

Kansas Senior Olympics

September 24-October 5, 2014
Topeka, Kansas



***“You don’t stop playing because you grow old.
You grow old because you stop playing.”***

**Early Bird Entry: Friday, August 8, 2014
Final Entry Deadline: Friday, August 22, 2014**



**National
Senior Games
Association**

General Information

WHO IS QUALIFIED TO PARTICIPATE: Anyone 50 years of age on or before December 31, 2014. Age divisions for the 2014 Kansas Senior Olympics are determined by the athlete's age as of December 31, 2014.

AGE FOR COMPETITION: Competition is divided by gender and age groups that are set up in 5-year increments (50-54, 55-59, 60-64, etc). Age brackets for doubles and team sports are controlled by the age of the youngest player.

FEES: Registration for all sports, excluding softball, is \$40 by August 8, or \$50 by August 22. This fee includes any of the sports, socials and an athlete t-shirt. There is an additional fee for both golf and bowling. The softball team registration is \$250 by August 8 or \$300 by August 22. A one-time processing fee of \$3 online or \$5 paper registration will be charged.

HOW MANY SPORTS OR EVENTS WITHIN A SPORT CAN YOU REGISTER FOR? You may enter as many sports or events within a sport as you desire as long as they are not held at conflicting times. Check the schedule of events carefully for the dates and sites of the sports you wish to enter. It is the responsibility of the athlete to make sure that there are no schedule conflicts.

RESIDENCY: The Kansas Senior Olympics is an "open" event, which means that out-of-state residents are eligible and encouraged to participate.

ATHLETE CHECK-IN: The Kansas Senior Olympics headquarters will be located at the Big Gage Shelterhouse in Gage Park, SW 10th and Gage. Athletes may pick up their shirts and welcome bags at this location. Please refer to the schedule of events for times and locations.

AWARDS: Awards will be presented to the top six place winners in each category, including ties. Participants in any age group may be combined for competition (where there is an insufficient number of players) but the results will be separated for awards.

DOUBLES/MIXED DOUBLES: Doubles refers to two persons of the same gender. Mixed doubles refers to a man and a woman. The age of the youngest participant will determine the age bracket for both the doubles and the mixed doubles events. Partner's must be indicated on entry form - **no partner's will be assigned.** You may only participate with one doubles and one mixed doubles partner per event. Doubles teams with one Kansas resident and one out-of-state resident will be considered an out-of-state team.

PROFESSIONAL ATHLETES: Professional athletes shall not be eligible to compete in the Kansas Senior Olympics or the Summer National Senior Games in the sport in which they are a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

INCLEMENT WEATHER POLICY: Sports using outdoor sites are weather dependent. Competitions will be conducted unless the commissioners and Kansas Senior Olympics staff determine the weather conditions to be potentially dangerous or life-threatening. ***There are no rain dates; no refunds will be given.***

NON AMBULATORY ATHLETE EVENTS: Athletes must be seated in their wheelchair or scooter for the entire duration of competition.

National Senior Games Association Summer National Senior Games



The Kansas Senior Olympics is a member organization of the National Senior Games Association. The NSGA is the national organization that spearheads the senior games movement, sanctioning and coordinating efforts of senior games organizations across the country. Presently, they serve 50 member state organizations, located in 48 states and the District of Columbia. A community based member of the United States Olympic Committee (USOC) since 1988, the NSGA serves as the USOC's official arm to the senior population.

The Summer National Senior Games are held bi-annually during odd numbered years. Athletes qualify for the National Senior Games through competition at the state qualifying sites held during even numbered years. The 2014 Kansas Senior Olympics will be the only qualifying site in Kansas for the 2015 Summer National Senior Games that will be held in Minneapolis, St. Paul, and Bloomington, Minnesota., July 3-16.

For more information visit www.nsga.com



General Sport Information

Individual/Double Sports

*Non Ambulatory Events

ARCHERY: Archers must provide their own bows and target arrows.

