



MARYLAND SENIOR OLYMPICS

2022
INFORMATION
& REGISTRATION
GUIDE





WELCOME

WELCOME TO OUR 2022 SEASON!

With 24 different sports offered, we have something for everyone.

New this year, cornhole! Mark you calendars for Sunday, Oct. 16 to join us for this fun, new offering and check out all the details on p. 7.

MARYLAND SENIOR OLYMPICS & COVID-19

The Maryland Senior Olympics Commission (MSOC) will follow guidelines provided by the CDC, Maryland Department of Health and the Governor's office. Some events may mandate specific protocols or restrictions, MSOC will provide participants with detailed information for their event(s).

PARTICIPATION

Participants are encouraged to consult their physicians regarding practice, preparation, and competition in the Senior Olympics program. Participants may enter as many sports as their schedule will allow.

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

The Maryland Senior Olympics were established in 1980 to help those 50 and better stay active and stay 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.

Our NSGA Events (pages 5-7) serve as your qualifier for the 2023 National Senior Games in Pittsburgh!

Read on for participation and event details and mail-in registration forms. Visit our website at mdseniorolympics.org for more information and to link directly to our online registration.

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

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, 2022.

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, 2022 will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster.



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 Gaithersburg, Parvilla Cycle & Multisport, Bowlero Normandy, Asbury Methodist Village, Brooke Grove Retirement Village, Kentlands Community Foundation, Severna Park Racquetball & Fitness Club, Frederick Horseshoe Pitchers Association, LifeBridge Health, Leisure World of Maryland, Montgomery TennisPlex, Prince George's Sports and Learning Complex, MCG Laytonsville Golf Course, Oriole Archers, Associated Gun Clubs of Baltimore.



mdseniorolympics.org



REGISTRATION

Our individual and team events vary 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 who pay an extra \$10 fee, not charged for team or \$15 events. For mail-in registration, forms are included in this guide. For online registration, visit our website. Online payment is through PayPal, either via PayPal account or credit card.

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

TEAM SPORTS

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.



Track meets and training programs all year round
www.pvtc.org
703-481-3530
A club for all ages, all paces, and all ways

NSGA EVENTS



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. 1, 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

Sept. 10, 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. 20 (Women s), Aug. 21 (Men 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. 20 (Women s), Aug. 21 (Men 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. 29 (Singles) & Aug. 30 (Doubles)
Singles: 50-69, 9:00 am, 70+, 1:00 pm
Doubles: Men s and Women s, 9:00 am; Mixed, 1:00 pm

Ed Lanehart Bowling Tournament
\$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 1 (10K) & July 20 (5K), 6:00 pm

\$30, \$5 each additional
962 Central Ave.
Davidsonville, 21035

GOLF

Sept. 12, 9:00 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. 12 (Women s Doubles, Men s Singles)

Aug. 13 (Mixed Doubles)

Aug. 14 (Men s Doubles, Women s Singles)

Age/Skill Divisions: I (3.5 & above) and II (3.0 & below)
Doubles play higher skill player and the lower aged player.

Register at:
pickleballtournaments.com then through MSO.

\$45 first event, \$5 each additional

Montgomery TennisPlex
18010 Central Park Cir.
Boyd's, 20841

RACQUETBALL

Sept. 7 (Singles) & Sept. 8 (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. 3, 8:30 am
Kentlands/Lakelands 5K

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

RUNNING 10K RACE

Oct. 2, 8:00 am
Race for Our Kids
Register at
raceforourkids.org
The Maryland Zoo
in Baltimore



SHUFFLEBOARD

Oct. 2, 9:00 am

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

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

SOFTBALL

Sept. 10, 9:00 am,
Women s, Men s

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

Olney Manor Regional Park
16601 Georgia Ave.
Olney, 20832

SWIMMING

Sept. 10, 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.
Boyd's, 20841

ORDER OF EVENTS:

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



TABLE TENNIS

July 23, 9:00 am

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

Potomac Community
Recreation Center
11315 Falls Rd.
Potomac, 20854

TENNIS

Sept. 15, 16 & 17, 9:00 am

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

Olney Manor Regional Park
16601 Georgia Ave.
Olney, 20832

VOLLEYBALL

Aug. 27 (Women s),
Aug. 28 (Men s), 9:00 am

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

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043

NSGA EVENTS

TRACK & FIELD

Aug. 6 & 7, 8:00 am

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

\$45 first event, \$5 each additional

PG Sports & Learning Complex
8001 Sheriff Rd.
Landover, 20785

WALKING EVENTS

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

\$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 & 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.

