



2023 | **INFORMATION & REGISTRATION GUIDE**

Maryland Senior Olympics

WELCOME TO THE 2023 SEASON!





MARYLAND SENIOR OLYMPICS

PO Box 6655
Columbia, MD 21045
mdseniorolympics.org



CONTACT US

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

MONTGOMERY COUNTY RECREATION LIAISON

Stacy Sigler

SOCIAL MEDIA

Facebook: facebook.com/mdseniorolympics
Twitter: twitter.com/mdsrolympics
YouTube: youtube.com/mdseniorolympics
Flickr: 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, Kentlands Community Foundation, Severna Park Racquetball & Fitness Club, Frederick Horseshoe Pitchers Association, LifeBridge Health, Montgomery TennisPlex, Prince George's Sports and Learning Complex, MCG Laytonsville Golf Course, Oriole Archers, Associated Gun Clubs of Baltimore.



Welcome Maryland Senior Olympians!

We are excited to see you during our 2023 season. With over 25 different sporting events offered, we have something for everyone. New for 2023, sand volleyball! Check out page 7 for all the details.

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."**

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.

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 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, 2023.

TEAM SPORTS COMPETITION

Maryland Senior Olympics offers four team sports: 3-on-3 half-court basketball, softball, sand volleyball 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, 2023 will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster.



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 state 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.





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

JUNE 24, 10:00 AM

Barebow Compound, Barebow Recurve, Compound Fingers, Compound Release, Recurve

\$30 + \$20 maintenance fee

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

BADMINTON

SEPT. 9, 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. 26, 9:00 AM

MEN'S AND WOMEN'S

\$125 per team, \$5 per team member

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043

BASKETBALL SKILLS

(not a NSGA event)

AUG. 26, 11:30 AM - 1:30 PM
MEN'S AND WOMEN'S

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

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043

BOWLING

**AUG. 28 (SINGLES) &
AUG. 29 (DOUBLES)**

SINGLES 50-69, 9:00 AM

SINGLES 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; \$10 lane fee per event*

Bowlero Normandy
8419 Baltimore National Pike
Ellicott City, 21043

CYCLING 5K AND 10K TIME TRIALS

**MAY 3 (10K) & JUNE 7 (5K),
6:00 PM**

\$30, \$5 each additional

962 Central Ave.
Davidsonville, 21035

GOLF

SEPT. 11, 9:00 AM

*\$15 first event + \$50 golf fee
(includes green fee, cart, range
balls)*

GOLF CHIPPING, PUTTING

(not a NSGA event)

\$5 each

Laytonsville Golf Course
7130 Dorsey Rd.
Gaithersburg, 20882



PICKLEBALL

**MAY 18 (MEN'S DOUBLES,
WOMEN'S SINGLES)**

MAY 19 (MIXED DOUBLES)

**MAY 20 (WOMEN'S DOUBLES,
MEN'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:

pickleballbrackets.com
(no mail-in forms)

\$50 first event, PBB admin. fee

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

RACQUETBALL

**SEPT. 6 (SINGLES) & SEPT. 7
(DOUBLES), 9:00 AM**

*\$30 first event, \$5 each
additional*

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

RUNNING 5K RACE

**SEPT. 2, 8:30 AM
KENTLANDS/LAKELANDS 5K**

Register at:

kentlands.org/kentlands-5k/
267 Kentlands Blvd.
Gaithersburg, 20878

RUNNING 10K RACE

OCT. 8, 8:00 AM

RACE FOR OUR KIDS

Register at raceforourkids.org
The Maryland Zoo
in Baltimore

SHUFFLEBOARD

OCT. 7, 9:00 AM

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

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

SOFTBALL

**SEPT. 9, 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. 9, 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

**This meet is not sanctioned by
USMS*

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

**JUNE 3, 9:00 AM
SINGLES, DOUBLES,
MIXED DOUBLES**

*\$30 first event, \$5 each
additional*

Potomac Community
Recreation Center
11315 Falls Rd.
Potomac, 20854

TENNIS

AUG 17, 18 & 19, 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, 9:00 AM
MEN'S AND WOMEN'S**

*\$125 per team, \$5 per team
member*

Meadowbrook Athletic Complex
5001 Meadowbrook Ln.
Ellicott City, 21043





State Events

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

TRACK & FIELD*

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

AUG. 5 & 6, 8:00 AM

\$50 first event, \$5 each additional

Howard Community College
10901 Little Patuxent Pky.
Columbia, 21044

**This is a USATF-sanctioned meet.*

WALKING EVENTS

AUG. 5 & 6

See detailed track and field event schedule.

