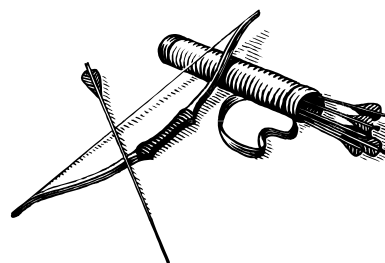
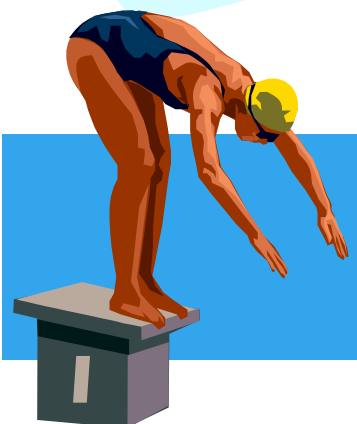
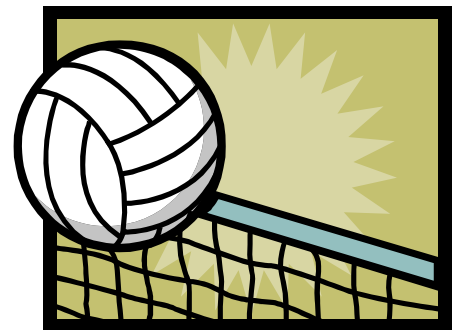
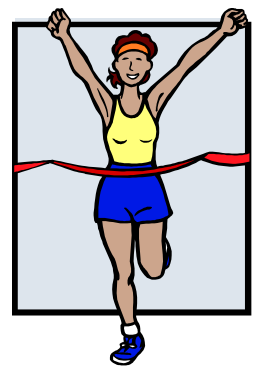


DELAWARE SENIOR OLYMPICS

2009 ANNUAL GAMES

DELAWARE IS AN OPEN STATE

July 18 — November 6
Registration and Rules



2009 Annual Games Rules (PLEASE READ COMPLETELY)

Age/ Age Categories: Age for these Games will be the athlete's age as of December 31, 2009. 50 is the Minimum age for entries, except Soccer, which is 45. Individual competitions will be grouped by gender and by age categories in 5-year increments. Example: 50—54, 55—59, etc. Teams and doubles will be grouped by the age category of their youngest member. Example: 50+, 55+, 60+, etc.

Eligibility: The Games are open to non-Delaware residents. For team sports, each team must represent a state and members must be from that state except that the following number of non-residents are allowed: Softball 5, Volleyball 4, and Basketball 1 (except 3 for 70+ teams). Doubles will represent Delaware if either member is from Delaware.

Proof of Age/Residence: Not required with entry, but, if challenged, athletes should be prepared to provide verification at venue.

Entry Forms:

2009 Individual Games Entry Form: Use to enter non-team events, make a donation, buy tickets for Annual Dinner, order a collared (polo) shirt, or say you want to find a team to join.

2009 Team Entry Form: Team Captains must use to enter their teams.

Registration Fees:

1. **Individuals:** Registration Fee is \$20.00 Fees for individual and doubles events are as shown on the 2009 Games Entry Form, as are additional fees, payable to others, which apply to Bowling and Triathlon. **Information regarding late fees is found on the Individual Entry Form.**

2. **Teams:** Team captains should file a 2009 Team Registration form for their entire team, listing all players. Form must be accompanied by a single check: \$185 for Basketball, \$450 for Softball, \$225 for Volleyball and \$100 for Table Shuffleboard. **Roster additions, after the Entry Deadline, are subject to a \$5.00 fee per addition.**

3. **Cancellations and Refunds:** Cancellations will be accepted for refund up to the sport's Entry Deadline. Refunds will be subject to a 25% handling charge.

4. **Sport Entry Deadlines:** Each sport has an individual cut-off date for entries. Some sports allow late entries if approved by the Coordinator. Details are in the Sports Information Section.

Rules and Results: Published on our website www.delawareseniorolympics.org.

Awards: Gold Silver and Bronze Medals will be awarded to first, second, and third place winners. Out-of-state participants will receive medals based on their finish in overall competition. Delawareans will receive medals based on their finish among Delawareans.