STATE EVENTS

STATE EVENTS

MSO offers these fun participatory events. They aren t part of the NSGA, but
you can win MSO medals.

AIR GUN

July 28 & 29, 9:00 am

\$15
Associated Gun Clubs
of Baltimore
11518 Marriottsville Rd.
Marriottsville, 21104

BILLIARDS (8-BALL)

Oct. 14, 9:00 am, Men s,
Women s

\$15
Margaret Schweinhaut
Senior Center
1000 Forest Glen Rd.
Silver Spring, 20901

BOCCE

Oct. 6 (singles) &
Oct. 7 (doubles), 9:00 am

Singles, Doubles,
Mixed Doubles
\$15

Asbury Methodist Village
201 Russell Ave.
Gaithersburg, 20877

CORNHOLE

Oct. 16, 9:00 am
Singles, Doubles, Mixed
Doubles

\$15
Margaret Schweinhaut
Senior Center
1000 Forest Glen Rd.
Silver Spring, 20901

HORSESHOES

July 9, 9:00 am
\$15

Maryvale Park
506 W. Patrick St.
Frederick, 21702

LAWN BOWLING

Oct. 1, 10:00 am
Singles, Doubles, Triples
\$15

Leisure World of Maryland
3701 Rossmoor Blvd
Silver Spring, 20906

TRAP SHOOTING

July 30, 9:00 am
\$30 (includes targets,
ammunition)

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





TRACK AND FIELD | SATURDAY, AUG. 6

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
8:00 am	Hammer throw (men 70-79)
9:00 am	5K Power Walk (men and women, all ages)
9:00 am	Hammer throw (men 50-69)
9:00 am	Running long jump with standing long jump to follow (women, all ages)
10:00 am	1500-meter run (men, all ages)
10:00 am	Hammer throw (women, all ages)
10:30 am	100-meter dash trials (if necessary)
11:00 am	1500-meter run (women, all ages)
11:00 am	Hammer throw (men 80+)
11:00 am	Running long jump with standing long jump to follow (men 80+)
12:00 pm	Weight Throw (men 70-79)
12:30 pm	1500-meter race walk (men and women, all ages)
1:00 pm	Running long jump with standing long jump to follow (men 70-79)
1:00 pm	Javelin throw (women, all ages)
1:00 pm	Weight throw (men 50-59)
1:30 pm	100-meter dash (men, oldest to youngest)
2:00 pm	100-meter dash (women, oldest to youngest)
2:00 pm	Running long jump with standing long jump to follow (men 60-69)
2:00 pm	Javelin throw (men 80+)
2:00 pm	Weight throw (women, all ages)
2:30 pm	50-meter dash (men, oldest to youngest)
2:45 pm	50-meter dash (women, oldest to youngest)
3:00 pm	Running long jump with standing long jump to follow (men 50-59)
3:00 pm	Javelin throw (men 60-69)
3:00 pm	Weight throw (men 80+)
3:30 pm	400-meter dash (men, oldest to youngest)
3:45 pm	400-meter dash (women, oldest to youngest)
4:00 pm	Javelin throw (men 70-79)
4:00 pm	Weight throw (men 60-69)

