

SENIOR ARKANSAS SPORTS ORGANIZATION, INC.

Arkansas Senior Olympics

P.O. Box 1577

Hot Springs, AR 71902

NONPROFIT ORG.
U.S. POSTAGE PAID
Hot Springs, AR
PERMIT NO. 104

Return Service Requested

2012 OFFICIAL ENTRY FORM

**DATED
MATERIAL**

**PRESENTING
SPONSOR**

HUMANA®



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**Swim Meet Entry form on
Pages 4 & 6. Other events
may also be entered
utilizing this registration
form.**



America's First Resort

Play and Stay in Hot Springs

GENERAL INFORMATION FOR 2012 ARKANSAS SENIOR OLYMPIC GAMES

The Arkansas Senior Olympics is a 501(c) non-profit organization. Arkansas Senior Olympics is a member of the National Senior Games Association. Registration fees help defray the costs of conducting the games. If you would like to contribute (tax deductible) beyond your registration fee, make your check payable to Arkansas Senior Olympics and include with your entry form or mail to: P.O. Box 1577, Hot Springs, AR 71902.

ELIGIBILITY: The Arkansas Senior Olympic games are open to all who are 45 years of age and over 50+ by December 31, 2012. Athletes are required to submit proof of age with their Event Registration Form. (Proof of age can be a copy of a driver's license or any other picture identification card that shows the date of birth.) Arkansas is an OPEN state - out-of-state residents are eligible and encouraged to participate. **Ages 45-49 invited to compete in designated events. "The Kids"**

All competitors must return the entry form to the Arkansas Senior Olympic office postmarked no later than September 5, 2012. **You must be registered to participate.**

PARTNERSHIPS AND TEAMS: Partnership and team age groups are determined by the age of the youngest team member. **All partnership and team forms must be sent together.** Team captains must complete the team roster and entry form and submit all team entry materials together. Team members must all be of the same gender. The team captain is responsible for the team fee. Individual players pay the individual entry fee in order to compete in other events. No partnership pools.

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!**

REGISTRATION PACKET PICK UP: First Church of The Nazarene, 3804 Central Avenue. All competitors must pick up their own packet prior to competing in his/her first event. Penalty for failure to do so is not being allowed to compete or disqualification. The confirmation letter in your packet is your authorization to compete and must be shown, if requested, at all events. *No letter - NO compete.* Race (bib) numbers are in the packet and must be worn during competition. **Participant will be disqualified if packet is not picked up.**

All competitors, other than those whose first event is listed below, will pick up packet at the First Church of the Nazarene, 3804 Central Ave., prior to competition.

Wednesday	September 19	Bean Bag Baseball			
Thursday	September 20	8:00 a.m. - 5:30 p.m.	Saturday	September 22	7:00 a.m. - 12 noon
Friday	September 21	8:00 a.m. - 3:30 p.m.	Sunday	September 23	on event Site

PACKET INFORMATION:

IF THE FOLLOWING EVENT IS YOUR FIRST TO COMPETE:

Pickle Ball: Check-in packet will be at Jessieville High School gym prior to play. (Sept. 14-16)

Badminton Players: must check in at the National Park Community College for play location before match time.

Golf: Packets will be available at Hot Springs Country Club prior to tee time. Call site to be announced for tee time and information. (No passengers).

Tennis: Packet at Hot Springs Country Club, if only event

5K Race Walk: (If only event) Mid America Blvd., Sunday, September 23, 8:00 a.m.

1500M Race Walkers: Packets will be at Lakeside High School Track, Friday, September 21, 9:00 a.m.

Cyclists: Packets will be on site prior to competition Sept. 22-23 IF this is your ONLY event.

PLEASE NOTE: Events are subject to time change/relocation!!!