Equipment: Entrants are required to furnish all customary and usual personal sports equipment for their individual sport. Questions should be directed to the Sports Coordinator.

Shirts: T-Shirts will be presented to all entrants whose registration was complete (received and paid) in DSO Office on or before August 15, 2009. If a team registration is not complete (received and paid) by that date, none of the team members will receive a shirt, regardless of when they may have paid the Captain. Members added to a team after August 15 will not receive a shirt.

Collared (polo) DSO shirts are available for purchase and may be ordered using the 2009 Games Entry Form. Orders must be received by August 15, 2009.

FAXED OR E-MAILED ENTRIES WILL NOT BE PROCESSED UNTIL PAYMENT IS RECEIVED. NO CHANGES TO EVENT SELECTION AFTER SPORT ENTRY DEADLINE.

DELAWARE SENIOR OLYMPICS STRONGLY RECOMMENDS THAT PARTICIPANTS CONSULT THEIR PHYSICIAN IN REGARD TO TRAINING AND COMPETITION IN THE DELAWARE SENIOR OLYMPIC GAMES.



Beef & Chicken Buffet
Mashed Potatoes
Vegetables and Salad
Dessert, Coffee and Tea

Delaware Senior Olympics - *GALA SOCIAL EVENT*

NOVEMBER 1, 2009

MODERN MATURITY CENTER (East Wing)

1121 FORREST AVENUE, DOVER 19904

5PM—Social Hour and
Cash Bar

6PM—Dinner
Awards Program
Door Prizes and 50/50



ONLY \$18.00 PER PERSON

Reservations may be made on the Individual Entry Form or by mail by October 23, 2009

Delaware Senior Olympics 2009 Annual Games SPORTS INFORMATION SECTION

AQUATICS

COORDINATORS:

Marie Neaves (302-378-2654) mariesn@aol.com
Chip Hannig (302-478-3547) cakehannig@aol.com

DATE: September 25, 8am for warm-ups;
9am—2pm for meet (men and women)

LOCATION: Central Delaware YMCA, 1137 S
State St., Dover, DE 19901

COST per event: \$4.00

ENTRY DEADLINE: September 21

RULES: www.nsga.com

ADD'L INFO: Athletes may enter a maximum of six swimming events. *50 Free NOVICE Open to first time swimmers only. Order of events are as shown on entry form.

ARCHERY

COORDINATOR: David Slack (302-697-2012)
Mrarcher41@aol.com

DATE: October 11, 10am Rain Date October 18

LOCATION: Mid-Delarchers Club, 743 Fox
Hunters Road, Harrington, DE 19952

COST: \$17.00 Event fee includes club facilities fee

ENTRY DEADLINE: Oct 1, walk-ins allowed.

RULES: www.nsga.com

BADMINTON

COORDINATOR: John Jurjans (302-376-6797)
johnjurjans@verizon.net

DATE: September 23, 11am—4pm

LOCATION: Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE 19808

COST: \$3.00

ENTRY DEADLINE: September 11

RULES: www.nsga.com

BASEBALL*

Coordinator: John DeBenedictis (302-376-3739)
Johnadebenedictis@verizon.net

DATE: September 26, 2pm Rain date Sep 27

LOCATION: Banning Park, 790 S. Maryland Ave., Wilmington, DE 19804 (off Newport Pike)

COST: \$3.00

ENTRY DEADLINE: September 18 walk-ins allowed.

RULES: www.eteamz.active.com/tristate48

ADD'L INFO: Players will be assigned to a team.

BASKETBALL

COORDINATOR:

Men: Charles Ganter (302-427-0930)
Women: Barbara Dunn (302-654-7075)
Shooting: John Clancy (302-945-8574)
solfrnd77@aol.com

DATE:

Men & Women 3 on 3: Oct 24 9:30am
Shooting* Men & Women: Oct 24 8:30am

LOCATION: PAL Gym, 7259 Lancaster Pike (Rt 41),
Hockessin, DE 19707

COST:

Men & Women 3 on 3: \$185.00 per Team
Shooting Men & Women: \$5.00

ENTRY DEADLINE:

Men & Women 3 on 3: October 14
Shooting* Men & Women: October 14

RULES: www.nsga.com

ADD'L INFO: Teams must be registered by the Team Captain. Teams will be organized by the team captain. Limited to 10 players allowing 1 player from a state outside of the state represented (3 for 70+ teams).