\$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.

AIR GUN

JULY 27, 9:00 AM

\$15

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

BILLIARDS (8-BALL)

OCT. 13, 9:00 AM

MEN'S, WOMEN'S

\$15

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

BOCCE

OCT. 5 (SINGLES) &

OCT. 6 (DOUBLES), 9:00 AM

**SINGLES, DOUBLES,
MIXED DOUBLES**

\$15

Asbury Methodist Village
201 Russell Ave.
Gaithersburg, 20877

CORNHOLE

OCT. 1, 9:00 AM

**SINGLES, DOUBLES,
MIXED DOUBLES**

\$15

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

HORSESHOES

SEPT. 9, 9:00 AM

\$15

Maryvale Park
506 W. Patrick St.
Frederick, 21702

SAND VOLLEYBALL

JUNE 24, 9:00 AM

DOUBLES, QUADS

\$25 per player doubles; \$10 per player quads

Stevenson University
11001 Owings Mills Blvd.
Owings Mills, 21117

SOCCER

In a pilot program, MSO will initiate soccer in 2023 beginning with the established senior leagues in Montgomery County, where almost 500 men and women over 50 are currently playing.

TRAP SHOOTING

JULY 29, 9:00 AM

\$15 + \$10 target fee

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





TRACK AND FIELD | SATURDAY, AUG. 5

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, Weight throw to follow (men 70-79) Running long jump, standing long jump to follow (women, all ages)
9:00 AM	Power Walk
9:30 AM	Javelin throw (men 80+)
10:00 AM	Hammer throw, Weight throw to follow (women, all ages) 1500 meter run (men, all ages) – (2 or 3 sections)
10:30 AM	100 meter dash trials (if necessary)
10:45 AM	Running long jump, standing long jump to follow (men 80+)
11:00 AM	Javelin throw (men 70-79) 1500 meter run (women, all ages)
Noon	Hammer throw, Weight throw to follow (men 50-69)
12:30 PM	1500 meter race walk (men and women) Running long jump, standing long jump to follow (men 70-79) Javelin throw (men 60-69)
1:30 PM	100 meter dash (men, oldest to youngest) Finals
2:00 PM	Running long jump, standing long jump to follow (men 60-69) 100 meter dash (women, oldest to youngest) Javelin throw (men 50-59)
2:30 PM	50 meter dash (men, oldest to youngest) Finals on Time
2:45 PM	50 meter dash (women, oldest to youngest) – probably 5 sections Finals on Time
3:00 PM	Running long jump, standing long jump to follow (men 50-59)
3:30 PM	400 meter dash (men, oldest to youngest) Javelin throw (women, all ages)
4:00 PM	400 meter dash (women, oldest to youngest) – probably 3 sections Hammer throw, Weight throw to follow (men 80+)





TRACK AND FIELD | SUNDAY, 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
9:00 AM	200m Dash Prelims if needed
	High jump (men 50-69)
	Triple jump (all women)
	Shot put (men 70-79)
	Discus throw (men 50-69)
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)
	Triple jump (men 70 +)
10:30 AM	High jump (men 70+)
10:45 AM	Shot put (men 50-69)
	800 meter run (women, all ages)
11:00 AM	Discus throw (men 70-79)
11:30 AM	1500m Power Walk (men and women, all ages)
	High Jump (women, all ages)
Noon	Shot put (women 50-64)
	Triple Jump (men 50-59)
12:30 PM	200 meter dash (men, oldest to youngest) Finals
1:00 PM	200 meter dash (women, oldest to youngest) Finals
	Shot Put (women 65+)
	Discus throw (women 65+)
	Pole vault (men and women)
1:30 PM	1 mile precision walk (men and women)
2:00 PM	Discus throw (women 50-64)
2:15 PM	Shot put (men 80+)
3:00 PM	Discus throw (men 80+)





MARYLAND
SENIOR OLYMPICS



Call for Award Nominations

2023 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are in search of deserving recipients for the 2023 Maryland Senior Olympics Honor Awards. Nominations are requested, along with supporting details, and must be received by September 29, 2023 to be considered. No self-nominations. Send nominations to info@mdseniorolympics.org or mail to PO Box 6655, Columbia MD 21045.

