

2020 INFORMATION & REGISTRATION GUIDE



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WELCOME!

Maryland Senior Olympics welcomes you to our 2020 season! We have nearly 30 events for you to participate in and serve as your qualifier for the 2021 National Senior Games in Ft. Lauderdale.

Established in 1980, we are in our 40th year of helping individuals aged 50 and over stay active and healthy. Our athletes compete for the love of staying active, the camaraderie of the games and their own personal achievement. Our motto is "To Participate Is to Win."

Registration for our 2020 season will open May 5, and events will run from June to October, officially ending with our Awards Ceremony on October 24. (Please see COVID-19 message on page 3.)

Continue reading this guide for participation and event details and mail-in registration forms. There's so much we can't fit on these pages, however, so be sure to visit our website at **mdseniorolympics.org** for more information, including details on each sport, and to link directly to our online registration.

We're here to help so please do not hesitate to reach out!

Email us at **info@mdseniorolympics.org** or call **240-777-4930**.

MARYLAND SENIOR OLYMPICS

c/o Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, Md. 20906

www.mdseniorolympics.org

CONTACT US

Phone: 240-777-4930
Email: info@mdseniorolympics.org

EXECUTIVE DIRECTOR

Stacy Sigler, Montgomery County Recreation

SOCIAL MEDIA

Facebook: www.facebook.com/mdseniorolympics

Twitter: www.twitter.com/mdsrolympics

YouTube: www.youtube.com/mdseniorolympics

Flickr: <https://www.flickr.com/photos/mdseniorolympics/>

THANK YOU TO OUR HOSTS, PARTNERS AND SPONSORS!

MONTGOMERY COUNTY RECREATION, NATIONAL SENIOR GAMES ASSOCIATION,
MONTGOMERY PARKS (M-NCPPC), HOWARD COUNTY RECREATION & PARKS, CITY OF BOWIE

City of Gaithersburg, Parvilla Cycle & Multisport, Bowlero Normandy, Asbury Methodist Village, Kentlands Community Foundation, Severna Park Racquetball & Fitness Club, Frederick Horseshoe Pitchers Association, Leisure World of Maryland, LifeBridge Health, MCG Laytonsville Golf Course, Oriole Archers, Ginger Cove and West River Wickets, Baltimore Disc Golf, Inc., Old Post Rifle and Pistol Club, Associated Gun Clubs



IN MY VIEW — BOB ZEIGLER, CHAIRMAN EMERITUS

A LOOK BACK AT 40 YEARS OF MARYLAND SENIOR OLYMPICS.



As I have been asked to reflect on the past 40 years of the Maryland Senior Olympics my thoughts are varied and ring rather nostalgic. I know of no other experience in my long professional career that has given me more pleasure than being part of the establishment of the Maryland Senior Olympics and my close association with the National Senior Games Association.

As a bit of history, the Maryland Senior Olympics was started as a result of the director of Adult Fitness for Baltimore County, Vickie Stallings, coming to the Baltimore County Fitness Commission, of which I was a member, and giving a slide presentation of a Senior Olympics program she had experienced at a recent conference. The Commission was enthusiastic with what they saw and as Vice Chairman I was asked to pursue the idea.

I contacted the Chairman of the Maryland State Commission on Physical fitness, Lou Lyons, also a personal friend. He liked the idea very much and together we formed a committee made up of representatives from Physical Education Departments, Recreation Departments and the County Offices on Aging. From that committee, later referred to as the Maryland Senior Olympic Commission, the first Olympics was planned and I was elected as Interim Chairman. The first Olympic games were held on October 4, 1980 at Towson University, and I remained "Interim" Chair for almost 25 years. The first Olympics drew about 300 athletes for the one-day event, and we grew to a three-day event with almost 1800 athletes by the mid 1990's, becoming one of the largest Senior Games in the country.

