



2016

LOUISIANA SENIOR OLYMPIC GAMES

Individual Entry Form

www.lsog1.net

**PLEASE CHECK WEBSITE FOR UPDATES AND
START TIMES FOR YOUR AGE GROUP**

April-November 2016

2016 Entry Deadline:

EACH EVENT HAS ITS OWN DEADLINE...PLEASE CHECK YOUR EVENT

*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 !!!

LOUISIANA
Pick your Passion
LouisianaTravel.com

2016 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.

Captains E-mail address

<input type="checkbox"/> Basketball	3 on 3	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<input type="checkbox"/> Softball	10 Player Team		
<input type="checkbox"/> Volleyball	6 Player Team	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<input type="checkbox"/> Team Dance	8-15 Per Team	<input type="checkbox"/> Advanced	<input type="checkbox"/> Recreational <input type="checkbox"/> Line Dance

Team Roster

1	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
2	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
3	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
4	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
5	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
6	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
7	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
8	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
9	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
10	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
11	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:
12	Player Name:	Age:	D.O.B.	Home No:	Cell No:
	Address:			City:	Zip:

LOUISIANA SENIOR OLYMPIC GAMES

2016 Games Coordinators:

Angela Jouett, 337-656-0839 ajouett@cppj.net
DC Sills 318-308-2624 dcsills@lsog1.net

LSOG Website lsog1.net

GENERAL ENTRY INFORMATION

**The 2016 Louisiana Senior Olympic Games are hosted
by Southwest District Senior Olympic Games**

DATES:

April – November 2016

REGISTRATION: Return the attached entry form, fee payment, and signed liability waiver by your entry deadline.

FEES:

Entry Fee (for three (3) sports)*	\$ 35.00
<i>for registrations prior to event deadline</i>	
Entry Fee (for three (3) sports)**	\$ 45.00
<i>for registrations after event deadline</i>	
Each additional sport	\$ 5.00

*Official t-shirt included.

**Tshirt not guaranteed

ADDITIONAL fees are REQUIRED

if you sign up for the following sports:

Golf	\$ 39.00
Bowling (per event)	\$ 8.00
Tennis	\$ 5.00
5-K Run & Race Walk\$	15.00
10-K Run	\$ 20.00

ELIGIBILITY: Any person 50 years or older as of December 31, 2016 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, 2015. Age divisions for doubles/teams determined by youngest partner/member.

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

**PLEASE CHECK THE WEBSITE FOR
ANY CHANGES AND START TIMES
FOR YOUR AGE GROUP www.lsog1.net**

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: Check your individual event. **No refunds given after event deadline posted...**

NO EXCEPTIONS!!!

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 LOCATION INFORMATION

10K Run & Racewalk

Middendorf's Manchac Run
TBA

5K Run

Alligator Stomp Fun Run
West Bank Bridge Park, I-310 Exit 7
13825 River Road, Luling

