The Iowa Senior Olympics Board of Directors gives their sincere thanks to all of the Iowa Senior Olympics sponsors. Without your continuing support, holding this event would not be possible.

Platinum:



Bronze: AARP

Atlantic Bottling Company **Businesssolvers** Homesteaders Life Company Jane Wahlen Scheels Walmart

West Des Moines, IA 50265 Learning Resource Center 3550 Mills Civic Parkway lowa Senior Olympics

PERMIT NO. XXXX DES MOINES, IA

NON-PROFIT ORG

US POSTAGE

PAID



June 13-16, 2013



www.iowaseniorolympics.com

General Information

age categories. residents of all states. There are 80 events with competition in 10 festival for men and women age 50 and above, and is open to **IOWA SENIOR OLYMPIC GAMES** is a sports

ELIGIBILITY

determine the division in which the team competes. doubles) the age of the youngest player on a team roster will and women: 50-54, 55-59, 60-64, etc. In team events (including Anyone at least 50 years of age in 2013 is eligible to participate. Participants will compete in the age division based on their age on December 31, 2013. There are 10—five year age divisions for men

REGISTRATION DEADLINES & FEES

in West Des Moines. Registrations will be forwarded there. on April 15-September, 2013 our office will move to 815 8th Street registration information is kept confidential. Please note starting and must be included with the submitted registration form. All apply to events co-hosted by the Iowa Games, Golf and Bowling to register for an unlimited number of events. Additional fees each registration form. Each registration fee allows a participant Registration fees and a signed liability waiver must accompany

Registration Deadlines:

prior to the Games. low us to have all entries posted at www.iowaseniorolympics.com AFTER THESE DEADLINES. Having these deadlines will al-Registration entries which are mailed in must be postmarked no later than Monday, June 3. On-line Registrations end at 6:00 p.m. CST on Friday, June 7. NO ENTRIES WILL BE ACCEPTED

Registration Fees:

After Saturday, May 18: On or before Saturday, May 18: \$40.00 \$35.00

Additional Fees:

- In addition to the Registration Fees listed above.
 Bowling: \$10.00 (includes three games and shoe rental) Golf: \$30.00 (includes green fees for 18 holes of golf, 1/2
- of a riding cart and a luncheon following the round. Willow Creek members will not be charged green fees)

Events co-hosted with the Iowa Games-these fees will also

- make you eligible for the Iowa Games Awards:
 Archery and Cycle Road Race \$10
- Triathlon \$15

Team Events:

- 3 on 3 Basketball, Granny BB, Softball, and Volleyball :
- liability forms. Each individual team member must register, pay, and fill out
- Rosters will be checked prior to competition to ensure all Managers are responsible to mail in a completed Team Roster.
- team members have registered for the Games.

Payments:

are made by credit card at that time. On-line Registration: www.iowaseniorolympics.com - payments

Mail in Registration: Make checks payable to "Iowa Senior Olym-pics" and mail all registration forms and fees: Iowa Senior Olympics, 3550 Mills Civic Parkway, West Des Moines, IA 50265.

WEST DES MOINES MARRIOTT HOTEL

nition and Granny Basketball banquets. 15, 2013 and identify yourself as a member of the Iowa Senior Olympics. The hotel is also the host for the Hall of Fame recogcomplimentary parking, fitness facility access, and high speed Parkway, is providing guest rooms for one to four occupants at The West Des Moines Marriott, located at I-80 & Jordan Creek internet. To receive this rate, call 866-202-9771 on or before May the rate of \$99/night plus tax, for June 12-15, 2013. This includes

PACKET PICK-UP

June 13-7:15 a.m. to 6 p.m., Friday, June 14-7:30 a.m. to 4 p.m., Saturday, June 15-7:30 a.m. to 4 p.m. participating in events on Thursday, June 13th will pick up packets at the site of their first event. Check-in desk hours are Thusday, Southwoods Freshman High School, 625 S. 35th Street, West The Welcome/Registration Center will be located at Valley Des Moines. All athlete packets can be picked up there. Athletes

events: Archery, Cycling (Time Trial and Road Race), Golf, Soft-If you don't pick up your packet it will be available at these ball Tournament, Horseshoes, Road Race, and the Triathlon.

