





# 2013 LOUISIANA SENIOR OLYMPIC GAMES Individual Entry Form www.lsog1.net

2013 Entry Deadline: September 13, 2013

Mission: LSOG is a sports organization that promotes physical fitness and quality life for people age 50 and over.

We plan, promote, and conduct a statewide program which includes competitions held at the local

and district level, an annual State event, and participation in the biennial National Games.

Life Begins at 50 !!!



HUMANA LOGO (in green)

# **2013 TEAM ROSTER** COACH/CAPTAIN MUST SUBMIT THE TEAM ENTRY. EACH TEAM MEMBER MUST SUBMIT HIS/HER INDIVIDUAL ENTRY FORM WITH FEES IN ORDER TO PARTICIPATE ON THE TEAM.

Tear	m Name:			Age Group:		
~		age is determined by		est team member, see ag		
Cap	tain's Name:		Home	Phone	Cell Pl	none
[]]	Basketball	3 on 3	]	] Male []	Female	
	Softball	10 Player T				
	Volleyball	6 Player T		[] Male [	] Female	
	Team Dance	8-15 Per T	'eam	[] Recreational	[	] Advanced Level
	m Roster		DOD	TT N	C 11	NT
1	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
-						
2	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
3	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
4	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
				chij.	2.p.	State
5	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
	radioss.			City.	Zip.	State.
6	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
	Address.			City.	Zip.	State.
7	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:					
	Address:			City:	Zip:	State:
8	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	-					
	Address:			City:	Zip:	State:
9	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Theyer Traine.	1150.	D.0.D.	Home Ito.	Cell	110.
	Address:			City:	Zip:	State:
1.0						
10	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
					r ·	
11	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Addressu			Citru	Zini	State
	Address:			City:	Zip:	State:
12	Player Name:	Age:	D.O.B.	Home No:	Cell	No:
	Address:			City:	Zip:	State:
1					1	

## LOUISIANA SENIOR OLYMPIC GAMES

2013 Games Coordinators:

Janey Perez (504) 296-8200 geegeejaney@hotmail.com

Bernice Bordelon (504) 834-5279 bernicebordelon@att.net

LSOG Website lsog1.net

**GENERAL ENTRY INFORMATION** 

#### The 2013 Louisiana Senior Olympic Games are hosted by Greater New Orleans District Senior Olympics and Jefferson Parish

#### **DATES:**

Saturday, September 14- through Sunday October 20, 2013

**REGISTRATION:** Return the attached entry form, fee payment, and signed liability waiver by entry deadline, **September 13, 2013.** 

#### FEES:

Entry Fee (for three (3) sports)*	\$	30.00				
Each additional sport	\$	5.00				
*Official t-shirt and banquet are included.						

#### ADDITIONAL fees are REQUIRED if you sign up for

the following sports:

Golf	\$ 60.00	
Bowling (per event)	\$ 7.00	
Tennis	\$ 5.00	
Additional banquet guests: Each	\$ 5.00	
5-K Run & Race Walk	\$ 15.00	
(Alligator Festival)		

**ELIGIBILITY:** Any person 50 years or older as of December 31, 2013 is eligible to participate. Athletes 40 and over may sign up for Track & Field events.

AGE GROUPS: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age groups are determined by age as of December 31, 2013. Age divisions for doubles/teams determined by youngest partner/member.

#### YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS.

**EVENT SELECTION:** It is the responsibility of the participants to carefully select their events, considering possible overlap. Event start times will be strictly enforced. Absentees will be scratched.

#### CANCELLATIONS/ POSTPONEMENTS: Game

officials reserve the right to cancel or postpone events due to inclement weather, unusual circumstances or insufficient entries. All changes in the scheduled events will be posted to http://www.lsog1.net

**ENTRY DEADLINE:** September 7, 2013 (unless indicated in special instructions section of event schedule). No refunds given after September 8, 2013

**AWARDS:** Medals will be presented to first through third place individual winners in-state, and actual order for out-of-state participants.