NSGA EVENTS



TRACK AND FIELD | SUNDAY, AUG. 7

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
8:00 am	Javelin throw (men 50-59)
9:00 am	Discus throw (men 50-59)
9:00 am	Shot put (men 70-74)
9:00 am	High jump (men 50-69)
9:00 am	Triple jump (men 70+)
10:00 am	800-meter run (men, all ages)
10:00 am	Shot put (men 75-79)
10:00 am	Triple jump (men 50-69)
10:00 am 2:00 pm	Football, Frisbee and Softball throws (open pit, men & women)
10:30 am	Discus throw (men 60-69)
10:30 am	High jump (men 70+)
10:45 am	800-meter run (women, all ages)
11:00 am	Shot put (men 80+)
11:00 am	Triple jump (women, all ages)
11:30 am	1500m Power Walk (men and women, all ages)
11:30 am	Discus throw (men 70-79)
12:00 pm	High jump (women, all ages)
12:00 pm	Shot put (women 50-64)
12:30 pm	Discus throw (men 80+)
12:30 pm	200-meter dash (men, oldest to youngest)
1:00 pm	200-meter dash (women, oldest to youngest)
1:00 pm	Shot put (women 65+)
1:00 pm	Pole vault (men and women, all ages)
1:30 pm	1-mile precision walk (men and women, all ages)
1:30 pm	Discus throw (women 75+)
2:00 pm	Shot put (men 50-69)
2:30 pm	Discus throw (women 50-74)



MARYLAND
SENIOR OLYMPICS



Call for Award Nominations

2022 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are in search of deserving recipients for the 2022 Maryland Senior Olympics Honor Awards. Nominations are requested, along with supporting details, and must be received by September 6, 2022 to be considered. No self-nominations. Send nominations to info@mdseniorolympics.org or mail to 3950 Ferrara Dr., Wheaton, MD, 20906.

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



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](http://kentlandsfoundation.org/annual-5k)

10K RACE:

raceforourkids.org

PICKLEBALL:

pickleballtournaments.com

PARTICIPANT DUES

	FEES	NO. OF ITEMS	AMT.
First Event (check your sport(s), event w. the highest fee)	\$15 \$30 \$45	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 state 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
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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

CIRCLE YOUR TSHIRT SIZE:

S M L XL 2XL 3XL

Cotton Heritage Unisex (60%cotton/40%polyester)



1 OF 2 OVER>

FOR OFFICE USE ONLY

DATE RECEIVED:

CHECK NO.

CHECK AMOUNT: \$

DATE REGISTERED

2022 INDIVIDUAL REGISTRATION CONTINUED...

MEDICAL INFORMATION

Please be sure to consult your physician for any health concerns.

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, 2022.

AGE	EVENT DATE (NO DUPLICATES)	EVENT (I.E., BOWLING, SINGLES, ETC.)	TIME/DISTANCE /SKILL LEVEL IF APPLICABLE	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

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 2022 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.

An inherent risk of exposure to COVID-19 exists in any place where people gather. COVID-19 is an extremely contagious disease that can lead to severe illness and death. You assume all risks, hazards, and dangers arising from or relating in any way to the risk of contracting a communicable disease or illness - including, without limitation, exposure to COVID-19 or any other bacteria, virus, or other pathogen capable of causing a communicable disease or illness, whether that exposure occurs before, during, or after the event, and regardless of how caused or contracted - and you hereby waive any and all claims and potential claims against 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

2 OF 2



2022 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, 2022. **80-PLUS FOR BASKETBALL ONLY.

NAME LAST, FIRST (PLEASE PRINT)	PHONE	EMAIL	STATE	BIRTH DATE	SHIRT SIZE S-3XL
CAPTAIN					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
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.



2022 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 <input type="checkbox"/> FEMALE <input type="checkbox"/>	STATUS:	RETURNING ATHLETE <input type="checkbox"/> NEW ATHLETE <input type="checkbox"/>

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

PARTICIPANT DUES

	FEES	ITEMS	AMT.
Participation in Team Sport Event (If Team Captain hasn't paid)	\$5		
<i>YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!</i>	-	-	
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

CIRCLE YOUR TSHIRT SIZE:

S M L XL 2XL 3XL

Cotton Heritage Unisex (60% cotton/40% polyester)



LIABILITY WAIVER

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 2022 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.

