



MARYLAND SENIOR OLYMPICS

2025 INFORMATION & REGISTRATION GUIDE



WELCOME
TO OUR
45TH SEASON!





2025 MARYLAND SENIOR OLYMPICS

SCHEDULE

May 7	Cycling 10k Time Trials
May 16-18	Pickleball
May 31	Trap Shooting
June 1	Triathlon
June 4	Cycling 5k Time Trials
June 7	Shuffleboard
June 14	Disc Golf
June 21	3-on-3 Basketball & Shooting Skills (men's, women's)
June 22	8v8 Soccer (men's, women's)
June 28-29	Track & Field, Walking Events
June 30	4-Player Team Bocce
July 12	Table Tennis
Aug. 18-19	Bowling
Aug. 23	Volleyball (men's, women's)
Aug. 30	Road Race 5k
Sept. 3-4	Racquetball
Sept. 6	Badminton
Sept. 6	Horseshoes
Sept. 6	Softball (men's, women's)
Sept. 6	Swimming
Sept. 15	Golf
Sept. 18-20	Tennis
Sept. 20	Archery
Oct. 4-5	Billiards
Oct. 5	Cornhole
Oct. 6	Wii Bowling
Oct. 10	Bocce (singles, open doubles)
Oct. 11	Powerlifting
Oct. 26	Road Race 10k

MARYLAND SENIOR OLYMPICS

PO Box 6655
Columbia, MD 21045
mdseniorolympics.org



CONTACT US

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

Photography by Dennis Tuttle



THANK YOU TO OUR HOSTS, PARTNERS AND SPONSORS!

- MONTGOMERY COUNTY RECREATION
- NATIONAL SENIOR GAMES ASSOCIATION
- MONTGOMERY PARKS (M-NCPPC)
- HOWARD COUNTY RECREATION & PARKS
- AETNA
- MARYLAND DEPT. OF AGING

Asbury Methodist Village, Associated Gun Clubs of Baltimore, City of Gaithersburg, Community Life Center, 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, Lake Presidential Golf Course, LifeBridge Health, Parvilla Cycle & Multisport, Severna Park Racquetball & Fitness Club, and the 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 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 7 and Oct. 26 at venues throughout Montgomery, Howard, Anne Arundel, Prince George’s, Carroll, Frederick, and Kent counties, plus Baltimore City.

The National Senior Games will be held this summer in Des Moines, Iowa. Qualifying was held in 2024, but anyone age 50 and above can compete in one of the 14 open sports, including billiards, cornhole, disc golf, powerlifting, tai chi, non-ambulatory pickleball, and more. Go to www.nsga.com for details. Remember, the Maryland Senior Olympics 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.

Continue reading for participation, event details and to register. Visit our website at mdseniorolympics.org for more information and how to link directly to our online registration. Have questions? You can 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.

There are no pre-qualifying events to participate in our sports, you need only to meet the age requirements.

We do not organize sport-specific training but can assist connecting you with other senior players.

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 plus 4th-6th-place ribbons are awarded within each division and age category. For all competitions, your age group is determined by your age as of Dec. 31, 2025.

TEAM SPORTS COMPETITION

MSO offers team sports: 3-on-3 half-court basketball, softball, 8v8 soccer, bocce, 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, 2025, will determine the age division. Indicate all team members, non-playing coaches and bench personnel on the team roster.



REGISTRATION & RULES

You can register for the Maryland Senior Olympics online. 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 and \$10 for track and field and walking events.

Deadlines to enter a sport vary, and are indicated with each sport details, 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. To link directly to our online registration, visit our website. Payment is through Stripe, via a Stripe account or credit card.

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 as of Dec. 31, 2025. Once linked with your partner, the system will automatically move your pair 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. If you are also a player, register as a captain and a player. You may register the entire team by providing all details.
Team members: Register online through the email invite or enter the team name/code to join your team.