Having shared just the tip of the MSO historical iceberg, I should like to pass credit on to those who most deserve it. We who have served and are serving, extend our thanks and appreciation to the thousands of seniors who have participated in the Maryland Senior Olympics through the years. Without your support of this program we would not be looking back on 40 wonderful years. You made it happen and for that we are grateful. We also extend appreciation to our sponsors over the years, because without their financial support none of this could have happened. I would also be remiss if mention was not made of the hundreds of volunteers who have given time, energy, and talent to this endeavor. And foremost among this group are those who have and are currently serving on the MSO Commission.

While much has been done, enjoyed, and accomplished, I know the future is bright and will bring forth continuing success and excitement for our future athletes. Remember— "TO PARTICIPATE IS TO WIN."

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.
—Franklin D. Roosevelt

MARYLAND SENIOR OLYMPICS & COVID-19

The Maryland Senior Olympics Commission (MSOC) is actively monitoring the recommendations and directives of the Centers for Disease Control & Prevention (CDC), Maryland Department of Health and the Governor's Office. We will follow their guidelines in terms of the continuation of events. Should they, or jurisdictions where our events are held, mandate a cancellation of events the MSOC will provide participants with more detailed information regarding event rescheduling or cancellation.

PARTICIPATION The Maryland Senior Olympics Commission requests that every participating athlete consult his or her physician to evaluate their physical condition and determine your safe level of competition. Participants may enter as many sports as their schedule will allow. Here's what you need to know:

AGE GROUPS Gender and age group competitions will be conducted in men's and women's divisions in each of the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100-plus. If participant numbers are insufficient, age groups may be combined for competition purposes. However, medals will be awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2020.

TEAM SPORTS COMPETITION Maryland Senior Olympics offers three team sports: 3-on-3 half-court basketball, softball and volleyball in the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-plus and, 3-on-3 basketball only, 80+. The youngest member of the team as of Dec. 31, 2020 will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster. Roster substitutions should be made prior to the registration deadline.

REGISTRATION

Our individual and team events range in price, check the details of each in this guide. After you register for one event each additional will be \$5. Deadlines vary, typically two weeks prior or when capacity is reached. All athletes pay a \$5 processing fee. All of our events are open to non-Maryland residents! There is a \$10 fee which is not charged for team or \$15 events. For mail-in registration forms are included in this guide. For online registration, visit our website. Payment is through PayPal, either via PayPal account or credit card.

PARTNERED EVENTS When registering for partnered events you will need to have your partner's full legal name and date of birth to invite them. If your partner registers first, you will get an email invite to accept when you register yourself. Both athletes complete an individual registration for partnered events. The youngest player of the pair determines which age group you compete in. You will only be permitted to register in the age group determined by your DOB. Once linked with your partner the pair will move to the correct age group automatically if necessary. Do not falsify your DOB or you will be disqualified.

Athletes are responsible for finding their own partners. We encourage you to use the team partner finder through NSGA: nsga.com/tpf.

TEAM SPORTS Online registration is recommended. Captains: register your team and provide emails of your team members, they'll be invited to register to your team. You may also register the entire team by providing all details. Mail in registration is also an option, fill out the team roster form and provide required information. Team members: Register online through the email invite or enter the team name/code to join your team. For mail in, fill out the team member registration form and submit to your captain.



GENERAL INFORMATION

Things you need to know as a competitor and participant of the Maryland Senior Olympics.

CANCELLATION AND RAIN DATES MSO officials reserve the right to cancel any event due to insufficient registration and/or combine age groups if fewer than five people sign up in an age group. In the event of inclement weather or unusual and extenuating circumstances, MSO officials reserve the right to cancel or postpone events to a later time or date.

REFUND POLICY Refunds (less a \$15 processing fee) must be requested in writing no later than two weeks prior to your first event. No refunds will be issued after that date. In the event of rescheduling, the Maryland Senior Olympics Commission will maintain a flexible policy on refunds if you cannot participate on the rescheduled date.

RULES AND EQUIPMENT MSO follows NSGA rules. Visit mdseniorolympics.org to view. Participants are required to provide their own equipment for the events entered with some exceptions. Contact us for details.

EVENT CHECK-IN Every athlete must check in with the event coordinator 30 minutes prior to each sport at the event location. Any athlete not reporting to an event on time may be disqualified. There will be no substituting of events on the day of competition. Participating in an event that you are not pre-registered for will result in disqualification.

