

2024

MARYLAND
SENIOR
OLYMPICS



INFORMATION & REGISTRATION GUIDE



MARYLAND SENIOR OLYMPICS

SCHEDULE

May 1	Cycling 10k Time Trials
May 16-19	Pickleball
June 2	Triathlon
June 5	Cycling 5k Time Trials
June 22	Air Gun
June 29	Trap Shooting
July 14	Powerlifting
July 20	Disc Golf
July 27	Table Tennis
Aug. 3-4	Track & Field, Walking Events
Aug. 10-11	3-on-3 Basketball & Shooting Skills
Aug. 17-18	8v8 Soccer
Aug. 19-20	Bowling
Aug. 24-25	Volleyball
Aug. 31	Road Race 5k
Sept. 4-5	Racquetball
Sept. 7	Badminton
Sept. 7	Horseshoes
Sept. 7	Softball
Sept. 7	Swimming
Sept. 12	Bocce (Columbia)
Sept. 16	Wii Bowling
Sept. 22	Road Race 10k
Sept. 27-29	Tennis
Sept. 28	Archery
Sept. 28	Shuffleboard
Sept. 29	Diving
Sept. 30	Golf
Oct. 4	Bocce (Gaithersburg)
Oct. 5-6	Billiards
Oct. 13	Cornhole

MARYLAND SENIOR OLYMPICS

PO Box 6655
Columbia, MD 21045
mdseniorolympics.org



CONTACT US

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



THANK YOU TO OUR HOSTS, PARTNERS AND SPONSORS!

**MONTGOMERY COUNTY RECREATION
NATIONAL SENIOR GAMES ASSOCIATION
MONTGOMERY PARKS (M-NCPPC)
HOWARD COUNTY RECREATION & PARKS**

Asbury Methodist Village, Associated Gun Clubs of Baltimore, City of Gaithersburg, Crofton Bowling Centre, Dill Dinkers Finksburg and Columbia, Frederick Horseshoe Pitchers Association, Fredrock is Frederick County Disc Golf, Howard Community College., Kentlands Community Foundation, Kinetic Multisports, MCG Laytonsville Golf Course, LifeBridge Health, Parvilla Cycle & Multisport, Severna Park Racquetball & Fitness Club, Twelfth Precinct Pistol and Archery Club

MONTGOMERY COUNTY RECREATION LIAISON

Stacy Sigler

SOCIAL MEDIA

- Facebook: facebook.com/mdseniorolympics
- YouTube: youtube.com/mdseniorolympics
- Instagram: instagram.com/mdseniorolympics
- Flickr: flickr.com/photos/mdseniorolympics/

WELCOME MARYLAND SENIOR OLYMPIANS!

With over 30 sports events, MSO offers an activity for everyone aged 50 and above. All our sports are for men and women, occurring between May 1 and Oct. 13 at venues throughout Montgomery, Howard, Anne Arundel, Prince George's, Frederick, and Kent counties, plus Baltimore City. New for 2024: disc golf, diving, powerlifting, triathlon, and 8v8 soccer!

This season is a qualifying year for the 2025 National Senior Games in Des Moines, Iowa. We also welcome teams and athletes from out of state to compete in our games and qualify. Remember, our motto is **"To Participate Is to Win."**

Since its establishment in 1980, the Maryland Senior Olympics has been a pioneer in promoting active and healthy lifestyles for those aged 50 and above. And while MSO is one of the country's top state games, you do not have to be a world-class athlete to play. Our athletes participate not just for the thrill of competition but also for the sense of fun, camaraderie, and personal achievement that our games foster.

Read on for participation, event details and how to register. Visit our website at mdseniorolympics.org for more information and how to link directly to our online registration. Mail-in forms are here on pages 11-14. Have questions? 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. They may enter as many sports as their schedule allows.

AGE GROUPS

Gender and age group competitions are 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, gold, silver, and bronze medals are awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2024.

TEAM SPORTS COMPETITION

MSO offers four team sports: 3-on-3 half-court basketball, softball, 8v8 soccer, and volleyball in the following age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-plus, and 80-plus in 3-on-3 basketball only. The youngest member of the team as of Dec. 31, 2024, will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster.

