

2021 Quad Cities Senior Olympics

Name _____ DOB ____/____/____

Address _____ City _____ ST _____ Zip _____

Email _____ Phone _____ Cell _____

Entry Fee \$30.00 T-Shirt \$15.00 (Size ____ (Order by 7-16-21) Closing Ceremony Picnic \$10.00 ____

Day of event entry fee is \$35.00 (3 Medals max, Extra Medals at \$5.00 EACH)

Make Checks out to Quad Cities Senior Olympics mail to:

Quad Cities Senior Olympics PO Box 1687, Davenport, IA 52809

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 ANY OF 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, COVID 19 or RELATED DISEASES, OR OTHERWISE.

Signature _____ Date _____

Circle all events you plan to enter

Monday, July 26, 2021

Bean Bag Toss Singles

Bean Bag Toss Doubles

Partner _____

Bean Bag Toss Mixed Doubles

Partner _____

Shuffleboard Singles Shuffleboard Doubles

Partner _____

Shuffleboard Mixed Doubles

Partner _____

Bullseye Pistol _____

You may shoot M-F

Tuesday, July 27, 2021

Bocce Ball

10K Cycling Time Trial

Fleet Feet 5K Road Race (run or walk)

(All ages eligible)

Wednesday, July 28, 2021

Tennis Singles Tennis Double

Partner _____

Tennis Mixed Doubles

Partner _____

Table Tennis Singles Table Tennis Doubles

Partner _____

Disc Golf

Arts and Crafts (Entries due at CASI July 6)

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

Circle all events you plan to enter

Wednesday, July 28, 2021

Literary Arts (see website for rules)

Fiction Non-fiction
Poetry - Free Verse Poetry – Rhyming
(Electronic File Entries due by July 1st)

Thursday, July 29, 2021

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

25K Cycling

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, July 30, 2021

Basketball Free Throws
Basketball Around the World
Basketball 3 Point Contest

Pickleball Singles Pickleball Doubles
Partner _____
Pickleball Mixed Doubles
Partner _____
Pickleball Skill level _____

Billiards (\$3.00 site fee)

Bowling (Site fee \$6.75)

Friday, July 30, 2021

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

Badminton Singles Badminton Doubles
Partner _____

Saturday, May 22, 2021 Archery (\$10.00 Entry)

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

Track & Field

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

Trivia

Spelling Bee

Bench Press

Horseshoes Horseshoe Doubles
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

Triathlon

5K on Tuesday, 25K Cycling on Thursday
500 Swim on Saturday

Visit us on line: Quad Cities Senior Olympics for more information about the 30th annual 2021 games