AWARDS Gold, silver and bronze medals will be presented through third-place Maryland finishers in each age group for each event. Out-of-state finishers who place in the top three also receive medals. Ribbons are given to fourth through sixth place finishers. Awards will be presented at the event site or may be picked up by appointment at the Maryland Senior Olympics office. No awards will be mailed.



NSGA EVENTS

MSO offers these National Senior Games Association sanctioned events. Visit the NSGA or MSO website to view rules and qualifying procedures for each sport.

ARCHERY

Oct. 3, 10:00 am

Barebow Compound, Barebow Recurve, Compound Fingers, Compound Release, Recurve
\$30 first event, \$5 each additional

Genesee Valley Outdoor Learning Center
1717 Rayville Rd., Parkton, 21120

BADMINTON

Aug. 29, 9:00 am

Singles, Doubles, Mixed Doubles
\$30 first event, \$5 each additional

Bauer Drive Community Recreation Center
14625 Bauer Dr., Rockville, 20853

BASKETBALL (3 ON 3)

Aug. 15 (Men's and Women's), 9:00 am

\$125 per team, \$5 per team member
Meadowbrook Athletic Complex
5001 Meadowbrook Ln., Ellicott City, 21043

BASKETBALL SKILLS (NOT A NSGA EVENT)

Aug. 15 (Men's and Women's), 11:30 am – 1:30 pm

Floor, Foul and Free shot
\$15 for all three

Meadowbrook Athletic Complex
5001 Meadowbrook Ln., Ellicott City, 21043

BOWLING

Aug. 31 (Singles) & Sept. 1 (Doubles)

Singles: 50-69, 9:00 am, 70+ 1:00 pm

Doubles: Men's And Women's, 9:00 am;

Mixed, 1:00 pm

\$30 first event, \$5 each additional; \$8 lane fee per event

Bowlero Normandy
8419 Baltimore National Pike, Ellicott City, 21043

CYCLING 5K AND 10K TIME TRIALS

June 3 (10K) & July 8 (5K), 6:00 pm

\$30, \$5 each additional (includes fee to Parvilla)

962 Central Ave., Davidsonville, 21035



GOLF

Sept. 14, 9:30 am

Golf

\$15 first event + \$50 golf fee (includes green fee, cart, lunch)

Chipping, Putting (not a NSGA event)

\$5 each

Laytonsville Golf Course
7130 Dorsey Rd., Gaithersburg, 20882

PICKLEBALL

Aug 21 (Women's Doubles); Aug 22 (Mixed Doubles); Aug 23 (Men's Doubles); Aug 24 (Singles), 9:00 am

Age/Skill Divisions: I (4.0 & above) and II (3.5 & below)

Doubles play—this is determined by the higher skill player and the lower aged player as of 12/31/2020.

\$40 first event, \$5 each additional

City of Bowie Gymnasium
4100 Northview Dr., Bowie, 20716

RACQUETBALL

Sept. 9 (Singles) & Sept. 10 (Doubles), 9:00 am

\$30 first event, \$5 each additional

Severna Park Racquetball and Fitness Center
8514 Veteran's Hwy., Millersville, 21108

RUNNING 5K RACE

Sept. 5, 8:30 am Kentlands/Lakelands 5K

Register at: kentlandsfoundation.org/annual-5K
267 Kentlands Blvd., Gaithersburg, 20878

RUNNING 10K RACE

Sept. 13, 8:00 am | Race for Our Kids

Register at www.raceforourkids.org
The Maryland Zoo in Baltimore





SHUFFLEBOARD

June 27, 9:00 am

Singles, Open Doubles

\$30 first event, \$5 each additional

Leisure World of Maryland

3701 Rossmoor Blvd., Silver Spring, 20906

SOFTBALL

Sept. 12 (Women's) & Sept. 13 (Men's), 9:00 am

\$100 per team, \$5 per team member

Olney Manor Regional Park

16601 Georgia Ave., Olney, 20832

SWIMMING

Sept. 12, 8:00 am Warm-Ups, 9:00 am Start

\$30 first event, \$5 each additional (6 max)