BADMINTON: Athletes must provide their own racquets. Shuttlecocks will be provided. The rally points scoring system will be used.

***BOWLING:** Bowlers are encouraged to bring their own balls and shoes, however, they may rent shoes and use a house ball in competition. Bowlers must pay regular lane fees (\$6.25) at the event site in addition to their KSO entry fee.

CYCLING: All cyclists must provide their own bicycle and helmet. All bicycles must be certified by the race official prior to the competition. Starting order for the 5K and 10K races will be by random selection and cyclists will start at equal intervals of one minute or less. The 20K will be a mass start.

GOLF: Golfers are required to furnish their own clubs. The use of golf carts during competition is mandatory. Private carts may not be used. An additional fee (\$25) for green and cart fees is required with registration. Men will golf from the white tees and the women the gold tees.

***HORSESHOES:** Competitors are required to furnish their own horseshoes.

PICKLEBALL: Athletes must provide their own racquet. Balls will be provided. This is now a qualifying sport for the Summer National Senior Games. The Dura Fast 40 outdoor yellow ball will be used for competition.

RACE WALK: Athletes must wear clothing that will not impede the view of the judges.

RACQUETBALL: Lensed eye-wear designed for racquet sports is mandatory. Athletes must provide their own racquets. Balls will be provided.

ROAD RACE: All age categories will run simultaneously.

***SHUFFLEBOARD:** Competitors are encouraged to bring their own cues, a limited number will be available. The cue shall not have an overall length of more than six feet, three inches (6'3").

SWIMMING: Swimmers must provide their own suits, caps, goggles, towels, etc. All swimming events will be timed finals.

Individual/Double Sports (cont.)

TABLE TENNIS: Players must provide their own paddles (sandpaper paddles are not allowed). Balls will be provided. White shirts, jackets or shorts are not permitted for competition as per USTTA rules.

TENNIS: Athletes must provide their own racquets and practice balls. Competition balls will be of a type designated for hard court and will be provided. The tournament will be played outdoors on hard surface.

TRACK AND FIELD: No needle spikes will be allowed for field events. Quarter inch spikes will be allowed and must be furnished by the athlete. The 50, 100, 200, 400, 800 and 1500 meter events will be timed finals.

Team Sports

- There are no longer restrictions on the number of out-of-state athletes permitted on a team roster. Captains must declare team residency at the time of registration, subject to KSO approval.
- The team captain of your team is the only one who can register your team and must register first.
- Once your team is registered, team members must still register themselves and are subject to the one-time processing fee.
- If you need to change the captain or the team name, please contact the Kansas Senior Olympics.

BASKETBALL (3 ON 3): Only team entries will be accepted. There can be a maximum of 10 players on the team.

SOFTBALL: The softball team fee is \$250 early bird, \$300 late fee. Only team entries will be accepted. Teams must provide their own bats, gloves, and practice balls. Please note that the ASA rules will be followed during this tournament. There can be a maximum of 20 players on the team. Guaranteed four games.

There will be a **mandatory coach's meeting** Saturday, September 27, 8am at Rueger Park. The team coach, or a team representative, must be present at this meeting.

VOLLEYBALL: Only team entries will be accepted. There can be a maximum of 15 players on the team. Each team will provide a line judge for the following game.

Kansas Senior Olympics

ATHLETE/SPONSOR DINNER

Friday, September 26, 2014
Doors open 5:30pm; Dinner at 6pm
Lake Shawnee Event Center,
Bettis Sports Complex, 3025 SE Croco Rd.

Please RSVP on your registration form

\$6 for athletes/\$12 guest fee.



Fun Events

STANDING LONG JUMP: Saturday, September 27

ALL AROUND TRACK AND FIELD: Saturday/Sunday, September 27-28;

Events – 100M, High Jump, Shot Put, 200M, Long Jump, Javelin, 800M

Athletes must sign up for these events individually as well as the All Around event

CO-ED 4X100 RELAY: Sunday, September 28

Teams will be put together the day of the event

BASKETBALL FREE THROW: Friday, October 3

15 official free throws from free throw line

BASKETBALL THREE POINT SHOOTING: Friday, October 3

10 shots – 3 shots from 3 pre-determined spots; 1 shot shooter's choice.

