

# 2025 Quad Cities Summer Games sponsored by QC Senior Olympics

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

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

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

**Entry Fee \$40.00 T-Shirt (Size\_\_ )(May 1 deadline) Attending the Closing Ceremony Picnic? yes or no**

**Make Checks out to Quad Cities Senior Olympics and mail to:**

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

## **Waiver Statement: (must be signed by all participants and volunteers)**

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 accept 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 \_\_\_\_\_

**Specify if volunteer** \_\_\_\_\_

### **Participants select events below**

#### **Wednesday, May 14**

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

Fiction          Non-fiction

Poetry - Free Verse    Poetry – Rhyming

(Electronic File Entries due)

##### **Arts & Crafts** (Entries due at CASI 12-6 pm)

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: Watercolor, Acrylics, Oil, Pastels

#### **Saturday/Sunday, May 17/18**

Pickleball Singles          Pickleball Doubles

Partner \_\_\_\_\_

Pickleball Mixed Doubles

Partner \_\_\_\_\_

Pickleball Skill level \_\_\_\_\_

#### **Monday, May 19**

Shuffleboard Singles    Shuffleboard Doubles

Partner \_\_\_\_\_

Shuffleboard Mixed Doubles

Partner \_\_\_\_\_

#### **Monday, May 26**

QC Running Festival 5K -paper deadline 5/9

#### **Tuesday, May 27**

Opening ceremonies

Art & Crafts/Literary arts medal presentation

#### **Wednesday May 28**

Bocce Ball

Disc Golf

Spelling Bee

**Thursday, May 29, 2024**

Bean Bag Toss Singles

Bean Bag Toss Doubles

Partner \_\_\_\_\_

Bean Bag Toss Mixed Doubles

Partner \_\_\_\_\_

Golf at Emeis Golf Course

10K Cycling time trial

**Performing Arts**

Drama - Solo                  Drama – Group

Vocal – Solo                  Vocal Group

Dance – Solo                  Dance – Group

Instrumental – Solo      Instrumental - Group

**Friday, May 30**

Billiards (Site fees)

15.2-mile Cycling road race

Euchre

Youth Track &amp; Field Meet

Throwing pentathlon

**Saturday, May 31**

Softball Throw              Football Throw

Disc Golf Distance        Football Kick Off

Football Punt                Football Field Goal

Horseshoes                  Horseshoe Doubles

Partner \_\_\_\_\_

Bowling

Basketball Free Throws

Basketball Around the World

Basketball 3 Point Contest

Bench Press

Push Ups

Pull Ups

**Saturday, May 31, Track & Field**

50 Meters

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

3,000 Meters

One-lap no rules relay

Standing Long Jump

Long Jump

Triple Jump

High Jump

Pole Vault

Javelin

Shot

Discus

Weight Throw

Hammer

**Swimming (limited to 4 events)**

50 Free

50 Breast

50 Back

50 Fly

100 Fly

100 Back

100 IM

100 Free

100 Breast

200 Free

500 Free

**Go to [www.qcsogo.org](http://www.qcsogo.org) for locations and times of all 2025 events**