MSO LIFETIME MEMBERS

Please reach out to our office for assistance in your registration process.

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 2025 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 coordinators 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 4th- through 6th-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.



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. 20, 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. 6, 9 AM

Singles, doubles, mixed doubles

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

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

BASKETBALL (3-ON-3)

**June 21 (men and women)
9 AM**

Fee: \$125 per team plus \$5 per team member.

*Community Life Center
600-J Watkins Park Dr.
Upper Marlboro, 20774*

BASKETBALL SKILLS

**June 21 (men and women)
11 AM – 1 PM**

Floor, foul and free shot

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

*Community Life Center
600-J Watkins Park Dr.
Upper Marlboro, 20774*



BILLIARDS (8-BALL)

OCT. 4-5, 9 AM

Singles, open doubles

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

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

BOWLING

AUG. 18 (singles)

AUG. 19 (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 plus \$5 each additional event; \$12.75 lane fee per event.

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

CORNHOLE

OCT. 5, 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 7 (10k)

JUNE 4 (5k)

6 PM both days

Fee: \$30 first event or \$35 for both activities.

*962 Central Ave.
Davidsonville, 21035*

DISC GOLF

JUNE 14, 9 AM

18 holes, singles play

Fee: \$15

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

GOLF

SEPT. 15, 9 AM

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

Golf Chipping, Putting Skills

Fee: \$5 each

*Lake Presidential Golf Course
3151 Presidential Golf Dr.
Upper Marlboro, 20774*



PICKLEBALL

MAY 16 (men's singles, women's doubles)
MAY 17 (women's singles, men's doubles)
MAY 18 (mixed 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

Locations:
Dill Dinkers Columbia
 9179 Red Branch Rd.
 Columbia, 21045
Dill Dinkers Finksburg
 2950 Dede Rd.
 Finksburg 21048

POWERLIFTING

OCT. 11, 9 AM
 Squat, bench press, deadlift
Fee: \$15 first event, \$5 each additional.

Damascus Community Center
 25520 Oak Dr.
 Damascus, 20872

RACQUETBALL

SEPT. 3 (singles)
SEPT. 4 (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. 30, 8:30 AM
 Kentlands/Lakelands 5k

Register at:
 kentlands.org/kentlands-5k
 267 Kentlands Blvd.
 Gaithersburg, 20878
\$3 discount code: Senior25
<https://bit.ly/2025mso5krun>

ROAD RACE 10K

OCT. 26, 8 AM
 Race For Our Kids

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

SHUFFLEBOARD

June 7, 9 AM
 Singles, open doubles

Fee: \$30 first event, \$5 each additional.
Holiday Park Senior Center (indoors)
 3950 Ferrara Dr.
 Wheaton, 20906

SOCCER 8V8

JUNE 22 (men, women)
9 AM

Fee: \$200 plus \$5 per player.
North Potomac Community Center
 13850 Travilah Rd.
 Rockville, 20850

SOFTBALL

SEPT. 6, 9 AM
(Men and women)

Fee: \$125 per team, \$5 per team member.
Olney Manor Regional Park
 16601 Georgia Ave.
 Olney, 20832

SWIMMING*

SEPT. 6, 8 AM (warm-ups)
9 AM (start)

Fee: \$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
- 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 12, 9 AM

Singles, doubles, mixed doubles

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

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

TENNIS

SEPT. 18-20, 9 AM

Singles, doubles, mixed doubles

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

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

TRACK & FIELD*

JUNE 28-29, 8 AM

Detailed track and field event
schedule on pages 7-8

Fee: \$50 first event,
\$10 each additional.

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

**This is a USATF-sanctioned meet*

TRIATHLON

JUNE 1, 9 AM

Rock Hall Sprint Triathlon

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

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

VOLLEYBALL

AUG. 23, 9 AM

**(men and women)
9 AM**

Fee: \$100 per team,
\$5 per team member.