FOOTBALL THROW FOR ACCURACY: Saturday, October 4

5 consecutive throws from the following distances - Men 8 & 12 yards; Women 7 & 10 yards

SOFTBALL THROWS (ACCURACY AND DISTANCE): Saturday, October 4

5 consecutive throws from the following distances - Men 10 & 15 yards; Women 8 & 12 yards

WASHERS: Saturday, October 4

Metal washers, measuring 2" in diameter pitched from 15 feet into a 4" PVC pipe

BAGGO: Saturday, October 4

Toss a small bag at an opening from approximately 20 feet

Official Entry Form

2014 Kansas Senior Olympics



<http://kansasseniolympics.fusesport.com>

Save money by registering early and online at <http://kansasseniolympics.fusesport.com>. Early Bird Entry is Friday, August 8, 2014 with a fee of \$40. Final Entry Deadline is Friday, August 22, 2014 with a fee of \$50. Entries must be postmarked by the deadline date or hand delivered to the office by 4pm on the deadline date. Mail or deliver completed entry form (4 pages) with your entry fee to:

Kansas Senior Olympics
1534 SW Clay Street
Topeka, KS 66604
785-251-2975
785-368-2542 (FAX)

Last Name _____ First Name _____ MI _____
(For athletes that compete in more than one state games, please register using the same first name)

Male Female Birth Date (Month, Day, Year) _____ Age _____ Shirt Size _____
(as of December 31, 2014)

Address _____ City/State/Zip _____ County _____

Home Phone (____) _____ - _____ Work Phone (____) _____ - _____ email address: _____

Emergency Contact Information:

Name _____ Relationship _____ Phone _____ - _____ - _____

Physician's Name _____ Phone _____ - _____ - _____

In consideration of my participation in this activity, and in acknowledgment of the law, I hereby release and discharge Shawnee County Parks and Recreation (SCPR) and all persons employed or connected with this activity from any and all liability arising from illness, injuries and damages we suffer as a result of my participation in this recreational activity. I am not waiving or releasing SCPR from intentional acts of damage, nor for damages caused by the gross and wanton negligence of SCPR since the areas utilized under this program are park, playground or open area under K.S.A. 75-6104(0). I also understand that SCPR is not responsible for any costs incurred for medical services, injuries and damages to ourselves or others in connection with this activity. SCPR reserves the right to use event pictures for publications.

Participant's Signature _____ Date: _____

FOR OFFICIAL USE ONLY

Date Received _____ Entry Check Number _____ Donation Check Number _____

Date Entered _____ Date acknowledged _____

Official Entry Form

page 2 of 4



ARCHERY: (2nd weekend)

- Compound Fingers
- Compound Release
- Recurve
- Barebow Recurve
- Barebow Compound

BADMINTON:

- Singles
- Doubles

*Partner's Name _____ DOB _____

- Mixed Doubles

*Partner's Name _____ DOB _____

BASKETBALL—teams will not be assigned

- Team Name _____
(coach must submit team roster)

BOWLING: (Additional fee required at venue)

- Singles
- Singles *Non Ambulatory
- Doubles

*Partner's Name _____ DOB _____

- Mixed Doubles

*Partner's Name _____ DOB _____

CYCLING (order of events-5K,10K,20K):

- 5K time trials
- 10K time trials
- 20K Road Race

GOLF:

- (cart and green fees are required at time of registration)

HORSESHOES:

- Singles
- Singles *Non Ambulatory

PICKLEBALL

- Singles
- Doubles

*Partner's Name _____ DOB _____

- Mixed Doubles

*Partner's Name _____ DOB _____

RACQUETBALL:

- Singles
- Doubles

*Partner's Name _____ DOB _____

RACE WALK:

