

Delaware Senior Olympics—2010 Games—Individual Entry Form

Membership ID: _____ Date of Birth: _____ Gender: _____

Last Name: _____ First Name: _____ MI: __ Suffix: _____

USBC # (Bowling only) _____ Driver's License # (Racquetball only) _____

DELAWARE IS AN OPEN STATE FOR THE DELAWARE SENIOR OLYMPICS GAMES

Please see the Sports Information Packet for more details on the Sports and Events.

To enter an event, please place an X to the left of the event.

ALL FEES ARE PER PERSON PER EVENT

INDIVIDUAL SPORTS

Archery \$17.00 per event
10/10 event with 10/1 entry deadline

- 1201 Comp. Fingers
- 1202 Comp Release
- 1203 Recurve

Baseball \$3.00 per event
8/28 event with walk-ins allowed

- 1401 Baseball (Players will be Assigned to Teams)

Basketball Shooting \$5.00 per event
10/30 event with 9/18 entry deadline

- 1601 Shooting

Billiards \$3.00 per event
9/25 event with 9/17 entry deadline

- 1701 Billiards

Cycling \$4.00 per event
9/18 event with 9/8 entry deadline

- 2001 Road Race 20K
- 2002 Road Race 40K

10/6 event with 9/27 entry deadline

- 2003 Time Trials 1M
- 2004 Time Trials 10K
- 2005 Time Trials 5K

Golf \$34. (includes green & cart fees)
9/14 event with walk-ins allowed

- 2101 18 Hole Scratch

Horseshoes \$5.00 per event
10/3 event with 9/24 entry deadline

- 2201 Horseshoes

Line Dance—\$3.00 per event
10/22 event with 10/15 entry deadline

- 2310 Country Western Tech Indiv
- 2311 Country Western Tech Duet
- 2312 Country Western Tech Small
- 2313 Country Western Tech Med
- 2314 Country Western Tech Lg
- 2320 Country Western Show Indiv
- 2321 Country Western Show Duet
- 2322 Country Western Show Small
- 2323 Country Western Show Med
- 2324 Country Western Show Lg

Line Dance—\$3.00 per event

- 2330 Traditional Tech Indiv
- 2331 Traditional Tech Duet
- 2332 Traditional Tech Small
- 2333 Traditional Tech Med
- 2334 Traditional Tech Lg
- 2340 Traditional Show Indiv
- 2341 Traditional Show Duet
- 2342 Traditional Show Small
- 2343 Traditional Show Med
- 2344 Traditional Show Lg

Race Walk \$3.00 per event
9/18 event with walk-ins allowed

- 2401 1500 Meter

Recreational Walk \$3.00 per event
9/4 event with walk-ins allowed

- 2601 1 Mile
- 2602 5K

Road Race \$3.00 per event
5K on 8/4; 10K on 10/31

- 2701 5K
- 2702 10K

Shuffleboard \$3.00 per event
9/14 event with 8/24 entry deadline

- 2801 Shuffleboard

Soccer \$3.00
TO BE DETERMINED

- 2750 Soccer (Players will be assigned to Teams)

Swimming \$4.00 per event
9/24 event with 9/17 entry deadline

- 1112 200 Free
- 1108 100 Fly
- 1101 50 Back
- 1115 200 IM
- 1105 100 Breast
- 1114 100 IM
- 1106 200 Breast
- 1111 100 Free
- 1103 200 Back
- 1107 50 Fly
- 1110 50 Free
- 1109 50 Free NOVICE
- 1102 100 Back
- 1104 50 Breast
- 1113 500 Free

Track & Field \$3.00 per event
9/18 event with 9/8 entry deadline

- 3301 100 M Dash
- 3302 200 M Dash
- 3303 400 M Dash
- 3304 800 M Dash
- 3305 1500 M Run
- 3306 Discus
- 3307 High Jump
- 3308 Javelin
- 3309 Long Jump (Standing)
- 3310 Shot Put
- 3311 Running Long Jump

Triathlon \$3.00
7/17 event with 7/12 entry deadline

- 4001 Triathlon

Weight Lifting \$3.00 per event
9/19 event with 9/10 entry deadline

- 3501 Bench for Reps
- 3502 Bench Press
- 3503 Dead Lift

Wii Bowling \$5.00
9/25 event with 9/15 entry deadline

- 3800—Wii Bowling

Looking For A Team To Join?