BICYCLING

COORDINATOR: Suzanne Cavanaugh (302-454-0202)
clscgc58@yahoo.com

DATE:

Time Trials—October 7 9am
20K & 40K—October 10 10am

LOCATION:

Time Trials—Dover Motor Sport (Dover Downs),
1131 N. DuPont Hwy, Dover, DE 19901
20K & 40K—New Beginnings Church of God,
3341 Mahan Corner Road, Marydel, DE 19964

COST:

Time Trials—\$4.00
Road Race— \$4.00

ENTRY DEADLINE: September 23

RULES: www.nsga.com

ADD'L INFO: If you enter the 40K, you MUST enter the 20K as well.

BILLIARDS*

COORDINATOR: Judy Moran (302-234-1234)
judy-moran@verizon.net

DATE: September 19 10am

LOCATION: Mangos, 19 Salem Village Square, Newark,
DE 19713

COST: \$3.00

ENTRY DEADLINE: September 9

RULES: www.poolplayers.com/8-9-ball-rules.pdf (also, call your pocket on each shot)

BOCCE*

COORDINATOR: Judy Moran (302-234-1234)
judy-moran@verizon.net

DATE: October 3 10am

LOCATION: PUMH, Cokesbury Village, 726
Loveville Road, Hockessin, DE 19707-1519

COST: \$3.00

ENTRY DEADLINE: September 23

RULES: www.bocce.com/openrules.html

BOWLING (Singles, Doubles, Mixed Doubles)

COORDINATOR: Pete McKay (302-284-4204) pete-
hana@comcast.net

PRELIMINARIES' (location Blue Hen Lanes, 501
Newark Shopping Center, Newark, DE 19711)

DATES: 9:30AM on Sep 22(S), 23 (D), 24 (D/M),

PRELIMINARIES' (location Milford Bowling Cen-
ter, 809 S. DuPont Hwy, Milford, DE 19963)

DATES: 9:30 am on Sep 29 (S), 30 (D), Oct 1 (D/M)

FINALS' (location Brunswick Doverama, 1600 S.
Governors Ave., Dover, DE 19904)

DATES: 9:30am on Oct 6 (S), 7 (D), 8 (D/M)

COST:\$3.00 Plus following additional costs

due at lanes:

Milford \$5.50, for 3 games.

Blue Hen Lanes, Newark \$5.00, for 3 games

Brunswick Doverama \$5.00 for 3 games

ENTRY DEADLINE: September 8

RULES: www.nsga.com

ADD'L INFO:Pool is available. If you need a bowling
partner, please call the DSO office at 302-736-5698.

The top six bowlers in each age category at each loca-
tion will compete in the finals.

GOLF

COORDINATOR:James Kerr (302-284-3737)

DATE: September 14, 9am

LOCATION: Jonathan's Landing, 1309 Ponderosa
Drive, Magnolia, DE 19962

COST: \$34.00 (includes green and cart fees)

ENTRY DEADLINE: Sep 10, will allow walk-ins

RULES: www.nsga.com

ADD'L INFO: shotgun start

HORSESHOES

COORDINATORS: Wayne Saulsbury (302-697-
2858) doowopone@aol.com & Mike Baker (302-354-
0676) DiGiVeRsEd@aol.com

DATE: October 11 11am Rain Date October 18

LOCATION: Putt-A-Rosa Mini Golf Ranch, 5899 S.
Rehoboth Blvd, Milford, DE 19963

COST: \$5.00

ENTRY DEADLINE: October 1

RULES: www.nsga.com

LINE DANCING***COORDINATOR:** Mary Ellen Luise (302-762-6179)