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



WALKING EVENTS

JUNE 28-29

See detailed track and field event
schedule on pages 7-8.

Fee: \$15 first event,
\$10 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 is
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.

BOCCE

JUNE 30, 9 AM

4-player teams

Fee: \$40 plus \$5 for
each player.

*Cedar Lane Park
5081 Cedar Ln.
Columbia, 21044*

BOCCE

OCT. 10, 9 AM

Singles and open
doubles

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

*Asbury Methodist
Village, 201 Russell Ave.
Gaithersburg, 20877*

HORSESHOES

SEPT. 6, 9 AM

Fee: \$15

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

TRAP SHOOTING

MAY 31, 9 AM

Fee: \$15 + \$10 target fee

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

WII BOWLING

OCT. 6, 1 PM

Singles play

Fee: \$15

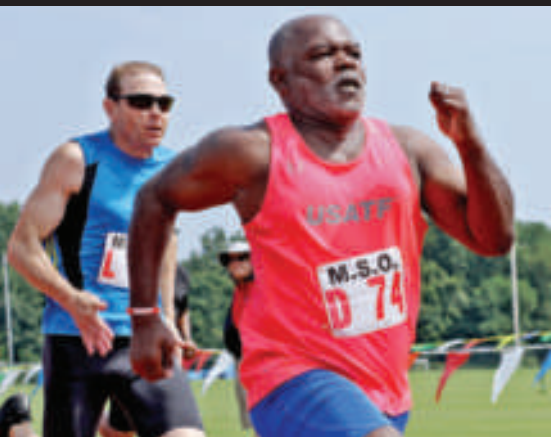
*Holiday Park Senior
Center
3950 Ferrara Dr.
Wheaton, 20906*



TRACK AND FIELD | SATURDAY, JUNE 28

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, weight throw to follow (men 70+)
8 AM	Running long jump, standing long jump to follow (women, all ages)
9 AM	5k power walk (men and women, all ages)
9:30 AM	Javelin throw (men 80+)
10 AM	1,500-meter run (men, all ages)
10 AM	Hammer throw, weight throw to follow (women, all ages)
10:30 AM	Javelin throw (men 70-79)
10:45 AM	Running long jump, standing long jump to follow (men 80+)
11 AM	1,500-meter run (women, all ages)
12:30 PM	1,500-meter race walk (men and women, all ages)
12:30 PM	Running long jump, standing long jump to follow (men 70-79)
12:30 PM	Javelin throw (men 50-69)
1:30 PM	100-meter dash finals (men, oldest to youngest)
2 PM	Running long jump, standing long jump to follow (men 50-69)
2 PM	100-meter dash finals (women, oldest to youngest)
2 PM	Hammer throw, weight throw to follow (men 50-69)
2 PM	Javelin throw (women 50-69)
2:30 PM	50-meter dash finals (men, oldest to youngest)
2:45 PM	50-meter dash finals (women, oldest to youngest)
3:30 PM	400-meter dash (men, oldest to youngest)
3:45 PM	Javelin throw (women 70+)
4 PM	400-meter dash (women, oldest to youngest)



TRACK AND FIELD | SUNDAY, JUNE 29

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	Shot put (men 70-79)
8 AM	Discus throw (men 50-59)
9 AM	High jump (men 50-69)
9 AM	Triple jump (women, all ages)
9 AM	Discus throw (men 60-69)
9:30 AM	Shot put (men 50-59)
10 AM	800-meter run (men, all ages)
10 AM – 2 PM	Football, Frisbee and softball throws (open pit, men and women)
10:30 AM	High jump (men 70+)
10:30 AM	Discus throw (men 70-79)
10:30 AM	Triple jump (men 70+)
10:30 AM	Shot put (men 60-69)
10:45 AM	800-meter run (women, all ages)
11:30 AM	1,500-meter power walk (men and women, all ages)
11:30 AM	High jump (women, all ages)
NOON	Shot put (women 50-69)
NOON	Triple jump (men 50-69)
NOON	Discus throw (women 70+)
12:30 PM	200-meter dash finals (men, oldest to youngest)
1 PM	200-meter dash finals (women, oldest to youngest)
1 PM	Shot put (women 70+)
1 PM	Pole vault (men and women, all ages)
1 PM	Discus throw (women 50-69)
1:30 PM	1-mile precision walk (men and women, all ages)
2 PM	Shot put (men 80+)
3 PM	Discus throw (men 80+)



