

DELAWARE SENIOR OLYMPICS

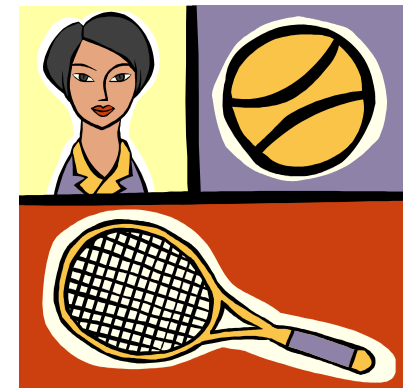
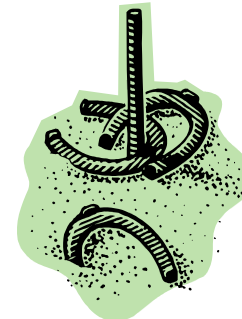
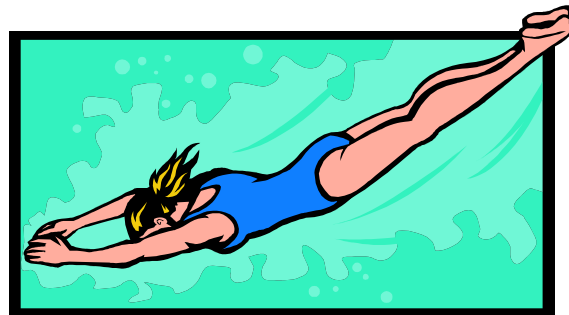
20th ANNIVERSARY

ANNUAL GAMES SPORTS REGISTRATION PACKET

June 25 — October 31, 2011

If you are 50 years * of age or above, come out and join the FITNESS, FELLOWSHIP AND FUN

DELAWARE IS AN OPEN STATE



2011 Annual Games Rules (PLEASE READ COMPLETELY)

***ATHLETES IN AGE CATEGORIES 40+ AND 45+ ARE ELIGIBLE TO COMPETE IN CERTAIN SPORTS (AS SPECIFIED BELOW) AND MEDAL AT STATE LEVEL, BUT ARE NOT ELIGIBLE TO QUALIFY TO COMPETE AT NATIONAL LEVEL.**

Age/ Age Categories: Age for these Games will be the athlete's age as of December 31, 2011. 50 is the minimum age for entries, except Soccer (40+), Cycling (40+) and Volleyball (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.

Awards: 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 (Tennis —First, Second, and Third place). **TEAMS:** Gold, Silver, and Bronze medals will be awarded at the Delaware Games.

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 (no limit for 70+ teams), Volleyball 4 (no limit for 70+ teams), and Basketball 1 (no limit for 70+ teams). The Games are open to non-Delaware residents. Doubles will represent Delaware if either member is from Delaware.

Entry Forms:

2011 Individual Games Entry Form: Use to enter non-team events, make a donation, buy tickets for Annual Dinner, order a shirt, or say you want to find a team to join.

2011 Team Entry Form: Team Captains must use to enter their teams.

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.

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

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

Sport Entry Deadlines: Each sport has an individual cut-off date for entries. The Entry Deadline is the last date the entry may be received in the DSO office. Some sports allow late entries if approved by the Coordinator. Details are in the Sports Information Section.

Teams: Team captains should file a 2011 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 \$70 for Volleyball. If a player has not previously submitted his/her membership application, it must be submitted with the team form. A team entry will not be processed until all membership applications are received for that team.

There will be only ONE gift per athlete.

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. MEMBERSHIP FEE IS NOT REFUNDABLE.

MEDALS ARE FOR DSO MEMBERS WHO PARTICIPATED AS PLAYERS IN THE EVENT.

MEDALS AND PACKETS WILL BE GIVEN AT THE EVENT. IF NOT PICKED UP AT EVENT, PARTICIPANT MUST COME TO DSO OFFICE FOR PICK-UP.

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 MIN. 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.

