

# 2018

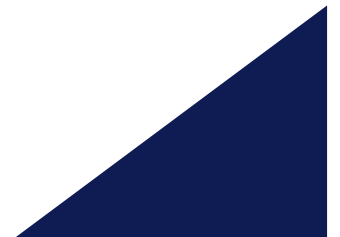


*Qualifying year for Nationals*

**“to keep Seniors off the streets and on the athletic fields”**

**LITTLE ROCK - BRYANT - HOT SPRINGS**  
**September 7 - December 2, 2018**

Senior Arkansas Sports Organization, Inc.  
“Arkansas Senior Olympics”  
[www.arseniorolympics.org](http://www.arseniorolympics.org)  
[info@arseniorolympics.org](mailto:info@arseniorolympics.org)  
(501) 321-1441



# 2018 ARKANSAS SENIOR OLYMPICS WELCOME

*Qualifying year for Nationals*

**Welcome Senior Olympic Athletes** to the 36th year of Arkansas Senior Olympic competition. Arkansas Senior Olympics were first held in 1983 and were joined by the National Senior Games in 1987. Last year, the National Senior Games celebrated its 30th year in Birmingham, AL with more than 10,000 senior athletes from all over the United States, including many participants from the Arkansas Senior Olympics. Held yearly in the fall with over 1,100 competitors, the Arkansas Senior Olympics welcome approximately 70% of participants from the state of Arkansas with 30% coming in from surrounding states. This year, 2018, is considered a qualifying year for Nationals which will be held during June, 2019 in Albuquerque, NM.

**COMPETITION AGES:** Age divisions apply to both men and women for individual and doubles events:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Athletes may only compete in ONE age division. Ages 40-49 are considered "the kids" and are invited to compete in all events except doubles and mixed doubles. An athlete's age division for ALL SINGLES events is determined by their age as of December 31, 2018. Doubles, mixed doubles and team age divisions are determined by the age of the youngest player (*40-49 are not eligible.*). Team events are divided into eight age divisions for both men and women:

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and older.

**OFFICIAL ENTRY FORM:** The \$55 registration fee entitles athletes to participate in up to 6 events, 7th and successive events are charged an additional \$5/event. **The following events require additional fees** and will be paid accordingly to the below venues.

BOWLING - \$2.50/game to be paid to Central Bowling Lanes upon event check-in

GOLF - \$40/athlete to be sent in with your registration fees

TENNIS - \$25/match/athlete to be sent in with your registration fees (*2 events only*)

WEIGHTLIFTING - \$10 to be paid to Pro Fitness Gym upon event check-in

**It is very important that your official entry form is filled out completely and that BOTH waiver signature blocks are signed.** Athletes competing in doubles events must ensure that their's and their partner's official entry forms are sent in together so that you are eligible to compete as a doubles entry.

**REGISTRATION/ELIGIBILITY:** The Arkansas Senior Olympics (doubles/mixed doubles/teams exempted) are open to all individuals who will be 40 years of age as of December 31, 2018. Arkansas is an OPEN state: out-of-state athletes are eligible and encouraged to participate. Athletes 40-49 ("the kids") are invited to participate but are not eligible for National Senior Games qualifications in qualifying years. All athletes must return their official entry forms to the Arkansas Senior Olympics office postmarked no later than September 1, 2018 or be signed up online prior to their event date/time. Athletes must be registered to compete in all events. There are no Refunds.

**DOUBLES:** Doubles/Mixed doubles athletes' age divisions are determined by the youngest team member (40-49 are not allowed as doubles partners). All doubles/mixed doubles official entry forms Must be sent in together to ensure doubles eligibility. Please contact the Arkansas Senior Olympics office at (501) 321-1441 if you are looking for a doubles or mixed doubles partner in Badminton, Bowling, Pickleball, Racquetball, Table Tennis or Tennis.

**OFFICIAL PLAYING RULES:** Arkansas Senior Olympics rules are in accordance with National Senior Games Association (NSGA). Event coordinators will answer rules questions in individual sports events. Medals are awarded to 1st, 2nd and 3rd place winners in all NSGA sanctioned events. Ribbons are presented to 1st, 2nd and 3rd place winners in ribbon-only and recreational events (ribbon events are not offered at National Senior Games). If an out-of-state athlete wins 1st place in any event, a duplicate 1st place award will be presented to the top Arkansas athlete. The top 4 places in each event / each age group will qualify for Nationals in 2019 in Albuquerque, NM.