REGISTRATION

You can register for the Maryland Senior Olympics online or through mail-in forms, which are included in this guide. Our individual and team events vary in price, so check the details of each sport in this guide. After you register for one sports event, each additional activity will be \$5.

Deadlines to enter a sport vary, typically two weeks prior to the event date or when capacity is reached. All athletes pay a \$5 processing fee. All MSO events are open to non-Maryland residents, who pay an extra \$10 fee, which is not charged for team or state events. Forms for mail-in registration are included in this guide. For online registration, visit our website. Online payment is through Stripe, via a Stripe account or credit card.

NOTICE: In 2025, MSO will no longer accept written registrations from participants. All registrations will be submitted online, and assistance will be provided for those unfamiliar with the online registration process.

PARTNERED EVENTS

You must have your partner's full legal name and date of birth to invite them. If your partner registers first, you will receive an email invite to accept when you register. Both athletes complete an individual registration for partnered events. The youngest player of the pair determines which age group you will compete in. You will only be permitted to register in the age group determined by your date of birth. Once linked with your partner, the pair will automatically move to the correct age group if necessary. Falsifying your date of birth will disqualify you. Athletes are responsible for finding their partners. We encourage you to use the team partner finder through NSGA at nsga.com/tpf.

TEAM SPORTS

Captains: Register your team and provide the email addresses of your team members, and they will be invited to register with your team. You may also register the entire team by providing all details. Mail-in registration is also an option. Just fill out the team roster form and provide the required information.

Team members: Register online through the email invite or enter the team name/code to join your team. For mail-in registration, fill out the team member registration form and submit it to your captain.

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 National Senior Games Association rules. Visit mdseniorolympics.org to view the 2025 National Games Rulebook on our home page and 2024 Events tab. Participants must 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 before each sport at the event location. Any athlete not reporting to an event on time may be disqualified. Events will not be substituted on the day of the competition. You will be disqualified for participating in an event where you are not pre-registered.

AWARDS

Gold, silver, and bronze medals will be presented to first-, second-, and 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 websites to view rules and qualifying procedures for each sport. All events are for men and women.

ARCHERY

SEPT. 28, 9 AM

Barebow compound, barebow recurve, compound fingers, compound release, recurve

Fee: \$30 + \$20 maintenance fee

*Twelfth Precinct Pistol and Archery Club
424 Harwood Rd.
Harwood, 20776*

BADMINTON

SEPT. 7, 9 AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional

*Wheaton Recreation Center
11701 Georgia Ave.
Wheaton, 20902*

BASKETBALL (3-ON-3)

AUG. 10 (women)

AUG. 11 (men)

9 AM both days

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

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

BASKETBALL SKILLS

AUG. 10 (women)

AUG. 11 (men)

11:30 AM – 1:30 PM

Floor, foul and free shot

Fee: \$15 first event,
\$5 each additional

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

BILLIARDS (8-BALL)

OCT. 5-6, 9 AM

Singles, open doubles

Fee: \$15 first event,
\$5 each additional

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

BOWLING

AUG. 19 (singles)

AUG. 20 (doubles)

Ed Lanehart Bowling Tournament

Singles: 50-69, 9 AM

Singles: 70-plus, 1 PM

Doubles: Men and women, 9 AM

Mixed doubles: 1 PM

Fee: \$15 first event, \$5 each
additional; \$12 lane fee per event

*Crofton Bowling Centre
2115 Priest Bridge Dr.
Crofton, 21114*

CORNHOLE

OCT. 13, 9 AM

Singles, doubles, mixed doubles

Fee: \$15 first event,
\$5 each additional

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

CYCLING TIME TRIALS

MAY 1 (10k)

JUNE 5 (5k)

6 PM both days

Fee: \$30 first event,
\$5 each additional

*962 Central Ave.
Davidsonville, 21035*

DISC GOLF

JULY 20, 9 AM

18 holes, singles play

Fee: \$15

*Emmitsburg Disc Golf Course
E. Eugene Myers Community Park
201 W. Lincoln Ave.
Emmitsburg, 21727*

DIVING

SEPT. 29, 9 AM

1-meter and 3-meter springboard

Fee: \$30

*Germantown Indoor Swim Center
18000 Central Park Cir.
Boys, 20841*

GOLF

SEPT. 30, 9 AM

Fee: \$15 first event + \$52 golf fee
(includes green fee, cart, range
balls)

Golf Chipping, Putting
(not a NSGA event)

Fee: \$5 each

*Laytonsville Golf Course
7130 Dorsey Rd.
Gaithersburg, 20882*



NSGA EVENTS

PICKLEBALL

MAY 16 (singles)
MAY 17 (men's doubles)
MAY 18 (mixed doubles)
MAY 19 (women's doubles)
9 AM all days

Age/skill divisions: I (4.0),
II (3.5 and above) and
III (3.0 and below)
Doubles play—higher skill player
and the lower-aged player.