ARKANSAS SENIOR OLYMPICS - P.O. BOX 1577 - HOT SPRINGS, ARKANSAS 71902

501-321-1441 OR 1-800-720-7276 (Arkansas ONLY) - Fax 501-321-4961

Email: arsrolym@hotsprings.net Web Site: www.SrSports.org

Website for Nationals: www.nationalseniorgames.org

2012 MISCELLANEOUS INFORMATION

PLAYING RULES: Arkansas Senior Olympic rules are in accordance, whenever possible, with those of the National Senior Games Association (NSGA). Your event coordinator will answer questions regarding rules in the individual sports. Medals are given to first, second and third place winners in NSGA sanctioned events. Ribbons are presented to first, second and third place winners in recreational events. Events identified as *ribbon events* are not offered at the National Senior Games. If an out-of-state participant wins **first place** in any event, a duplicate award will be presented to the top Arkansas finisher.

AGE FOR COMPETITION: Age 45-49, “The Kids” are invited to compete in designated events. The twelve age divisions apply to both men and women for individual and doubles events: 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Athletes may participate in only one age division. A participant’s age division for ALL SINGLES competition will be determined by his/her age as of December 31, 2012. Age of doubles, mixed doubles and teams will be determined by the age of the youngest player. Team events, basketball and softball, 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. Call Arkansas Senior Olympic Offices for further information.

EQUIPMENT: Arkansas Senior Olympics will provide the necessary equipment for all events **except** the following:

ARCHERY: Target will be provided. Archer must provide his own bow and target arrows.

BADMINTON: Shuttlecocks will be provided.

BOWLING: Participants are encouraged to bring their own shoes and ball.

CYCLING: Helmet is mandatory. Participant must bring own bicycle and helmet.

FIELD: Official throwing implements will be provided. Participant may use own personal implements, provided they meet the rules specifications. Participant must furnish own vaulting pole.

GOLF: Participants must bring his/her own clubs, balls and soft/spikeless shoes.

TABLE TENNIS: Balls provided. Participant must bring his/her own paddle.

TRACK: Participant may bring his/her own starter blocks.

TRAP SHOOTING: Target, shells and guns provided.

***** PLEASE NOTE: WEIGHTS FOR JAVELIN, SHOT PUT AND DISCUS *****

JAVELIN: Men: 50-54 and 55-59 - 700g; 60-64 and 65-69 - 600g; 70-74 and 75-79 - 500g; 80+ - 400g

Women: 50-54 and 55-59 - 500 g; 60+ - 400g

SHOT PUT: Men: 50-54 and 55-59 - 6kg; 60-64 and 65-69 - 5kg; 70-74 and 75-79 - 4kg; 80+ - 4kg

Women: ALL AGES - 3kg

DISCUS: Men: 50-54 and 55-59 - 1.5kg; 60-80+ - 1.0kg

Women: 50-79 - 1.0kg; 80+ - .75kg

***** SPECIAL EVENT *****

DON'T MISS THE CELEBRATION FOR ATHLETES DINNER & POOL PARTY.

Friday, September 21 • Hot Springs Country Club

Reservations only. Tickets purchase necessary (see entry form) Open to public. Seating limited.

It is very important that you complete in full the official entry form and sign the two waivers. Those participants who are competing in doubles events must make sure their partners send in their entry form; otherwise they will not be eligible to compete. Same rule applies to teams; team captains are responsible for providing a roster and must make sure all team members send in an entry form with the signed waivers. Otherwise they will not be able to compete.

SWIMMING: Swimmers will compete in a meter pool. Times to be converted to yards. This is a U.S. Masters recognized swim meet. Any swimmer using improper methods in order to obtain an advantage on his/her competition will be disqualified from that event.

TRACK: Lakeside High School. Participants who compete in the 1500 meter or 5K race walk **MAY NOT** compete in the 400 meter fun walk. Schedule to be adjusted to number of participants.

NOTE: All competitors must wear race identification (bib) numbers. If an event is finished early, the next event **MAY** begin earlier than the scheduled time. All participants **MUST** check in at their event 30 minutes before the event time.

REGISTRATION FEES MUST ACCOMPANY YOUR ENTRY FORM. Facility fees for golf and tennis must accompany your entry form. Other facility fees are paid at the facility as listed in this form.