- 1500M
- 5000M

ROAD RACE:

- 5K
- 10K

SHUFFLEBOARD:

- Singles
- Singles *Non Ambulatory
- Doubles - May be of Mixed Gender

*Partner's Name _____ DOB _____

SOFTBALL—(team fee) teams will not be assigned

- Team Name _____
(coach must submit team roster)

SWIMMING:

(Note the order of events is as follows)

- | | |
|-----------------|--|
| 1. 200Y Free | <input type="checkbox"/> Seed Time _____ |
| 2. 100Y Fly | <input type="checkbox"/> Seed Time _____ |
| 3. 50Y Breast | <input type="checkbox"/> Seed Time _____ |
| 4. 200IM | <input type="checkbox"/> Seed Time _____ |
| 5. 100Y Back | <input type="checkbox"/> Seed Time _____ |
| 6. 50Y Free | <input type="checkbox"/> Seed Time _____ |
| 7. 200Y Breast | <input type="checkbox"/> Seed Time _____ |
| 8. 100IM | <input type="checkbox"/> Seed Time _____ |
| 9. 200Y Back | <input type="checkbox"/> Seed Time _____ |
| 10. 100Y Free | <input type="checkbox"/> Seed Time _____ |
| 11. 50Y Fly | <input type="checkbox"/> Seed Time _____ |
| 12. 100Y Breast | <input type="checkbox"/> Seed Time _____ |
| 13. 50Y Back | <input type="checkbox"/> Seed Time _____ |
| 14. 500Y Free | <input type="checkbox"/> Seed Time _____ |

TABLE TENNIS:

- Singles
- Doubles

*Partner's Name _____ DOB _____

- Mixed Doubles

*Partner's Name _____ DOB _____

TENNIS:

- Singles
- Doubles

*Partner's Name _____ DOB _____

- Mixed Doubles

*Partner's Name _____ DOB _____

***MUST INCLUDE PARTNERS
NAME AND DOB (DATE OF
BIRTH)!!**



Official Entry Form

page 3 of 4

TRACK AND FIELD:

- | | |
|--------------------------------|--------------------------------------|
| <input type="checkbox"/> 50M | <input type="checkbox"/> Discus |
| <input type="checkbox"/> 100 M | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> 200M | <input type="checkbox"/> Javelin |
| <input type="checkbox"/> 400M | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 800M | <input type="checkbox"/> Pole Vault |
| <input type="checkbox"/> 1500M | <input type="checkbox"/> Shot Put |
| | <input type="checkbox"/> Triple Jump |

TRACK/FIELD FUN EVENTS

- Standing Long Jump
- Co-Ed 4 x 100 Relay
- All Around Track and Field (100M, High Jump, Shot Put, 200M, Long Jump, Javelin, 800M — must sign up for these individually as well)

VOLLEYBALL—teams will not be assigned

- Team Name _____
(coach must submit team roster)

Misc. Fun Events

- | | |
|---|---|
| <input type="checkbox"/> Basketball Free Throw (Oct. 3) | <input type="checkbox"/> Football Throw Accuracy (Oct. 4) |
| <input type="checkbox"/> Basketball 3-point Shooting (Oct. 3) | <input type="checkbox"/> Washers (Oct. 4) |
| <input type="checkbox"/> Softball Throw Distance (Oct. 4) | <input type="checkbox"/> Baggo (Oct. 4) |
| <input type="checkbox"/> Softball Throw Accuracy (Oct. 4) | |

Social Events

Number of

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Athlete/Sponsor Dinner
Friday, September 26, 6pm
Lake Shawnee Event Center
Bettis Family Sports Complex
3025 SE Croco Rd.
\$6 for athletes, \$12 guests <input type="checkbox"/> Volleyball Continental Breakfast
Thursday, October 2, 7:45am, Free <input type="checkbox"/> Golf Continental Breakfast
Friday, October 3, 8am, Free <input type="checkbox"/> Basketball Continental Breakfast
Friday, October 3, 7:30am, Free | <p>_____ Athletes _____ Guests</p> <p>_____ Athletes</p> <p>_____ Athletes</p> <p>_____ Athletes</p> |
|--|---|



