



2013

INFORMATION & REGISTRATION GUIDE



To Participate Is to Win!

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Venues and Locations

Guide to where each 2013 Maryland Senior Olympics event will be taking place:

Archery

Genesee Valley Outdoor Learning Center
1717 Rayville Rd.
Parkton, Md. 21120

Badminton

Bauer Drive Community Center
14625 Bauer Dr.
Rockville, Md. 20853

Basketball

St. Frances Academy
501 E. Chase St.
Baltimore, Md. 21202

BASS Fishing Tournament

Dundee Creek Marina
Gunpowder Falls State Park
7400 Grace Quarters
Chase, Md. 21027
To register: www.mdbass.com

Billiards

Top Hat Cue Club
8809 Satyr Hill Rd.
Parkville, Md. 21234

Bocce

D'Alesandro Park (Little Italy)
902 Stiles St.
Baltimore, Md. 21202

Bowling

Brunswick Normandy Lanes
8419 Baltimore National Pike
Ellicott City, Md. 21043

Cornhole

Howard L. Turner
American Legion Post 276
8068 Quarterfield Rd.
Severn, Md. 21144

New! Croquet

Ginger Grove
4000 River Crescent Dr.
Annapolis, Md. 21401

and

West River Wickets
120 Owensville Rd.
West River, Md. 20778
Registration: www.westriverwickets.com



Disc Golf

Druid Hill Park
Greenspring Avenue
Baltimore, Md. 21217
To register: www.pdga.com

Golf

Compass Pointe Golf Course
9010 Fort Smallwood Rd.
Pasadena, Md. 21122

Horseshoes

Howard L. Turner
American Legion Post 276
8068 Quarterfield Rd.
Severn, Md. 21144

Lawn Bowling

Leisure World
3701 Rossmoor Blvd.
Silver Spring, Md. 20906

Line Dancing

Myerburg Senior Center
3101 Fallstaff Rd.
Baltimore, Md. 21209
To register: Pay \$5 at the event.

Racquetball

Severna Park Racquetball
and Fitness Center
8514 Veteran's Hwy.

Millersville, Md. 21108

Running 5k Race

Get Ready, Get Set, Get Fit 5k and Walk
Community College of Baltimore
Essex Campus
7201 Rossville Blvd.
Baltimore, Md. 21237
Registration: www.getreadygetsetgetfit5K.com

Running 10k Race

Sinai Race For Kids
Sinai Hospital
2401 W. Belvedere Ave.
Baltimore, Md. 21215
Registration: www.raceforourkids.org

Shuffleboard

Leisure World
3701 Rossmoor Blvd.
Silver Spring, Md. 20906

Softball

Olney Manor Regional Park
16601 Georgia Ave.
Olney, Md. 20832

Swimming

Germantown Indoor Pool
18000 Central Park Cir.
Boyd's, Md. 20841

Table Tennis

Baltimore Table Tennis Club
Old Court Middle School
47 Old Court Rd.
Pikesville, Md. 21208

Tennis

Druid Hill Park Tennis Courts
3001 East Dr.
Baltimore, Md. 21217

Track & Field

Johns Hopkins University
Eastern High Campus
1101 E. 33rd St.
Baltimore, Md. 21218

Volleyball

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, Md. 21043



Events

The sports, locations/venues, dates, times and risk for each event of the 2013 Maryland Games. Times are subject to change. See the Venues and Locations page for the site addresses.