1. Registration fee entitles entrant to participate in 8 events. The 9th and all successive events are \$10.00 each.
2. The registration fee and Celebration for Athletes Dinner ticket purchases are NON-REFUNDABLE. All registrants receive a t-shirt and welcome packet.
3. Bowling fee is \$8.00, payable at Fiesta Bowling Lanes.
4. Golf fee is \$80 to be sent in with the registration fee to the Arkansas Senior Olympic Office. Golf fee includes green fee, cart and lunch. Non-refundable. If players participate in more than golf, registration fee of \$38 is applicable with entry fee.
5. Weight lifting fee is \$10.00 (payable at the gym).

HUMANA, INC. PRESENTING 2012 ARKANSAS SENIOR OLYMPICS 2012 SENIOR ARKANSAS SPORTS ORGANIZATION SPONSORS

(To date of printing)

Platinum: State of Arkansas

Gold: National Park Medical Center

Diamond: Sen. Bill Sample • Representatives: John Vines, Bruce Cozart

Silver: Mountain Valley Spring Water Company • Hot Springs Convention and Visitors Bureau
Hot Springs Parks and Recreation • Lakeside School District • Jessieville School District

Bronze: Daisy Outdoor Products • Riceland Foods

Angels: LifeNet

Blue: Sentinel Record • Summit Bank • Bank of the Ozarks * Munro Foundation

White: Scott Keller

Torch: Arkansas State Police • Bill Hall Printers • Fiesta Bowling Lanes
Coulson Oil • Delta Theta Chi Sorority • Direclynx •
First Church of Nazarene • Garland County Sheriff's Department • Hot Springs Country Club
Hot Springs Family YMCA • Hot Springs Health & Fitness Club • Hot Springs Police Department
Lake Catherine State Park • Malvern (Hot Spring County) Sheriff's Department
Mountain Valley Sportsman's Association • National Park Community College
Pro Fitness
Spa Pacers • Senior Ambassadors • Teen Challenge

2012 ARKANSAS SENIOR OLYMPIC ENTRY FORM

ARKANSAS STATE GAMES

SEPTEMBER 19-23, 2012

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 5, 2012

THIS PAGE MUST BE FILLED OUT COMPLETELY

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 two events or more for the same time. Review the schedule of events to insure you do not have conflicting times. We will not schedule events for individual time consideration.
3. You must be present at the starting time of the event. Commissioners will not delay events for late comers.
4. The participant **must** sign the two (2) waivers below.
5. Event times and locations are subject to change.
6. You must check in at registration - **packet must be picked up or player will be disqualified in all events.**

Enclose
Stamped
Self-Addressed
Envelope for
Confirmation

Please fill out the form below and send the required fees.

Have you participated in the Arkansas Senior Olympics in Hot Springs? Yes ___ No ___ What Year _____

NAME _____
(Last, First)

MAILING ADDRESS; _____
(Street) (City) (State) (Zip)

TELEPHONE: Home: (_____) _____ **Work / Cell:** (_____) _____

E-MAIL ADDRESS _____ **COUNTY** _____
(Arkansas Only)

BIRTH DATE _____ **Age as of 12/31/2012** _____ **Male or Female** _____ **T-shirt size (S,M,L,XL,XXL)** _____

EMERGENCY CONTACT: _____ **PHONE** _____
(Name and relationship)

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

WAIVER OF LIABILITY

In consideration of being allowed to participate in any way in the Senior Arkansas Sports Organization, Inc./Arkansas Senior Olympic athletic/sports program, related events and activities, I, 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

3. I willingly agree to comply with the stated and customary terms and conditions for participation. 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 person 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, AND SIGN IT FREELY AND VOLUNTARY WITHOUT ANY INDUCEMENT.