CALL FOR MSO AWARD NOMINATIONS

2025 MARYLAND SENIOR OLYMPICS HONOR AWARDS

We are searching for deserving recipients for the 2025 Maryland Senior Olympics honor awards. Nominations are requested, along with supporting details, and must be received by Sept. 23, 2025 to be considered. No self-nominations. The nomination form is available on our website, or you can 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 be present in each candidate:

- Many years of involvement with MSO;
- National Senior Games participation;
- MSO and National Senior Games medal achievement.



Herman Yeh, 2023 MSO Citation Award recipient for table tennis.



MSO founder Bob Zeigler and wife Ginny Lee started our Maryland Games in 1980 through a joint effort of state and Baltimore County commissions on physical fitness. The Robert G. Zeigler Service Award is our highest honor.

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.

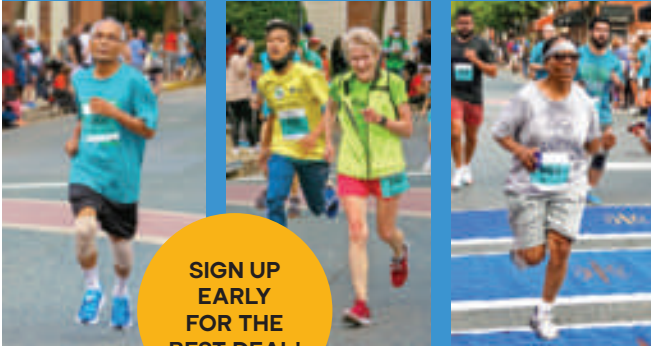
REGINALD C. GRIER AWARD

This new award will be presented to the outstanding track and field athlete to honor Hall of Famer Reggie Grier for his 40-plus years of service to MSO. Mr. Grier, 96, died on Feb. 23, 2025, and will be honored with the first award.

Join the fun in Gaithersburg
at the 32nd Kentlands/Lakelands

5k Run, Walk, & Kids Fun Runs

———— Saturday, Aug. 30 ————



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.

This event serves as the Maryland Senior Olympics 5k event. Those age 50-plus can use the promo code "Senior25" for \$3 off their entry through Aug. 29. 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 evolves and athlete participation increases, so does our need for your valuable assistance.

You decide how long you stay and which events you wish to volunteer. We offer a variety of indoor and outdoor events in 30 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!

Review 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* ★

MORE THAN JUST AN EVENT PLANNER

WE ARE... YOUR MASTER CERTIFIED
EVENT PLANNING, DESIGN, AND
COORDINATION EXPERTS

OFFERING OUR CLIENTS... FULL & PARTIAL PLANNING
DAY OF COORDINATION
CONCIERGE SERVICES
BALLOONS & MORE

SCCS TO FIND OUT MORE ABOUT US

CONTACT US NOW TO START PLANNING YOUR DAY! ★ WWW.MOMENTSMADESIMPLE.COM

Track meets and
training programs
all year round

www.pvtc.org
703-481-3530

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



MARYLAND SENIOR OLYMPICS
PO BOX 6655
COLUMBIA, MD 21045

PRSR STD
US POSTAGE PAID
PERMIT NO. 6439
SUBURBAN, MD

“TO PARTICIPATE IS TO WIN!”



MARYLAND SENIOR OLYMPICS
WELCOME TO THE 2025 SEASON!