Fee: \$50 first event plus
pickleballbrackets.com admin fee

Register at:
pickleballbrackets.com
(no mail-in forms)

Dill Dinkers Columbia
9179 Red Branch Rd.
Columbia, 21045

Dill Dinkers Finksburg
2950 Dede Rd.
Finksburg 21048

POWERLIFTING

JULY 14, 9 AM

Squat, bench press, deadlift

Fee: \$15 first event, \$5 each
additional

White Oak Recreation Center
1700 April Ln.
Silver Spring, 20904

RACQUETBALL

SEPT. 4 (singles)
SEPT. 5 (doubles)
9 AM both days

Fee: \$30 first event,
\$5 each additional

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



ROAD RACE 5K

AUG 31, 8:30 AM

Kentlands/Lakelands 5k

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

ROAD RACE 10K

SEPT 22, 8 AM

Race For Our Kids

Register at:
raceforourkids.org
The Maryland Zoo
1 Safari Pl.
Baltimore, 21217

SHUFFLEBOARD

SEPT 28, 9 AM

Singles, open doubles

Fee: \$30 first event,
\$5 each additional

*Indoor at Holiday Park
Senior Center*
3950 Ferrara Dr.
Wheaton, 20906

SOCCER 8V8

AUG. 17-18 (men, women)
9 AM

Fee: \$200 plus \$5 per player.

North Potomac Recreation Center
13850 Travilah Rd.
Rockville, 20850

SOFTBALL

SEPT. 7, 9 AM

Men and women

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

Olney Manor Regional Park
16601 Georgia Ave.
Olney, 20832

SWIMMING*

SEPT. 7, 8 AM (warm-ups)
9 AM (start)

Fee: \$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-yard backstroke
- 3.) 200-yard breaststroke
- 4.) 100-yard freestyle
- 5.) 200-yard butterfly
- 6.) 50-yard breaststroke
- 7.) 200-yard IM
- 8.) 100-yard backstroke
- 9.) 50-yard butterfly
- 10.) 200-yard freestyle
- 11.) 100-yard butterfly
- 12.) 100-yard IM
- 13.) 200-yard backstroke
- 14.) 100-yard breaststroke
- 15.) 50-yard freestyle
- 16.) 500-yard freestyle

*This meet is not sanctioned by USMS

NSGA EVENTS

TABLE TENNIS

JULY 27, 9 AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional

*Potomac Recreation Center
11315 Falls Rd.
Potomac, 20854*

TENNIS

SEPT. 27-29, 9 AM

Singles, doubles, mixed doubles

Fee: \$30 first event,
\$5 each additional

*Olney Manor Regional Park
16601 Georgia Ave.
Olney, 20832*

TRACK & FIELD*

AUG. 3-4, 8 AM

Detailed track and field event
schedule on pages 8-9

Fee: \$50 first event,
\$5 each additional

*Howard Community College
10901 Little Patuxent Pky.
Columbia, 21044*

**This is a USATF-sanctioned meet*

TRIATHLON

JUNE 2, 9 AM

Rock Hall Sprint Triathlon

Register at: <https://bit.ly/mso2024triathlon>

*Rock Hall Landing Marina
21096 W. Sharp St.
Rock Hall, MD US 21661*

VOLLEYBALL

AUG. 24 (women)

AUG. 25 (men)

9 AM both days

Fee: \$200 per team,
\$5 per team member

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



WALKING EVENTS

AUG. 3-4

See detailed track and field event
schedule on pages 8-9.

Fee: \$15 first event,
\$5 each additional

RACE WALK – 1500m

Although this is a foot race, it's
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: MSO offers these fun participatory events. They aren't part of the NSGA, but you can win MSO gold, silver, and bronze medals, plus ribbons for finishing 4th through 6th place.