**TEAMS AND DOUBLES:** Each member must submit an individual signed application, release, and entry fee. **Team captains** must submit a team roster for the team to be eligible for team competition.

#### **PARTNER FIND**

Are you looking for a partner in a sport that is doubles or four to a team? In most cases, the venue coordinator will make every effort to find you a partner. You may contact the coordinator before the event (all coordinators and their phone numbers are listed in this packet); however, this is not necessary. Every effort will be made to place you with someone.

**GUESTS:** Family and friends are welcome and encouraged to attend all competitive events free of charge.

#### EVENT ADDRESS AND PHONE NUMBER INFORMATION

#### ALARIO CENTER

2000 Segnette Dr. Westwego, LA 70094 (504) 349-5524

#### AMF LANES

3640 Williams Blvd. Kenner, LA 70065 (504) 443-5353

#### CITY PARK PRACTICE TRACK

City Park...12 Palm St. New Orleans, LA 70125 (504) 482-4888

#### **COOUILLE PARK**

13505 Highway 1085 Covington, LA 70438 (985) 892-9829

#### ELMWOOD FITNESS CENTER

1200 South Clearview Harahan, LA 70123 (504) 733-1600

#### FORREST COMMUNITY PARK

13900 South Harrel's Ferry Rd Baton Rouge, LA 70816 (225) 275-275-9819

#### **GERRY'S PLACE**

1096 Behrman Highway Gretna, LA 70056 (504) 391-9285

## LASALLE PARK 6600 Airline Highway

Metairie, LA 70003 (504) 731-4726

#### **LA WILDLIFE & FISHERIES**

4142 North Flannery Rd. Baton Rouge, LA

#### **NOLA MOTOR SPORTS**

11075 Nicolle Blvd. Avondale, LA 70094 (504) 302-4875

#### PARD PLAYGROUND

5185 Eighty Arpent Road Marrero, LA 70072 (504) 349-5042

#### SHOOTERS CLUB 2338 Hickory Ave. River Ridge, LA 70123

(504) 737-7882

#### **SNAP FITNESS**

3501 Severn Ave. Metairie, LA 70002 (504) 232-3262

#### SONIAT GYM (Harahan Playground) 6601 10<sup>th</sup>. Street Harahan, LA 70123

#### **TERRYTOWN PLAYGROUND**

641 Heritage Ave. Terrytown, LA 70056 (504) 364-3683

#### THOMAS JEFFERSON PARK

125 Acadia (next to Live Oak Library) Waggaman, LA 70094

## **T P C LOUISIANA**

11001 Lapalco Blvd. Avondale, LA 70094

#### **UNO AQUATIC CENTER**

6801 Franklin Ave. New Orleans, LA 70148

#### **WAGGAMAN HORSESHOE PITS**

516 Dandelion Waggaman, LA 70094 (504) 736-8468

#### WESTBANK BRIDGE PARK

LA 18 under I-310 Bridge Luling, LA 70070 (985) 785-0930

#### For directions to any event location, please Call the event coordinator

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS

## INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES

Mail to: Louisiana Senior Olympic Games, P.O. Box 6255 Metairie, LA 70009-6255

Last				First	
Name:	Name:			MI	
Address:				City:	
				Home	Cell
State:		Zip	: Parish:	Phone:	Phone:
Email:					
[]	Γ	]	Age as of		
Male	Fen	nale	12/31/13	Date of Birth:	I

#### PARTICIPANT WAIVER SIGN BELOW

In consideration of being allowed to participate in any way in the Louisiana Senior Olympic Games program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, 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 I observe any unusual significant concern in my readiness for participation and/or in the program itself, 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/or heirs, assigns, personal representatives and next of kin, HEREBY RELEASE the Louisiana Senior Olympic Games, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), with RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

INDEMNIFY AND HOLD HARMLESS all of the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I, the undersigned participant, grant to the Louisiana Senior Olympic Games the right to use any pictures taken of me during the Louisiana Senior Olympic Games without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or any purpose whatsoever.