Official Entry Form

page 4 of 4

Payment Information

Entry Fee Enclosed: \$ _____ \$40 early bird entry by August 8, 2014
 \$50 registration fee by August 22, 2014
 \$250 softball team fee by August 8, 2014
 \$300 softball team fee by August 22, 2014

Athlete Dinner (Friday, September 26) \$ _____ \$6 per athlete
 \$12 per guest

Golf Fees: \$ _____ \$25

T-Shirt Fee (softball only) \$ _____ \$5 per shirt
 (only if you are **not** entered in other sports)

Processing Fee \$ _____ \$5 (\$3 if registering online)

TOTAL AMOUNT DUE: \$ _____

Four convenient methods of payment: (Please check one)

Cash (please do not mail)

Visa/MasterCard (13 or 16 numbers)

Check or Money Order:

Discover (16 numbers)

Payable to: Kansas Senior Olympics

Card # (Be sure to include all numbers)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		

/	/
---	---

Expiration Date

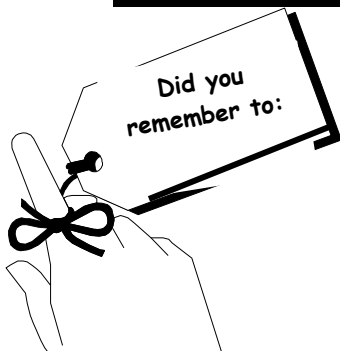
--

3 digit security code

I would like to be a special supporter of KSO 2014

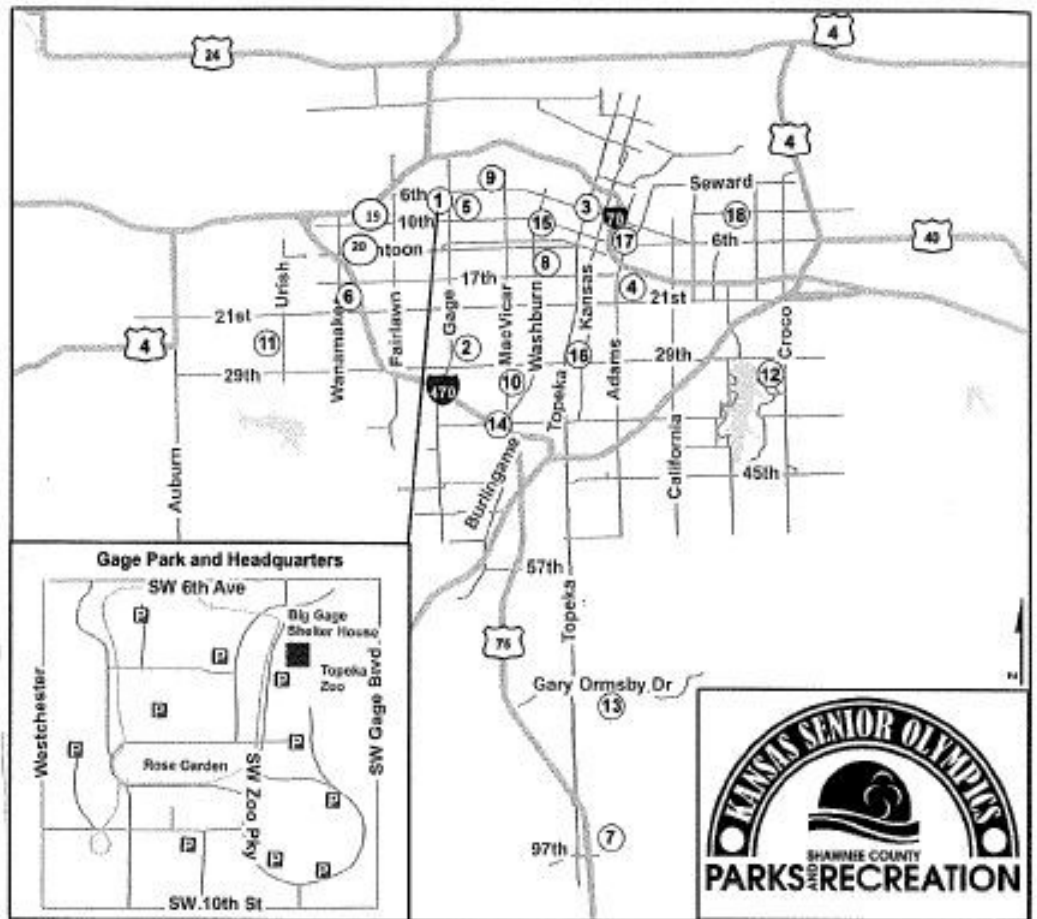
Amount Enclosed: \$ _____

**Please make donation checks payable to Parks and Recreation Foundation.
 Donations are tax-deductible.**



- ◆ Fill out Entry Application completely (**ALL 4 PAGES**)
- ◆ Sign Waiver
- ◆ List Age and Date of Birth
- ◆ Check appropriate boxes for **ALL** activities you plan on participating in
- ◆ Enclose payment

- | | | |
|----|--|-----------------------|
| 1 | KSO Headquarters
Big Gage Shelter House-Gage Park
785-251-2975 | Miles
from
here |
| 2 | Falkner Park-Kooover Tennis Center
2540 SW Gage Blvd | 2.56 |
| 3 | Topeka YMCA Downtown
423 SW Van Buren ST | 3.5 |
| 4 | Hilcrest Community Center