NOTE TO ATHLETES AT CHECK-IN

5011 or ask for the director at packet pick-up. Please do not wait Games, contact the director at hurleyb@wdmcs.org or (515) 633these event lists to make sure you are listed in the events you until the event starts. signed up for. If a mistake in the entries is detected prior to the and posted online at www.iowaseniorolympics.com. Please check Entries for all events will be at the Welcome/Registration Center

CANCELLATIONS/CHANGES

change the format of an event due to weather, facility issues, or insufficient registration. Iowa Senior Olympics officials reserve the right to cancel or

AWARDS

will receive medals if they place among the top three overall. All medals must be picked up during the Games. Medals will be awarded for 1st, 2nd and 3rd places in all age groups. receive Gold, Silver, & Bronze medals. Out of state participants The first three placers in each event, who are Iowa residents,

SPORT RULES & REGULATIONS

iowaseniorolympics.com. You are expected to have a contesset by the individual sport organizations. Rules are posted at www tant number to participate in any event. Events are governed by Iowa Senior Olympics and follow rules

EVENTS & STARTING TIMES

report within 15 minutes of the designated starting time or forfeit which event you participate in. between events in which you are entered, you may need to choose sible for checking the schedule as a match or game may be schedstarting times. Participants in individual tournament events must Participants in individual events must report at the designated uled at any time during the hours listed. If there is a time conflict participation in that event. Participants in team events are respon-

FURTHER INFORMATION

Visit www.iowaseniorolympics.com or contact us at (515) 633-5011

Events Schedule

5:00 p.m. <u>Friday, May 31</u> Softball Tournament

Saturday, <u>June 1</u>

4:00 p.m. 8:00 a.m. Cycling: Time Trial Softball Tournament 5K/10K

Elkhart, IA

4 <u>ک</u>

Thursday, June 13	<u>v, June 13</u>
8:00 a.m.	Golf Tournament
8-10 a.m.	Shuffleboard:
	Singles (50-69)
8 a.mnoon	Pickleball:
	Mixed Doubles
10 a.mnoon	Shuffleboard
	Singles (70+)
noon-2 p.m.	Shuffleboard:
	Doubles (70+)
12:30-6 p.m.	Pickleball:
	Double/Singles
2-4 p.m.	Shuffleboard:
	Doubles (50-69)
4 p.m.	Horseshoes
6:15 p.m.	Volleyball

3:30-5 p.m. 3:30-5 p.m.	1 p.m. 2 p.m. 2-3:30 p.m.	12:30-2 p.m. 1 p.m.	11 a.m 12:30 p.m. noon	9 a.mnoon 10 a.m1 p.m.	8:30-11 a.m.	Friday, June 14 8:30 a.m. Tennis: S 8:30-11 a.m. Football'
Distance & Accuracy Field Goal Kick Soccer Kick	Racquetball: Doubles 3x3 Basketball Frisbee Throw	Doubles/Mixed Basketball Shooting: Around the World Bowling: Mixed	Basketball Shooting: Free Throws Table Tennis	Distance & Accuracy Table Tennis: Singles Racquetball: Singles	Distance & Accuracy Softball Throws:	une 14 Tennis: Singles Football Throws:
Valley High Valley High	Riverfront Valley Sout Valley High	Valley Sout Val Lanes	Valley Sout Indian Hills	Indian Hills Riverfront	Valley High	Valley Sout Valley High

Raccoon River Park Raccoon River Park

Valley Southwoods Holiday Park Waukee South Waukee South Waukee South Waukee South Waukee South Waukee South Willow Creek Middle School Middle School Middle School Middle School Middle School Middle School

h Stadium thwoods

h Stadium

lls Jr. High t YMCA hwoods

lls Jr. High

hwoods

YMCA h Stadium thwoods

Valley High Stadium h Stadium

4 1

Sunday	Sunday, June 16	
8:30 a.m.	Granny Basketball	Valley Southwoods
noon	Swim Meet	Waukee YMCA
	(see www.iowaseniorolympics.com for order of events)	mpics.com for order
noon	Bowling: Doubles	Val Lanes Bowling
j		

Events Co-Hosted with Iowa Games*

		LYCIILS CUTIOSICU WILLI IOWA DALLICS
Triathlon	July 14	Easter Lake, Des Moines
Archery	July 20 – 21	Ames
Cycling	July 21	Boone
Road Race		*Ionia Decidents Only

*Iowa Residents Only

1250 Jordan Creek Parkway, West Des Moines, IA West Des Moines Marriott Friday, June 14

6:30 p.m. Hall of Fame Recognition 6:30 p.m. Granny Basketball Banquet 5:30-6:30 p.m. Social Hour

. •



Venue Directions

All directions are from Valley Southwoods Freshman High School, unless noted

VALLEY SOUTHWOODS SCHOOL (Packet Pick-up & all BB events, scrabble, tennis, volleyball) 625 South 35th Street, WDM

From I-235, take the Valley West Drive Exit. Travel South on Valley West Drive (Becomes Mills)

Travel South on Valley West Drive (Becomes Mills Civic Parkway) for 1.9 miles. Turn left on south 35th Street. Travel 0.5 mile to school on the right. From I-35, take Mills Civic Parkway Exit 70. Travel east for 0.6 mile. Turn right on Fuller Road. Travel 0.5 mile to school parking lot on left.