Maryellen@fraimcenter.org

DATE: November 6 10am**LOCATION:** Clarence Fraim Senior Center, 669 S. Union St., Wilmington, DE 19805**COST:**\$3.00**ENTRY DEADLINE:** October 29**RULES:** www.delawareseniorolympics.org**ADD'L INFO:** 9am Open Dancing**PICKLEBALL*****COORDINATORS:** Thomas Foster (302-239-1751) tfoster1147@verizon.net AND Mark Clark (302-239-5951)

clarkm2001@msn.com

DATE: September 27 10am**LOCATION:** PAL Gym, 7259 Lancaster Pike (Rt 41), Hockessin, DE 19707**COST:**\$11.00**ENTRY DEADLINE:** September 11**RULES:** www.pickleball.com**RACE WALK****COORDINATOR:** Ed Gawinski (302-652-0132)**DATE:** September 20 9:30am**LOCATION:** Delaware State University, 1200 N. Dupont Hwy, Dover, DE 19901**COST:** \$3.00**ENTRY DEADLINE:** September 9 walk-ins allowed**RULES:** www.nsga.com**RACQUETBALL****COORDINATOR:** Rob Young (302-674-0133)

Robert.b.young@state.de.us

DATE: October 3 9:30am**LOCATION:** DAFB Fitness Center, Dover AFB, Dover, DE**COST:** \$3.00**ENTRY DEADLINE:** September 18**RULES:** www.nsga.com**ADD'L INFO:** Participants will need to provide driver's license number.**RECREATIONAL WALK*****COORDINATOR:** Ed Gawinski (302-652-0132)**DATE:** September 5 9:30am**LOCATION:** The Riverfront, Wilmington, DE—
take Exit 6 off I-95**COST:** \$3.00**ENTRY DEADLINE:** August 26 walk-ins allowed**RULES:** www.delawareseniorolympics.org**ADD'L INFO:** meet at the brown crane behind The Iron Hill Brewery**ROAD RACE(S)****COORDINATOR:** Robert Hempton (302-654-2472)

rfhempton@comcast.net

DATE: **5K**—September 19 9:30am (Rain or Shine)**10K**—September 26 9:30am (Rain or Shine)**LOCATION:** Bellevue State Park, 800 Carr Road, Wilmington, DE 19809**COST**— \$3.00 (Plus entry fee to park)**ENTRY DEADLINE:** September 8**RULES:** www.nsga.com**SHUFFLEBOARD****COORDINATOR:** Mel Castell (302-674-1227) castell_mel_kay@verizon.net**DATE:** August 19 (Rain date August 21)**LOCATION:** Methodist Manor House, 1001 Middleford Road, Seaford, DE 19973**COST:** \$3.00**ENTRY DEADLINE:** August 6**RULES:** www.nsga.com**SOCCER:*****COORDINATOR:** Vince Marianiello —

vinlumar@verizon.net

DATE:To Be Determined**LOCATION:** To Be Determined**COST:** \$3.00**ENTRY DEADLINE:** To Be Determined**RULES:** www.delawareseniorolympics.org**ADD'L INFO:** Men & Women Ages 45+**SOFTBALL -****(MEN'S) COORDINATOR:** Arnold DeMuzio (302-475-8622) ajdemuzio@comcast.net**(WOMEN'S) COORDINATOR:** Bonnie Strang (610-565-1515) bonnie.strang@comcast.net**DATES:****Men's** September 12 9am Rain date Sep 13**Women's:** September 26 9am Rain date Oct 3**LOCATION:** Schutte Park, located on the corner of Electric Avenue and North Street (aka Hazletville Road), Dover, DE**COST:** \$450.00 per Team**ENTRY DEADLINE:****Men's:** September 2**Women's:** September 16**RULES:** www.nsga.com**ADD'L INFO:** Teams must be registered by the Team Captain only. Teams will be organized by the team captain. Limited to 20 players allowing 5 from states outside of the state represented.