Check here and we will try to match you up with a Team:

- 8888 Basketball
- 8889 Softball
- 8890 Volleyball

For Basketball, Softball, and Volleyball, please use the Team Entry Form.

EVENTS WITH DOUBLES COMPETITION
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Badminton \$3.00 per person per event 9/8 event with 9/1 entry deadline

___ 1301 Singles
 ___ 1302 Doubles Men Partner Name _____ ID _____
 ___ 1303 Doubles Women Partner Name _____ ID _____
 ___ 1304 Doubles Mixed Partner Name _____ ID _____

Bocce \$3.00 per person per event , 10/2 event with 9/24 entry deadline

___ 1802 Doubles Men Partner Name _____ ID _____
 ___ 1803 Doubles Women Partner Name _____ ID _____
 ___ 1804 Doubles Mixed Partner Name _____ ID _____

Bowling Brunswick, Doverama, Dover \$3.00 per person per event Plus \$5.25 due at lanes 9/21—9/23 events with 9/7 Entry deadline

___ 1941 Singles
 ___ 1942 Doubles Men Partner Name _____ ID _____
 ___ 1943 Doubles Women Partner Name _____ ID _____
 ___ 1944 Doubles Mixed Partner Name _____ ID _____

Bowling Blue Hen Lanes, Newark \$3.00 per person per event Plus \$5.25 due at lanes 9/14—9/16 events with 9/7 Entry deadline

___ 1931 Singles
 ___ 1932 Doubles Men Partner Name _____ ID _____
 ___ 1933 Doubles Women Partner Name _____ ID _____
 ___ 1934 Doubles Mixed Partner Name _____ ID _____

Pickleball \$3.00 per person per event, 8/28 event with 8/18 entry deadline

___ 3700 Singles
 ___ 3701 Doubles Men Partner Name _____ ID _____
 ___ 3702 Doubles Women Partner Name _____ ID _____
 ___ 3703 Doubles Mixed Partner Name _____ ID _____

Racquetball \$3.00 per person per event 9/25 event with 9/20 entry deadline

___ 2501 Singles
 ___ 2502 Doubles Men Partner Name _____ ID _____
 ___ 2503 Doubles Women Partner Name _____ ID _____
 ___ 2504 Doubles Mixed Partner Name _____ ID _____

Table Tennis \$5.00 per person per event 10/6 event with 9/29 entry deadline

___ 3101 Singles
 ___ 3102 Doubles Men Partner Name _____ ID _____
 ___ 3103 Doubles Women Partner Name _____ ID _____
 ___ 3104 Doubles Mixed Partner Name _____ ID _____

Tennis \$7.00 per person per event 9/25 and 9/26 event with 9/17 entry deadline

___ 3215 Singles
 ___ 3216 Doubles Men Partner Name _____ ID _____
 ___ 3217 Doubles Women Partner Name _____ ID _____
 ___ 3218 Doubles Mixed Partner Name _____ ID _____

Washers \$5.00 per person per event 9/11 event with 8/27 entry deadline

___ 5001 Doubles Partner Name _____ ID _____

Membership in the Delaware Senior Olympics is **REQUIRED** for Entry into the 2010 Games. If you have not completed the Membership Application, please complete the form and mail it, along with the \$20 fee, with this Entry Form.

Entry must be received by August 12, 2010 to place collard (Polo) or T-shirt order

Total of Event Fees _____
 People Attending Dinner ___ at \$19.00 each: _____ 8003
 Patron donation: _____ 8004
 T-shirt size _____ count _____ at \$8 each _____
 Collared (Polo) shirt size _____ count _____ at \$10 each _____
 Collared (Polo) shirt size _____ count _____ at \$10 each _____
 TOTAL DUE: _____

Please check your computations.