2. VALLEY HIGH SCHOOL (Track & Field)

3650 Woodland Avenue, WDM Turn left on South 35th Street 0.5 mile Turn right on Mills Civic Parkway (Becomes Valley West Drive). Travel 1.6 miles. Turn left into parking lot.

3. VAL LANES RECREATION CENTER (Bowling)

100 Ashworth Road, WDM Turn left on South 35th Street for 0.5 mile Turn right on Mills Civic Parkway (becomes Valley West Drive). Travel 1.4 miles. Turn right on Ashworth Road and travel 2.4 miles. Val Lanes will be on the right

4. WILLOW CREEK GOLF COURSE (Golf)

140 Army Post Road, WDM Turn left on Fuller Road. Travel 2.0 miles Turn right on Railroad Ave. Travel 1.0 mile Turn right on 1st/63rd Street 3.0 miles Turn right on Army Post Road. Willow Creek will be on the left.

5. HOLIDAY PARK (Horseshoes)

17th & Railroad Streets, WDM Turn left on Fuller Road. Travel 2.0 miles Continue straight (becomes 14th Street) onto Holiday Park Road and follow around. The horseshoe court will be on the right.

6. **RACCOON RIVER PARK (Softball Tournament)** 2500 Grand Avenue, WDM Turn left on Fuller Road. Travel 0.9 mile. Turn right on Grand Avenue 0.5 mile

Turn left on Fuller Road. Travel 0.9 mile. Turn right on Grand Avenue 0.5 mile The park entrance will be on the left. Follow signs to the softball fields

CLIVE AQUATIC CENTER (Road Race) 1801 NW 114th St. Clive

1801 NW 114th St. Clive Turn right on Fuller Drive. Travel 0.6 mile Turn left on Mills Civic Parkway. Travel 0.5 mile Turn right onto I-35 north. Travel 2.5 miles Take Exit 72C for University Avenue. Turn right and travel 0.2 mile on University Avenue. Turn left (north) 0.7 mile. Center is on the right (east) side of the road.

8. ELKHART MEMORIAL PARK (Cycling Time Trial) Take 1.35 to Ellebart exit 06 (north of Ankenv)

Take I-35 to Elkhart exit 96 (north of Ankeny) Turn right off of Exit 2.5 miles to Elkhart. Continue thru town and cross railroad tracks. Park is on the south side of the school building

9. YMCA (Downtown) RIVERFRONT (Racquetball)

101 Locust Street, DM Turn left on south 35th Street 0.5 mile Turn right on Mills Civic Parkway (becomes Valley West Drive). Travel 1.9 miles. Merge right onto eastbound I-235. Travel 7.2 miles. Exit on east 6th Street (Exit 8B) Turn right (south) on east Locust Street Cross the River, the YMCA is on right (north)

INDIAN HILLS JUNIOR HIGH SCHOOL (Table Tennis) 9401 Indian Hills Dr., Clive Turn left on south 35th Street 0.5 miles Turn right on Mills Civic Parkway (becomes Valley West Drive). Travel 2.5 miles to University Avenue. Turn right (east) 0.2 mile to

Travel 2.5 miles to University Avenue. Turn right (east) 0.2 mile to NW 94th Court. Turn left (north) 0.1 mile to school.

11. STILLWELL JUNIOR HIGH SCHOOL (Badminton) 1601 Vine Street, WDM There left on Early Board Transl 100 mile There left on Canad

Turn left on Fuller Road. Travel 0.9 mile. Turn left on Grand Avenue. Travel 1.4 miles. Turn right on Vine Street. School is on left

VALLEY FOOTBALL STADIUM (Field Goal Kick, Frisbee, Soccer Kick, Football and Softball Throws) Mills Civic Parkway & Fuller Road, WDM Turn right on Fuller Drive. Travel 0.6 mile. Turn right on Mills Civic

Turn right on Fuller Drive. Travel 0.6 mile. Turn right on Mills Civic Parkway. Stadium is on right.