Signed _____ Age _____ Date _____

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 _____ Date _____

SUMMARY OF FEES

- Basic Registration (8 events or less)
- (1) _____ \$38 Arkansas Participant
 - (2) _____ \$43 Out-of-State Participant
 - (39) _____ \$10 per each additional event over 8

TEAM FEES (Team Captain Pays)
_____ \$12 Bean Bag Baseball per participant

Additional Fee for Certain Events. Registration applies if participating in other events.

GOLF _____ \$80 All Golfers, with or without carts, includes lunch

TENNIS: _____ \$20 total one or three events

COOKOUT

- (18) _____ \$15 Registered Olympian
- (19) _____ \$15 Guest

(24) _____ \$6 Extra T-Shirts

(50) **DONATIONS** \$ _____ (Thank You)
(Tax Exempt)

TOTAL ENCLOSED \$ _____

For letter of confirmation send self-addressed stamped envelope.

2012 ARKANSAS SENIOR OLYMPIC EVENT REGISTRATION FORM

Your Name _____ Age _____ Gender M__ F__

PLEASE NOTE: Events are subject to time change/relocation!!!

ARCHERY (Choose one)(100) 45-49 Eligible event

- Barebow Compound
- Compound Fingers
- Compound Release
- Recurve

BADMINTON (200)

PARTNER FORMS MUST BE SENT IN TOGETHER.

- Singles
- Doubles

My Partner's name is:

Age _____ Partner's phone _____

- Mixed Doubles

My Partner's name is:

Age _____ Partner's phone _____

BOWLING (300) 45-49 Eligible event (singles only)

PARTNER FORMS MUST BE SENT IN TOGETHER

- Singles (women 45-69)
- Singles (men & women 70+)
- Singles (men 45-69)

- Doubles (men)

Partner's Name _____

Age _____ Ph# _____

- Doubles (women)

Partner's Name _____

Age _____ Ph# _____

- Mixed Doubles (50-59)

Partner's Name _____

Age _____ Ph# _____

- Mixed Doubles (60-74)

Partner's Name _____

Age _____ Ph# _____

- Mixed Doubles (75+)

Partner's Name _____

Age _____ Ph# _____

CYCLING (Helmets must be worn) (400) 45-49 Eligible

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

Event

GOLF

- (Singles will be put into a foursome)

45-49 Eligible Event

HORSESHOES

- Men
- Women

45-49 Eligible Event

RACEWALK (500)

- 1500 M
- 5000 M

45-49 Eligible Event

ROAD RACE (550)

- 5 K
- 10 K

45-49 Eligible Event

SHUFFLEBOARD (600)

PARTNER FORMS MUST BE SENT IN TOGETHER

- Singles (Women)
- Singles (Men)
- Doubles

Partner's Name _____

Age _____ Partner's phone _____

RACQUETBALL (525)

- Singles
- Doubles

Partner's Name _____

Age _____ Partner's phone _____

PICKLE BALL (4000) USPA # _____

Rating _____

PARTNER FORMS MUST BE SENT IN TOGETHER

- Doubles

Partner's Name _____

Age _____ Partner's phone _____

- Mixed Doubles

Partner's Name _____

Age _____ Partner's phone _____

- Singles (W)

- Singles (M)

2012 ARKANSAS SENIOR OLYMPIC EVENT REGISTRATION FORM

Your Name _____ Age _____ Gender M__ F__
 • denotes drop by

SWIMMING (700) 45-49 Eligible Personal Best/Date (Limit

- 8 events) US MASTERS RECOGNIZED (last 12 months)
- 200M Breaststroke _____
 - 200M Freestyle _____
 - 100M Backstroke _____
 - 50M Breaststroke _____
 - 200M Indiv. Med. _____
 - 50M Backstroke _____
 - 100M Indiv. Med. _____
 - 100M Freestyle _____
 - 100M Butterfly _____
 - 50M Freestyle _____
 - 200M Backstroke _____
 - 100M Breaststroke _____
 - 50M Butterfly _____
 - 400M Freestyle _____

TABLE TENNIS (800) 45-49 Eligible Event, Singles
only PARTNER FORMS MUST BE SENT IN TOGETHER