NSGA Events

Sport	Event	Location	Date	Time	Risk
Archery	Men, women	Genesee Valley Outdoor Learning Ctr.	Sept. 29	10 a.m.	Medium
Badminton	Singles, doubles,	Bauer Drive Community Center	Sept. 7	9 a.m.-5 p.m.	High
Basketball	All ages, 3-on-3	St. Frances Academy	Sept. 7	9:30 a.m.	High
Bowling	Singles, ages 50-69	Brunswick Normandy Lanes	Sept. 9	9 a.m.	Medium
Bowling	Singles, ages 70 and above	Brunswick Normandy Lanes	Sept. 9	1 p.m.	Medium
Bowling	Men's and women's doubles	Brunswick Normandy Lanes	Sept. 10	9 a.m.	Medium
Bowling	Mixed doubles	Brunswick Normandy Lanes	Sept. 10	1 p.m.	Medium
Golf	Men, women, all ages	Forest Park Golf Club	Sept. 24	9 a.m.	Medium
Horseshoes	All ages, singles	Howard L. Turner AL Post 276	Sept. 14	9 a.m.	Medium
Racquetball*	Singles	Severna Park Racquetball Center	Sept. 12	9 a.m.	High
Racquetball*	Doubles	Severna Park Racquetball Center	Sept. 13	9 a.m.	High
Running#	5k race	Get Ready, Get Set, Get Fit 5k	Sept. 22	8:30 a.m.	High
Running#	10k race	Sinai's Race For Kids	Sept. 29	8 a.m.	High
Shuffleboard	All men's, women's play	Leisure World	Sept. 11	9 a.m.	Medium
Softball	Men and women	Olney Manor Regional Park	Sept. 5-8	8:30 a.m.	Medium
Swimming	All men's, women's events	Germantown Indoor Swim Center	Sept. 7	9 a.m.	High
Table Tennis	Singles, doubles, all ages	Old Court Middle School, Pikesville	Sept. 28	9 a.m.	Medium
Tennis*	Ages 65 and above	Druid Hill Park	Sept. 20	10 a.m.	High
Tennis*	Ages 50-64	Druid Hill Park	Sept. 21-22	10 a.m.	Medium
Track and Field	Men, women, all ages	Johns Hopkins/Eastern High Campus	Aug. 17-18	10 a.m.	Medium-High
Festival of Athletes	All MSO participants	Johns Hopkins/Eastern High Campus	Aug. 17	Noon	
Volleyball	Women, all ages	Howard County MAC	Aug. 25	9 a.m.	High
Volleyball	Men, all ages	Howard County MAC	Aug. 25	9 a.m.	High
Hall of Fame/Awards Reception		Vollmer Center, Baltimore	Oct. 27	1 p.m.	

*—Indicates more specific times to be determined upon draw; #—Indicates race start times; check-in begins at 6:30 a.m.

State Events MSO offers these fun participatory events. For registration details, visit the Venues and Locations page.

Sport	Event	Location	Date	Time	Risk
BASS Fishing	Men, women, all ages	Dundee Creek Marina	Aug. 3	6 a.m.	Medium
Billiards	Men, women, all ages	Top Hat Pool Hall	Sept. 11	11 a.m.	Medium
Bocce	Men, women, all ages	D'Alesandro Park, Little Italy	Sept. 17	10 a.m.	Medium
Cornhole	Doubles, mixed doubles	Howard L. Turner AL Post 276	Sept. 14	10 a.m.	Medium
New! Croquet	Men, women, all ages	Annapolis and West River, Md.	Sept. 27-29	9 a.m.	Medium
Disc Golf	Men, women, all ages	Druid Hill Park	Aug. 31	10 a.m.	Medium
Lawn Bowling	All ages, singles, doubles	Leisure World	Sept. 9	9 a.m., 1 p.m.	Medium
Lawn Bowling	All ages, triples	Leisure World	Sept. 10	9 a.m., 1 p.m.	Medium
Line Dancing	Men, women, all ages	Myerburg Senior Center	Sept. 24	10 a.m.	Medium

Track and Field

The track and field events will be held Aug. 17-18 at Johns Hopkins University Eastern School Campus. Here's the schedule, event breakdown and health risks. Check the MSO website and at sign-in on the day of your event for potential time changes:

