The Western Illinois Senior Olympics cordially invites you to participate in the 35th Annual Senior Olympics to be held in Macomb, Illinois on Friday, April 24 and Saturday, April 25, 2015. Please spread the word about our games to other Seniors. Information about the games and a downloadable registration form can be found at: www.wiu.edu/seniorolympics/

Please note there are no significant changes from last year’s games.

SENIOR OLYMPIC GOALS:

- Provide you with the opportunity to test your skills in a competitive (yet friendly) arena that will recognize you for your preparation, performance, and continued desire to lead a healthy lifestyle.
- Encourage you to meet new people who have similar goals and interests in hopes of expanding your network of friends.
- Showcase your talents before an audience of fellow competitors, friends and volunteers who will hopefully gain an appreciation for your commitment to lifelong activity and fitness.

GENERAL INFORMATION:

1. **Age:**
   All participants must be 50 years of age or older as of December 31, 2015. Please be prepared to show proof of age at your first event. (i.e. driver’s license, state ID, etc.). There will be separate categories for men and women in five-year age groups, as follows:
   - 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+.

2. **Entries:**
   - **THE FINAL DEADLINE FOR ENTRIES IS FRIDAY, APRIL 17, 2015**
   - **If a T-shirt or Polo Shirt is ordered** your entry must be received by **Monday, April 13, 2015.**
   - **Please mail your completed entry form to:**
     Senior Olympics
     Brophy Hall 212
     Western Illinois University
     Macomb, IL 61455
   - Please direct questions to Jim Miner at 309-833-4050. If no answer, please leave a message.
   - **Your games information packet will be distributed at your first event.**
   - Events that can accept only limited participation will be filled by order of entry.
   - Any senior athlete residing in the United States is eligible to participate.

3. **Entry Fee and Special Fees:**
   - There is a $10 entry fee if you enter two or more events. If you enter only one event, the entry fee is $5.
   - Participants may purchase a T-shirt for $10.00 or a Polo shirt for $18.00. Shirts are 50% cotton/50% polyester in sizes from S to XL. (Please add $1.50 for an XXL shirt.) Shirt orders must be mailed with your entry form and received by Monday, April 14. The shirts will be Orange or Yellow with a Senior Olympics logo.
A special fee will be assessed and paid at the time of the event for those participating in:

- **Bowling** (3 games) $3.00 (shoes $1.00)
- **Golf** (9 or 18-holes and shared cart) $18.00 green fees* (includes cart)
  *Green fees waived if you are a HMGC member. (Cart $8)

Please note, golf will start earlier on Friday morning. We will be using a shotgun start. Rain date Friday, May 1.

- **Miniature Golf** $2.00

4. **Awards:**
   - Immediately following the completion of an event, ribbons will be awarded to participants (male/female) who finish in 1st, 2nd, and 3rd place in each age category. Any ribbons not picked up at this time will be mailed to the winner with the final results.

5. **Equipment:**
   - Athletes must provide their own athletic and safety equipment, which must meet NSGA standards. WISO has a limited supply of equipment for certain events such as shot put, discus and disc golf.

6. **Cancellations:**
   - Senior Olympic officials reserve the right to cancel any event due to insufficient registration.
   - If an event is cancelled, every effort will be made to contact participants prior to the start of the Olympics. If this is your only event, a refund will be issued.
   - Some events may be cancelled/postponed by the event chair in the case of inclement weather.

7. **Parking Information:**
   On Friday morning, you may park in the metered area east of the Student Recreation Center. On Friday afternoon, you may park in Q-Lot, east of Western Hall. After 5:00 p.m. on Friday and all day on Saturday, you may use any of the parking areas except the reserved areas near the residence halls and handicapped parking areas. Parking for disc golf will be east of Sherman Hall.

8. **Meals**
   Food may be purchased in the WIU University Union. (Burger King, Sbarro’s, and Einstein Bros Bagels)

9. **Housing:**
   Housing arrangements will need to be made by the participants directly with the hotel, motel, etc. Housing will not be available at Western Illinois University this year.