Archery

Red River Archery
4099 Ratcliff Rd
Shreveport 71107

Badminton

Highland Rd Community Park
14024 Highland Rd
Baton Rouge

Bowling Doubles

Petro Bowl
630 Petro Point Drive,
Lake Charles

Bowling Mix Doubles

Petro Bowl
630 Petro Point Drive,
Lake Charles

Bowling Singles

Petro Bowl
630 Petro Point Drive,
Lake Charles

Cycling 5K, 10K, 20K, 40K

Sweet Lake United Methodist
5180 LA-397,
Bell City

Golf

Graywood Golf Course
6150 Graywood Pkwy,
Lake Charles

Horseshoes

Welsh Parks and Recreation
122 W. Grove Street,
Welsh

Men's Basketball

Pineville High School
1511 Line St
Pineville

Men's Volleyball

Coquille Park
13505 Highway 1085,
Covington

Pickleball

Team SportsPlex
7122 Perkins Rd,
Baton Rouge

Shooting

RPSO Firing Range
150 Sheriff's Range Rd.
Alexandria

Shuffleboard Doubles

L.C. Ward 3 Recreation
3210 Power Centre Parkway,
Lake Charles

Shuffleboard Singles

L.C. Ward 3 Recreation
3210 Power Centre Parkway,
Lake Charles

Softball

Wardville Softball Parks
Prince St
Pineville, LA

Swimming

Sulphur Parks and Recreation
933 West Parish Road
Sulphur

Table Tennis

Bridge City Playground
400 11th St
Bridge City

Tennis

Louisiana College
1140 Expressway Dr
Pineville, LA

Track and Field

McNeese State University
4205 Ryan St,
Lake Charles

Weightlifting

Christus Athletic Club
4429 Nelson Road.
Lake Charles

Women's Basketball

Pineville High School
1511 Line St
Pineville

Women's Volleyball

Coquille Park
13505 Highway 1085,
Covington

For more information about the event venues, please contact the Event Coordinator for your event.

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES

FOR YOUR AGE GROUP

www.lsog1.net

**YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS
YOU WILL NOT RECEIVE CONFIRMATION**

INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM
RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES
 Mail to: Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360

Last Name: _____ **First Name:** _____ **MI** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Parish:** _____ **Home Phone:** _____ **Cell Phone:** _____

Email: _____

Male **Female** **Age as of** 12/31/16 **Date of Birth:** _____ / ____ / ____

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:

2016 ENTRY FEE SCHEDULE

RETURN THIS PAGE with CHECK or MONEY ORDER with fees to:
 Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360

Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports-before Reg. Deadline):	\$35.00	\$ 35.00
Entry Fee (allows participation in up to 3 Sports-after Reg. Deadline):	\$45.00	\$ 45.00
\$5.00 for each additional sport: ___x \$5.00		\$ _____
<u>Sports Requiring an Additional Fee over the Entry Fee:</u>		
Golf Fee: _____	\$ 39.00	\$ _____
Bowling Fee: (Singles, Doubles or Mixed Doubles) ___ each	\$ 8.00	\$ _____
Tennis Fee: (Balls Provided) _____	\$ 5.00	\$ _____
*5-K Run / Race Walk (SEE *Note below)	\$ 15.00	\$ _____
10-K Run	\$ 20.00	\$ _____
To Help Support the LSOG 2016 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 []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.

Mail Entry Form and Fees to:
LSOG
209 E Shamrock
Pineville, LA 71360
 (Include pages 5, 6, 7, and 8. Team Captain turns in page 2.)

OFFICIAL 2016 LSOG ENTRY FORM

2016 INDIVIDUAL EVENTS (Return this page with your entry)

5K Run 5K Race Walk **GATOR STOMP ALLIGATOR FEST RUN** by NORSI,

10K Run **MIDDENDORF/MANCHAC RUN**

NOTE: If you Register for these events 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 11

ARCHERY Barebow
 Compound Barebow Recurve Barebow
 Compound Fingers Compound Release

BADMINTON Singles
 Doubles Mixed Doubles

BASKETBALL
 3 ON 3

BOWLING Singles
 Mixed Doubles (Partner _____)
 Doubles (Partner _____)

CYCLING 5K 10K 20K 40K

GOLF Individual Stroke Play

HORSESHOES

PICKLEBALL Singles
 Doubles (Partner _____)
 Mixed (Partner _____)

SHOOTING
 Pistol Rifle

SHUFFLEBOARD Singles
 Doubles (Partner _____)

SWIMMING Women Men

Events listed in order as they will occur on day of the event.
 Women precede men. Check up to 6 events. (Only 5 for USMS times)

