

2024 Event Descriptions in Alphabetical Order

See “Schedule of Events” tab for chronological order and locations.

Descriptions provided by individual event managers who may want to emphasize different aspects of their event(s).

Except where stated otherwise, those 40 and over are eligible and medals/awards are awarded to men and women in 5-year age increments.

In events where “doubles” are offered, both partners must register. The age of the younger partner will be used for medals/awards.

Arts & Crafts, Literary Arts, and Performing Arts have their own descriptions under the “Rules” tab.

5k Run/Walk

In conjunction with Fleet Feet. Participants who register through the Senior Olympics are entitled to unlimited other Senior Olympics events, Senior Olympics t-shirts, eligible to earn medals – they will not receive Fleet Feet race t-shirts.

Basketball 3-point contest

Gold, silver and bronze medals are based on your time in 5 year age groups. Male and female have their own divisions. Places are earned by the number of shots made during their allotted time from beyond the 3-point arc. Athletes must rebound their own shots. Athletes are given two 3-minute time periods.

Basketball Around the World

Gold, silver, and bronze medals are based on your time in 5-year age groups. Male and female have their own divisions. Athletes take 9 shots around the free throw lane with the longest shot taken from the top of the key. They have a maximum of 2 attempts per location. After 2 misses they go to the next spot. Places are earned by the number of shots made and the number taken. A perfect score would be 9 made in 9 attempts. Athletes 70+ also shoot their long shot from the 3-point line at the top of the key. Ties are broken by whoever made the most shots with the fewest attempts. If still tied, then it goes to the athlete making the farthest shot.

Basketball free throws

Gold, silver and bronze medals are based on your score in 5-year age groups. Male and female have their own divisions. Athletes take 15 shots. Places are earned by the number of shots made. Athletes are given 3 warm up attempts. They may choose to keep the score from the warm-up shots or they may start from 0. All athletes shoot from the 15-foot free throw line.

Bean bag toss

Singles, doubles, and mixed doubles. Two event maximum. Both partners must register for doubles. Medals based on the number of competitors entered in the tournament.

Bench press (Tim Terronez)

Gold, silver and bronze medals are in 5-year age groups. Male and female have their own divisions. Athletes are given 3 attempts to lift the weight that they choose. Once they establish the weight that they start with, the weight may not be lowered. Awards are based on the heaviest final weight lifted and judged to have been a legal lift. The winning lift in each age division is based on the percentage of body weight that a lifter lifts not the weight itself.

Billiards

Eight ball competition. Playing fees may occur. Medals based on number of competitors in tournament.

Bocce ball

Format and medals based on the number of competitors entered in the tournament.

Bowling

Bowlers will bowl 3 games. Participants pay their lane fees and shoe rentals. Medals awarded for both men and women based on participation.

Cycling – 10k time trial

Athletes are released one at a time 30 seconds apart. No drafting is allowed. Either pass or stay several bike lengths behind. Times are recorded for each rider as they complete the 10K course. Gold, silver, and bronze medals are based on your time in 5-year age groups.

Cycling – 15.2-mile road race

Two times around 7.6-mile loop. From Prairie Lodge go North on 207th Street. Follow winding road for 1.4 miles. Turn right onto 52nd Ave N (also called 11th Ave) and go 0.9 miles. Quick jog to the left and then right turn at stop sign onto continuation of 52nd Ave N. Go 0.9 miles. Turn right onto 221st Street at stop sign and go 1.5 miles. Turn right onto Rte 2 and go 0.9 miles. Turn right onto very short (0.1 miles) unnamed road and then a quick left onto 38th Ave N (no street sign). Go 0.6 miles and turn right onto 207th Street. Follow winding road back to Prairie Lodge. Repeat. Gold, silver, and bronze medals are based on your time in 5-year age groups. All right turns. Course will be clearly marked. Drafting permitted. Medals are based on finishing time.

Disc golf

18 holes. Medals will be based on the number of entries in each age group. Players provide their own equipment.

Disc golf distance throw

Participants have 3 attempts. Best distance is their score. Ties broken by 2nd best result. Disc must land in bounds on the football field to be a legal throw. Throw distances are rounded down to nearest foot. Medals based on 5-year age groups.

