

# 2020 Quad Cities Senior Olympics

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Entry Fee \$30.00 T-Shirt \$10.00 (Size \_\_\_\_ (Order by 5-25-20) Closing Ceremony Picnic per person \$10.00 \_\_\_\_

Day of event entry fee is \$35.00

Make Checks out to Quad Cities Senior Olympics mail to:

Quad Cities Senior Olympics 1800 3<sup>rd</sup> 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.

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 23, 2020 Archery (\$10.00 Entry)**

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

### **6/1 to 6/5 Bullseye Pistol**

#### **Monday, June 1, 2020**

Bean Bag Toss Singles  
Bean Bag Toss Doubles  
Partner \_\_\_\_\_  
Bean Bag Toss Mixed Doubles  
Partner \_\_\_\_\_

Shuffleboard Singles    Shuffleboard Doubles

Partner \_\_\_\_\_  
Shuffleboard Mixed Doubles  
Partner \_\_\_\_\_

### **Tuesday, June 2, 2020**

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

### **Wednesday, June 3, 2020**

Tennis Singles                  Tennis Doubles  
Partner \_\_\_\_\_  
Tennis Mixed Doubles  
Partner \_\_\_\_\_

Disc Golf Accuracy Putting  
Disc Golf Distance    Disc Golf

### **Thursday, June 4, 2020**

Golf (Indian Bluff or Emeis) (\$10.00 entry fee)  
25K Cycling

**Circle all events you plan to enter**

**Wednesday, June 4, 2020**

**Arts and Crafts** (Entries due at CASI May 11)

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, Pastels

**Literary Arts** (see website for rules)

Fiction      Non-fiction  
Poetry - Free Verse      Poetry – Rhyming  
(Electronic File Entries due by May 6)

**Thursday, June 4, 2020**

**Performing Arts**

Drama - Solo      Drama – Group  
Vocal – Solo      Vocal Group  
Dance – Solo      Dance – Group  
Instrumental – Solo      Instrumental - Group  
(Groups of 3 or more \$40.00 entry fee)

**Friday, June 5, 2020**

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 (\$3.00 site fee)

**Friday, June 5, 2020**

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

Standing Long Jump      Long Jump  
High Jump      Triple Jump      Pole Vault  
Javelin      Shot  
Discus      Weight Throw

Softball Throw      Softball Accuracy  
Football Throw      Football Accuracy Throw

Badminton Singles      Badminton Doubles  
Partner \_\_\_\_\_

Trivia      Spelling Bee

Bowling      (Site fee \$6.75)

**Saturday, June 6, 2020**

**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  
2,000 Meter Steeplechase, 4 x 100 Meter Relay,  
1 Mile, 50 Meters, 400 Meters, 800 Meters  
100 Meters, Medley Relay

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

**Visit us on line: Quad Cities Senior Olympics for more information about the 30<sup>th</sup> annual 2020 games**