   An agreement has been made with the Comfort Inn to provide a limited number of rooms for participants at this year’s Senior Olympics at a special reduced rate of $65 plus tax per room (includes free breakfast, gym/fitness center and indoor pool). Reservations must be made before April 17, 2015 to secure this reduced rate. (contact person Chaim) The address and phone number is Comfort Inn-Macomb, 1646 N. Lafayette (Hwy 67 North), Macomb, 309/837-2220. Be sure to ask for the Senior Olympics rate.

   - Camper facilities are available at Spring Lake on a first-come, first-serve basis or at Argyle Lake State Park with a reservation (309/776-3422). Both sites have 20-30 amp hookups, shower houses and host campers as well as boat rentals, bike and hiking trails, etc.
Motels in town:
- **Macomb Inn**, 1400 N. Lafayette (Hwy 67), Macomb, 309/833-5511
- **Hampton Inn**, 1631 East Jackson, Macomb, 837-6000
- **Super 8 Motor**, 313 West University, Macomb, 309/836-8888
- **Best Western Macomb Inn**, 1655 E. Jackson, Macomb, 309/836-6700
- **WIU-University Union Guest Rooms**, on campus, 309-298-1941 ($65.00 per night)
- **Econo Lodge**, 1414 W. Jackson St., Macomb, 309/833-4521

Bed and Breakfasts:
- **Inselhaus, Inc.**, 538 N. Randolph, Macomb, 309/833-5400

10. **Social Hour:**
All participants and spouses are invited to a *free social hour* at 6 p.m. on Friday evening, April 24, at the YMCA of McDonough County/Senior Center, 400 E. Calhoun St. A light meal will be served and entertainment will be provided. *Please mark the entry form to let us know you will be attending.*

Western Illinois Senior Olympics strongly recommends that each participant consult his or her doctor in regard to practice, participation, and competition in this program or in any similar physical activity.

**LOCATION OF EVENTS:** See map on next page

- **Golf**
  - Harry Mussatto Golf Course – 1215 Tower Rd (North of Macomb off U.S. 67) - 309-298-3676

- **Bike Race**
  - See map on next page. Meet at Scotland Trinity Presbyterian Church, 14950 N. 900th Road – U.S. 67, (6 mi. south of Macomb)

- **Horseshoes**
  - Glenwood Park. Take North Randolph Street to North Hickory Grove Lane and turn right (courts located by the Macomb Country Club entrance)

- **Mini Golf**
  - Ball Fore Family Fun Center, 9575 U.S. 136, (3 miles west of Macomb) 309-836-9741

- **Swimming**
  - Brophy Hall Pool – Brophy Hall on the WIU campus. Please park in Q-Lot 309-298-1308

- **Bowling**
  - Digger’s College City Bowl located at 123 East Adams St. 309-837-1252

- **Social Hour**
  - YMCA of McDonough County/Senior Center, located at 400 East Calhoun St. 309-833-2129

- **Free Threes**
  - Donald S. Spencer Student Recreation Center - on the WIU campus 309-298-2797

- **Table Tennis**
  - Donald S. Spencer Student Recreation Center - on the WIU campus 309-298-2797

- **Track & Field**
  - Hanson Field - on the WIU campus. Please park in Q-Lot

- **Disc Golf**
  - Sipolt Memorial Disc Golf Course – 620 W. Adams Street – WIU Campus

**SOCIAL HOUR:**
All participants and their spouses are invited to a free social hour sponsored by Citizen’s National Bank at 6:00 p.m. on Friday, April 24, in the Senior Center at the YMCA of McDonough County. The YMCA is located 2 blocks east of Chandler Park in downtown Macomb, at 400 East Calhoun St., (corner of Calhoun and Dudley Streets). Please park in the parking lots to the west of the YMCA building. *(Be sure to make a reservation for the social hour on the entry form)*
Senior Olympic Sites
1. Golf - Harry Mussatto Golf Course
2. Swimming - Brophy Hall Swimming Pool
3. Free Throws - Student Recreation Center
4. Track and Field - Hanson Field
5. Horseshoes – Glenwood Park
6. Miniature Golf - Ball Fore
7. Digger’s College City Bowl
8. Social - YMCA
9. Biking - Scotland Church
10. Disc Golf – Sipolt Course
35th ANNUAL
WESTERN ILLINOIS SENIOR OLYMPICS
at Western Illinois University

The 35th Annual Western Illinois Senior Olympics will be held on the campus of Western Illinois University on Friday, April 24 and Saturday, April 25, 2015. Participants must be 50 years of age and older and age divisions are set in five-year groups for both men and women. You will only be competing against those individuals in your age group.