WAUKEE SOUTH MIDDLE SCHOOL (Pickleball, Shuffleboard) 2350 SE LA Grant Parkway, Waukee

Turn right onto Fuller Road. Travel 0.6 mile. Turn left onto Mills Civic Parkway. Travel 2.3 miles. Turn right onto Jordan Creek Parkway. Travel 1.5 miles. Turn left onto Ashworth Road. Travel 3.0 miles. Turn right onto SE LA Grant Parkway. Travel 0.7 mile

14. WAUKEE FAMILY YMCA (Swimming)

210 North Warrior Lane, Waukee Turn right on Fuller Drive. Travel 0.6 mile Turn left on Mills Civic Parkway. Travel 0.5 mile Turn right onto I-35 north. Travel 3.6 miles Exit at Hickman Road (#125). Turn west. Travel 5.0 miles. Turn right on N. Warrior Lane into facility

15. ISU VET MED BUILDING, Parking Lot G 8 (Archery, Hosted by Iowa Games)

(Archery, russica by Iowa Games) 1600 South 16th Street, Ames North on University Exit off of Hwy 30. Right at 2nd stop light (16th Street). Vet Med on right (south) side of the road.

16. EASTER LAKE PARK (Triathlon, Hosted by Iowa Games) 2830 Easer Lake Drive (SW Side of Des Moines) Hwy 69 exit off of Hwy 5 (go north) 0.5 miles to first turn on right (Indianola Ave) 1.75 miles north to Easter Lake Drive (turn right) 0.8 miles east on Easter Lake Drive, turn left (north) into East Lake Park (SE 28th Street). Beach ahead 0.2 miles on right

17. BOONE SCENIC VALLEY RAILROAD DEPOT (Cycle Road Race, Hosted by Iowa Games)

225 10th Street, Boone, IA
Hwy 30 west from I-35, 17 miles to Boone
Turn right (north) at four-way-stop on Hwy 30 (Story Street)
2.15 miles on Story Street to 10th Street, left (west) on 10th Street

0.6 miles. Depot on right (north).

WEST DES MOINES MARRIOTT (Banquets, Official Hotel) 1250 Jordan Creek Parkway, WDM Turn right on Fuller Drive. Travel 0.6 mile

18

Jurn right on Fuller Drive. Iravel 0.6 mile
Turn left on Mills Civic Parkway. Travel 0.5 mile
Turn right onto I-35 north. Travel 2.3 miles. Take Exit 72B for I-80
West. Travel 1.4 miles. Take Exit 121 and turn left onto Jordan Creek
Parkway. Hotel is 0.3 mile on the right.

2013 Individual Entry Form

Entries postmarked after June 3 will not be accepted.	Please indicate T-shirt size: smallx-large mediumxx-large		Mills Civic Parkway,
lotal	Masters Swim #XXXXXXXXXXX	1.	
		Accuracy Kick	Distance Throw
Donation	200 Meter Dash	Soccer Kick	Accuracy Throw-
(see individual events)	100 Meter Dash	Partner	Frisbee: United Health Care
Extra Event Fees		Doubles	Field Goal Kick-Jed Fisk
Registration (\$40 fee)	Steve Lynn Memorial	Singles	Distance Throw
(postmarked on/before May 18)	Partner	Shuffleboard	Accuracy Throw
Roast Beet (# ot)	Mixed Doubles	Singles Tournament	Football Throws/Kick:
Chicken (# of)	Partner	Crrahhle	26 miles
Additional Tickets (\$10)	Singles	5K Race	Cycling Road Race (\$10 fee)
Team Manager	Tennis: YMCA	(held with Clive Run Festival)	10K Time Trial
Team Name	Partner	Road Race	5K Time Trial
Vollevball	Partner Mixed Doubles	Doubles	Cycling:
Team Manager	Doubles	Singles	Partner
Team Name		Racquetball: YMCA	Mixed Doubles
Softball	Table Tennis: YMCA	5,000 Meter	Partner
Team Manager	500 Freestyle	1,500 Meter	Singles
Team Name	50 Butterfly	Race Walk: Principal	Bowling (\$10 fee)
Granny Basketball:	50 Backstroke	5,000 Meter	Free Throw
Team Manager	200 Indiv. Medley	1 500 Meter	Basketball Shooting
3 on 3 Basketball	200 Freestyle	Power Walk: Drincipal	Partner
Team Events	200 Backstroke	Mixed Doubles	Mixed Doubles
Triathlon (\$15 fee)	100 Indiv. Medley	Partner	Partner
	100 Butterfly	Singles	Singles
Shot Put	100 Breaststroke	Pickleball: American Republic	Badminton: YMCA
Long Jump	100 Backstroke	Singles Tournament	Olympic Freestyle Ltd.
High Jump Javelin-Ed Failor	Swimming Meet:	Horseshoes	Freestyle Freestyle Limited
Discus	-Denise Miller	Partners	Bowhunter Free Ltd.
-Marty McHone	Distance Throw	Partners	Bowhunter Freestyle
800 Meter Run	United Health Care	Partners	
Track and Field (cont.)	Softball Throws:	Golf Scratch Tourn. (\$30 fee)	Archery (\$10 fee/1 event only)
ууууу)	Birthdate (mm/dd/		E-mail Address
	Cell ()		Phone: Home ()
Zip Code	State		City
Apt. No.			Street Address
Sex M F	ume	Last Name	First Name
ıd back).	print and complete entire form (front and back).	- Please	Required Information