TABLE SHUFFLEBOARD*

COORDINATOR: Beverly McCool (302-428-3170 x102)
b.mccool@claymoresc.org
DATE: September 30 9am—2pm
LOCATION: Claymore Senior Center, 504 S. Clayton Street, Wilmington, DE 19805
COST: \$100.00 per Team
ENTRY DEADLINE: September 15
RULES: www.shuffleboard.net/tournament_rules.html
ADD'L INFO: Teams will be registered by the Team Captain only. Teams consist of four players. Lunch available — reserve one week in advance

TABLE TENNIS

COORDINATOR: Fred Rohm (302-284-7672)
fredrohm@comcast.net
DATE: October 21 7pm
LOCATION: Pearson Hall (Formerly Newark Hall), University of Delaware, 125 Academy St., Newark, DE 19711
COST:\$5.00
ENTRY DEADLINE: October 2
RULES: www.nsga.com

TENNIS

COORDINATOR:Leonard Ferris (302-456-0638)
lenferris@verizon.net

DATE:

Preliminaries (Men & Women) October 2 & 3

Finals (Men & Women) October 4

LOCATION: Del Castle Tennis Center, 710 McKennan's Church Road, Wilmington, DE

COST:\$7.00

ENTRY DEADLINE: September 23

RULES: www.nsga.com

ADD'L INFO:— Athletes may enter a maximum of two tennis events! Doubles play down to the age of the younger player. Doubles must enter with a partner. No Pool! If we use the indoor venue, an additional \$10 fee will be charged per individual (payable at the venue).

TRACK & FIELD

COORDINATOR:

DATE: September 20 10am (gates open at 9am)

LOCATION:Delaware State University, 1200 N. Dupont Hwy, Dover, DE 19901

COST: \$3.00

ENTRY DEADLINE: September 9

RULES: www.nsga.com

TRIATHLON:

COORDINATOR: Bill Moyer (302-678-1165)
william_moyer1@msn.com

DATE: July 18 Rain date July 19

LOCATION: Lake Como, Route 13, Smyrna, DE 19977

COST: \$3.00 (Additional \$75 + \$10—see ADD'L INFO)

ENTRY DEADLINE: July 10

RULES: www.nsga.com

ADD'L INFO: DSO participation is part of SPRINT TRIATHLON put on by Bricks Multisport & Fitness. You must also register with SPRINT TRIATHLON at www.piranha-sports.com. Please enter under the team: DSO. Triathlon requires photo ID at event.

VOLLEYBALL

MEN'S COORDINATOR: Phil Klabunde (302-998-7690) philklabvb@comcast.net

WOMEN'S & CO-ED COORDINATOR: Peggy Olivero (302-388-2705) p.olivero@comcast.net

DATE:

MEN'S September 12 9am (8:30 warm-up)

WOMEN'S September 13 10am (9:30 warm-up)

CO-ED September 20 10am (9:30 warm-up)

LOCATION: A.I. DuPont H.S., 50 Hillside Road, Greenville, DE 19807

COST: \$225.00 per Team

ENTRY DEADLINE: (W) 8/27; (M & Co-ed) 9/2

RULES: www.nsga.com

ADD'L INFO: Teams will be registered by the Team Captain only. Teams will be organized by the team captain. Limited to 15 players, allowing 4 players from states outside of the state represented.

WEIGHT LIFTING*

COORDINATOR: Bill Messick (302-934-6276)
wmessick@cape.k12.de.us

DATE:September 19 9am

LOCATION: Wellness & Rec. Center, Delaware State University, 1200 N. Dupont Hwy, Dover, DE

COST: \$3.00

ENTRY DEADLINE: September 9

RULES: www.delawareseiorolympics.org

ADD'L INFO:

Participants will compete based on age category and weight class:

Men—132, 148, 165, 181, 198, 220, 242 lbs

Women—105, 114, 123, 132, 148, 165, 181, 198 lbs.

Wii BOWLING*

COORDINATOR: Beverly McCool (302-428-3170 x102) b.mccool@claymoresc.org

DATE: October 5 & 6 9am—2pm

LOCATION: Claymore Senior Center, 504 S. Clayton Street, Wilmington, DE 19805

COST: \$5.00

ENTRY DEADLINE: September 18

RULES: www.wiitournii.com/rules

ADD'L INFO: Partners consist of 2 players

*** DENOTES EXHIBITION SPORT. These sports are offered at the STATE LEVEL ONLY — NOT at National (NSGA) level.**

DSO 2009 Annual Games
SPORTS AND EVENTS CALENDAR
BY DATE

July 18—Triathlon (Rain Date 7/19/09)

August 19—Shuffleboard (Rain Date 8/21/09)

September 5—1 Mile & 5K Recreational Walks

September 12—Volleyball (Men)