Germantown Indoor Swim Center

18000 Central Park Cir., Boyds, 20841

ORDER OF EVENTS:

- | | |
|------------------------|-------------------------|
| 1. 400-Yard IM | 9. 50-Yd Butterfly |
| 2. 50-Yd Backstroke | 10. 200-Yd Freestyle |
| 3. 200-Yd Breaststroke | 11. 100-Yd Butterfly |
| 4. 100-Yd Freestyle | 12. 100-Yd IM |
| 5. 200-Yd Butterfly | 13. 200-Yd Backstroke |
| 6. 50-Yd Breaststroke | 14. 100-Yd Breaststroke |
| 7. 200-Yd IM | 15. 50-Yd Freestyle |
| 8. 100-Yd Backstroke | 16. 500-Yd Freestyle |

TABLE TENNIS

July 25, 9:00 am

Singles, Doubles, Mixed Doubles

\$30 first event, \$5 each additional

Potomac Community Recreation Center

11315 Falls Rd., Potomac, 20854

TENNIS

Aug. 28, 29 & 30, 9:00 am

Singles, Doubles, Mixed Doubles

\$30 first event, \$5 each additional

Olney Manor Regional Park

16601 Georgia Ave., Olney, 20832

TRACK & FIELD

Aug. 8 & 9, 9:00 am

Detailed track and field event schedule on pages 8 & 9.

\$40 first event, \$5 each additional

Howard Community College

10901 Little Patuxent Pky., Columbia, 21044

TRACK & FIELD WALKING EVENTS

You can register for more than one! Take a look at the track and field schedule to see when the walking events are held and schedule accordingly.

\$15 first event, \$5 each additional

Race Walk - 1500m Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. This is assessed by race judges.

Precision Walk - 1 mile You tell us the time you will walk a mile. Medal placement based on the closest finish to the submitted time.

Power Walk - 1500m & NEW! 5K Power walking or speed walking is the act of walking with a speed at the upper end of the natural range for the walking gait. To qualify as power walking as opposed to jogging or running, at least one foot must be in contact with the ground at all times.

VOLLEYBALL

Aug. 22 (Women's) & Aug. 23 (Men's), 9:00 am

\$175 per team, \$5 per team member

Mail-in registration only

Meadowbrook Athletic Complex

5001 Meadowbrook Ln., Ellicott City, 21043

NEW! BEACH VOLLEYBALL

(NSGA 2021 Demo Sport)

Sept. 19 & 20, 9:00 am

Doubles, Quads

Register: mavolleyball.org

Rehoboth Beach, DE



STATE EVENTS

MSO offers these fun participatory events. They aren't part of the NSGA but you can win MSO medals.

AIR GUN

Oct. 1 (& 2 if necessary), 9:00 am

\$15

Associated Gun Clubs of Maryland
11518 Marriottsville Rd., Marriottsville, 21104

BILLIARDS (8-BALL)

Oct. 9, 9:00 am, Men's, Women's

\$15

Margaret Schweinhaut Senior Center
1000 Forest Glen Rd., Silver Spring, 20901

BOCCE

June 25 (singles) & June 26 (doubles), 9:00 am

Singles, Doubles, Mixed Doubles

\$15

Asbury Methodist Village
201 Russell Ave., Gaithersburg, 20877

CROQUET

Sept. 25, 26 & 27

Register at www.westriverwickets.com or
www.gingercove.com

Ginger Cove
4000 River Crescent Dr., Annapolis, 21401

West River Wickets
120 Owensville Rd., West River, 20778

DISC GOLF

**June 20,
for the Druid Hill Open**

Register for the Druid Hill Open at discgolfszene.com

Druid Hill Park
Greenspring Ave., Baltimore, 21217



HORSESHOES

Aug. 1, 9:00 am

\$15

Maryvale Park
506 W. Patrick St., Frederick, 21702

LAWN BOWLING

Aug. 1, 10:30 am

Singles, Doubles, Triples

\$15 first event, \$5 each additional

Leisure World of Maryland
3701 Rossmoor Blvd., Silver Spring, 20906

TRAP SHOOTING

Oct. 10, 9:00 am

\$40 (includes targets, ammunition)