USMS#	Event	Seed Time
<input type="checkbox"/>	100y Butterfly	_____
<input type="checkbox"/>	50y Freestyle	_____
<input type="checkbox"/>	100y Breaststroke	_____
<input type="checkbox"/>	200y Backstroke	_____
<input type="checkbox"/>	200y Freestyle	_____
<input type="checkbox"/>	50y Butterfly	_____
<input type="checkbox"/>	50y Breaststroke	_____
<input type="checkbox"/>	200y Individual Medley	_____
<input type="checkbox"/>	100y Backstroke	_____
<input type="checkbox"/>	100y Freestyle	_____
<input type="checkbox"/>	100y Individual Medley	_____
<input type="checkbox"/>	50y Backstroke	_____
<input type="checkbox"/>	200y Breaststroke	_____
<input type="checkbox"/>	500y Freestyle	_____

TRACK & FIELD EVENTS

Track Events	Field Events
<input type="checkbox"/> 50m Dash	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 100m Sprint	<input type="checkbox"/> High Jump
<input type="checkbox"/> 800m Race Walk	<input type="checkbox"/> Discus
<input type="checkbox"/> 800m Run	<input type="checkbox"/> Javelin
<input type="checkbox"/> 200m Run	<input type="checkbox"/> Shot Put
<input type="checkbox"/> 1500m Race Walk	<input type="checkbox"/> Hammer Throw
<input type="checkbox"/> 400m Run	<input type="checkbox"/> Pole Vault
<input type="checkbox"/> 1500m Run	<input type="checkbox"/> Triple Jump

TABLE TENNIS (Ping Pong) Singles
 Doubles (Partner _____)
 Mixed (Partner _____)

TENNIS Singles
 Doubles (Partner _____)
 Mixed (Partner _____)

WEIGHTLIFTING
 Bench Press Dead Lift Arm Curl Clean & Jerk

OFFICIAL 2016 LSOG ENTRY FORM

2016 TEAM EVENTS FOR INDIVIDUALS

EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM ON PAGE 2 BY THE EVENT REGISTRATION DEADLINE 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 _____

Captain's Name

Softball M or F Age Group _____

Team Name _____

Captain's Name

Volleyball M or F Age Group _____

Team Name _____

Captain's Name

***Golf – foursome**

Player 1: _____ **Player 2:** _____

PHONE () _____ PHONE () _____

Player 3: _____ **Player 4:** _____

PHONE () _____ PHONE () _____

*You will be placed in a foursome if you need one

OFFICIAL 2016 LSOG ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
10K Run & Racewalk			11/12/2016	10/31/2016
	TBA	TBA	Middendorf's Manchac Run Ellen Hall	

Event	Check-in	Start	Date / Site	Registration Deadline
5K Run			9/24/2016	9/12/2016
	8:00	9:10	West Bank Bridge Park, I-310 Exit 7 13825 River Road, Luling, LA Ellen Hall	

Event	Check-in	Start	Date / Site	Registration Deadline
Archery			9/17/2016	9/5/2016
	9:00	9:30	4099 Ratcliff Rd, Shreveport Emma Howard	318-572-6102

Event	Check-in	Start	Date / Site	Registration Deadline
Badminton			10/29/2016	10/17/2016
	13:30	14:00	Highland Rd Rec, Baton Rouge Mike Maddox	225-328-8128

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Doubles			10/7/2016	9/25/2016
	12:30	13:00	630 Petro Point Drive, Lake Charles Betty Bergeron	337-562-0890

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Mix Doubles			10/7/2016	9/25/2016
	12:30	13:00	630 Petro Point Drive, Lake Charles Betty Bergeron	337-562-0890

Event	Check-in	Start	Date / Site	Registration Deadline
Bowling Singles			10/6/2016	9/24/2016
	12:30	13:00	630 Petro Point Drive, Lake Charles Betty Bergeron	337-562-0890

OFFICIAL 2016 LSOG ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
Cycling 5K, 10K, 20K, 40K			8/6/2016	7/25/2016
	8:30	9:00	5180 LA-397, Bell City Keith Woodard	337-436-9486