1800 SE 21st ST | 5.7 |
| 5 | Hughes Play for All Park
725 SW Orleans | 0.5 |
| 6 | West Ridge Lanes
1935 SW Westport DR | 3 |
| 7 | T.H.E. Archery Club
SW 97th ST and SW Topoka BLVD | 14.5 |
| 8 | Central Park Community Center
1554 SW Clay ST | 3 |
| 9 | Hammer Sports Park
SW 6th AVE and SW Oakley AVE | 1.4 |
| 10 | First Baptist Church of Topeka
3003 SW MacVicar AVE | 4.25 |
| 11 | Cypress Ridge Golf Course
2533 SW Irish RD | 4.75 |
| 12 | Lake Shawnee Event Center
3025 SE Croco RD | 10 |
| 13 | Hearland Park Topeka
7530 SW Topoka BLVD | 10.7 |
| 14 | Wood Valley Racquet Club
2909 SW 97th ST | 4.9 |
| 15 | First Church of the Nazarene
1001 SW Buchanan ST | 2.25 |
| 16 | Rueger Park
2801 S Kansas AVE | 7.4 |
| 17 | Ramada Inn Downtown
420 SE 6th ST | 3.75 |
| 18 | Rice Community Center
432 SE Norwood | 5.75 |
| 19 | Sleep Inn and Suites of Topeka
1024 SW Wanamaker Rd | 2.4 |
| 20 | Days Inn
1510 SW Wanamaker Rd | 3 |



Lodging

- **Days Inn**
1510 SW Wanamaker Rd., Topeka, KS 66604
785-272-8538
\$59.99 per night (not including taxes) - includes hot continental breakfast
- **Ramada Convention Center, Downtown Topeka**
420 SE 6th, Topeka, KS 66607
785-234-5400/800-432-2424
\$76 per night (not including taxes) - includes hot breakfast buffet
- **Sleep Inn and Suites of Topeka**
1024 SW Wanamaker Rd., Topeka, KS 66604
785-228-2500
\$69.99 per night (not including taxes) - includes Morning Medley Breakfast

*Please request the Kansas Senior Olympics rate
when making your reservation.*

*Proud to support the
2014 Kansas Senior Olympics*

2014 Kansas Senior Olympics Schedule of Events*

(Venue addresses located on map page)

