winner will be the one who makes the most baskets out of 7 from each of 3 Hot Spots. A perfect score is 21. Hot Spots are the points at which each competitor attempts to make a basket where one foot must be in contact with the Hot Spot but NOT in front of the Hot Spot, before shooting. Each Hot Spot is located as follows:

Hot Spot A---At the foul line, 15 feet from the basket

Hot Spot B---10 feet from the center of the basket to the right and 6 feet in from the end line

Hot Spot C---10 feet from the center of the basket to the left and 6 feet from the end line

NOTE: Must use basketball provided.

### **“21” Shoot Out**

**Divisions:** Individual Female & Male

**Description:** In “21” Shoot Out (Long & Short), the winner is the one who makes the most points. There is a one-hour time limit per person. All women will shoot from the foul line for the long shot. Men will shoot from the 3 Point Arc at the top of the key. Men 60 and over will shoot from the tape-line (3 feet from the 3 Point Arc). *All shooters* can elect to shoot from the 3 Point Arc if they so desire. A short shot is a lay up. 2 points will be awarded for a long shot and 1 point for a short shot.

NOTE: Must use basketball provided.

- **Bocce**

**Divisions:** Doubles (Either male, female or mixed)

**Description:** Bocce ball consists of tossing a pallino onto a defined court on a flat grass surface. Participants then attempt to roll bocce balls as close as they can to the pallino. A player may toss the pallino any distance, so long as the pallino passes the centerline of the court, and does not hit the back wall. The first participant rolls, then steps aside and that participant does not roll again until the opposing participant has either rolled one of their bocce balls closer to the pallino or has thrown all of their balls. The participant throws until they beat (not tie) the opposing ball. This continues until both participants have used all their bocce balls. Only one participant scores in a frame. One point is given for each ball that is closer to the pallino than the closest ball of the opposing team. Games will be played to 12 points with a 2-point lead, or for a 20 minute duration. Participants may be expected to help keep score.

NOTE: The age group for doubles will be determined by the age of the youngest participant. Doubles participants with partners must give their requested partner’s name and age on the event selection form, and both participants must have completed a registration form and paid the \$5 (or \$7) registration fee. If the participant does not have a partner, it should be indicated on the event selection form and the coordinator, if possible, will pair the participant with someone.

- **Bowling**

**Divisions:** Female & Male Singles, Doubles (Either male, female or mixed)

**Description:** Doubles partners must bowl together. There will be three games for singles and three games for doubles.

**NOTE:** The age group for all doubles will be determined by the age of the youngest participant. Doubles participants with partners must give their requested partner's name and age on the event selection form, and both participants must have completed a registration form and paid the \$5 (or \$7) registration fee. If the participant does not have a partner, it should be indicated on the event selection form and the coordinator, if possible, will pair the participant with someone. **There is a \$7 fee for 3 games of singles, and \$7 for 3 games of doubles. Do not send this fee in with your registration, since it must be paid directly to the bowling lane on the day of the event.**

- **Golf**

**Divisions:** Individual Female & Male

**Description:** It is a 9-hole, par 3-golf tournament. The golf course is easy to walk; however, carts are available to rent. Practice rounds are not included. Participants may bring their own equipment; however, clubs are available to rent for an additional fee. The USGA rules of golf apply. In the case of a tie, scorecards will be matched, starting with Hole 1. Participants are encouraged to make their own groups of four or they can call Dick Kidd at 743-1425 to be placed in a group. Participants not assigned to a group before the day of the event will be placed in a group at the time of arrival.

**NOTE:** **There is a \$6 greens fee and a \$4 rental fee for golf carts. Do not send these fees with your registration packet since they must be paid directly to the golf course on the day of the event.**

- **Horseshoes**

**Divisions:** Female & Male Singles

**Description:** Participants are encouraged to bring their own metal horseshoes. A limited number of horseshoes will be provided. The official metal shoe shall not exceed 7 ¼ " in width, 7 5/8" in length, and shall not weigh more than 2 pounds 10 ounces. Regulation distances for metal horseshoes will be: 40 feet for men 69 & under; 30 feet for men 70+; 30 feet for women to age 74; and 20 feet for women age 75+. A maximum of 20 shoes is thrown. 18 points reached is a win and playing stops, or the highest score after 20 shoes is a win. Cancellation is the method of scoring (only one person gets points). Once a participant loses two matches, he/she is out of the tournament. The National Horseshoe Pitchers Association of America rules will be in effect. Participants may be expected to help keep score.

