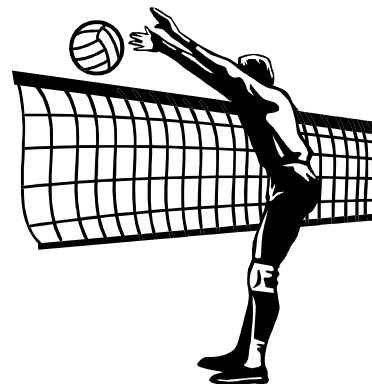
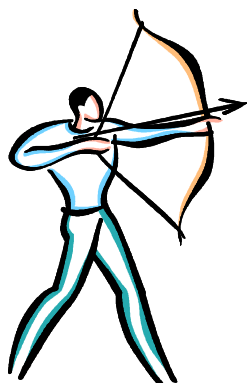
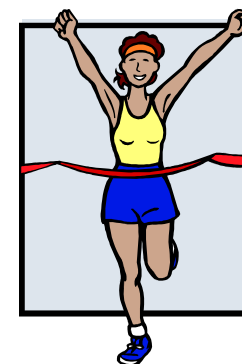
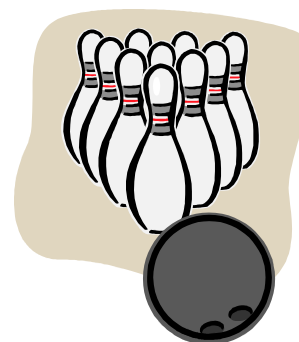




DELAWARE SENIOR OLYMPICS

2010 ANNUAL GAMES SPORTS REGISTRATION PACKET

July 17 — October 31



DELAWARE IS AN OPEN STATE

2010 Annual Games Rules (PLEASE READ COMPLETELY)

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** for participation 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.

Entry Forms:

2010 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.

2010 Team Entry Form: Team Captains must use to enter their teams.

Teams: Team captains should file a 2010 Team Registration form for their entire team, listing all players. Form must be accompanied by a single check: \$65 for Basketball, \$100 for Softball, and \$120 for Volleyball.

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 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/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.

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

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

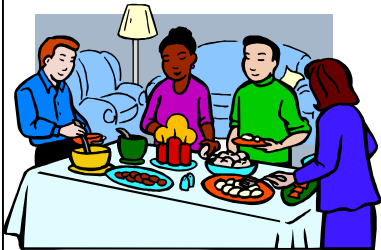
If no announcement is made, it is the responsibility of the athlete to show up at the event. If the event is conducted the standings are final.

Delaware Senior Olympics — ANNUAL DINNER

November 14, 2010

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 Drawings

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

ONLY \$19.00 PER PERSON!