**NOTE:** If an event finishes early, the next event MAY begin earlier than the scheduled time.

All athletes must check in to their venue 30 minutes before their scheduled event time.

# 2018 ARKANSAS SENIOR OLYMPICS

## MISCELLANEOUS INFO

*Qualifying Year for Nationals*

**EQUIPMENT/STANDARDS:** All athletes must wear Race Identification (bib) numbers found in each individual event packets. Arkansas Senior Olympics will provide the necessary equipment for some events. The following lists equipment requirements/standards for each event:

**ARCHERY:** Athletes must provide own bows and target arrows.

**BADMINTON:** Shuttlecocks will be provided. Athletes provide their own rackets. USBA Rules apply.

**BOWLING:** Athletes are encouraged to bring their own shoes and balls.

**CYCLING:** Helmets are mandatory. Athletes provide their own bicycles and helmets.

**GOLF:** Carts will be provided. Athletes provide their own clubs, balls and non-spiked shoes.

**PICKLEBALL:** Pickleballs will be provided. Athletes provided their own rackets.

**RACQUETBALL:** Racquetballs will be provided. Athletes provide their own rackets. Games play to 15 pts.

**SHUFFLEBOARD:** Disks will be provided. Athletes provide their own cues.

**SOFTBALL:** Team rosters limited to 22 persons. Teams provide their own bats, gloves & practice balls.

**SWIMMING:** All meets are U.S. Master's recognized swim meets. Swimmers will compete in a metered pool.

**TABLE TENNIS:** Table Tennis balls will be provided. Athletes provide their own paddles.

**TENNIS:** Tennis balls will be provided. Athletes provide their own rackets. (Athletes may choose only 2 events). Include national rating on official entry form.

**TRACK & FIELD:** Athletes can provide their own starter blocks. Athletes must furnish their own personal implements including vaulting pole, hammer, discus and shotput (must meet NSGA rules specifications). Athletes provide their own horseshoes. Athletes competing in the 1500M or 5K RaceWalk may not compete in the 400M fun walk. Weights for Javelin, Shotput and Discus events are broken down by age:

Javelin:	Men: 50-59 (700g); 60-69 (600g); 70-79 (500g), 80+ (400g) Women: 50-59 (500g); 60+ (400g)
Shotput:	Men: 50-59 (6kg); 60-69 (5kg); 70-79 (4kg); 80+ (3kg) Women: 50-74 (3kg); 75+ (2kg)
Discus:	Men: 50-59 (1.5kg); 60+ (1.0kg) Women: 50-41 (1.0kg); 75+ (.75kg)

**WEIGHTLIFTING:** ISA Rules apply. For more information, contact Joe Bill at (501) 321-4177.

**WEATHER POLICY:** Sports using outdoor sites are weather dependent. Competition will be conducted unless an Arkansas Senior Olympic official determines weather conditions to be potentially dangerous or life threatening or if the playing field would incur significant damage. Come prepared for all types of weather. NO refunds due to weather.

**PACKET PICKUP:** Packet pickup is no later than 30 minutes prior to competition start. All competitors will pick up their own packets at each registered event prior to competing. Race bib numbers are in your individual event packets and must be worn during competition if required. (if you are participating in different events, your bib numbers will be different for each event.)



# 2018 ARKANSAS SENIOR OLYMPICS

## MISCELLANEOUS INFO

*Qualifying Year for Nationals*

**HOST HOTELS:** *Mention Arkansas Senior Olympics*

**Four Points by Sheraton**

(501) 664-5020

**Comfort Inn West**

(501) 227-0120

**Staybridge Suites Little Rock**

(501) 406-6590

925 South University  
Little Rock, AR 72204  
300 Markham Center Dr  
Little Rock, AR 72205  
1020 South University  
Little Rock, AR 72204