- **Miniature Golf**

**Division:** Individual Female & Male

**Description:** There is a six-stroke limit per hole. No group shall be larger than five people and everyone in the group must play his/her 1<sup>st</sup> shot before anyone plays his 2<sup>nd</sup>. Replace the out of bounds ball where it went out and take a 1-stroke penalty. A ball resting on an obstruction may be moved 6 inches. If a ball is hit by another ball, replace the ball to its original position, with a hit-no penalty. If golf ball floats in water hazard, use ball scooper or ask for assistance. Take a 1-stroke penalty.

**NOTE:** There is a \$4 fee. Do not send this fee in with your registration, since it must be paid directly to the miniature golf course on the day of the event. Play at your own risk. Stay on walkways and off fences and rocks.

- **Pool**

**Divisions:** Individual Female & Male

**Description:** 8-ball tournament

Games will be played on regular, rectangular 6-pocket tables according to E.P.A. playing rules. The order of play will be determined by the flip of a coin, with the winner choosing who breaks. The first participant to sink all of his/her "striped" or "solid" balls and then the 8-ball wins the game. Only the 8-ball is required to be called. Pool equipment is provided; however, participants may bring their own pool stick.

**NOTE:** The location for this event is not handicapped accessible.

- **Table Shuffleboard**

**Divisions:** Doubles (Either male, female or mixed)

**Description:** In table shuffleboard, participants push weights by hand and not with a cue. The participant whose weight is farthest from the playing end at the completion of a round are the winners of that round and receive points. The first participants to receive 11 points win the game. In case of a tie, the game will continue until one pair of participants gains a 2-point lead. The winners of the match are the participants who win 2 out of 3 games. Shuffleboard equipment is provided. Participants may be expected to help keep score.

**NOTE:** The age division for doubles will be determined by the age of the younger participant. Doubles participants with partners must give their requested partner's name and age on the registration form, and both participants must have completed a registration form and paid the \$5 (or \$7) registration fee. If the participant does not have a partner, it should be indicated on the registration form and the coordinator, if possible, will pair the participant with a partner.

- **Tennis**

**Divisions:** Female & Male Singles

**Description:** Competition will be held on outdoor, hard courts at the Lewisburg Area Recreation Park. Games to 4 points (if a tie- next point wins- 5) with one set of six games per match (you do not have to win by two games). Balls will be provided. Participants must provide their own racquet.

- **Walking**

**Divisions:** Individual Female & Male

**Description:** Recreational walk, approximately ½ mile long, on the Life Fitness Trail at the Lewisburg Area Recreation Park, macadam/concrete. Running will disqualify a participant.

- **Throwing Competitions**

**Football Throw**

**Divisions:** Individual Female & Male

**Description:** A maximum of three throws will be allowed. The farthest throw, within the boundaries, will be recorded. Standing or running throws will be allowed, but participants may not cross the throwing line. Underhand or overhand throws may be used. The distance of the throw will be measured from the center point of the throwing line to the point of impact.

NOTE: Regulation footballs will be provided. A youth ball size football will be available for females.

**Frisbee Throw**

**Divisions:** Individual Female & Male

**Description:** A maximum of three throws will be allowed. The farthest throw, within the boundaries, will be recorded. Participants may not cross the throwing line. Any style of throw may be used. The distance of the throw will be measured from the center point of the throwing line to the point of impact.

NOTE: Frisbees will be provided.

**Softball Throw**

**Divisions:** Individual Female & Male

**Description:** A maximum of three throws will be allowed. The farthest throw, within the boundaries, will be recorded. Standing or running throws will be allowed, but participants may not cross the throwing line. Underhand or overhand throws may be used. The distance will be measured from the center point of the throwing line to the point of impact.

NOTE: Regulation softballs will be provided.



## Event Selection Form

Place an "X" in the box next to the event(s) in which you wish to compete from the list below. Write the name and age of your partner or check the "need partner box" where applicable. EACH participant must complete an entry form, event selection form, medical form, release form, and submit the \$5 registration fee (\$7 for non-residents).