Event	Date	Time	Risk
1-Mile Recreational Walk (men and women)	Aug. 18	11:30 a.m.	Medium
1-Mile Precision Walk (men and women)	Aug. 18	1:30 p.m.	Medium
1,500 Race Walk (men and women)	Aug. 17	Noon	Medium
100-Meter Dash (men, oldest to youngest)	Aug. 17	1 p.m.	High
100-Meter Dash (women, oldest to youngest)	Aug. 17	1:30 p.m.	High
200-Meter Dash (men, oldest to youngest)	Aug. 18	12:30 p.m.	High
200-Meter Dash (women, oldest to youngest)	Aug. 18	1 p.m.	High
400-Meter Run (men, oldest to youngest)	Aug. 17	3 p.m.	High
400-Meter Run (women, oldest to youngest)	Aug. 17	3:30 p.m.	High
800-Meter Run (men and women)	Aug. 18	10 a.m. and 10:45 a.m.	High
1,500 Run (men and women)	Aug. 17	10 a.m. and 11 a.m.	High
High Jump (men and women)	Aug. 18	11 a.m. and noon	Medium
Running Long Jump (women and men)	Aug. 17	10 a.m. and noon	Medium
Standing Long Jump (men and women)	Aug. 17	1:30 p.m.	Medium
Triple Jump (men and women)	Aug. 18	10 a.m. and 11 a.m.	Medium
Discus Throw (men; 50-69 and 70-plus)	Aug. 18	10 a.m. and 11:30 a.m.	Medium
Discus Throw (women)	Aug. 18	2 p.m.	Medium
Shot Put (men; 70-plus and 50-69)	Aug. 18	10 a.m. and 11:30 a.m.	Medium
Shot Put (women)	Aug. 18	1 p.m.	Medium
Football, Frisbee and Softball Throw (all participants, open pit)	Aug. 18	10 am-2 p.m. only	Medium
Hammer Throw (men, 70-plus and 50-69)	Aug. 17	8 a.m., 10 a.m.	Medium
Hammer Throw (women)	Aug. 17	Noon	Medium
Javelin (men 70-plus and 50-69, women)	Aug. 17	9 a.m., 10 a.m.	Medium
Pole Vault (all participants)	Aug. 18	1 p.m.	Medium
Weight Throw (men, 70-plus and 50-69)	Aug. 17	9 a.m., 11 a.m.	Medium
Weight Throw (women)	Aug. 17	1 p.m.	Medium

Swimming

The swimming event will be held Sept. 7 at the Germantown Indoor Swim Center. Here's the schedule, event breakdown and health risks. Warm-up from 8-8:50 a.m. The event opens at 9 a.m. and should be completed by 3 p.m. Check the MSO website and at sign-in on the day of your event for potential time changes:

Event	Time	Risk
100-Yard Freestyle	9 a.m.	High
200-Individual Medley	Immediately following	High
50-Yard Breaststroke	Immediately following	High
50-Yard Freestyle	Immediately following	High
100-Yard Butterfly	Immediately following	High
200-Yard Backstroke	Immediately following	High
200-Yard Breaststroke	Immediately following	High
200-Yard Freestyle	Immediately following	High
50-Yard Backstroke	Immediately following	High
100-Yard Breaststroke	Immediately following	High
50-Yard Butterfly	Immediately following	High
100-Yard Backstroke	Immediately following	High
100-Yard Individual Medley	Immediately following	High
500-Yard Freestyle	Immediately following	High



2013 Individual Athlete Registration Forms

New participants must enclose a copy of a valid driver's license or MVA identification.

Please print clearly. You must fill out and submit both pages of this Individual Form.

Full Name: _____ Nickname: _____

Street Address: _____

City: _____ State: _____ Zip: _____ County: _____

Birth Date (month/day/year): _____ Phone: _____ e-Mail: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

Gender: Male [] Female [] Status: Returning Athlete [] New Athlete []

Were you a professional or Olympic athlete? Yes [] No []

Event or sport/team _____ Awards: _____

👉 To register for croquet, visit www.westriverwickets.com or www.gingercove.com

👉 To register for the 5k race, please visit www.getreadygetsetgetfit5K.com

👉 To register for the 10k race, visit www.racefourkids.org

Participant Dues (choose only one)	Fees	Number of Events	Amount
Participation in 1 Event	\$20	one	\$
Each Additional Event	\$5		
Late Registration* (Less 2 weeks before event)	\$60		\$
* Indicates late registration allowed only if space permits in that event.			
Additional/Optional Costs (complete all that apply to you)	Fees	Number of Events	Amount
10-Pin Bowling Fee for Each Event	\$7		\$
Golf fee (with cart)	\$39		\$
		Number of Shirts	
2013 MSO souvenir t-shirt (size: S___ M___ L___ XL___ 2XL___ *)	\$10- \$15*		\$
Your Tax-Deductible Additional Donation Is Greatly Appreciated!			\$
Mail-In Registration Fee	\$10		\$
Online Registration Fee	\$5		\$
	Total		\$
Checklist. . . ✓ Did you complete BOTH pages of the individual athlete registration form? ✓ Check the "risk level" of each event (only TWO <u>high-risk events</u> per day, except swimming, and track and field)? ✓ SIGN the liability waiver on the second page of this form? ✓ Enclose a check or money order payable to: Maryland Senior Olympics (do not send cash)?			