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 FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PRINT NAME:		
SIGNATURE:		DATE:
EMERGENCY CONTACT:	PHONE:	

#### **2013 ENTRY FEE SCHEDULE**

## RETURN THIS PAGE with CHECK or MONEY ORDER with fees to: Louisiana Senior Olympic Games, P.O. Box 6255 Metairie, LA 70009-6255 Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports):	\$30.00	\$ 30.00						
\$5.00 for each additional sport:	x \$5.00	\$						
Sports Requiring an Additional Fee over the Entry Fee:								
Golf Fee:	\$ 60.00	\$						
Bowling Fee: (Singles, Doubles or Mixed Doubles)each	\$ 7.00	\$						
Tennis Fee: (Balls Provided)	\$ 5.00	\$						
*5-K Run / Race Walk (SEE *Note below) 80+ call Bill Elrod for discount	\$ 15.00	\$						
T-Shirt	\$ 5.00							
I WILL ATTEND THE BANQUET: [] YES [] NO								
Participants must check in at the door		N/C						
I will bring guest(s) @ \$5.00 each PAYABLE AT DOOR ONLY								
To Help Support the LSOG 2013 games, I have enclosed a donation of								
(All donations are tax deductible)								
TOTAL AMOUNT ENCLOSED								
Make Checks Payable to: L.S.O.G								
Check T-shirt size preference [ ]S [ ]M [ ]L [ ]XL [ ]2XL [ ]32	Check T-shirt size preference [ ]S [ ]M [ ]L [ ]XL [ ]2XL [ ]3XL							
YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS								

## ALLIGATOR FESTIVAL 5K Run/Race Walk:

LSOG will enter you in the NORSI Event. Get both shirts on the day of the race. Scenic race on historic Mississippi River Levee with entry to Festival.

## Mail Entry Form and Fees to:

## LSOG

# P.O. Box 6255

## Metairie, LA 70009-6255

(Include pages 5, 6, 7, and 8. Team Captain turns in page 2.)

## **2013 INDIVIDUAL EVENTS**

[ ] 5K Run	[ ] 5K Race	Walk	GATOR STOMP
ALLIGATOR	R FEST RUN	by	NORSI,

NOTE: If you Register for this event through LSOG you will receive both the NORSI race T-Shirt and the LSOG T-Shirt with entrance to LSOG Banquet which includes food and entertainment. More info page 10

#### ] 5K Walkathon [ ] 1 Mile Recreational Walk

[	] ARCHERY [] Bareb	bow
	[ ] Compound Barebow	[ ] Recurve Barebow
	[ ]Compound Fingers	[ ] Compound Release

Mixed Doubles

[] BADMINTON [ ] Singles [] Doubles

#### ] BASKETBALL 3 ON 3

#### ] BILLIARDS

[	] BOWLING	[ ] Singles
	[ ] Mixed Doubles	(Partner)
	[] Doubles	(Partner)

#### ] CYCLING [ ] 5K [ ] 10K [ ] 20K [ ]40K

] DANCE (Team)

] GOLF Individual Stroke Play

| HORSESHOES

[	] PICKLEBALL	]	] Singles
	[ ] Doubles	(Partner	)
	[ ] Mixed	(Partner	)

[	]RACQUETBALL	[	] Singles	
	[ ] Doubles	(Partner		)
	[ ] Mixed	(Partner		)

#### [] SHOOTING [] Pistol

[] Rifle

[	] SHUFFLEBOAF	RD	[	] Singles	
	[ ] Doubles	(Partner	r _	)	