DSO ANNUAL AWARDS LUNCHEON

November 5, 2011

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

Noon Social Hour and Cash Bar	Adults \$20.00 each
1 PM Luncheon	Children (12 & under)
Awards Program	\$10.00 each
Door Prizes and 50/50 Drawings	
Beef & Chicken Buffet, Mashed Potatoes, Mixed Vegetables and Salads, Dessert, Coffee and Tea	

THERE WILL BE A SPEAKER

Reservations may be made on the Individual Entry Form, Team Packet, or by mail by October 27, 2011. Checks payable to DSO.

**COME JOIN YOUR FELLOW ATHLETES
AT THE
2011 DELAWARE SENIOR OLYMPICS
OPENING CEREMONIES**

**To Celebrate DSO's 20th Anniversary
And Honor the 1992 DSO Athletes**

ON AUGUST 14, 2011

**NOON—5PM
Rain or Shine**

**Location: Dover Park
1210 White Oak Road
Dover, DE**

FREE ADMISSION

**FOOD AND DRINKS WILL BE
AVAILABLE FOR PURCHASE.**

Delaware Senior Olympics 2011 Annual Games — SPORTS INFORMATION SECTION

SPORT	DATE	LOCATION	COST	ENTRY DEAD-LINE	COORDINATOR	ADD'L INFO:
ARCHERY	October 9, 10am Rain date: October 16, 10am	Mid-Delarchers Club 743 Fox Hunters Road Harrington, DE 19952	\$17.00 per person per event Event fee includes club facilities fee	9/30/11	David Slack 302-697-2012 Mrarcher41@aol.com	
BADMINTON	October 26, 10am	Mid-County Sr. Center 1 Regiment Road Wilmington, DE 19808	\$3.00 per person per event	10/19/11	John Jurjans 302-376-6797 johnjurjans@verizon.net	
BASEBALL	September 17, 2pm Rain Date: September 18, 2pm	Banning Park, 790 S. Maryland Ave., Wilmington, DE 19804 (off Newport Pike)	\$3.00 per person	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 29, 9:30am	PAL Gym 7259 Lancaster Pike Hockessin, DE 19707	\$65.00 per team	10/14/11	Men: Charles Ganter 302-427-0930 charlie.ganter@gmail.com Women: Barbara Dunn 302-654-7075	Rules at www.nsga.com See Team Rules
BASKETBALL SHOOTING	October 29, 8:30am	PAL Gym 7259 Lancaster Pike Hockessin, DE 19707	\$5.00 per person	10/14/11	John Clancy 302-945-8574 solfrnd77@aol.com	
BILLIARDS	September 17, 11am	Sandbar 713 N. Broad St Middletown, DE 19709	\$3.00 per person	9/9/11	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 DEAD-LINE	COORDINATOR	ADD'L INFO: Page 5
BOCCE	October 1, 10am Rain Date: 10/8/11	Cokesbury Village 726 Loveville Road Hockessin, DE 19707	\$3.00 per person per event	9/23/11	Judy Moran 302-234-1234 Judy-moran@verizon.net	www.bocce.com/ openrules.html
BOWLING PRELIMINARIES IN NEWARK	Singles— 9/27, 9:30 am Doubles- 9/28, 9:30 am Dbl Mix— 9/29, 9:30 am	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	9/20/11	Pete McKay 302-284-4204 petehana@comcast.net	Pool is available. Please notify if you need a partner. 2 levels of competition based on averages: 160 and above, below 160. Top 6 bowlers in each age category at location will go to finals.
BOWLING PRELIMINARIES IN MILFORD	Singles- 10/4, 9:30 am Doubles- 10/5, 9:30 am Dbl Mix- 10/6, 9:30 am	Milford Bowling Center 809 S DuPont Hwy Milford, DE 19963	\$3.00 per person per event Plus \$5.75 for 3 games—due at lanes	9/20/11	Pete McKay 302-284-4204 petehana@comcast.net	Pool is available. Please notify if you need a partner. Bowling will be 2 levels based on averages: 160 and above, below 160. Top 6 bowlers in each age category at location will go to finals.
BOWLING FINALS	Singles- 10/18, 9:30 am Doubles- 10/19, 9:30 am Dbl Mix- 10/20, 9:30 am	Brunswick Doverama 1600 S. Governors Ave Dover, DE 19904	Plus \$5.25 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 based on their level of competition.
CYCLING TIME TRIALS	October 12, 9am Rain Date October 13, 9am	Dover Motor Sport (Dover Downs) 1131 N DuPont Hwy Dover, DE 19901 (in rear near Miles The Monster statue)	\$10.00 per person per event	10/3/11	Jo Johnson 302-379-6560 jojoh137@mac.com	Race Manual can be found on website under cycling.