FOR OFFICE USE ONLY Date received: _____ Check No. _____ Check Amount: \$ _____ No. of Events _____



2013 Team Registration Form

New participants must enclose a copy of a valid driver's license or MVA identification.

This form is for teams wishing to participate in basketball, softball and volleyball competitions. There is a separate form for individual sports registrations. Even though many athletes participate in individual sports for the Maryland Senior Olympics and National Senior Games, the team sports differ widely.

First, each team captain must apprise his/her players of the risk levels for basketball (medium to high), softball (medium) and volleyball (high). Secondly, athletes must carefully address any medical conditions or medications against the higher-paced team sports compared to some of the individual sports.

Here's other information you need to know about team sports activities and this form:

- ✓ Add one-time \$5 for online registration or \$10 for mail-in registration per athlete—UNLESS the team member has already registered to participate in one of the individual sports and paid the registration fee;
- ✓ Completely fill out the roster form on the next page and please print clearly;
- ✓ Even though you might be entered in an individual sport, you must still be on a team roster to be eligible to play;
- ✓ Be sure to choose which sport your team is entering and the age group;
- ✓ List your medical information. Use an extra piece of paper, if necessary. This data is for your safety in case of emergency;
- ✓ Make sure your captain has read and signed the Liability Waiver, and that his/her players are aware of the agreement.
- ✓ The deadline for entry is 30 days prior to your event, otherwise there is a late-fee penalty of \$60—if a position is open.

Enclose Check or Money Order and Mail to:

Maryland Senior Olympics

P.O. Box 12129

Baltimore, Maryland 21281

Postmark all registration materials no less than 30 days prior to first event.

Incomplete entries will be returned.

Medical Information

Please list on the line below or attach a summary of all medical conditions, allergies, surgeries, medications, etc.

Liability Waiver

The Maryland Senior Olympics Commission LTD strongly recommends that participants consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. You must read and sign the following in order to participate in the Maryland Senior Olympics:

I, the undersigned participant, shall and will save and keep harmless and indemnify the Maryland Senior Olympics Commission LTD, and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I may have and/or persons through me may have, such as a spouse or children, for damages of any kind or nature, including but not limited to personal injuries or death caused in whole or in part by the negligent acts of omission or commission by said indemnities acting independently or jointly in the sponsorship, conduct or operation of the 2013 Maryland Senior Olympics.

I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected. The Maryland Senior Olympics Commissions LTD has my permission to have a physician attend me if deemed necessary during my participation in the Maryland Senior Olympics.

I have read and understand all the information contained in the official form and the Risk Criteria as listed in the Maryland Senior Olympics registration form, which must be met in order to compete in the 2013 Maryland Senior Olympics. Fraudulent statements on this application will result in disqualification.

The Maryland Senior Olympics Commission LTD reserves the right to photograph participants for publicity purposes.

Signature of Participant: _____ **Date:** _____

Fully Complete the Team Roster Form on the Next Page



2013 TEAM ROSTER FORM (Please Print Clearly)

Team Name: _____ Team Captain: _____ Phone: _____

SPORT: (circle one) Basketball \$100 Softball \$200 Volleyball \$175

AGE GROUP*: (circle one) 50-54 55-59 60-64 65-69 70-74 75-plus SEX: (circle one) Men Women

**Age of team will be determined by the age of the youngest player, as of Dec. 31, 2013.*

Captain	Name—Last, First (please print)	Address—Street, City, State, Zip, County	Birth Date	Signature	Phone and e-Mail	MSO T-Shirt \$10-\$15* each S, M, L, XL, 2XL*
2						
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NP						
NP						
NP						

NP = Non-Playing Personnel (maximum of three)

Each participant must present a valid driver's license or MVA identification at check-in of their events.

FOR OFFICE USE ONLY Date received: _____ Check No. _____ Check Amount: \$ _____