**EVENT VENUE ADDRESSES:**

**LITTLE ROCK:**

<b>Bean Bag Baseball</b>	West Central Community Ctr, 8616 Colonel Glenn Rd, Little Rock, AR 72204
<b>Archery</b>	TBD
<b>Badminton</b>	TBD
<b>Bowling</b>	Professor Bowl, 901 Towne Oaks Dr, Little Rock, AR 72227
<b>Cycling</b>	
<b>5K Time Trials</b>	Two Rivers Park, 6900 Two Rivers Park Rd, Little Rock, AR 72223
<b>10K Time Trials</b>	Two Rivers Park, 6900 Two Rivers Park Rd, Little Rock, AR 72223
<b>20K Road Race</b>	Two Rivers Park, 6900 Two Rivers Park Rd, Little Rock, AR 72223
<b>40K Road Race</b>	Two Rivers Park, 6900 Two Rivers Park Rd, Little Rock, AR 72223
<b>Golf</b>	Rebsaman Park Golf Course, 3400 Rebsaman Park Rd, Little Rock, AR 72202
<b>Horseshoes</b>	
<b>Racquetball</b>	Little Rock Athletic Club, 4610 Sam Peck Rd, Little Rock, AR 72223
<b>Running 5K/10K Run</b>	TBD
<b>Shuffleboard</b>	TBD
<b>Swimming</b>	Donaghey Student Center Aquatics Center, UALR, 3539 S University, Little Rock, AR 72204
<b>Table Tennis</b>	Jim Dailey Fitness Center, 300 S Monroe St, Little Rock, AR 72205
<b>Tennis</b>	Rebsaman Tennis Center, 1501 Leisure Place, Little Rock, AR 72204
<b>Track &amp; Field</b>	Coleman Sports & Rec Center, UALR, 5732 Asher Ave, Little Rock, AR 72204
<b>Recreational Events</b>	Coleman Sports & Rec Center, UALR, 5732 Asher Ave, Little Rock, AR 72204
<b>Volleyball</b>	Jim Dailey Fitness Center, 300 S Monroe St, Little Rock, AR 72205

**BRYANT:**

**Pickleball**

Bishop Park, 6401 Boone Rd, Bryant, AR 72022

**HOT SPRINGS:**

**Weightlifting**

Pro Fitness Gym, 2230 Malvern Ave #G, Hot Springs, AR 71901



**CONTACT US:**

Office: Arkansas Senior Olympics, 5911 H St., Little Rock, AR **(501) 321-1441**

Mail: Arkansas Senior Olympics, P.O. Box 55811, Little Rock, AR 72215

Website: [www.arseniorolympics.org](http://www.arseniorolympics.org)

Email: [info@arseniorolympics.org](mailto:info@arseniorolympics.org)

Arkansas Senior Sports Organization, Inc., Arkansas Senior Olympics is a 501(c)(3) non-profit organization.

Arkansas Senior Olympics is a member of the National Senior Games Association (NSGA). Registration fees help defray the costs of conducting the games. If you would like to contribute, donate online at

[www.arseniorolympics.org](http://www.arseniorolympics.org) & click the donate button or send your tax deductible donation to

Arkansas Senior Olympics. Make your check out to payable to Arkansas Senior Olympics and

include with your official entry form or mail to

Arkansas Senior Olympics, P.O. Box 55811, Little Rock, AR 72215.

# 2018 ARKANSAS SENIOR OLYMPICS OFFICIAL ENTRY FORM

*Qualifying year for Nationals*

**YOU MUST SIGN BOTH THE WAIVER OF LIABILITY AND THE CONSENT FOR MEDICAL TREATMENT**

**SEPTEMBER 7 - DECEMBER 2, 2018**

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 1, 2018

FILL OUT BOTH SIDES OF THIS PAGE COMPLETELY AND RETURN WITH REQUIRED FEES

Review the following information to make sure you are ready for the games.

1. Please be properly conditioned for strenuous events.
2. Do not select events with conflicting times. Review the schedule of events.
3. You must be present at the starting of the event. Events will not be delayed for late comers.
4. The athlete **MUST** sign the Waiver of Liability and the Consent for Medical Treatment.
5. Please ensure that the media release box is checked.
6. Event times and locations are subject to change.

**Circle T-shirt  
Size**

**S M L**

**XL XXL**

**XXXL**

Check the website [www.arseniorolympics.org](http://www.arseniorolympics.org) for updated times/venue changes.

7. You must check in at registration for each individual event. **Packets will be picked up prior to each event.**

Please fill out the form below and send it along with the required fees to

Arkansas Senior Olympics, P.O. Box 55811, Little Rock, AR 72215 postmarked on or before September 1, 2018 .

Payable to Arkansas Senior Olympics **(NO REFUNDS)**

Last Name	First Name	Initial	M	F
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address (include apartment number)				Age
<input type="text"/>				<input type="text"/>
				as of 12/31/2018
City	State	Zipcode		
<input type="text"/>	<input type="text"/>	<input type="text"/>		
County	Date of Birth			
<input type="text"/>	<input type="text"/>			
Email Address				
<input type="text"/>				
Cell Phone Number	Home Phone Number			
<input type="text"/>	<input type="text"/>			
Emergency Contact Name	Emergency Contact Phone Number			
<input type="text"/>	<input type="text"/>			

**Media Release**

I give my permission to Arkansas Senior Olympics to release information including my name, age, county and state of residence to the media for purposes of identifying participation through articles and photographs whether paper, digital or online media.