Event	Check-in	Start	Date / Site	Registration Deadline
Golf			9/19/2016	9/7/2016
	9:00	9:30	6150 Graywood Pkwy, Lake Charles, LA Janet Osbourn	337-478-7789

Event	Check-in	Start	Date / Site	Registration Deadline
Horseshoes			10/1/2016	9/19/2016
	8:30	9:00	122 W. Grove Street, Welsh Butch Ryan	337-309-0858

Event	Check-in	Start	Date / Site	Registration Deadline
Men's Basketball			8/13/2016	8/1/2016
	8:30	9:00	Pineville High School 1511 Line St Tiffany Edmundson	

Event	Check-in	Start	Date / Site	Registration Deadline
Men's Volleyball			9/10/2016	8/29/2016
	8:00	8:30	13505 Highway 1085, Covington Janey Perez	985-892-9829

Event	Check-in	Start	Date / Site	Registration Deadline
Pickleball			4/30/2016	4/18/2016
	7:30	8:00	7122 Perkins Rd, Baton Rouge Tom Burkhart	225-752-5905

Event	Check-in	Start	Date / Site	Registration Deadline
Shooting			9/15/2016	9/3/2016
	8:00	8:30	150 Sheriff's Range Rd. Alexandria Juanita Vanderhoeven	318-487-1561

OFFICIAL 2016 LSOG ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard Doubles			10/5/2016	9/23/2016
	8:30	9:00	3210 Power Centre Parkway, Lake Charles Butch Ryan	337-309-0858

Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard Singles			10/4/2016	9/22/2016
	8:30	9:00	3210 Power Centre Parkway, Lake Charles Butch Ryan	337-309-0858

Event	Check-in	Start	Date / Site	Registration Deadline
Softball			10/22/2016	10/8/2016
			Wardville, Pineville	

Event	Check-in	Start	Date / Site	Registration Deadline
Swimming			10/8/2016	9/26/2016
	10:00	10:30	933 West Parish Road Sulpur, LA Beth Risk	337-502-5214

Event	Check-in	Start	Date / Site	Registration Deadline
Table Tennis			11/05/2016	10/21/2016
			Bridge City Playground Janey Perez	985-892-9829

Event	Check-in	Start	Date / Site	Registration Deadline
Tennis			11/19/2016	11/04/2016
			Louisiana College, Pineville Check www.lso1.net for updates	

Event	Check-in	Start	Date / Site	Registration Deadline
Track and Field			09/24/2016	09/12/2016
	7:00	7:30	4205 Ryan St, Lake Charles TBA	

OFFICIAL 2016 LSOG ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
Weightlifting			5/14/2016	5/2/2016
	10:30	11:00	4429 Nelson Road., Lake Charles Devin Steward	337-656-0834

Event	Check-in	Start	Date / Site	Registration Deadline
Women's Basketball			8/20/2016	8/1/2016
	8:00	8:30	Pineville High School 1511 Line St Tiffany Edmundson	

Event	Check-in	Start	Date / Site	Registration Deadline
Women's Volleyball			9/10/2016	8/29/2016
	8:00	8:30	13505 Highway 1085, Covington Janey Perez	985-892-9829

**PLEASE CHECK THE WEBSITE FOR ANY CHANGES
AND START TIMES FOR YOUR AGE GROUP**

www.lso1.net

LOUISIANA
Pick your Passion

LSOG

LOUISIANA
Senior Olympic Games

2016

April–November

**Alexandria-Baton Rouge-Bell City-Covington-Lake Charles
Luling-Manchac-Metairie-Pineville-Sulphur-Welsh**



OFFICIAL 2016 LSOG ENTRY FORM

209 E Shamrock
Pineville, LA 71360



2016
LOUISIANA SENIOR OLYMPIC GAMES
April – November 2016

HOSTED BY
SOUTHWEST DISTRICT SENIOR OLYMPIC GAMES
CALCASIEU PARISH POLICE JURY