September 12—Softball (Men) (Rain date 9/13/09)

September 13—Volleyball (Women)

September 14—Golf

September 19—Billiards

September 19—5K Road Race—Rain or Shine

September 19—Weight Lifting

September 20—Volleyball (Co-Ed)

September 20—Race Walk

September 20—Track & Field

September 22—Bowling Prelim. Newark—Singles

September 23—Bowling Prelim. Newark --Doubles

September 23—Badminton

September 24—Bowling Prelim Newark—D. Mixed

September 25—Aquatics

September 26—Baseball (Rain date 9/27/09)

September 26—10K Road Race—Rain or Shine

September 26— Softball—Women (Rain date 10/3/09)

September 27—Pickleball

September 29—Bowling Prelim Milford — Singles

September 30—Bowling Prelim Milford — Doubles

September 30—Table Shuffleboard

October 1—Bowling Prelim Milford -- D. Mixed

October 2—Tennis Preliminaries

October 3—Racquetball

October 3—Bocce

October 3—Tennis Preliminaries

October 4—Tennis Finals

October 5—Wii Bowling

October 6—Bowling Finals Dover — Singles

October 6—Wii Bowling

October 7—Bowling Finals Dover — Doubles

October 7—Bicycling Time Trials

October 8—Bowling Finals Dover — Doubles Mixed

October 10—Bicycling 20K & 40K Road Race

October 11—Archery (Rain Date 10/18/09)

October 11—Horseshoes (Rain Date 10/18/09)

October 21—Table Tennis

October 24—Basketball Shooting & 3 on 3 Basketball

November 6—Line Dancing

DSO 2009 Annual Games
SPORTS AND EVENTS CALENDAR
BY SPORT

Aquatics—September 25

Archery — October 11 (Rain Date 10/18/09)

Badminton — September 23

Baseball — September 26 (Rain date 9/27/09)

Basketball Shooting & 3 on 3 Basketball —
October 24

Bicycling Time Trials—October 7 9am

Bicycling (20K & 40K Road Race) —October 10

Billiards — September 19

Bocce — October 3

Bowling Preliminaries — September 22, 23, 24,
29, 30, Oct 1

Bowling Finals — Oct 6, 7, 8

Golf—September 14

Horseshoes—October 11— (Rain Date 10/18/09)

Line Dancing — November 6

Pickleball — September 27

Race Walk — September 20 9:30am

Racquetball — October 3

Recreational Walk (1 Mile & 5K) — September 5

Road Race (5K) — September 19 — Rain or Shine

Road Race (10K) — September 26—Rain or Shine

Shuffleboard—August 19 (Rain Date 8/21/09)

Soccer — To Be Determined

Softball (Men) — September 12
(Rain date 9/13/09)

Softball (Women) — September 26
(Rain date 10/3/09)

Table Shuffleboard — September 30

Table Tennis — October 21

Tennis Preliminaries—Oct 2, 3

Tennis Finals — October 4

Track & Field—September 20
Running events begin at 10am
Field events begin at 1pm

Triathlon — July 18 (Rain Date 7/19/09)

Volleyball (Men) — September 12

Volleyball (Women) — September 13

Volleyball (Co-Ed) — September 20

Weight Lifting—September 19

Wii Bowling — October 5, 6



Delaware Senior Olympics

1121 Forrest Avenue
Dover, DE 19904
Phone: 302-736-5698
Toll Free: 888-881-6128
Fax: 302-736-5977
Email: admin@delawareseniorolympics.org

DSO RAIN POLICY:

Only the Sports Coordinator, in cooperation with the over-all coordinator, can postpone or cancel an event.

Announcements are recorded on the DSO Office Phone (302-736-5698) and are posted on the website:
www.delawareseniorolympics.org

If no announcement is made, it is the responsibility of the athlete to show up at the event. If the event is conducted the standings are final.

Rain Dates established for outdoor events, which could potentially be postponed due to inclement weather:

Archery — October 18

Baseball—September 27

Horseshoes—October 18

Shuffleboard—August 21

Softball (Men) — September 13

Softball (Women) — October 3

Triathlon — July 19

Register by August 15, 2009 to receive free T-shirt.

See specific sport section inside for each Sport Entry Deadline.