AIR GUN

JUNE 22, 9 AM

Pistol supported,
standing;
Rifle supported,
standing

Fee: \$15 first event,
\$5 each additional
*Associated Gun Clubs
of Baltimore
11518 Marriottsville Rd.
Marriottsville, 21104*

BOCCE

**SEPT. 12, Columbia,
OCT. 4, Gaithersburg,
9 AM both days**

Singles and open
doubles

Fee: \$15 first event,
\$5 each additional

*Cedar Lane Park
5081 Cedar Ln.
Columbia, 21044
Asbury Methodist
Village, 201 Russell Ave.
Gaithersburg, 20877*

HORSESHOES

SEPT. 7, 9 AM

Fee: \$15

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

TRAP SHOOTING

JUNE 29, 9 AM

Fee: \$15 + \$10 target fee

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

WII BOWLING

SEPT. 16, 10:30 AM

Singles play

Fee: \$15

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

NSGA EVENTS



TRACK AND FIELD | SATURDAY, AUG. 3

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 AM	Hammer throw (men 70-79)
9 AM	5K Power walk (men and women, all ages)
9 AM	Hammer throw (men 50-69)
9 AM	Running long jump with standing long jump to follow (women, all ages)
10 AM	1,500-meter run (men, all ages)
10 AM	Hammer throw (women, all ages)
10:30 AM	100-meter dash trials (if necessary)
11 AM	1,500-meter run (women, all ages)
11 AM	Hammer throw (men 80+)
11 AM	Running long jump with standing long jump to follow (men 80+)
Noon	Weight throw (men 70-79)
12:30 PM	1,500-meter race walk (men and women, all ages)
1 PM	Running long jump with standing long jump to follow (men 70-79)
1 PM	Javelin throw (women, all ages)
1 PM	Weight throw (men 50-59)
1:30 PM	100-meter dash (men, oldest to youngest)
2 PM	100-meter dash (women, oldest to youngest)
2 PM	Running long jump with standing long jump to follow (men 60-69)
2 PM	Javelin throw (men 80+)
2 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 PM	Running long jump with standing long jump to follow (men 50-59)
3 PM	Javelin throw (men 60-69)
3 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 PM	Javelin throw (men 70-79)
4 PM	Weight throw (men 60-69)

NSGA EVENTS



TRACK AND FIELD | SUNDAY, AUG. 4

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 AM	Javelin throw (men 50-59)
9 AM	Discus throw (men 50-59)
9 AM	Shot put (men 70-74)
9 AM	High jump (men 50-69)
9 AM	Triple jump (men 70+)
10 AM	800-meter run (men, all ages)
10 AM	Shot put (men 75-79)
10 AM	Triple jump (men 50-69)
10 AM – 2 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 AM	Shot put (men 80+)
11 AM	Triple jump (women, all ages)
11:30 AM	1,500m power walk (men and women, all ages)
11:30 AM	Discus throw (men 70-79)
Noon	High jump (women, all ages)
Noon	Shot put (women 50-64)
12:30 PM	Discus throw (men 80+)
12:30 PM	200-meter dash (men, oldest to youngest)
1 PM	200-meter dash (women, oldest to youngest)
1 PM	Shot put (women 65+)
1 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 PM	Shot put (men 50-69)
3 PM	Discus throw (women 50-74)

CALL FOR MSO AWARD NOMINATIONS

2024 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are in search of deserving recipients for the 2024 Maryland Senior Olympics honor awards. Nominations are requested, along with supporting details, and must be received by Sept. 23, 2024 to be considered. No self-nominations. Send nominations to info@mdseniorolympics.org or mail to P.O. 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 that may not necessarily be present in each candidate:

- Many years of involvement with MSO;
- National Senior Games participation;
- MSO medal achievement;
- National Senior Games medal achievement;
- Participation in multiple sports.



MSO Hall of Fame Class of '23, from left: Carl and Carol Cuneo (bowling), James Kenney (track and field), Jill Coleman (swimming) and Ted Murphy (multisport).

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:

- Years of 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 AWARD

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:

- Years of consistent service;
- Participation in the MSO 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 while demonstrating sportsmanship, achievement (medaling/or placing in sporting event), good attitude, good effort, and promotion of MSO.