- Singles Rating _____
- Doubles My Partner's name: _____
- Age _____ Partner's phone _____
- Mixed Doubles My Partner's name: _____
- Age _____ Partner's phone _____

TENNIS

- Singles Rating _____
- Doubles My Partner's name: _____
- Age _____ Partner's phone _____
- Mixed Doubles My Partner's name: _____
- Age _____ Partner's phone _____

TRACK (1000) 45-49 Eligible Event

- 100M Dash
- 200M Dash
- 400M Run
- 800M Run
- 1500M Run
- 400M Walk (Ribbon Event)
- 50M Dash
- 800M Prediction Walk (Ribbon Event)
- 1 Mile Mixed Prediction Relay (Ribbon Event)

FIELD (2000) 45-49 Eligible

Event

- Triple Jump*
- Discus*
- High Jump*
- Javelin*
- Running Long Jump*
- Shot Put*
- Pole Vault*
- Standing Long Jump* (Ribbon Event)

RECREATIONAL GAMES (Ribbon Events)

- BASKETBALL SHOOT* **45-49 Eligible Event**
- FOOTBALL THROW* **45-49 Eligible Event**
- SOFTBALL THROW* **45-49 Eligible Event**
- DAISY AIR GUN (BB GUN)* **45-49 Eligible**
- BEAN BAG BASEBALL **(For Senior Center Teams ONLY - 1st 16 Teams Allowed)**
- SCRABBLE (Open age)
- SKIP BO (Open age)
- EIGHT BALL POOL (Open Age)

WEIGHTLIFTING (6000) (Medal Event) *

- Counts as 1 event
- Bench Press
 - Leg Press
 - Standing Strict Curl

2012 EVENT DESCRIPTIONS

EVENTS ARE SUBJECT TO TIME CHANGE, CANCELLATION OR RELOCATION

ARCHERY (45-49)

When: Sat., Sept. 22, 9:00 a.m.

Where: Lakeside High School

Participant must choose one event: Compound fingers, Compound release, Recurve, Barebow Compound. Archers will shoot 900 round using regulation 48" target. Archers must use own equipment; target arrows required. For information call Charles Pate, 501-318-3775

BADMINTON

When: Thurs., Sept. 20,

9:00 a.m. Singles

2:00 p.m. Doubles

3:00 p.m. Mixed Doubles

Where: National Park Community College Gym

Badminton matches will consist of 2 out of 3 games. USBA rules apply. Players must check for game information before play at National Park Community College Gym.

BOWLING (45-49)

See page 10 box

Eligible Event, 45-49 Singles only

When: Fri. & Sat., Sept. 21-22

Where: Fiesta Bowling Lanes fees to be paid at the lanes, \$8.00 per person, per event. Send registration fee to Arkansas Senior Olympic office. No partnership pools. Check times schedule. Players must bowl with registered partner. Players must play with registered partner.

GOLF (45-49)

When: Thur. September 20

9:00 a.m.

Where: Hot Springs Country Club

Foursomes wanting to play together send registration forms together. Golf fee includes golf only. For information: State Office 501-321-1441

HORSESHOES

(4549) When: Sat. Sept. 22

9:00 a.m. Women; 1:00 p.m. Men

Rain date: Sun., Sept. 23, same times

Where: Family Park, Airport Rd.

Matches conducted in accordance with the NHPA rules. For information call Darrell Graham, 501-305-3902

CYCLING (45-49)

When and Where:

Sat., Sept. 22, 9:00 a.m., 40K Road Race, Lake Catherine State Park Visitors' Center

Sat., Sept. 22, 2:00 p.m., 5K Timed Trials, National Park Community College, Mid America Blvd.

Sun., Sept. 23, 9:00 a.m., 20K Road Race, Lake Catherine State Park Visitors' Center

Sun., Sept. 23, 1:00 p.m., 10K Timed Trials, National Park Community College, Mid America Blvd.