An inherent risk of exposure to COVID-19 exists in any place where people gather. COVID-19 is an extremely contagious disease that can lead to severe illness and death. You assume all risks, hazards, and dangers arising from or relating in any way to the risk of contracting a communicable disease or illness - including, without limitation, exposure to COVID-19 or any other bacteria, virus, or other pathogen capable of causing a communicable disease or illness, whether that exposure occurs before, during, or after the event, and regardless of how caused or contracted - and you hereby waive any and all claims and potential claims against 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:

JOIN IN FOR THE 28TH KENTLANDS/LAKELANDS 5K RUN, WALK, AND KIDS FUN RUNS on SATURDAY, SEPTEMBER 3.

For 28 years, the Kentlands Community Foundation has hosted the Kentlands/Lakelands 5K. It has grown to be the largest 5K road race in Montgomery County.

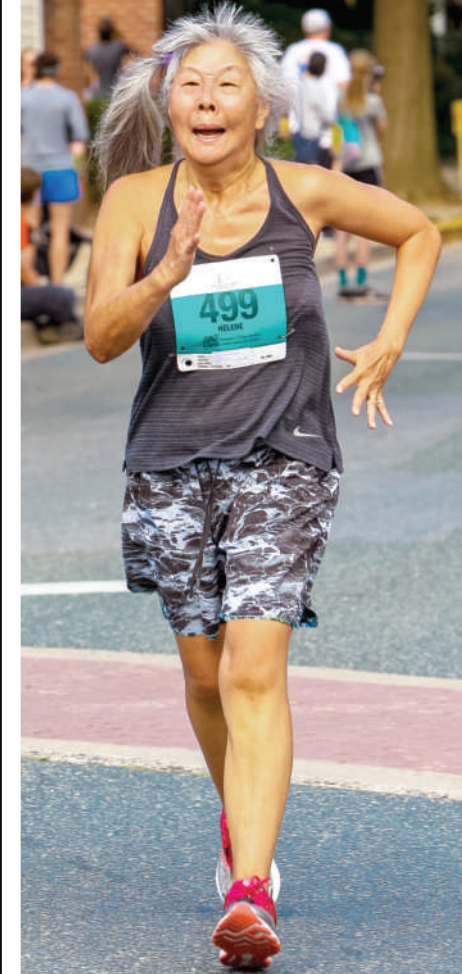
In partnership with the City of Gaithersburg, local businesses, and hundreds of volunteers, the event brings together more than 1,100 registered runners and 3,000 participants, friends, and family

members to the beautiful Kentlands and Lakelands communities and the amazing variety of merchants along Main Street and at Kentlands Market Square.

As in the past, this is a **Senior Olympics qualifying event** and seniors can use code Senior2022 for **\$3 off** their entry. Prices increase as the race day approaches. Sign up early for the best deal.



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From Memoirs to Cook Books...

MARYLAND SENIOR OLYMPIC COMMISSIONER NEAL P. GILLEN'S BOOK ON PUBLISHING IS A MUST BUY FOR SENIORS.

Consider it if you are you thinking about that family history for your grandchildren?

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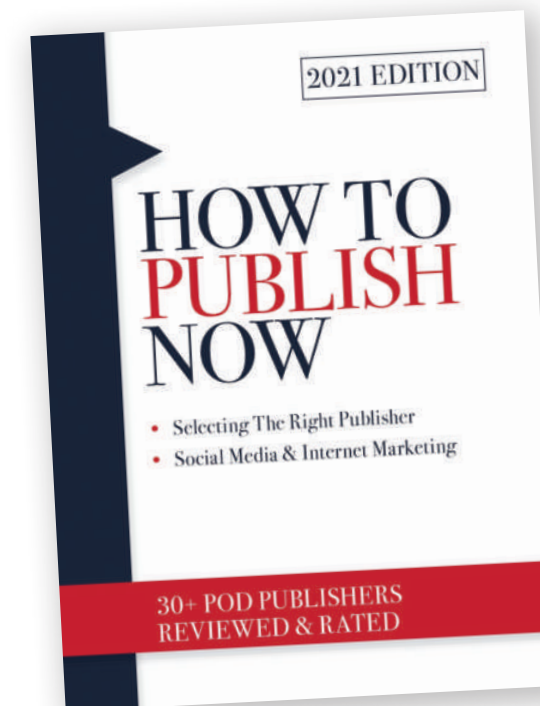
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