Page 6	SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO
	CYCLING 20K & 40K ROAD RACES	September 17, 9am Registration at 7am RAIN OR SHINE Add'l packet pickup 9/16 6pm—8pm at Best Western Smyrna Inn	Smyrna Municipal Park (On N. Main Street Smyrna, DE 19977) Course map available on website.	\$10.00 per person per event	9/14/11 Walk-ins will be allowed	Jo Johnson 302-379-6560 jojohn137@mac.com	If you enter the 40K, you MUST enter the 20K as well. Aerobars are not allowed in the road races.
	GOLF	Sept. 13, 9am Rain or Shine	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 2, 11am Rain Date: 10/9/11, 11am	New Castle Moose #1578 US Rt. 13., 621 S DuPont Hwy New Castle, DE 19720	\$5.00 per person	9/23/11	Wayne Saulsbury 302-697-2858 doowopone@aol.com	Rules at: www.nsga.com
	LINE DANCING	TO BE DETERMINED	TO BE DETERMINED	\$3.00 per person per event		Mary Ellen Luise 302-762-6179 Danceondelaware @aol.com	Rules at www.delawaresenioroly mpics.org
	PICKLEBALL	August 27, 8:00am Registration 8:45am Athlete meeting 9:00am Start	Wellness & Fitness Ctr., Delaware State Univ. 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person per event	8/12/11	Ron Salamon 302-241-1574 mlb1baker@cs.com	Rules at: www.pickleball.com BLUE BLDG. Use Parking Lot #1
	POWER WALK Previously: Recreational Walk	October 15 9am Rain or Shine:	Delaware State Univer- sity 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person per event	10/3/11	Ed Gawinski 302-652-0132	Rules at www.delawaresenioroly mpics.org Check in 30 min ahead of race
	RACE WALK	Sept 25, 9:30am Gates open at 9am Rain or Shine	Delaware State Univer- sity 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person	9/12/11	Ed Gawinski 302-652-0132	Rules at: www.nsga.com Shorts preferred. Check in 30 minutes before race.

SPORT	DATE	LOCATION	COST	ENTRY DEADLINE	COORDINATOR	ADD'L INFO:
RACQUETBALL	September 24 9:30am	DAFB Fitness Center Dover, AFB Dover, DE	\$3.00 per person per event	9/16/11	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.
ROAD RACES 5K	September 17, 9:30am Rain or Shine	Bellevue State Park 800 Carr Road Wilmington, DE 19809	\$3.00 Entry to park, add'l \$3 for DE residence, \$6 out of state	9/7/11	Robert Hempton 302-654-2472 rfhempton@comcast.net	Rules at www.nsga.com
ROAD RACES 10K	September 24, 9:30am Rain or Shine	Bellevue State Park 800 Carr Road Wilmington, DE 19809	\$3.00 Entry to park, add'l \$3 for DE residence, \$6 out of state	9/7/11	Robert Hempton 302-654-2472 rfhempton@comcast.net	Rules at www.nsga.com
SHUFFLEBOARD	September 14 9am Rain Date: 9/16 9am	Methodist Manor House 1001 Middleford Road Seaford, DE 19973	\$3.00 per person	8/31/11	Mel Castell 302-674-1227 Castell_mel_kay@Verizon.net	Rules at: www.nsga.com
SOCCER	To Be Determined Will be held depending on number of sign-ups.	To Be Determined	\$3.00 per person	To Be Determined	Vince Marianiello vinlumar@verizon.net	Rules at www.delawareseniorolympics.org Men & Women Ages 40+
SOFTBALL	Men — 9/10/2011, 9am Rain Date: 9/11 or 9/17 Women - 9/24/11, 9am Rain Date: 9/25 or 10/1	Schutte Park, (corner of Electric Avenue & North Street (aka Hazletville Road) Dover, DE	\$100.00 per team	Men: 9/2/11 Women: 9/14/11	Men: Gene Mirolli <u>302-229-7633</u> <u>gjm829@aol.com</u> Women: Bonnie Strang 610-565-1515 Bonnie.strang@comcast.net	Rules at www.nsga.com See Team Rules
SWIMMING	September 23 8am—Warm-up 9am—Start (men & women)	Central DE YMCA 1137 S State Street Dover, DE 19901	\$4.00 per person per event	9/16/11	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.

