

2019 Quad Cities Senior Olympics

Name _____ DOB ____/____/____

Address _____ City _____ ST _____ Zip _____

Email _____ Phone _____ Cell _____

Entry Fee \$30.00 T-Shirt \$10.00 (Size____) Must be ordered by 6-7-19 Day of event entry fee is \$35.00

Make Checks out to Quad Cities Senior Olympics mail to:

Quad Cities Senior Olympics 1800 3rd Avenue, Suite 304, Rock Island, IL 61201

Waiver Statement: (must be signed by all participants)

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS EVENT AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I have been advised that I should seek advice from my physician before undertaking this physical exercise. I have either visited with my physician and received doctor's advice and consent to my exercise program or have waived such advice and consent of my doctor, and except any and all risks.

I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE PREMISES OF THIS EVENT, AND I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST THIS EVENT AND ANY AFFILIATED INDIVIDUALS OR ENTITIES ASSOCIATED WITH THIS EVENT (THE RELEASEES) FROM ANY LOSS, LIABILITY OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Signature _____ Date _____

Circle all events you plan to enter

Saturday, May 25, 2019 Archery (\$10.00 Entry)

Compound Hunter Compound Release
Compound Fingers Compound unaided
Recurve Freestyle Recurve Freestyle Limited
Recurve Freestyle Traditional

Monday, June 24, 2019

Shuffleboard Singles Shuffleboard Doubles

Partner _____

Shuffleboard Mixed Doubles

Partner _____

Bean Bag Toss Singles

Bean Bag Toss Doubles

Partner _____

Bean Bag Toss Mixed Doubles

Partner _____

Tuesday, June 25, 2019

Bocce Ball
Fleet Feet 5K Road Race (run or walk)
(\$10.00 Entry Fee) **(All ages eligible)**
10K Cycling Time Trial

Wednesday, June 26, 2019

Disc Golf Accuracy Putting
Disc Golf

Tennis Singles Tennis Double

Partner _____

Tennis Mixed Doubles

Partner _____

Thursday, June 27, 2019 (\$10.00 entry fee)

Golf (Saukie or Emeis) _____

25K Cycling

Circle all events you plan to enter

Wednesday, June 26, 2019

Arts and Crafts (Entries due at CASI June 3)

Ceramics Polymers Wood Carving
Mixed Media Metal Beading/Jewelry
Sculpture Charcoal Pen & Ink
Pencil/Colored Pencil Cross Stitch
Crochet Embroidery Needlework
Knitting Counted Cross Stitch
Photography Color Black & White
Painting, Water Color, Acrylics, Oil

Literary Arts

Fiction Non-fiction
Poetry - Free Verse Poetry - Rhyming
(Electronic File Entries due by May 31st)

Thursday, June 27, 2018

Performing Arts

Drama - Solo Drama - Group
Vocal - Solo Vocal Group
Dance - Solo Dance - Group
Instrumental - Solo Instrumental - Group
Ballroom Dancing Waltz or East Coast Swing

Friday, June 28, 2019

Bullseye Pistol (\$10.00 Entry Fee)
Air Silhouette Pistol (\$10.00 Entry Fee)

Basketball Free Throws
Basketball Around the World
Basketball 3 Point Contest

Pickleball Singles Pickleball Doubles
Partner _____

Pickleball Mixed Doubles
Partner _____

Pickleball Skill level _____

Table Tennis Singles Table Tennis Doubles
Partner _____

Billiards

Friday, June 28, 2019

Softball Throw Softball Accuracy
Football Throw Football Accuracy Throw
Soccer Kick Soccer Accuracy
Football Punt Football Kickoff
Disc Golf Distance Throw

Badminton Singles Badminton Doubles
Partner _____

Fleet Feet Track & Field All Comers Meet

(\$20.00 entry fee) (Limited to 4 events)
Javelin Shot Discus Hammer Long Jump
High Jump Pole Vault
4 x 100 Meter Relay, 1 Mile, 50 Meters,
2,000 Meter Steeplechase, 400 Meters, 800
Meters
100 Meters, Medley Relay, 3,000 Meters, 5,000
M

Saturday, June 29, 2019

1500 Meters 50 Meters
400 Meters 100 Meters
800 Meters 200 Meters 3,000 Meters

Javelin Shot
Discus Weight Throw

Long Jump Standing Long Jump
High Jump Triple Jump Pole Vault

Trivia Spelling Bee

Bowling

Horseshoes
Partner _____

Swimming (limited to 4 events)

100 Fly 200 Free 50 Breast
50 Free 100 Back 100 IM
100 Free 50 Back 100 Breast
50 Fly 500 Free

Bench Press