**WAIVER OF LIABILITY** In consideration of being allowed to participate in the Senior Arkansas Sports Organization, Inc. / Arkansas Senior Olympics athlete / sports programs, related events and activities, I, the undersigned, acknowledge, appreciate and agree 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 RELEASES or others, and assume full responsibility for my participation, and I willingly agree to comply with the stated and customary terms and conditions for participation.
3. If, however, I observe any unusual significant hazard during my presence and 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 Senior Arkansas Sports Organization, Inc., their 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 ("Releases") WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to persons or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASES OR OTHERWISE. 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 VOLUNTARY WITHOUT ANY INDUCEMENT.

**CONSENT FOR MEDICAL TREATMENT**

I, the undersigned, hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency.

Signature _____	Age _____	Date _____
Signature _____	Age _____	Date _____





# 2018 ARKANSAS SENIOR OLYMPICS EVENT REGISTRATION FORM

*Qualifying Year for Nationals - be sure to list the age you will be on 12/31/18*

**Athlete Name** \_\_\_\_\_ **State** \_\_\_\_\_ **Age (as of 12/31/18)** \_\_\_\_\_ **Gender** M \_\_\_ F \_\_\_

All events are subject to time change, cancellation or relocation  
All events are 40-49 eligible EXCEPT for doubles / mixed doubles matches

### Archery

- Comp Fingers
- Comp Release
- Comp Recurve
- Recurve

### Badminton

- Singles
- Doubles

\_\_\_\_\_  
*Partner/Age*

- Mixed Doubles

\_\_\_\_\_  
*Partner/Age*

### Bowling

- Singles
- Doubles

\_\_\_\_\_  
*Partner/Age*

- Mixed Doubles

\_\_\_\_\_  
*Partner/Age*

### Cycling

- 5K Time Trials
- 10K Time Trials
- 20K Road Race
- 40K Road Race

### Golf

*(individuals will be placed in foursomes)*

- Individual

### Powerwalk

- 5K (5000M)

### Running

- 5K
- 10K

### Raquetball

- Singles
- Doubles

\_\_\_\_\_  
*Partner/Age*

- Mixed Doubles

\_\_\_\_\_  
*Partner/Age*

### Pickleball USPA #

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_

\_\_\_\_\_  
*Partner/Age/USPA #*

- Mixed Doubles \_\_\_\_\_

\_\_\_\_\_  
*Partner/Age/USPA #*

### Swimming

**Check Event Schedule  
for Order of Swim Meets  
List Personal Best Time  
(last 12 months)**

- 50Y Backstroke \_\_\_\_\_
- 50Y Breaststroke \_\_\_\_\_
- 50Y Butterfly \_\_\_\_\_
- 50Y Freestyle \_\_\_\_\_
- 100Y Backstroke \_\_\_\_\_
- 100Y Breaststroke \_\_\_\_\_
- 100Y Butterfly \_\_\_\_\_
- 100Y Freestyle \_\_\_\_\_
- 100Y Ind Med \_\_\_\_\_
- 200Y Backstroke \_\_\_\_\_
- 200Y Breaststroke \_\_\_\_\_
- 200Y Butterfly \_\_\_\_\_
- 200Y Freestyle \_\_\_\_\_
- 200Y Ind Med \_\_\_\_\_
- 400Y Ind Med \_\_\_\_\_
- 500Y Freestyle \_\_\_\_\_

### Tennis National Rating

- Singles \_\_\_\_\_
- Doubles \_\_\_\_\_

\_\_\_\_\_  
*Partner/Age/Natl. Rating*

- Mixed Doubles \_\_\_\_\_

\_\_\_\_\_  
*Partner/Age/Natl. Rating*

### Track & Field

- 50M Dash
- 100M Dash
- 200M Dash
- 400M Run
- 400M Walk -Ribbon
- 800M Run
- 1500M Run
- 1500M PowerWalk

**All Field Events are  
Drop By Events**

- Hammer Throw
- Discus
- Javelin
- Shot Put
- High Jump
- Running Long Jump
- Standing Long Jump  
-Ribbon
- Triple Jump
- Pole Vault