Wednesday, September 24

9am	Cycling (5K, 10K, 20K)	Heartland Park
9am	Pickleball	Hughes Park
4-6pm	Athlete Check-In	Gage Park

Thursday, September 25

8am-6pm	Athlete Check-In	Gage Park
9am	Tennis	Kossover
9am	Racquetball	YMCA
10am	**Bowling (Singles)	West Ridge Lanes
1:30pm	**Shuffleboard	Rice

Friday, September 26

8am-5pm	Athlete Check-In	Gage Park
9am	Badminton	First Baptist Church
9:30am	Road Race (5K)	Felker Park
12 noon	Bowling (Doubles)	West Ridge Lanes
2pm	Bowling (Mixed)	West Ridge Lanes
6pm	Athlete Dinner	Lake Shawnee Event Center

Saturday, September 27

8am-1:30pm	Athlete Check-In	Gage Park
8am-3pm	Athlete Check-In	Hummer Sports Park
7:30am	Road Race (10K)	Felker Park
9am	**Horseshoes	Gage Park
9am	All Field Events	Hummer Sports Park
9:30am	Swimming	Hummer Sports Park
1pm	Table Tennis	First Nazarene Church

Sunday, September 28

8:30am-2pm	Athlete Check-In	Hummer Sports Park
10am	Track Events	Hummer Sports Park

Thursday, October 2

8am-2pm	Athlete Check-In	Hillcrest
8am	Continental Breakfast	Hillcrest
8:30am	Volleyball Tournament	Hillcrest

Friday, October 3

7:30am-12pm	Athlete Check-In	Hillcrest
7:30am	Continental Breakfast	Hillcrest
7:45am	Free Throw/3-point Shot	Hillcrest
8am-9am	Athlete Check-In	Cypress Ridge
8am	Continental Breakfast	Cypress Ridge
9am	Golf Tournament	Cypress Ridge
9am	Basketball Tournament	Hillcrest

Saturday, October 4

7am-2pm	Athlete Check-In	Rueger Park
7:30am	Softball Throw (Distance)	Rueger Park
7:30am	Softball Throw (Accuracy)	Rueger Park
8am	Softball Captain's Meeting	Rueger Park
9am	Softball Tournament	Rueger Park
9am	Archery	T.H.E. Archery Club
10am	Football Throw	Rueger Park
11am	Baggo/Washers	Rueger Park

Sunday, October 5

(if needed for softball tournament)

*(schedule subject to change)

** (Ambulatory & Non Ambulatory Event)



**2014 Sponsors of the
Kansas Senior Olympics**

Platinum Sponsor:



Silver Medal Sponsors:



Kansas Rehabilitation Hospital
*A joint venture of **HEALTHSOUTH** and Stormont-Vail HealthCare*

Bronze Medal Sponsor:



Friends of KSO:

Daylight Donuts
T.H.E. Archery Club
Topeka Swim Association
YMCA Downtown Branch

Heartland Park Topeka
Topeka Horseshoe Club
West Ridge Lanes and Family Fun Center

**Special thanks and
sincere appreciation to
the 2014 sponsors of the
Kansas Senior Olympics**

Kansas Senior Olympics
1534 SW Clay
Topeka, KS 66604

Kansas Senior Olympics Registration Deadlines:

Early Bird Entry: Friday, August 8, 2014
Final Entry Deadline: Friday, August 22, 2014



2015 National Senior Games
Presented by Humana
Bloomington/Minneapolis/St. Paul Minnesota
July 3 - 16, 2015

**The Games
are calling.**

Minnesota is proud to host the 2015 National Senior Games. The land of 10,000 lakes is also home to nationally-acclaimed arts and theater, fine dining, dazzling shopping and spectacular summers. And soon, 12,000 inspirational athletes.

HELIX


National Senior Games Association


www.NSGA.com

For more information: 952-278-8513 seniorgames@2015goldengamesmn.org