Participants must provide own bicycles and must wear helmets during warm-up and competition. Russ Cerrato - 870-246-2229 or L.J. Wilson - 870-210-0237.

RACE WALK (45-49)

When and Where:

Fri., Sept. 21, 9:00 a.m., 1500M, Lakeside High School

Sun., Sept. 23, 8:00 a.m., 5K, Mid America Blvd. /National Park Community College

Participants must use proper racewalk techniques. Failure to adhere will result in disqualification. For information call Arkansas Senior Olympic office, Call Bill Richardson, 501-262-2836.

RACQUETBALL

When: Sat., Sept. 22, 9:00 a.m.

Where: Hot Springs Health & Fitness Club • 281 Lake Hamilton behind Hot Springs Mall

Games play to 15 points. For information

Call Pete Blakeslee, 501-321-2732 or 800-964-4368.

ROAD RACE 5K/10K (45-49)

When: Sun., Sept. 23, 8:00 a.m.

Where: Mid America Blvd. /Nat'l Park Community College Runs concurrent.

For information call 501-321-1441

SHUFFLEBOARD (45-49)

When: Fri., Sept. 21, 8:30 a.m. - noon Singles & Open Doubles

Where: First Church of the Nazarene Tournament format determined by number of entries. For information - 501-321-1441

SWIMMING (45-49)

When: Sat., Sept. 22, 11:00 a.m. warm up; 12 Noon Meet

Where: Hot Springs Family YMCA Multiple events, including 50M backstroke, butterfly and freestyle; breaststroke; 100M backstroke, butterfly, freestyle breaststroke and IM medley; 200M backstroke, breaststroke, freestyle and IM medley; 400M freestyle. Sanctioned by U.S. Masters Swimming. Events will be swum as listed on entry form. For information call YMCA, 501-623-8803, Lisa Autrey.

PICKLE BALL

(Sanctioned 4 tier) All play will be double elimination. Brackets of four entries or less will be round robin.

When: Fri. Sept. 14. Singles begin at 2:30 p.m. Matches will be one game to 15.

Sat. Sept.15 Doubles to 2/3 to11. Time TBA

Sun. Sept. 16 Mixed dbls, 2/3 to 11. Time TBA

Where: Jessieville High School Gym USPA members include your number on registration.

ALL GAMES you wish to play must appear on your registration form. NO ADDITIONS on game day.

Sept. 12 – Time for first match will be posted on website:

www.hsvpickleball.org. Match questions call Jim McPherson 501-915-0761; General information call Dee Vincent 501-984-2523 or Dennis/Diane Ramsdell 501-922-1127.

(*indicates drop by)

(*indicates Medal)
(^indicates ribbon)

2012 EVENT DESCRIPTIONS

TIME AND EVENTS SUBJECT TO CHANGE OR RELOCATION

TABLE TENNIS (45-49)

Eligible Event, Single only

When: Thurs., Sept. 20, 8:00 a.m.

Where: First Church of the Nazarene
Singles, Doubles, Mixed Doubles.
USTTA rules apply. Participant bring
own paddles. Balls furnished. Call
Arkansas Senior Olympics office.

TRACK AND FIELD EVENTS SPONSORED BY MOUNTAIN VALLEY SPRING WATER AND SUMMIT BANK (45-49)

When: Fri., Sept. 21, 9:00 a.m.; Sat.,
Sept 22, 8:00 a.m.

Where: Lakeside High Stadium

Event times may vary throughout the
meet according to number of com-
petitors. Check-in 30 minutes before
event.

Multiple events including: Track events,
50M, 100M, 200M dashes, 400M, 800M
and 1500m runs. Field events, discus,
javelin, shot put, high jump, running
long jump, triple jump and pole vault.
Recreational track and field include:
400M walk, softball throw, football
throw, standing long jump, 800M
prediction walk and 1 mile mixed relay
(prediction). All competitors must have
2012 race number to participate.
Information for field events call Bob
Gravett, 870-246-7367.