CARMEN CAMPBELL AWARD

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

2024 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. Mail-in registration forms must be received 5 days prior to the event registration deadline.

FULL NAME:

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER: Male Female RACE: Caucasian Black Hispanic Asian Other

Are you a: RETURNING ATHLETE NEW ATHLETE

PLEASE VISIT THESE SITES
TO REGISTER FOR



5K RACE:
kentlands.org/kentlands-5k/

10K RACE:
raceforourkids.org

TRIATHLON:
<https://bit.ly/mso2024triathlon>

PARTICIPANT DUES	FEES	NO. OF ITEMS	AMT.
First Event (check your sport(s), event with 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	\$
Bowling 10-Pin Lane Fee (per event)	\$12		
Trap Shooting Targets	\$10	one	\$
Golf Fee (includes cart, green fees & range balls)	\$52	one	
Archery	\$20	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
PO Box 6655
Columbia, MD 21045

CIRCLE YOUR T-SHIRT SIZE

S M L XL 2XL 3XL

FOR OFFICE USE ONLY

DATE RECEIVED:

CHECK NO.

CHECK AMOUNT: \$

DATE REGISTERED:

2024 INDIVIDUAL REGISTRATION FORM (CONTINUED)



MEDICAL INFORMATION

Please be sure to consult your physician for any health concerns. List anything you want us to be aware of during your participation.

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, skill level for pickleball, and average 18 hole score for golf. Your age group is determined by your age as of Dec. 31, 2024.

AGE	EVENT DATE (No duplicates.)	EVENT (i.e. Bowling, Singles, etc.)	TIME/DISTANCE/SCORE (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/MONEY ORDER TO:

Maryland Senior Olympics
PO Box 6655
Columbia, MD 21045

LIABILITY WAIVER

I, the undersigned participant, agree to hold harmless and indemnify the Maryland Senior Olympics Commission LTD, Montgomery County, other Maryland counties, and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I and/or persons through me may have for damages of any kind, 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 2024 Maryland Senior Olympics.

I acknowledge the risk of injury from the activities in which I choose to participate are significant, including permanent paralysis or death and represent that I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics; and, I willingly agree to comply with the prescribed rules for such event(s). Further, 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 also acknowledge that in places where people gather there exists an inherent risk of exposure to 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 that I assume such risks and waive any and all claims or potential claims against the Maryland Senior Olympics Commission LTD.

I hereby acknowledge I have read and understand all the information above in addition to that stated in the **Release & Waiver of Liability, Assumption of Risk & Indemnity Agreement appearing on the MSOC website at: mdseniorolympics.org/**. Further, fraudulent statements on this application will result in disqualification. The Maryland Senior Olympics Commission LTD also reserves the right to photograph participants for publicity purposes.

X

SIGNATURE OF PARTICIPANT

DATE

2024 TEAM ROSTER FORM

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** **SOFTBALL** **SOCCER 8V8** **VOLLEYBALL**
 \$125 (+\$5 each team member) \$125 (+\$5 each team member) \$200 (+\$5 each team member) \$200 (+\$5 each team member)

AGE GROUP: 50-54 55-59 60-64 65-69 70-74 75-PLUS 80-PLUS** **GENDER:** Men Women
*Age of team will be determined by the age of the youngest player as of Dec. 31, 2024. **80-plus for basketball only.*

NAME: LAST, FIRST (PLEASE PRINT)	PHONE	EMAIL	STATE	BIRTH DATE	SHIRT SIZE S-3XL
CAPTAIN					
2					
3					
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NP=NON-PLAYING PERSONNEL FOR OFFICE USE ONLY DATE RECEIVED: _____ **CHECK NO.:** _____ **CHECK AMOUNT:** \$ _____
ENCLOSE CHECK/MONEY ORDER TO: MARYLAND SENIOR OLYMPICS, PO BOX 6655, COLUMBIA, MD 21045

2024 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:

STREET ADDRESS:

CITY:

COUNTY:

STATE:

ZIP:

BIRTH DATE (MO/DAY/YR):

PHONE:

E-MAIL:

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE:

GENDER: Male Female RACE: Caucasian Black Hispanic Asian Other

Are you a: RETURNING ATHLETE NEW ATHLETE

PARTICIPANT DUES	FEES	NO. OF ITEMS	AMT.
Participation in Team Sport Event (If Team Captain hasn't paid)	\$5		\$
Your tax-deductible additional donation is greatly appreciated!	-	-	\$
<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 T-SHIRT SIZE

S M L XL 2XL 3XL

LIABILITY WAIVER

I, the undersigned participant, agree to hold harmless and indemnify the Maryland Senior Olympics Commission LTD, Montgomery County, other Maryland counties, and all other sponsors, volunteers or any of their agents or employees from and against any and all liability and claims which I and/or persons through me may have for damages of any kind, 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 2024 Maryland Senior Olympics.