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

GEORGE HUSON AWARD

This award is presented to a MALE athlete who participates for multiple years in multiple MSO sports, demonstrating sportsmanship, achievement (medaling/or placing in sporting event), good attitude, good effort, and MSO promotion.

NEW!

CARMEN CAMPBELL AWARD

This award is presented to a FEMALE athlete who participates for multiple years in multiple MSO sports, demonstrating sportsmanship, achievement (medaling/or placing in sporting event), good attitude, good effort, and MSO promotion

NEW!



2023 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. CHECK REGISTRATION DEADLINES ON OUR WEBSITE OR CALL.

FULL NAME:

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER: MALE FEMALE

ARE YOU A:

RETURNING ATHLETE

NEW ATHLETE

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

PLEASE VISIT THESE SITES TO REGISTER FOR...

▪ **5K RACE:**

kentlands.org/kentlands-5k/

▪ **10K RACE:**

raceforourkids.org

▪ **PICKLEBALL:**

pickleballbrackets.com

PARTICIPANT DUES

	FEES	NO. OF ITEMS	AMT.
First Event (check your sport(s), event w. the highest fee)	\$15 \$30 \$50	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 Lane Fee (per event)/Trap Shooting Targets	\$10		\$
Golf Fee (includes cart, green fees & range balls)	\$50	one	\$
<i>YOUR TAX-DEDUCTIBLE ADDITIONAL DONATION IS GREATLY APPRECIATED!</i>			\$
Mail-In Registration Fee	\$10		\$10
SEE REFUND POLICY ON PAGE 4	TOTAL		\$

ENCLOSE CHECK/MONEY ORDER TO:

Maryland Senior Olympics
PO Box 6655
Columbia, MD 21045

CIRCLE YOUR TSHIRT SIZE:

S M L XL 2XL 3XL

Cotton Heritage Unisex (100% cotton)

FOR OFFICE USE ONLY

DATE RECEIVED:

CHECK NO.

CHECK AMOUNT: \$

DATE REGISTERED

2023 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, 2023.

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 | PO BOX 6655 | COLUMBIA, MD 21045

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 2023 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



2023 Team Roster Form

SEE MDSeniorOlympics.org FOR REGISTRATION DEADLINES.

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 \$125 (+\$5 each team member)
 SAND VOLLEYBALL, DOUBLES OR QUADS (circle); DOUBLES \$25 per person, plus \$5 per player; QUADS \$10 per person, \$5 per player

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, 2023. **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					

Check Amount: \$ _____

Check No. _____

Date received: _____

FOR OFFICE USE ONLY

NP = NON-PLAYING PERSONNEL

ENCLOSE CHECK/MONEY ORDER TO: Maryland Senior Olympics PO Box 6655, Columbia, MD 21045



2023 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 ARE YOU A: RETURNING ATHLETE NEW ATHLETE

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>	-	-	
<i>SEE REFUND POLICY ON PAGE 4</i>			
TOTAL	-	-	\$

ENCLOSE CHECK/MONEY ORDER TO:

Maryland Senior Olympics
PO Box 6655
Columbia, MD 21045

CIRCLE YOUR TSHIRT SIZE:
S M L XL 2XL 3XL

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 2023 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: _____





Track meets and training programs all year round
www.pvtc.org
703-481-3530

A club for all ages, all paces, and all ways

**JOIN IN FOR
THE 30TH KENTLANDS
/LAKELANDS
5K RUN, WALK,
& KIDS FUN
RUNS
ON
SATURDAY,
SEPTEMBER 2**



For 30 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 the Maryland Senior Olympics 5k event and seniors can use code "Senior2023" for **\$3 off** their entry. Prices increase as the race day approaches. Sign up early for the best deal.



SENIOR OLYMPICS QUALIFIER
KENTLANDS/LAKELANDS 5K



*Your Nominations
are Welcome!*

We are in search of deserving recipients for the 2023 Maryland Senior Olympics Honor Awards.

HALL OF FAME

**ROBERT G. ZEIGLER SERVICE
AWARD**

MSO CITATION

2 NEW AWARDS THIS YEAR!:

GEORGE HUSON AWARD

CARMEN CAMPBELL AWARD

For details on how to nominate for the awards see page 10 of this brochure.



MARYLAND
SENIOR OLYMPICS

Maryland Senior Olympics

**PO BOX 6655
COLUMBIA, MD 21045**

MARYLAND SENIOR OLYMPICS



Welcome to the 2023 Season
TO PARTICIPATE IS TO WIN!



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