TENNIS

When: Sept. 21-23

Where: Hot Springs Country Club

Tennis players may play in all events.
Players must play to receive awards.
Include national rating on entry form.

Tennis and registration fees to be sent to
the Arkansas Senior Olympics office.
USTA rules apply. Club will notify
match times. Information 501-624-2153

RECREATIONAL EVENTS

SKIP-BO^

When: Thurs., Sept. 20, 9:00 a.m.

Where: First Church of Nazarene
Card game, individual or
partnership. Open Ages.

SCRABBLE^

When: Fri. Sept. 21, 9:00 a.m.

Where: First Church of Nazarene
Make words out of letters. Open Ages.

DAISY AIR RIFLE SHOOT

(drop by)

When: Fri., Sept. 21, 9 a.m. -12 p.m.

Where: Lakeside High School
Conducted for the not-so-serious by
Mtn. Valley Sportsmen Association
Airgun Competition is shooting from
33 feet to a target. Highest point counts
wins. Must use air rifles on site.

BASKETBALL SHOOT *(drop by)* SPONSORED BY BANK OF THE OZARKS

When: Fri., Sept. 21, 11-1:00 p.m.

Where: First Church of the
Nazarene Score points from 4 areas.
Point scoring determines winner.

BOWLING—Sept. 21-22

Eligible event for 45-49 singles
SATURDAY ONLY. Where: Fiesta
Bowling Lanes
Fees (\$8 per event) to be paid at
lanes before bowling. Check
schedule

Senior Olympic registration sent
to the Senior Olympic Office.
For information (email)
fiestabowl@suddenlinkmail.com
Phone: 502-922-1331

BEAN BAG BASEBALL

Senior Center Teams Only

When: Wed., Sept. 19, 10:00 a.m.

Where: First Church of Nazarene
Only one team per center. First 16
registered will be accepted. Playing
baseball using bean bags and a board
with designated slots for bases.
Complete team list and entry forms
must be sent to state office by
August 30. Contact Todd Price 501-
585-9178.

EIGHT BALL POOL

When: Fri., Sept. 21, 1 p.m.

Open Age.

Fee paid at Fiesta Bowling
Lanes. Information: Call
Arkansas Senior Olympic
Office.

WEIGHT LIFTING For the

Serious. When: Fri., Sept. 21
weigh-in and clinic 11-12 p.m.,
competition 12 Noon

Where: Pro Fitness 2230 Malvern
Ave. Participation fee \$10.00 per
entrant payable at gym (mail entry fee
to state office). No walk-ins. Limited
participation available.
Bench press, leg press, standing strict
curl. I.S.A. Rules apply. Touch and Go
Style. For information call Joe Bill
501- 321-4177.

CELEBRATION FOR ATHLETES COOKOUT AND AWARDS

Friday, Sept. 21 – 6:30 P.M.
Dinner alongside Pool area.

PARTNERSHIPS

HUMANA
NATIONAL PARK MEDICAL
CENTER
DAISY MANUFACTURING
RICELAND

2012 Schedule of Events and Starting Times

* Denotes Ribbon Events ^ Denotes drop by events

PLEASE NOTE:

Events are subject to time change, cancellation or relocation!!

FRIDAY, SEPTEMBER 14

2:30 p.m. Pickle Ball singles Jessieville High School

SATURDAY, SEPTEMBER 15

TBA Pickle Ball doubles Jessieville High School

SUNDAY, SEPTEMBER 16

TBA Pickle Ball mixed doubles Jessieville High School

WEDNESDAY, SEPTEMBER 19

10:00 a.m. Bean Bag Baseball First Church of the Nazarene

THURSDAY, SEPTEMBER 20

8:00 a.m. Table Tennis First Church of the Nazarene
 8:30 a.m. Golf Hot Springs Country Club
 9:00 a.m. Badminton (singles) women Nat'l Park Com. Coll. Gym
 9:00 a.m. Badminton (singles) men Nat'l Park Com. Coll. Gym
 9:00 a.m. Skip-Bo* First Church of the Nazarene
 2:00 p.m. Badminton (Doubles) Nat'l Park Com. Coll. Gym
 3:00 p.m. Badminton (Mixed Doubles) Nat'l Park Com. Coll. Gym