Associated Gun Clubs of Maryland
11518 Marriottsville Rd., Marriottsville, 21104

WII BOWLING

Oct. 7, 9:00 am

\$15

Holiday Park Senior Center
3950 Ferrara Dr., Wheaton, 20906





TRACK AND FIELD | SATURDAY, AUG. 8

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9:00 am	5K Power Walk (men and women, all ages)
9:00 am	Hammer throw (men 70-79, followed by weight throw)
9:00 am	Running long jump with standing long jump to follow (women, all ages)
9:30 am	Javelin throw (men 80-plus)
10:00 am	1500-meter run (men, all ages)
10:30 am	Javelin throw (men 70-79)
10:30 am	100-meter dash trials (if necessary)
10:45 am	Running long jump (men 80-plus, followed by standing long jump)
11:00 am	Hammer throw (men 50-59, followed by weight throw)
11:00 am	1500-meter run (women, all ages)
12:30 pm	1500-meter race walk (men and women)
12:30 pm	Running long jump (men 70-79, followed by standing long jump)
12:30 pm	Javelin throw (men 50-59)
1:00 pm	Hammer throw (women, all ages, followed by weight throw for all ages)
1:30 pm	Javelin throw (men 60-64)
1:30 pm	100-meter dash (men, oldest to youngest)
2:00 pm	Running long jump (men 60-69, followed by standing long jump)
2:00 pm	Javelin throw (men 65-69)
2:00 pm	100-meter dash (women, oldest to youngest)
2:30 pm	50-meter dash (men, oldest to youngest)
2:45 pm	50-meter dash (women, oldest to youngest)
2:45 pm	Hammer throw (men 80-plus, followed by weight throw)
3:30 pm	Running long jump (men 50-59, followed by standing long jump)
3:30 pm	Javelin throw (women, all ages)
3:30 pm	400-meter dash (men, oldest to youngest)
3:45 pm	400-meter dash (women, oldest to youngest)
4:30 pm	Hammer throw (men 60-69, followed by weight throw)



TRACK AND FIELD | SUNDAY, AUG. 9

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9:00 am	Triple jump (men 80-plus)
9:00 am	Shot put (men 70-79)
9:00 am	Discus throw (men 50-59)
10:00 am-2:00 pm	Football, Frisbee and softball throws (men and women), open pit
10:00 am	800-meter run (men, all ages)
10:15 am	Shot put (men 50-59)
10:30 am	High jump (men, all ages)
10:30 am	Triple jump (men 70-79)
10:30 am	Discus throw (men 60-69)
10:45 am	800-meter run (women, all ages)
11:30 am	Shot put (men 60-69)
11:30 am	1500m Power Walk (men and women, all ages)
12:00 pm	High Jump (women, all ages)
12:00 pm	Discus throw (men 70-79)
12:30 pm	Shot put (women 50-69)
12:30 pm	200-meter dash (men, oldest to youngest)
1:00 pm	200-meter dash (women, oldest to youngest)
1:00 pm	Triple jump (women, all ages)
1:00 pm	Pole vault (men and women)
1:30 pm	Shot put (women 70-plus)
1:30 pm	Discus throw (women 50-69)
1:30 pm	1-mile precision walk (men and women)
2:00 pm	Triple jump (men 60-69)
2:30 pm	Shot put (men 80-plus)
2:30 pm	Discus throw (women 70-plus)
3:00 pm	Triple jump (men 50-59)
3:30 pm	Discus throw (men 80-plus)

CALL FOR AWARD NOMINATIONS

2020 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are in search of deserving recipients for the 2020 Maryland Senior Olympics Honor Awards (see below). Nominations are requested, along with supporting details, and must be received by September 1, 2020 to be considered. No self-nominations. Send nominations to info@mdseniorolympics.org or mail to 3950 Ferrara Dr., Wheaton, MD, 20906. The 2020 Awards Ceremony will be held Saturday, October 24 at a location to be determined.