#### (Return this page with your entry)

SWIMMIN	IG [	Women [] M	len
Events listed	d in ord	ler as they will occu	r on day of the event.
Women preced	le men.	Check up to 6 events.	(Only 5 for USMS times)
Seed Time	E	vent	
[]	100y	Butterfly	
[]	50y	Freestyle	
[]	100y	Breaststroke	
[]	200y	Backstroke	
[]	200y	Freestyle	
[]	50y	Butterfly	
[]	50y	Breaststroke	
[]	200y	Individual Medley	
[]	100y	Backstroke	
[]	100y	Freestyle	
[]	100y	Individual Medley	
[]	50y	Backstroke	
[]	200y	Breaststroke	
[]	500y	Freestyle	

#### **TRACK & FIELD EVENTS**

#### **Track Events**

- [ ] 50m Dash
- [ ] 100m Sprint
- [ ] 800m Race Walk
- [ ] 800m Run
- ] 200m Run
- [ ] 1500m Race Walk
- [ ] 400m Run ] 1500m Run

- **Field Events** [ ] Long Jump
- ] High Jump
- [] Discus
- [] Javelin
- [ ] Shot Put
- [] Hammer Throw
- [] Pole Vault

[	] TENNIS	[ ] Singles	
	[ ] Doubles	(Partner)	
	[] Mixed	(Partner)	
			_

[	] TABLE TENN	VIS	[	] Singles	
	[] Doubles	(Partner_			)
	[] Mixed	(Partner_			)

#### ] THROWS ſ

[ ] Football Accuracy [ ] Frisbee Accuracy ] Basketball Free Throw [ ] Softball Accuracy

[ ] Softball Distance

#### ] WASHER PITCH

] WEIGHTLIFTING ſ ]Bench Press [ ]Dead Lift [ ]Arm Curl [ ]Clean & Jerk

## **2013 TEAM EVENTS FOR INDIVIDUALS**

#### EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM ON PAGE 2 BY SEPTEMBER 7th TO PARTICIPATE. INDIVIDUAL PLAYERS COMPLETE THIS FORM TO INDICATE THE TEAM YOU ARE PLAYING WITH.

#### **ROSTERS MUST BE SUBMITTED WITH THE CAPTAIN/COACH'S ENTRY FORM**

Basketball 3 on 3	M or F		Age Group
Team Name			
			Phone:
Softball (Men)			
Team Name			Age Group
			Phone:
Volleyball M or F			Age Group
Team Name			
Captain's Name			Phone:
Team Dance	Recreational	Advanced	Age Group determined by team average
Team Name			
Captain's Name			Phone:
*Golf – 4-Player Player 1:		Player 2:	
PHONE ( )		PHONE	( )
Player 3:		Player 4: _	
PHONE ( )		PHONE	( )
*You will be placed	in a foursome if neces	ssary	