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TABLE TENNIS	October 5—6:30pm Warm up at 6pm	Pearson Hall University of Delaware 125 Academy Street Newark, DE 19711	\$5.00 per person per event	9/28/11	Fred Rohm 302-284-7672 fredrohm@comcast.net	Rules at www.nsga.com
TENNIS	October 1 and 2 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 9/28/11.	\$7.00 per person per event	9/23/11	Leonard Ferris 302-456-0638 lenferris@verizon.net	Rules at www.nsga.com 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	Sept 25, 9am Gates open & check in 10am begin after Race Walk completes	Delaware State University 1200 N DuPont Hwy Dover, DE 19901	\$3.00 per person per event	9/16/11	Chick Donovan 302-424-1545 chickdon@comcast.net	Rules at www.nsga.com
TRIATHLON	June 25 Rain or Shine 7:30am—Suggested arrival time. 8:10am—Mandatory pre-race meeting. 8:30am—Race starts	Lake Como Route 13 Smyrna, DE 19977 Athletes can register & pick up race packets on Fri., 6/24 between 4-8pm at Lake Como Gazebo.	\$3.00 per person	6/20/11	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 10, 9am 8:30am warm-up	Wellness & Rec. Center Delaware State University 1200 N. DuPont Hwy Dover, DE 19901	\$70.00 per team	9/2/11	Phil Klabunde 302-998-7690 philklabvb@comcast.net	Rules at www.nsga.com See Team Rules
VOLLEYBALL WOMEN'S	September 11, 9am 8:30am warm-up	Wellness & Rec. Center Delaware State University 1200 N. DuPont Hwy Dover, DE 19901	\$70.00 per team	9/2/11	Peggy Olivero 302-388-2705 p.olivero@comcast.net	Rules at www.nsga.com See Team Rules
VOLLEYBALL CO-ED	September 25, 9am 8:30am warm-up	Wellness & Rec. Center Delaware State University 1200 N. DuPont Hwy Dover, DE 19901	\$70.00 per team	9/16/11	Peggy Olivero 302-388-2705 p.olivero@comcast.net	Rules at www.nsga.com See Team Rules
WASHERS	Sept. 17, 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	9/9/11	Gene Mirolli 302-229-7633 GJM829@aol.com	Rules at www.delawareseiorolympics.org Teams can be both men, both women or co-ed
WEIGHT LIFTING	September 24, 9am	Wellness & Rec. Center Delaware State University 1200 N. DuPont Hwy Dover, DE 19901	\$3.00 per person per event	9/16/11	Bill Messick 302-841-0042 wmessick @cape.k12.de.us	Rules at www.delawareseiorolympics.org Participants will compete based on gender, age category and weight class.
WII BOWLING	October 1, 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	9-17-11 60 person limit	Jeanette Partilla 302-947- 1116 jenni- ren325@msn.com John Clancy 302-945-8574 solfrnd77@aol.com	Rules at www.delawareseiorolympics.org Competition based on age and gender

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Wii GOLF	October 19, 10am—2pm Lunch available at a reasonable price	Methodist Country House 4830 Kennett Pike Wilmington, DE	\$3.00 per person per event	10/5/11	Debbie Heald 302-426-8020 dheald@actslife.org	Rules at www.delawaresejiorolympics.org Competition based on age and gender