Please make check payable to and mail to:
DELAWARE SENIOR OLYMPICS
1121 FORREST AVENUE
DOVER, DE 19904

2010 Annual Games Rules (PLEASE READ COMPLETELY) Page 3

Age/ Age Categories: Age for these Games will be the athlete's age as of December 31, 2010. 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. Age for the National Games will be the athlete's age as of December 31, 2011.

Eligibility: Membership in the Delaware Senior Olympics is **REQUIRED** to participate in the annual games. 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 (except 6 for 70+ teams), Volleyball 4 (except 5 for 70+ teams), and Basketball 1 (except 3 for 70+ teams). The Games are open to non-Delaware residents. 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.

Team Captains use the 2010 Team Entry Form to enter their teams.

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.

Sport Entry Deadline: Each sport has an individual cut-off date for entries. Some sports allow late entries if approved by the Coordinator.

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

Awards/National qualification: Out of state participants will receive medals based on their finish in overall competition. Delawareans will receive medals based on their finish among Delawareans. **INDIVIDUALS & DOUBLES:** First, Second, Third, and Fourth place medal winners (Cycling & Tennis—First, Second, and Third place), as well as those meeting NSGA minimum performance standards, qualify for the National Senior Games. Minimum standards have been established by NSGA in the sports of Archery, Golf, Race Walk, Road Race, Swimming, and Track & Field. **IN GOLF, minimum standards must be met in order to qualify for the National Games.** Minimum performance standards can be obtained at www.nsga.org or by contacting your sports coordinator. **TEAMS:** First, Second, and Third place medal winners qualify for the National Games. Gold, Silver, Bronze, and Copper (when appropriate) medals will be awarded at the Delaware Games.

Caps for National: In Bowling and Tennis, athletes may enter a maximum of 2 events in which they have qualified. In Archery, a maximum of 1 event, and in Swimming, a maximum of 6 events including bonus events, may be entered. An athlete may compete in a maximum of 2 individual and 2 team sports in the National Games.

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.

SPORT BOTTLES each athlete will receive 1 bottle.

T-shirts and Collared (polo) DSO shirts are available for purchase and may be ordered using the 2010 Games Entry Form. Orders must be received by August 12, 2010.

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

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.delawareseiniolympics.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 results are final.

IT IS RECOMMENDED THAT ALL ATHLETES ARRIVE 30 MINUTES PRIOR TO HIS/HER EVENT TO ALLOW FOR TIME TO WARM-UP.

DSO 2010 ANNUAL GAMES SPORTS AND EVENTS CALENDAR—BY DATE

July 17—Triathlon - Lake Como, Smyrna, DE 19977

August 4 —5K Road Race—Rain or Shine 6:30pm 20th 5K the Westside Way, Riverfront, Overlook Pavillion

August 8—DSO ANNUAL GAMES OPENING CEREMONIES—Noon—5pm DOVER PARK, DOVER, DE

+++August 28 —Baseball (Rain date 9/11/10) - 4 pm Frawley Stadium, 801 Shipyard Drive, Wilmington, DE 19801

August 28—Pickleball 9am (Rain Date 9/29) Sanford School, 6900 Lancaster Pike, Hockessin, DE 19707

September 4—Recreational Walks (1 Mile & 5K) —The Riverfront, Wilmington, DE—take exit 6 off I-95

September 8—Badminton— 11am Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE 19808

September 11—Volleyball (Men) A.I. DuPont H.S., 50 Hillside Road, Greenville, DE 19807

September 11—Washers 10:30am Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road.