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Date	Check-in	Start	Event/ Site	Special Instructions	
SATURDAY, Septen	nber 14		PICKLEBALL	<b>REGISTRATION DEADLINE</b>	
			<b>COQUILLE PARK</b>	Please note: ALL registrations	
Doubles				ALL registrations MUST	
Mixed Doubles	7:30 AM	8:00 AM	Tom Burkhart (225) 752-59	· ·	
Singles to follow				<b>NO EXCEPTIONS</b>	
WEDNESDAY, Septer	mber 18		TENNIS		
50+ 55+			TERRYTOWN PLAYGR		
60+65+	9:00AM	9:30AM	Bill Pryor	(504) 427-3334	
			Denise Loveless-Forrest	(225) 769-9253	
THURSDAY, Septem	ber 19		TENNIS		
70+75+			<b>TERRYTOWN PLAYGR</b>	OUND	
80+ 85+ 90+	9:00AM	9:30AM	Bill Pryor	(504) 427-3334	
			Denise Loveless-Forrest	(225) 769-9253	
SATURDAY, Septen	nber 21		ARCHERY		
			LA WILDLIFE & FISHE	RIES	
	8:00 AM	9:00 AM	Jack Laws	(225) 270-2620	
			Bill Rouyea	(225) 622-1651	
SATURDAY, Septen	nber 21		SOFTBALL		
			LASALLE PARK		
	9:30AM	10:00AM	Henry Francalancia	(504) 401-3688	
SATURDAY, Septem	nber 21		BADMINTON		
MEN/WOMEN Singles, then Doubles			FORREST COMMUNITY	Y PARK BATON ROUGE	
MIXED DOUBLES	1:30PM	2:00PM	Mike Maddox	(225) 766-8825	
	110 01 101	2.001111		(220) 100 0020	
SATURDAY, Septen	nber 21		TEAM DANCE		
				RAHAN	
	1:30 PM	2:00 PM	Starrlynne Morgan	(504) 494-5470	
SUNDAY, September	r 22		CYCLING		
			NOLA MOTOR SPORTS		
	7:30 PM	8:00 PM	Robin Robert	(504) 908-8771	
			Bernice Bordelon	(504) 834-5279	
MONDAY, September	: 23		GOLF	\$60.00	
			TPC LOUISIANA LI	MITED TO THE FIRST 144 GOLFERS	
	8:00 AM	8:45 AM	Lynn Wolken	(504) 835-4456	
MONDAY, September	: 23		SHUFFLEBOARD DOUBLES		
			<b>TERRYTOWN PLAYGR</b>	OUND	
70+75+80+85+90+	8:15AM		Darrell Acosta	(504) 615-1053	
50+ 55+ 60+ 65+	3:00PM		Ted Matherne	(504) 340-7902	
70+ 75+ 80+ 85+ 90+ 50+ 55+ 60+ 65+	8:15AM 3:00PM	3:30PM	TERRYTOWN PLAYGR Darrell Acosta Ted Matherne	OUND (504) 615-1053	

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS

Date	Check-in	Start	Event/ Site	Special Instructions
<b>TUESDAY</b> , Septer	nber 24		SHUFFLEBOARD SINGLES	
			<b>TERRYTOWN PLAYGROUN</b>	D
All Ages	8:30AM	9:00 AM	Darrell Acosta	(504) 615-1053
U			Ted Matherne	(504) 340-7902
WEDNESDAY, Sej	ptember 25		TABLE TENNIS	
			<b>TERRYTOWN PLAYGROUN</b>	D
	8:30AM	9:00AM	Janey Perez	(504) 296-8200
WEDNESDAY, Se	eptember 25		BILLIARDS	
	-		GERRY'S PLACE	
	10:00AM	10:30AM	Sonya Belgard	(504) 450-9506
			• •	· · ·
WEDNESDAY, Se	eptember 25		<b>BOWLING MIXED DOUBLE</b>	S \$7.00 per event extra
			AMF LANES KENNER	(504)
	12:30PM	1:00PM	Nova Dee Carbo & Joyce Plaisance	Dee 341-1876 Joyce341-6439
THURSDAY, Sept	ember 26		THROWS	
			PARD PLAYGROUND	
MEN	8:30AM	9:00AM	Thais Lacrouts	Thais (504) 835-1562
LADIES	10:30AM	11:00AM	Lucille Walker	Lucille (504) 838-9385
THURSDAY, Sept	ambar 26		BOWLING DOUBLES	\$7.00 per event extra
IIIOKSDA1, Sepu	emper 20		AMF LANES KENNER	-
	12.20DM	1.00DM		( <b>504</b> ) Dee 341-1876 Joyce341-6439
	12:30PM	1:00PM	Nova Dee Carbo & Joyce Plaisance	Dec 541-1870 Joyce 541-0459
FRIDAY, Septemb	er 27		WASHER PITCH	
			<b>TERRYTOWN PLAYGROUN</b>	D
	8:30AM	9.00AM	Jane Marchese	(504) 362-4341
	0.001101	<i>,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,</i>		
FRIDAY, Septemb	er 27		BOWLING SINGLES	\$7.00 per event extra
			AMF LANES KENNER	(504)
	12:30PM	1:00PM	Nova Dee Carbo & Joyce Plaisance	Dee 341-1876 Joyce 341-6439
			,	
SATURDAY, Sep	tember 28		5K WALKATHON & 1 MILE	<b>RECREATIONAL WALK</b>
			THOMAS JEFFERSON PARK	
	8:30AM	9:00AM	Daisy Acosta	(504) 616-1116
SATURDAY, Sep	tombor 28		RACQUETBALL	
SATURDAT, Sep	icilibel 20			Euro chomory 9 la da
	9:00AM	0.20 A M	ELMWOOD FITNESS CENTER Al Schof	<b>Free showers &amp; lockers</b> (225) 936-4508
	7.00AW	7.30AM	On site registration OK	Bring balls & equipment & lock
			On site registration OK	Sing ours & equipment & rock