Euchre

No divisions. Not a medal event. First, second, and third awards given for highest cumulative scores.

Football distance contests - throw, field goal, kick-off, and punting

Participants have 3 attempts at each event they enter. Best distance is the score. Ties broken by 2nd best result. Throw distances are rounded down to nearest 1 foot. Must land in bounds on the football field. Medals based on 5-year age groups.

Golf

18 holes. No handicap. Athletes pay for green fees and cart rental. Medals based on 5-year age groups.

Horseshoes

Athletes throw 30 shoes. Ringers are 3 points and within the width of the shoe 1 point. Most points wins. Gold, silver, and bronze medals are given for men and women.

Pickleball

Sponsored by Joola. Singles, doubles, and mixed doubles. Tournament format/brackets and medals will be based on number of entries and skill level in each category.

Pull Ups

Gold, silver, and bronze medals are in 5-year age groups. Male and female have their own divisions. Athletes are given two 60 second sessions to perform their pull ups. Athletes must go all the way up with their chin over the bar and all the way down for the pull up to be counted by the event judge. Highest total from both 60 second sessions wins.

Push Ups

Gold, silver and bronze medals are in 5 year age groups. Male and female have their own divisions. Athletes are given two 60 second sessions to perform their push-ups. Athletes must go all the way down and all the way up for the push up to be counted by the event judge. Highest total added together from both 60 second sessions wins.

Shuffleboard

Singles, doubles, and mixed doubles. Two event maximum. Both partners must register for doubles. Medals based on the number of competitors entered in the tournament.

Softball throw

Three throws for distance. Ties are broken by 2nd best distance. Ball must land in bounds on the football field to be a legal throw. Throw distances are rounded down to nearest foot. Medals based on 5 year age groups.

Spelling bee

No divisions. Gold, silver, and bronze medals. When a contestant misspells a word, the next contestant must spell the word correctly to eliminate the original speller.

Swimming

Swimming uses USA Swimming rules. Gold, silver and bronze medals are based on your time in 5-year age groups. Male and female have their own divisions. Athletes must complete their events with legal form to qualify for the award.

Table tennis

Nittaku premium 3-star balls provided by Paddle Palace. USATT rules apply. Sandpaper paddles are not allowed. A match will consist of the best of 3 games to 11. Warm-ups will be limited to 5 minutes. Tournament format/brackets and medals will be based on number of entries in each category. Participants will play at least 3 matches. Singles and doubles.

Track and Field

No event limit. USATF rules are used. Gold, silver and bronze medals are based on your time or measurement in 5 year age groups. Male and female have separate divisions. Athletes must complete their event with a legal mark to qualify for the award. Participants must supply own equipment.

50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 50-50-100-200 Medley Relay, 4 x 100 Meter Relay, 200-200-400-800 Medley Relay, Standing and Running Long Jump, High Jump, Triple Jump, Discus, Shot, Pole Vault, Weight Throw, Hammer, Javelin,

The following age-appropriate weights are used for implements:

DISCUS – Women: 19-74 use 1.0 kg; 75+ use 0.75kg / Men: 19-49 use 2kg; 50-59 use 1.5kg; 60+ use 1kg

SHOT – Women: 19-49 use 4.0 kg; 50-74 use 3.0 kg; 75+ use 2kg / Men: 40-49 use 16 lbs; 50-59 use 6.0 kg; 60-69 use 5.0 kg; 70-79 use 4.0 kg; 80+ use 3kg

JAVELIN – Women: 19-49 use 600 gm; 50-74 use 500 gm; 75+ use 400 gm / Men: 19-49 use 800 gm; 50-59 use 700 gm; 60-69 use 600 gm; 70-79 use 500 gm; 80+ use 400 gm.

Weight Throw – Women: 19-49 use 20 lbs; 50-59 use 16 lbs; 60-74 use 12 lbs 75+ use 8.8 lbs / Men: 19-49 use 35 lbs; 50-59 use 25 lbs; 60-69 use 20 lbs; 70-79 use 16 lbs; 80+ use 12lbs