HALL OF FAME

For outstanding service, significant achievement and consistent dedication to the perpetuation of the Maryland Senior Olympics exemplified by, but not limited to, the following attributes which may not necessarily be present in each candidate:

- Many years MSO involvement
- National Senior Games participation
- MSO medal achievement
- National Senior Games medal achievement
- Multiple sport participation

ROBERT G. ZEIGLER SERVICE AWARD

In recognition of outstanding service and dedication to the Local, State or National Senior Games movement exemplified through the following actions:

- Many years consistent service
- Promotional involvement at the State or National Senior Games Association
- Corporate In-kind or financial support of the Maryland Senior Olympics

MSO CITATION

In appreciation for outstanding service by an individual or a team, distinguished contributions and support on behalf of the Maryland Senior Olympics exemplified through the following actions:

- Many years of consistent service
- Participation in Games organization and/or participation
- Promotional support of the Maryland Senior Olympics



2019 AWARD RECIPIENTS MSO HALL OF FAME



CHET LORD, CLAUDIA SIMPSON,
MARSHALL THOMPSON

2019 MSO CITATION RECIPIENTS



LEE RICHARDSON, DENNIS MOORE, LEO BUSCHER,
JERRY BOOKIN-WEINER, WAYNE MINGER,
JOE ZIBERBAUM, MYRON SEGAL



2020 INDIVIDUAL REGISTRATION FORM

NEW PARTICIPANTS - ENCLOSE A COPY OF A *VALID DRIVER'S LICENSE OR MVA IDENTIFICATION*.

PLEASE PRINT CLEARLY. FILL OUT AND SUBMIT BOTH SIDES. REGISTRATION CLOSES TWO WEEKS PRIOR TO EACH EVENT OR WHEN CAPACITY IS REACHED.

FULL NAME:

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER:

MALE ☐ FEMALE ☐

STATUS:

RETURNING ATHLETE ☐

NEW ATHLETE ☐

Were you a professional or Olympic athlete? YES ☐ NO ☐ Sport/Events:

PLEASE VISIT THESE SITES TO REGISTER FOR...

5K RACE:

kentlandsfoundation.org/annual-5k

10K RACE:

raceforourkids.org

BEACH VOLLEYBALL: mavolleyball.org

DISC GOLF: dgscene.com

CROQUET: westriverwickets.com or
gingercove.com

PARTICIPANT DUES

	FEES	NO. OF ITEMS	AMT.
First Event (check your sport(s), event with the highest fee)	\$15 \$30 \$40	one	\$
Each Additional Event	\$5		\$
Team Member, Team:	\$5		\$

ADDITIONAL/OPTIONAL COSTS

COMPLETE ALL THAT APPLY TO YOU

	FEES	NO. OF ITEMS	AMT.
Non-Maryland resident (n/a for non-qualifying events)	\$10	one	\$
10-Pin Bowling for Each Event	\$8		\$
Golf Fee (with cart)	\$50	one	\$

YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!

			\$
Mail-In Registration Fee	\$10		\$10
SEE REFUND POLICY ON PAGE 4			TOTAL
			\$

ENCLOSE CHECK/MONEY ORDER TO:

Maryland Senior Olympics
c/o Holiday Park Senior Ctr
3950 Ferrara Dr.
Wheaton, MD 20906

**ALL ATHLETES WILL
RECEIVE THIS GILDAN
HAMMER 100% COTTON
LONG SLEEVE SHIRT**

CIRCLE YOUR SIZE:

S M L XL 2XL 3XL



FOR OFFICE USE ONLY

DATE RECEIVED:

CHECK NO.

CHECK AMOUNT: \$

DATE REGISTERED

1 OF 2 OVER>

2020 INDIVIDUAL REGISTRATION CONTINUED...

MEDICAL INFORMATION

Please list or attach a summary of all medical conditions, allergies, surgeries, medications, etc.

EVENT(S) AN "EVENT" IS DEFINED AS ONE ACTIVITY. I.E., TENNIS SINGLES AND DOUBLES ARE TWO ACTIVITIES.