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS

Date C		Start	13 LSOG ENTRY FORM Event/ Site	Special Instructions
SATURDAY, SEPTE	<b>MBER 28</b>	GATC	OR STOMP 5K RUN & RAC	E-WALK \$15.00 Extra
ALLIGATOR FES 8:00AM	9:00AM		WESTBANK BRIDGE PARK Bill Elrod	LULING a NORSI event (985) 785-0950
NOTE: This LSOG New Orleans Running S Olympians register with L care of registering	ystems. (NOR SOG and LSC	SI) Senior OG will take		n front of the Westbank Bridge Park. om the park- Under I-310 Bridge)
SATURDAY, Septembe	er 28		HORSESHOES	
70+75+80+85+90+ 50+55+60+65+		10:30AM 2:30PM	WAGGAMAN HORSESHOE I Landry & Jenny Camardelle	PITS (504) 431-9092
SUNDAY, September 2	9		BASKETBALL	
			TERRYTOWN PLAYGROUN	D
Ladies 3 on 3	8:30AM		Ann Hassenboehler	(504) 828-9766
Men 3 on 3	12:30PM	1:00PM	Fred Eitmann	(504) 888-3672
TUESDAY, October 1			SHOOTING	
			SHOOTERS CLUB	
	9:00AM	9:30AM	Ray Asprion	(504) 888-3656
SATURDAY, October 5	5		VOLLEYBALL	
MEN & WOMEN	8:00AM	8:30AM	COQUILLE PARK Janey Perez	(504) 296-8200
SATURDAY, October 5	5		TRACK & FIELD	
40 YEAR OLDS MAY	PARTICIPA	TE	CITY PARK PRACTICE TRA	CK Same Day Registration
Track Events	8:00AM	9:00AM		Order of events on page 7
Field Events	10:30AM	11:00AM	Paul Bowman	(504) 458-6766
SUNDAY, October 6			WEIGHTLIFTING	
			SNAP FITNESS	
	10:30AM	11:00AM	Sean Sellers	(504) 717-0146
SUNDAY, October 20			DICK BOWER MEMORIAI	L SWIM MEET
			UNO AQUATIC CENTER	
	9:00AM	10:00AM	Bill Jennings	(504) 887-3530
CELEB	RATI	ON O YTOV	Y, SEPTEMBE OF ATHLETES VN PLAYGRC 6:30 PM	BANQUET



Greater New Orleans Senior Olympics P.O. Box 6255 Metairie, LA 70009-6255 NON-PROFIT ORG. U.S. POSTAGE PAID METAIRIE, LA PERMIT NO. 20



## 2013 LOUISIANA SENIOR OLYMPIC GAMES NEW ORLEANS, LA. SEPTEMBER 14 - OCTOBER 20, 2013

HOSTED BY GREATER NEW ORLEANS DISTRICT SENIOR OLYMPICS JEFFERSON PARISH

Printing Courtesy of HUMANA LOGO( in green)