September 12—Volleyball (Women) 10am A.I. DuPont H.S., 50 Hillside Road, Greenville, DE 19807

September 14—Golf 9am Johnathan's Landing, 1309 Ponderosa Drive, Magnolia, DE 19962

September 14 —Shuffleboard (Rain Date 9/15/10) - Methodist Manor House, 1001 Middleford Road, Seaford, DE 19973

September 14 —Bowling Prelim. —Singles 9:30am Blue Hen Lanes, 501 Newark Shopping Center, Newark, DE 19711

September 15 —Bowling Prelim. --Doubles 9:30am Blue Hen Lanes, 501 Newark Shopping Center, Newark, DE 19711

September 16 —Bowling Prelim—D. Mixed 9:30am Blue Hen Lanes, 501 Newark Shopping Center, Newark, DE 19711

September 18—Race Walk 9:30am DE State Univ., 1200 N. Dupont Hwy, Dover, DE 19901

September 18—Track & Field 10am DE State Univ., 1200 N. Dupont Hwy, Dover, DE 19901

September 18—Softball—Men (Rain date 9/19) 9am Schutte Park, corner of Electric Ave., & North St., Dover, DE

September 18—Cycling 20K & 40K Road Race—10am (Rain Date: 10/9) New Beginnings Church of God, 3341 Mahan Corner Road, Marydel, DE 19964

September 19—Weight Lifting 9am Wellness & Rec. Ctr., DE State Univ., 1200 N. Dupont Hwy, Dover, DE

September 21 —Bowling Prelim. —Singles 9:30am Brunswick Doverama, 1600 S. Governors Ave, Dover, DE 19904

September 22 —Bowling Prelim. --Doubles 9:30am Brunswick Doverama, 1600 S. Governors Ave, Dover, DE 19904

September 23 —Bowling Prelim—D. Mixed 9:30am Brunswick Doverama, 1600 S. Governors Ave, Dover, DE 19904

September 24—Swimming—9am—Central DE YMCA, 1137 S. State St., Dover, DE 19901

September 25—Billiards 10am Mango's, 19 Salem Village Square, Newark, DE 19713

September 25 —Racquetball 9:30am DAFB Fitness Center, Dover AFB, Dover, DE

September 25—Softball—Women (Rain date 10/2 or 3) 9am Schutte Park, corner of Electric Ave., & North St., Dover, DE

September 25 —Wii Bowling 9am Long Neck CHEER Center, 26089 The Shoppes at Long Neck, Unit #7, Millsboro, DE 19966

September 25 and 26 —Tennis Del Castle Tennis Ctr., 710 McKennan's Church Road, Wilmington, DE

September 26—Volleyball (Co-Ed) 10am A.I. DuPont H.S., 50 Hillside Road, Greenville, DE 19807

October 2 —Bocce 10am (Rain date 10/9) PUMH, Cokesbury Village, 726 Loveville Road, Hockessin, DE 19707

****October 3—Horseshoes (Rain Date 10/10) 11am New Castle Moose #1578, US Rt. 13, 621 S. Dupont Hwy., New Castle, DE 19720**

October 5 —Bowling Finals — Singles 9:30am Mid County Lanes, 875 N. Broad Street, Middletown, DE 19709

October 6 —Bowling Finals — Doubles 9:30am Mid County Lanes, 875 N. Broad Street, Middletown, DE 19709

October 6—Cycling Time Trials 9am (Rain date: 10/7) Dover Motor Sport (Dover Downs), 1131 N. DuPont Hwy, Dover, DE 19901

October 6—Table Tennis 6:30 pm Pearson Hall, Univ., of DE, 125 Academy St., Newark. DE 19711

October 7 —Bowling Finals — D. Mixed 9:30am Mid County Lanes, 875 N. Broad Street, Middletown, DE 19709

October 10—Archery (Rain Date 10/17) - 10am Mid-Delarchers Club, 743 Fox Hunters Rd., Harrington, DE 19952

October 22—Line Dancing 9am Claymore Senior Centr, 504 S. Clayton Street, Wilmington, DE 19805

October 30—Basketball Shooting 8:30am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707

October 30—3 on 3 Basketball 9:30am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707

October 31 —10K Road Race—Rain or Shine 8:30am 8th MHA E-Racing the Blues, Riverfront, Dravo Plaza

November 14—DSO Gala Social Event — Modern Maturity Center (East Wing) 5pm \$19.00 per person