### Recreational Events

- Ribbon Events*
- Football Throw
  - Softball Throw

### Weightlifting

- Bench Press
- Leg Press
- Standing Strict Curl

### Shuffleboard

- Singles
- Open Doubles

\_\_\_\_\_  
*Partner/Age*

### Table Tennis

- Singles
- Doubles

\_\_\_\_\_  
*Partner/Age*

- Mixed Doubles

\_\_\_\_\_  
*Partner/Age*

### Horseshoes

- Individual

### Volleyball

- Team Event

### SUMMARY OF FEES

*Basic Registration covers  
up to 6 events & Tshirt*

\$55/Athlete \$ \_\_\_\_\_

\$5/event (over 6)

# events over 6 \_\_\_\_\_ \$ \_\_\_\_\_

Donation-Thank You \$ \_\_\_\_\_  
*-Tax Exempt*

#### Additional fees

\$40/Golfer \$ \_\_\_\_\_

*-with or without cart*

\$25/Tennis Match \$ \_\_\_\_\_

*(2 events only)*

\$10/Weightlifting \$ \_\_\_\_\_

\$15/Extra T-Shirt \$ \_\_\_\_\_

S M L XL

\$18/Extra T-Shirt \$ \_\_\_\_\_

XXL XXXL

**TOTAL** \$ \_\_\_\_\_

# 2018 ARKANSAS SENIOR OLYMPICS SCHEDULE OF EVENTS & STARTING TIMES

**All events are subject to time change, cancellation or relocation**

## Friday, September 7, 2018

9:00am Weightlifting Pro Fitness Gym  
Hot Springs, AR

## Saturday, September 8, 2018

8:00am Golf Rebsamen Park Golf Course  
Little Rock, AR

## Friday, September 14, 2018

8:30am Track & Field UALR  
1500M PowerWalk Little Rock, AR

9:00am 400M Walk (Ribbon Event)  
9-Noon Discus *Drop by Events*

Hammer Throw  
Shotput

Javelin

Pole Vault

Softball Throw (Ribbon Event)

Football Throw (Ribbon Event)

10:00am Horseshoes UALR  
Little Rock, AR

## Saturday, September 15, 2018

8:30am Track & Field UALR  
1500M Run Little Rock, AR

9:00am 100M Dash  
9-Noon High Jump *Drop by Events*

Running Long Jump

Standing Long Jump (Ribbon Event)

Triple Jump

10:00am 400M Dash

10:30am 200M Dash

11:00am 800M Run

11:30am 50M Dash

11:00am Swimming Warm Up UALR Aquatics Ctr  
Little Rock, AR

12:00pm Swimming (by order of events)

100Y Butterfly

200Y Freestyle

50Y Breaststroke

100Y Backstroke

400Y Indiv. Med

100Y Breaststroke

200Y Backstroke

100Y Indiv. Med

50Y Freestyle

200Y Butterfly

50Y Backstroke

200Y Indiv. Med

100Y Freestyle

50Y Butterfly

200Y Breaststroke

500Y Freestyle

## Friday, September 21, 2018

9:00am Bowling Professor Bowl  
Little Rock, AR

9:00am Tennis Rebsamen Tennis Center  
Little Rock, AR

## Saturday, September 22, 2018

9:00am Tennis Rebsamen Tennis Center  
Little Rock, AR

## Sunday, September 23, 2018

9:00am Tennis Rebsamen Tennis Center  
Little Rock, AR

## Saturday, September 29, 2018

9:00am Table Tennis Jim Dailey Fitness Center  
Little Rock, AR

## Sunday, September 30, 2018

9:00am Volleyball Jim Dailey Fitness Center  
Little Rock, AR

## Friday, October 5, 2018

8:00am Cycling, 10K Time Trial Two Rivers Park  
Little Rock, AR

## Saturday, October 6, 2018

8:00am Cycling, 40K Road Race Two Rivers Park  
Little Rock, AR

9:00am Racquetball Little Rock Athletic Club  
Little Rock, AR

1:00pm Cycling, 5K Time Trial Two Rivers Park  
Little Rock, AR

## Sunday, October 7, 2018

8:00am Cycling, 20K Road Race Two Rivers Park  
Little Rock, AR

## Friday-Sunday, November 30, December 1-2, 2018

8:00am Pickleball Bishop Park  
Bryant, AR

**All events listed below: TBD venue, dates & times.**

Archery

Badminton

Running 5K, 10K

Shuffleboard





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AT&T



West Central Community Center

arkansasweb.com

City of Bryant, AR

Chick-fil-A

Wild Birds Unlimited of Little Rock

Big Dam Bridge Foundation

Little Rock Parks & Recreation

Professor Bowl

University of Arkansas at Little Rock