Pool: Thursday, Aug. 27 - 9:00 AM

Bowling: Wednesday, Sept. 2

Singles- 9:00 AM

Doubles- 11:00 AM

Partner: \_\_\_\_\_ Partner's Age \_\_\_\_\_

Need Partner

Golf: Thursday, Sept. 3 – 9:00 AM

Table Shuffleboard: Doubles Only; Wednesday, Sept. 9 – 9:00 AM

Partner \_\_\_\_\_ Partner's Age \_\_\_\_\_

Need Partner

Basketball Shooting: Wednesday, Sept. 9 10:15 AM

Hot Shot

"21" Shoot Out

\*Participate in one day only of basketball events\*

Miniature Golf: Thursday, Sept. 10 – 9:00 AM

Bocce: Doubles Only; Saturday, Sept. 12 – 9:00 AM

Partner \_\_\_\_\_ Partner's Age \_\_\_\_\_

Need Partner

Walking: Recreational Walk; Saturday, Sept. 12 – 9:00 AM

Basketball Shooting: Saturday, Sept. 12 – 9:00 AM

Hot Shot

"21" Shoot Out

\*Participate in one day only of basketball events\*

Tennis: Saturday, Sept. 12

Singles- 9:00 AM

Horseshoes: Saturday, Sept. 19

Singles- 9:00 AM

Throwing Competitions: Saturday, Sept. 19 – 8:30 AM

Football Throw

Frisbee Throw

Softball Throw

If you will be unable to participate in any event for which you have registered, please call Debbie Sanders as soon as possible at 524 - 2100 or 374 – 5558, ext. 126 and leave a message.

# Medical Information Form

All participants **MUST** complete this form.

Please complete this form with your most recent medical information. THIS FORM MUST BE SUBMITTED WITH THE ENTRY FORM, EVENT SELECTION FORM, RELEASE FORM, AND RECEIVED BY THE UNION-SNYDER COUNTY SENIOR OLYMPIC GAMES BY AUGUST 21, 2009. **NO ONE will be allowed to compete without the completed medical form.** This information remains confidential and would **ONLY** be provided to emergency medical personnel. **Please use BLACK INK and PRINT Clearly.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Will Emergency Contact be at the Competition? Yes \_\_\_ No \_\_\_

Please circle the following:

Asthma	Yes	No	Hernia	Yes	No
Bladder/Bowel Problems	Yes	No	Indigestion	Yes	No
Chest Discomfort When Exercising	Yes	No	Joint Pain	Yes	No
Chest Pains	Yes	No	Leg Pain on Walking	Yes	No
Diabetes	Yes	No	Low Back Pain	Yes	No
Difficulty in Hearing	Yes	No	Lung Disease	Yes	No
Difficulty in Seeing	Yes	No	Osteoporosis	Yes	No
Drug Allergies (List below)	Yes	No	Passing Out Spells	Yes	No
Heart Condition	Yes	No	Shortness of Breath	Yes	No

List drug allergies: \_\_\_\_\_

Are you allergic to bee stings? Yes \_\_\_ No \_\_\_

Date of your most recent medical examination: \_\_\_\_\_

Doctor's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Optional I certify that the person above is capable of competing in the Union-Snyder County Senior Olympic Games.

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_, 2009

 Please Sign Here

I attest that the above information is correct.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_, 2009

*Please sign Release Form on other side.*



# **This is a release**

## **Amateur Athletic Waiver and Release of Liability**

**In consideration of being allowed to participate in any way in the Union-Snyder County Senior Olympic Games athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:**

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury 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, however, I observe any unusual significant hazard during my presence or participation, 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 heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE AND HOLD HARMLESS THE UNION-SNYDER COUNTY SENIOR OLYMPIC GAMES**, their organizers, officers, officials, agents and/or employees, other participants, **SPONSORING** agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), **WITH RESPECT TO ANY AND ALL INJURY, DISABILITY** loss or damage to person or property, **WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE**.
5. I, the undersigned, declare on my honor that I am an amateur and agree to follow the rules of the Union-Snyder County Senior Olympic Games, obey my coach (es)/team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and /or exclusive radio or television coverage of the Union-Snyder County Senior Olympic Games in any manner incidental to my participation in the Union-Snyder County Senior Olympic Games without compensation to me.

**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, and sign it freely and voluntarily without any inducement.**

 **Please  
Sign  
Here**

**Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_, 2009**

**Please complete and sign the Medical Information Form on reverse side.**



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**Union-Snyder County**  
**Senior Olympic Games**



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- Giant Foods, Shamokin Dam
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- Hide Away Latte Café, Lewisburg
- Hilsher's General Store, Port Trevorton
- Kinfolks Restaurant, Selinsgrove
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- Walmart, Lewisburg
- Weis Market, Lewisburg
- YMCA, Sunbury

**Union-Snyder County  
Senior Olympic Games  
116 N. 2nd St.  
Lewisburg, PA 17837**

This packet contains...

- General Information about the Games
- Schedule of Events
- Rules of the Games
- Entry Form
- Event Selection Form
- Medical Info Form
- Release Form

# Union-Snyder County Senior Olympic Games



**August 27 – September 19, 2009**