****NEW DATE AND LOCATION**

+++ NEW LOCATION

DSO 2010 ANNUAL GAMES SPORTS AND EVENTS CALENDAR—BY EVENT

- Archery**—October 10 (Rain Date 10/17) - 10am Mid-Delarchers Club, 743 Fox Hunters Rd., Harrington, DE 19952
Milford, DE 19963
- +++Baseball**—**August 28 (Rain date 9/11/10) - 4 pm Frawley Stadium, 801 Shipyard Drive, Wilmington, DE 19801**
- Badminton**—September 8— 11am Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE 19808
- Basketball**—October 30 9:30am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707
- Basketball Shooting**—October 30 8:30am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707
- Billiards**—September 25 10am Mango's, 19 Salem Village Square, Newark, DE 19713
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- Bowling Prelim**— September 16 D. Mixed 9:30am Blue Hen Lanes, 501 Newark Shopping Center, Newark, DE 19711
- Bowling Prelim**—September 21 Singles 9:30am Brunswick Doverama, 1600 S. Governors Ave., Dover, DE 19904
- Bowling Prelim**—September 22 Doubles 9:30am Brunswick Doverama, 1600 S. Governors Ave., Dover, DE 19904
- Bowling Prelim** -- September 23 D. Mixed 9:30am Brunswick Doverama, 1600 S. Governors Ave., Dover, DE 19904
- Bowling Finals**—October 5 Singles 9:30am Mid County Lanes, 875 N. Broad St., Middletown, DE 19709
- Bowling Finals**—October 6 Doubles 9:30am Mid County Lanes, 875 N. Broad St., Middletown, DE 19709
- Bowling Finals**— October 7 Doubles Mixed 9:30am Mid County Lanes, 875 N. Broad St., Middletown, DE 19709
- Cycling Time Trials**—October 6 9am (Rain date: 10/7) Dover Motor Sport (Dover Downs), 1131 N. DuPont Hwy, Dover, DE 19901
- Cycling 20K & 40K Road Races**—September 18 —10am (Rain Date: 10/9) New Beginnings Church of God, 3341 Mahan Corner Road, Marydel, DE 19964
- Golf**—September 14 9am Johnathan's Landing, 1309 Ponderosa Drive, Magnolia, DE 19962
- **Horseshoes**—**October 3 (Rain Date 10/10) 11am New Castle Moose #1578, US Rt. 13, 621 S. Dupont Hwy., New Castle, DE 19720**
- Line Dancing**— October 22 9am Claymore Senior Center, 504 S. Clayton Street, Wilmington, DE 19085
- Pickleball** August 28 9am (Rain Date 8/29) Sanford School, 6900 Lancaster Pike, Hockessin, DE 19707
- Race Walk**—September 18 9:30am DE State Univ., 1200 N. Dupont Hwy, Dover, DE 19901
- Racquetball**— September 25 9:30am DAFB Fitness Center, Dover AFB, Dover, DE
- Recreational Walks (1 Mile & 5K)** - September 4 9:30am The Riverfront, Wilmington, DE—take exit 6 off I-95
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- Softball (Women)** - September 25 (Rain date 10/2 or 3) 9am Schutte Park, corner of Electric Ave., & North St., Dover, DE
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- Volleyball (Women)** - September 12 10am A.I. DuPont H.S., 50 Hillside Road, Greenville, DE 19807
- Washers**—September 11 10:30am Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road.
- Weight Lifting**— September 19 9am Wellness & Rec. Ctr., DE State Univ., 1200 N. Dupont Hwy, Dover, DE
- Wii Bowling**— September 25 9am Long Neck CHEER Center, 26089 The Shoppes at Long Neck, Unit #7, Millsboro, DE 19966
- DSO ANNUAL GAMES OPENING CEREMONIES**—**AUGUST 8 — Noon—5pm DOVER PARK, DOVER, DE**
- DSO Gala Social Event** — **November 14—Modern Maturity Center (East Wing) 5pm \$19.00 per person**
- ** NEW DATE AND LOCATION**
- +++ NEW LOCATION**