**Reservations may be made on the Individual Entry Form
or by mail by Nov. 1, 2010. Checks payable to DSO.**

**PLAN TO JOIN US
FOR THE**

**DELAWARE SENIOR OLYMPICS
OPENING CEREMONIES
ON AUGUST 8, 2010
NOON—5PM
RAIN OR SHINE**

**AT THE DOVER PARK
IN DOVER, DE
FREE ADMISSION**

Delaware Senior Olympics 2010 Annual Games — SPORTS INFORMATION SECTION

SPORT	DATE	LOCATION	COST	ENTRY DEAD-LINE	COORDINATOR	ADD'L INFO:
ARCHERY	October 10, 10am Rain date: October 17, 10am	Mid-Delarchers Club 743 Fox Hunters Road Harrington, DE 19952	\$17.00 per person per event Event fee includes club facilities fee	10/1/10	David Slack 302-697-2012 Mrarcher41@aol.com	
BADMINTON	September 8, 11am—4pm	Mid-County Sr. Center 1 Regiment Road Wilmington, DE 19808	\$3.00 per person per event	9/1/10	John Jurjans 302-376-6797 johnjurjans@verizon.net	
BASEBALL (State level only — NOT for National Games)	August 28, 4:00 pm Rain date 9/11, 4 pm	Frawley Stadium 801 Shipyard Drive Wilmington, DE 19801	\$3.00 per person per event	Walk-ins allowed PLAYER LIMIT OF 20 TOTAL	John DeBenedictis 302-376-3739 Johnadebenedictis@verizon.net	Players will be assigned to a team.
BASKETBALL	Men & Women 3 on 3: October 30, 9:30am	PAL Gym 7259 Lancaster Pike Hockessin, DE 19707	\$65.00 per team	9/18/10	Men: Charles Ganter 302-427-0930 charlie.ganter@gmail.com Women: Barbara Dunn 302-654-7075	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)
BASKETBALL SHOOTING(State level only — NOT for National Games)	October 30, 8:30am	PAL Gym 7259 Lancaster Pike Hockessin, DE 19707	\$5.00 per person per event	9/18/10	John Clancy 302-945-8574 solfrnd77@aol.com	
BILLIARDS (State level only — NOT for National Games)	September 25, 10am	Mango's 19 Salem Village Square Newark, DE 19713	\$3.00 per person per event	9/17/10	Judy Moran 302-234-1234 Judy-moran@verizon.net	www.poolplayers.com/8-9-ball-rules.pdf Also, call your pocket on each shot

SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO:
BOCCE (State level only— NOT for National Games)	October 2, 10am Rain Date: 10/9, 10am	PUMH, Cokesbury Village 726 Loveville Road Hockessin, DE 19707	\$3.00 per person per event	9/24/10	Judy Moran 302-234-1234 Judy-moran@verizon.net	www.bocce.com/ openrules.html
BOWLING PRELIMINARIES IN NEWARK	Singles- 9/14 9:30am Doubles- 9/15 9:30am Dbl Mix- 9/16 9:30am	Blue Hen Lanes 501 Newark Shopping Ctr Newark, DE 19711	\$3.00 per person per event Plus \$5.25 for 3 games—due at lanes	9/7/10	Pete McKay 302-284-4204 petehana@comcast.net	Pool is available. Please notify if you need a part- ner. Top 6 bowlers in each age category at location will go to finals
BOWLING PRELIMINARIES IN DOVER	Singles- 9/21 9:30am Doubles- 9/22 9:30am Dbl Mix- 9/23 9:30am	Brunswick Doverama 1600 S. Governors Ave Dover, DE 19904	\$3.00 per person per event Plus \$5.25 for 3 games—due at lanes	9/7/10	Pete McKay 302-284-4204 petehana@comcast.net	Pool is available. Please notify if you need a part- ner. Top 6 bowlers in each age category at location will go to finals
BOWLING FINALS	Singles- 10/5 9:30am Doubles- 10/6 9:30am Dbl Mix- 10/7 9:30am	Mid County Lanes 875 N. Broad Street Middletown, DE 19709	\$3.00 per person per event Plus \$6.00 for 3 games—due at lanes		Pete McKay 302-284-4204 petehana@comcast.net	Top 6 bowlers in each age category at each location will compete in finals
CYCLING TIME TRIALS	October 6, 9am Rain Date October 7, 9am	Dover Motor Sport (Dover Downs) 1131 N DuPont Hwy Dover, DE 19901	\$4.00 per person per event	9/27/10	Suzanne Cavanaugh 302-454-0202 clcsgc58@yahoo.com	

SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO
CYCLING 20K & 40K ROAD RACES	September 18, 10am Rain Date: October 9, 10am	New Beginnings Church of God 3341 Mahan Corner Road Marydel, DE 19964	\$4.00 per person per event	9/8/10	Suzanne Cavanaugh 302-454-0202 clcsgc58@yahoo.com	If you enter the 40K, you MUST enter the 20K as well. Aerobars are not allowed in the road races.
GOLF	September 14, 9am No Rain Date	Jonathan's Landing 1309 Ponderosa Drive Magnolia, DE 19962	\$34.00 per person (includes green and cart fees)	Will allow walk-ins	James Kerr 302-284-3737	Shotgun Start
HORSESHOES	October 3, 11am Rain date: October 10, 11am	New Castle Moose #1578, US Rt. 13, 621 S. Dupont Hwy New Castle, DE 19720 1 mi N of DE Rt 1 over- pass	\$5.00 per person per event	10/1/10	Wayne Saulsbury 302-697-2858 doowopone@aol.com Mike Baker 302-354-0676 DiGiVeRsEd@aol.com	Rules at: www.nsga.com
LINE DANCING (State level ONLY NOT for National Games)	October 22, 9am	Claymore Senior Center 504 S. Clayton Street Wilmington, DE 19805	\$3.00 per person per event	10/15/10	Mary Ellen Luise 302-762-6179 Danceondelaware @aol.com	Rules at www.delawareseniorolympics.org
PICKLEBALL (State level ONLY NOT for National Games)	August 28, 9am Rain date: Aug 29, 9am	Sanford School 6900 Lancaster Pike Hockessin, DE 19707	\$3.00 per person per event	8/18/10	Ron Salamon 302-241-1574 mlb1baker@cs.com	Rules at: www.pickleball.com
RACE WALK	September 18, 9:30am Gates open at 9am No Rain Date	Delaware State Univer- sity 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person per event	Walk-ins al- lowed	Ed Gawinski 302-652-0132	Rules at: www.nsga.com Shorts preferred. Check in 30 minutes before race.
RACQUETBALL	September 25, 9:30am	DAFB Fitness Center Dover, AFB Dover, DE	\$3.00 per person per event	9/20	Rob Young 302-674-0133 Robert.b.young @state.de.us	Rules at www.nsga.com Participants will need to provide driver's license number.

SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO:
RECREATIONAL WALK (State level ONLY NOT for National Games)	September 4, 9:30am Rain Date:	The Riverfront Wilmington, DE—take exit 6 off I-95	\$3.00 per person per event	Walk-ins allowed	Ed Gawinski 302-652-0132	Rules at www.delawarese seniorolympics.org Meet in parking lot at end of shops. Check in 30 min ahead of race
ROAD RACES 5K	August 4 Start at 6:30pm Registration at 5:30pm	20th 5K the Westside Way —Held at Riverfront at Overlook Pavilion	\$3.00 (Add'l \$18 pre-entry; \$22 day of)	Walk-ins allowed	Robert Hempton 302-654-2472 rfhempton@comcast.net	Rules at www.nsga.com
ROAD RACES 10K	October 31 Start at 8:30am	8th MHA E-Racing the Blues —Held at Riverfront at Dravo Plaza	\$3.00 (Add'l cost of approx \$20)	Walk-ins allowed	Robert Hempton 302-654-2472 rfhempton@comcast.net	Rules at www.nsga.com
SHUFFLEBOARD	September 14, 9am Rain Date: 9/15, 9am	Methodist Manor House 1001 Middleford Road Seaford, DE 19973	\$3.00 per person per event	8/24/10	Mel Castell 302-674-1227 Castell_mel_kay@Verizon.net	Rules at: www.nsga.com
SOCCER (State level ONLY NOT for National Games)	To Be Determined Will be held depending on number of sign-ups.	To Be Determined	\$3.00 per person per event	To Be Determined	Vince Marianiello vinlumar@verizon.net	Rules at www.delawarese seniorolympics.org Men & Women Ages 45+
SOFTBALL	Men— 9/18/10, 9am Rain Date: 9/19/10 Women- 9/25, 9am Rain Date: 10/2 or 10/3 Depending on weather	Schutte Park, (corner of Electric Avenue & North Street (aka Hazletville Road) Dover, DE	\$100.00 per team	Men: 9/8/10 Women: 9/15/10	Men: Bob Smith 302-998-5909 Women: Bonnie Strang 610-565-1515 Bonnie.strang@comcast.net	Rules at www.nsga.com See Team Rules
SWIMMING	September 24, 8am—Warm-up 9am—Start (men & women)	Central DE YMCA 1137 S State Street Dover, DE 19901	\$4.00 per person per event	9-17-10	Marie Neaves 302-378-2654 mariesn@aol.com Chip Hannig 302-478-3547 cakehannig@aol.com	Rules at www.nsga.com Athletes may enter a max of six events. *50 Free NOVICE is open to first time swimmers only. Order of events are as shown on entry form.

SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO:
TABLE TENNIS	October 6, 6:30 pm	Pearson Hall University of Delaware 125 Academy Street Newark, DE 19711	\$5.00 per person per event	9/29/10	Fred Rohm 302-284-7672 fredrohm@comcast.net	Rules at www.nsga.com
TENNIS	September 25 and 26 Rain conditions — matches will switch to indoor courts	Del Castle Tennis Cntr 710 McKennan's Church Road Wilmington, DE Plus surrounding courts as needed. All match times and locations will be communicated to all participants by evening of 9/22/10.	\$7.00 per person per event	9/17/10	Leonard Ferris 302-456-0638 lenferris@verizon.net	Rules at www.nsga.com Athletes may enter a max. of two tennis events. Doubles play down to age of younger player. Doubles must enter with a partner. No Pool! If indoor venue is used, an add'l \$10 fee will be charged per individual (payable at the venue)
TRACK & FIELD	September 18, 10am Gates open at 9am Track events begin at 10am Field events begin at Noon	Delaware State University 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person per event	9/8/10	Chick Donovan 302-424-1545 chickdon@comcast.net	Rules at www.nsga.com
TRIATHLON	July 17, 8:10am mandatory pre-race meeting 8:30 start Rain or Shine	Lake Como Route 13 Smyrna, DE 19977	\$3.00 per person per event	7/12/10	Bill Moyer 302-678-1165 William_moyer1@msn.com	Rules at www.nsga.com \$85 additional fee to be paid to Bricks Multisport. www.bricksmultisport.com Athlete must register with both DSO and Bricksmultisport

SPORT	DATE	LOCATION	COST	ENTRY DEAD-LINE	COORDINATOR	ADD'L INFO:
VOLLEYBALL MEN'S	September 11, 9am 8:30am warm-up	A.I. DuPont H.S. 50 Hillside Road Greenville, DE 19807	\$120.00 per team	9/2/10	Phil Klabunde 302-998-7690 philklabvb@comcast.net	Rules at www.nsga.com See Team Rules
VOLLEYBALL WOMEN'S	September 12, 10am 9:30am warm-up	A.I. DuPont H.S. 50 Hillside Road Greenville, DE 19807	\$120.00 per team	8/26/10	Peggy Olivero 302-388-2705 p.olivero@comcast.net	Rules at www.nsga.com See Team Rules
VOLLEYBALL CO-ED(State level ONLY NOT National level)	October 24 10am 9:30am warm-up	A.I. DuPont H.S. 50 Hillside Road Greenville, DE 19807	\$120.00 per team	9/8/10	Peggy Olivero 302-388-2705 p.olivero@comcast.net	Rules at www.nsga.com See Team Rules
WASHERS (State level ONLY NOT National level)	September 11, 10:30am In case of rain, event will be moved to pavilion Warm up at 10am	Brandywine Springs Park Newport Gap Pike (Rt 41) and Faulkland Road	\$5 per person per event	8/27	Gene Mirolli 302-229-7633 GJM829@aol.com	Rules at www.delawaresenioroly mpics.org Teams can be both men, both women or co-ed
WEIGHT LIFTING (State level ONLY NOT National level)	September 19, 9am	Wellness & Rec. Center Delaware State Univer- sity 1200 N. DuPont Hwy Dover, DE 19901	\$3.00 per person per event	9/10/10	Bill Messick 302-841-0042 wmessick @cape.k12.de.us	Rules at www.delawaresenioroly mpics.org Participants will compete based on gender, age category and weight class.
WII BOWLING (State level ONLY NOT National level)	September 25, 9 am 8am Check-in Breakfast available for \$3.00	Long Neck CHEER Cen- ter, 26089 The Shoppes at Long Neck, Unit #7, Millsboro, DE 19966	\$5.00 per person per event	9-15-10 60 people limit	Jeanette Partilla 302-947- 1116 jenni- ren325@msn.com John Clancy 302-945-8574 solfnd77@aol.com	Rules at www.delawaresenioroly mpics.org Competition based on age and gender