I acknowledge the risk of injury from the activities in which I choose to participate are significant, including permanent paralysis or death and represent that I have prepared myself for the event(s) which I have entered by practicing prior to the Maryland Senior Olympics; and, I willingly agree to comply with the prescribed rules for such event(s). Further, 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 also acknowledge that in places where people gather there exists an inherent risk of exposure to 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 that I assume such risks and waive any and all claims or potential claims against the Maryland Senior Olympics Commission LTD.

I hereby acknowledge I have read and understand all the information above in addition to that stated in the **Release & Waiver of Liability, Assumption of Risk & Indemnity Agreement appearing on the MSOC website at: mdseniorolympics.org/**. Further, fraudulent statements on this application will result in disqualification. The Maryland Senior Olympics Commission LTD also reserves the right to photograph participants for publicity purposes.

X

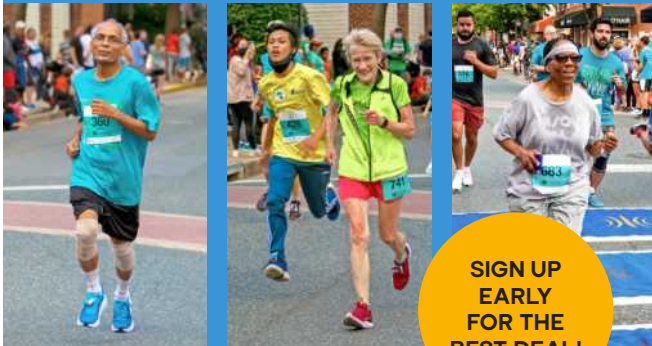
SIGNATURE OF PARTICIPANT

DATE

Join in for
The 31st Kentlands/Lakelands

5K Run, Walk, & Kids Fun Runs

Saturday, Aug. 31



**SIGN UP
EARLY
FOR THE
BEST DEAL!**

For over 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 **"Senior24"** for \$3 off their entry. Prices increase as the race day approaches.



Senior Olympics Qualifier
kentlands.org/kentlands-5k

VOLUNTEERS – WE WANT YOU!

MSO offers a diverse range of volunteer opportunities. Our volunteers contribute in various ways, making your contribution essential and critical to our athletes' experience and success. Whatever your interest or expertise, we have a role for you!

Our volunteers help with everything from check-in and distributing t-shirts and medals to administrative and logistical support. They also play crucial roles as messengers, runners, timers, judges, referees, and scorekeepers. We welcome medical staff and physical and massage therapists. As our event lineup expands and athlete participation increases, so does our need for your invaluable assistance.

You decide how long you stay and which events you volunteer for. We offer a variety of indoor and outdoor events in 32 sports. Whether you're interested in a specific event, want to volunteer close to home, or desire to travel to an event, the choice is yours. You have the power to shape your volunteering experience.

Have a kid in your life needing SSL hours? We can help.

MSO volunteers are fed and given an awesome volunteer t-shirt!

Look at all our events to see where you would like to help. Visit www.mdseniorolympics.org for volunteer details, including the complete list of needs and how to sign up. We look forward to working with you!

★ MOMENTS MADE *Simple* ★

WE ARE...  **OFFERING OUR CLIENTS...** 

MORE THAN JUST AN EVENT PLANNER
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EVENT PLANNING, DESIGN, AND
COORDINATION EXPERTS
★
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DAY OF COORDINATION
CONCIERGE SERVICES
BALLOONS & MORE

SCAN TO FIND OUT MORE ABOUT US 

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“TO PARTICIPATE IS TO WIN!”



MARYLAND SENIOR OLYMPICS
WELCOME TO THE 2024 SEASON!