Please complete each column of the form for each event you are entering. Include best time/distance for swimming and track and field events and skill level for pickleball. Your age group is determined by your age as of Dec. 31, 2020.

AGE	EVENT DATE (NO DUPLICATES)	EVENT FULL NAME (I.E., BOWLING, SINGLES, ETC.)	TIME/DISTANCE/ SKILL LEVEL	DOUBLES PARTNER'S NAME & DOB

Each participant must present a valid driver's license or MVA identification at check in of events.

ENCLOSE CHECK OR MONEY ORDER AND MAIL TO:

Maryland Senior Olympics c/o Holiday Park Senior Center | 3950 Ferrara Drive | Wheaton, Maryland 20906

LIABILITY WAIVER

The Maryland Senior Olympics Commission LTD strongly recommends that participants consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. You must read and sign the following in order to participate in the Maryland Senior Olympics:

I, the undersigned participant, shall and will save and keep harmless and indemnify the Maryland Senior Olympics Commission LTD, Montgomery County and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I may have and/or persons through me may have, such as a spouse or children, for damages of any kind or nature, including but not limited to personal injuries or death caused in whole or in part by the negligent acts of omission or commission by said indemnities acting independently or jointly in the sponsorship, conduct or operation of the 2020 Maryland Senior Olympics.

I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected. The Maryland Senior Olympics Commissions LTD has my permission to have a physician attend me if deemed necessary during my participation in the Maryland Senior Olympics.

I have read and understand all the information above. Fraudulent statements on this application will result in disqualification.

The Maryland Senior Olympics Commission LTD reserves the right to photograph participants for publicity purposes.


SIGNATURE OF PARTICIPANT

DATE



2020 TEAM ROSTER FORM

REGISTRATION DEADLINE IS TWO WEEKS PRIOR TO EVENT.

ALL TEAM MEMBERS FILL OUT A REGISTRATION FORM (REVERSE SIDE).
ATTACH ALL REGISTRATION FORMS TO TEAM ROSTER (THIS FORM).

TEAM NAME:

TEAM CAPTAIN:

PHONE:

SPORT: (CIRCLE ONE) BASKETBALL \$125 (+\$5 each team member) SOFTBALL \$100 (+\$5 each team member) VOLLEYBALL \$175 (+\$5 each team member)

AGE GROUP*: 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-PLUS ☐ 80-PLUS** ☐ SEX: MEN ☐ WOMEN ☐

*AGE OF TEAM WILL BE DETERMINED BY THE AGE OF THE YOUNGEST PLAYER AS OF DEC. 31, 2020. **80-PLUS FOR BASKETBALL ONLY.

NAME—LAST, FIRST (PLEASE PRINT)	PHONE	EMAIL	STATE	BIRTH DATE	SHIRT SIZE S-3XL
CAPTAIN					
2					
3					
4					
5					
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20					
NP					
NP					

NP = NON-PLAYING PERSONNEL FOR OFFICE USE ONLY Date received:

Check No.

Check Amount: \$

ENCLOSE CHECK/MONEY ORDER TO: Maryland Senior Olympics c/o Holiday Park Senior Ctr | 3950 Ferrara Dr | Wheaton, MD 20906.



2020 TEAM MEMBER REGISTRATION FORM

NEW PARTICIPANTS - ENCLOSE A COPY OF A VALID DRIVER'S LICENSE OR MVA IDENTIFICATION.

IF YOU ARE REGISTERING FOR INDIVIDUAL SPORTS AS WELL, PLEASE USE THE INDIVIDUAL REGISTRATION FORM AND INCLUDE TEAM MEMBER FEE WITH THAT PAYMENT. YOU DO NOT NEED TO FILL OUT THE FORM BELOW.

FULL NAME:

TEAM(S):

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER:

MALE ☐

FEMALE ☐

STATUS:

RETURNING ATHLETE ☐

NEW ATHLETE ☐

Were you a professional or Olympic athlete? YES ☐ NO ☐ Sport/Events:

PARTICIPANT DUES

Participation in Team Sport Event (If Team Captain hasn't paid)

FEES

\$5

ITEMS

AMT.

YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!

-

-

SEE REFUND POLICY ON PAGE 4

TOTAL

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LIABILITY WAIVER

The Maryland Senior Olympics Commission LTD strongly recommends that participants consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. You must read and sign the following in order to participate in the Maryland Senior Olympics:

I, the undersigned participant, shall and will save and keep harmless and indemnify the Maryland Senior Olympics Commission LTD, Montgomery County and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I may have and/or persons through me may have, such as a spouse or children, for damages of any kind or nature, including but not limited to personal injuries or death caused in whole or in part by the negligent acts of omission or commission by said indemnities acting independently or jointly in the sponsorship, conduct or operation of the 2020 Maryland Senior Olympics.

I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected. The Maryland Senior Olympics Commissions LTD has my permission to have a physician attend me if deemed necessary during my participation in the Maryland Senior Olympics.

I have read and understand all the information above. Fraudulent statements on this application will result in disqualification.

The Maryland Senior Olympics Commission LTD reserves the right to photograph participants for publicity purposes.



SIGNATURE OF PARTICIPANT:

DATE:



Senior Olympics Qualifier **KENTLANDS/LAKELANDS 5K**

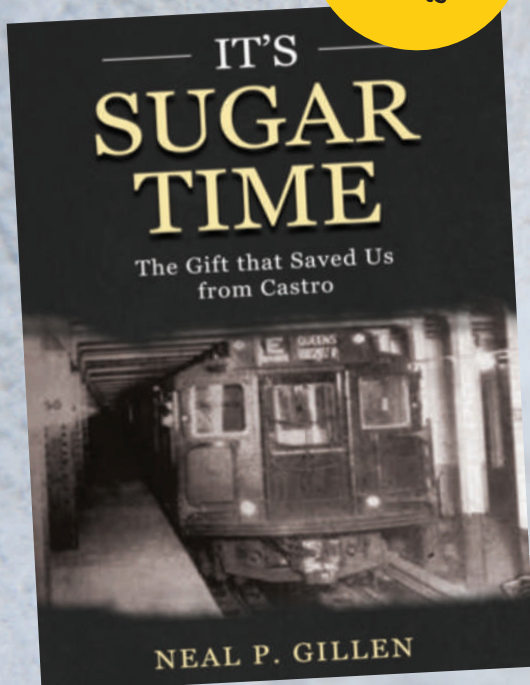
September 5, 2020

8:30 am | Kentlands Market Square Plaza

REGISTER NOW FOR THE LOWEST RATE!

kentlandsfoundation.org/annual-5k

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A Payroll Robbery Gone Wrong

Cuba satisfied American's insatiable sweet tooth by supplying a third of its demand for sugar. When Castro came to power in 1959, he seized U.S. corporate property. President Dwight Eisenhower retaliated by imposing a sugar trade embargo, and the Cuban economy quickly collapsed.

Tens of thousands of Cubans, stripped of their property and dignity, fled to America. Many took desperate measures to escape, including two brothers who were officers on a ship carrying sugar to New York.

Buying time, the brothers act to finance their escape from Castro's regime by selling U.S. consumer goods in Havana's burgeoning black market.

When the embargo threatens their access to U.S. ports, they decide to rob a New York sugar refinery payroll to feather their nest. But, their bold plan is stymied when they learn that others have the same idea.

This fictional reconstruction of an actual robbery in a New York subway station finds the payroll messenger naked and bound by duct tape to a men's room toilet. The surprising aftermath will leave you wondering who ended up with the money.

This riveting thriller is available on Amazon in paper back (\$12) and Ebook (\$2.99).



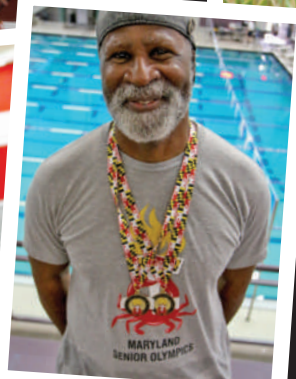
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