FRIDAY, SEPTEMBER 21 Tennis depends on numbers and match time

Call Pablo 501-624-2153

8:30 a.m. Shuffleboard (singles & doubles) First Church of the Nazarene
 9:00 a.m. Scrabble* First Church of the Nazarene
 9:00 a.m. Bowling (Women's Doubles) Fiesta Bowling Lanes
 10:00 a.m. 1500m Race Walk Lakeside High School
 9-12 noon Discus^ Lakeside High School
 9-12 noon High Jump^ Lakeside High School
 9-12 noon Daisy Air Gun*^ Lakeside High School
 9-12 noon Javelin^ Lakeside High School
 10:30 a.m. 400M Walk Lakeside High School
 11:00 a.m. 800M Prediction Walk* Lakeside High School
 11:00 a.m. Weightlifting Pro Fitness
 11-1 p.m. Basketball Shoot^* First Church of the Nazarene
 11:30 a.m. Prediction Mixed Relay*^ Lakeside High School
 12:00 p.m. Bowling (Men's Doubles) Fiesta Bowling Lanes
 1:00 p.m. Eight Ball Pool Fiesta Bowling Lanes
 2:00 p.m. Tennis Hot Springs Country Club
 3:00 p.m. Bowling (Mixed doubles) Fiesta Bowling Lanes
 5:30 p, m, Bowling (men/women singles) Fiesta Bowling Lanes
 5:30 p.m. Reception for Sponsors Hot Springs Country Club
 (invitation only)
 6:30 p.m. Celebration for Athletes Dinner Hot Springs Country Club
 beside the Pool. Reservations required.

SATURDAY, SEPTEMBER 22

Tennis check match times.

8:00 a.m. Pole Vault^	Hot Springs Co. Club
9:00 a.m. Tennis	Lakeside High School
9:00 a.m. Horseshoes, Women	Hot Springs Country Club
9:00 a.m. Racquet Ball	Family Park, Airport Rd.
9:00 a.m. Archery	H.S. Health and Fitness Club
9:00 a.m. 1500M Run	Lakeside High School
9:00 a.m. Cycling 40K	Lakeside High School
9-11 a.m. Standing Long Jump^	Lake Catherine State Park
9-12 noon Shot Put^	Lakeside High School
9-12 noon Softball Throw^*	Lakeside High School
9-12 noon Football Throw^*	Lakeside High School
9:30 a.m. 50M Dash	Lakeside High School
10-12 noon Running Long Jump^*	Lakeside High School
10:00 a.m. Bowling	Fiesta Lanes
10:00 a.m. 400M Dash	Lakeside High School
10:30 a.m. 200M Dash	Lakeside High School
11-12 noon Triple Jump^	Lakeside High School
11:00 a.m. 800M Run	Lakeside High School
11:30 a.m. 50M Dash	Lakeside High School
12 noon Swimming (11 a.m. warm-up)	H.S. Family YMCA
1:00 p.m. Horseshoes, Men	Family Park
1:00 p.m. Bowling (men singles)	Fiesta Lanes
2:00 p.m. Cycling 5K	Lake Catherine State Park

SUNDAY, SEPTEMBER 23

8:00 a.m. TENNIS, depending on numbers and match time

8:00 a.m. 5K/10K Road Race	Mid America Blvd
8:00 a.m. 5K Race walk	Mid America Blvd
9:00 a.m. Cycling 20k	Lake Catherine State Park
1:00 p.m. Cycling 10k	Mid America Blvd
TBA Pickleball	Jessieville High School

**B-B Gun
 Daisy Air Rifle Shoot for the non-serious
 FRIDAY, SEPT. 21 9:00 a.m.
 Lakeside High School
 Daisy Air Rifles**