Questions - (515) 633-5011 or hurleyb@wdmcs.org

Please complete **BOTH** sides of the entry form. Liability Waiver and Emergency Information on back.

_large

* REQUIRED
Relationship to Applicant Phone ()
First Name Last Name
Emergency Contact Information*
Signature: Date:
The undersigned has read and voluntarily signed this release, waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made. The undersigned has received, read and understood the Code of Conduct and accepts, adopts and agrees to be bound by the same.
The Director of the Iowa Senior Olympics, or his designate, shall have the complete authority to enforce this Code of Conduct. Any par- ticipant or team found to have violated any provision of this Code of Conduct shall be subject to reprimand, suspension or expulsion from the event or games. Participants shall have the right to appeal such penalty to the Board of Directors of the Iowa Senior Olympics by giving written notice at least 30 days before their next regularly scheduled meeting.
 All participants shall promote honesty and integrity in their statements and actions. All participants shall respect the property of others, whether personal or public. All participants shall remember that at all times they are ambassadors for their sport(s), their State and the Iowa Senior Olympics.
 All participants shall treat other participants, volunteers and officials with dignity and respect. All participants shall abide by the rules of their sport(s), and shall avoid conduct that demeans, harasses, or threatens any other person. This prohibits any participant at any time from physically or verbally abusing another person; from using excessive profane language or vulgar gestures; from demeaning or belittling another person or making derogatory comments about his or her race, sex, religion, age, disability, national origin, or sexual orientation; and from engaging in conduct intended, or so reckless as likely, to cause harm to another.
Code of Conduct: All participants and teams competing in the Iowa Senior Olympics are expected to act in a sportsmanlike manner consistent with the spirit of fair play and conduct themselves responsibly, as outlined below:
I hereby give my permission to the Iowa Senior Olympics, its sponsors and agents, to use or publish photographs and/or videos taken of me during the Iowa Senior Olympics, or to use my name in connection therewith, without any remuneration, in any advertising and promotional materials they may be prepared and utilized in the promotion of the Iowa Senior Olympics.
I am in good physical health and condition and I am physically able to compete in any events I have selected. I know of no physical restric- tions but have been advised that it would be in my best interest to consult my physician prior to my preparation in regard to participation in the Iowa Senior Olympics. I recognize and understand that the preparation and competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical conditions including but not limited to cardiovascular disorder which I may have, thereby resulting in serious or life threatening harm to me.
I release, covenant not to sue, agree to hold harmless and indemnify all groups and persons, including but not limited to the City of West Des Moines, Iowa, and the Iowa Senior Olympics, their officials, sponsors, contributors, volunteers, officers, agents, lessors and lessees of the premises, property or equipment used, from any and all liability for any injury or damages whatsoever arising from any participation in this event. I also authorize any medical treatment deemed advisable by any licensed physician or medical personnel to relieve any injuries or illness while a participant or observer.
I, the undersigned, enter into this agreement in consideration of being permitted to participate in the Iowa Senior Olympics and/or enter into, for any purpose, any area to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation, or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the Iowa Senior Olympics. By entering into this agreement, I represent, warrant and covenant as follows:
THIS AGREEMENT CONTAINS A RELEASE AND SHOULD NOT BE SIGNED UNTIL FULLY READ AND UNDERSTOOD.
PARTICIPANT LIABILITY WAIVER and ACCEPTANCE OF CODE OF CONDUCT (MUST BE SIGNED)
Participant Liability Waiver*