The Games Committee must receive entry forms no later than Monday, April 13, 2015 if a T-shirt or Polo Shirt is ordered. The final deadline for all entries is Friday, April 17, 2015. ALL information should be enclosed. Please direct any questions to Tim Piper at 309-298-1781.

Please use this page to record the events that you have marked on your entry blank and keep this page for your information.

FRIDAY, APRIL 24, 2015

8:00 a.m.  Golf: 18-Hole Division - WIU Golf Course (Green Fees and cart $18.00) Rain date May 1
8:30 a.m.  Golf: 9-Hole Division - WIU Golf Course (Green Fees and cart $18.00, good for 18 holes)
10:30 a.m.  1 mile bike race
11:00 a.m.  5K bike race  (first half of 10K race will be timed for 5K awards)
11:00 a.m.  10K bike race
Noon  Horseshoes at Glenwood Park in Macomb
1:00 p.m.  Miniature Golf at Ball Fore, 9575 U.S. 136, 3 miles west of Macomb (fee $2 paid at Ball Fore)
3:00 p.m.  Swimming at Brophy Hall Pool:  (warm-up at 2:30 p.m.)
            ____50 Yd. Freestyle  ____ 50 Yd. Back Stroke
            ____25 Yd. Freestyle  ____ 25 Yd. Back Stroke
            ____50 Yd. Breast stroke  ____500 Yd. Freestyle
3:30 p.m.  Bowling at Digger’s College City Bowl (fee $3.00 paid at lanes, $1 for shoes)
6:00 p.m.  SOCIAL at YMCA of McDonough County/Senior Center -Sponsored by Citizens National Bank

NUMBER PLANNING TO ATTEND SOCIAL (must be pre-registered to attend)

SATURDAY, APRIL 25, 2015

8:00 a.m.  Free Throws at Student Recreation Center (doors open at 7:30 a.m.)
8:00 a.m.  Table Tennis (Singles) at Student Recreation Center
8:30 a.m.  Field Events at Hanson Field
8:30 a.m.  Discus  Shot Put
9:00 a.m.  Hammer Throw  Running Long Jump  Standing Long Jump
9:00 a.m.  High Jump  Softball Throw
9:30 a.m.  Track Events at Hanson Field
9:30 a.m.  1500 Meter Walk Race
9:45 a.m.  100 Meters
10:00 a.m.  800 Meters
10:15 a.m.  200 Meters
10:30 a.m.  400 Meters
10:45 a.m.  50 Meters
1:00 p.m.  Disc Golf – Sipolt Memorial Disc Golf Course – 620 West Adams Street
            ___ 9-holes  ___ 18-holes  _____ Distance

***This is your copy to keep. Use it to list the events you have entered.***
Please check the events you wish to enter in the 2015 Western Illinois Senior Olympics. Be sure to sign the Entry Form and waiver (on back) and enclose entry, entry fee, and T-shirt fees as they apply.

FRIDAY, APRIL 24, 2015

8:00 a.m.  _____Golf: 18-Hole Division - WIU Golf Course (Green Fees and cart $18.00)  Rain date May 1
8:30 a.m.  _____Golf: 9-Hole Division - WIU Golf Course (Green Fees and cart $18.00, good for 18 holes)
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11:00 a.m.  _____5K bike race  (first half of 10K race will be timed for 5K awards)
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Noon  _____Horseshoes at Glenwood Park in Macomb
1:00 p.m.  _____Miniature Golf at Ball Fore, 9575 U.S. 136, 3 miles west of Macomb (fee $2 paid at Ball Fore)
3:00 p.m.  Swimming at Brophy Hall Pool:  (warm-up at 2:30 p.m.)
          _____50 Yd. Freestyle       _____50 Yd. Back Stroke
          _____25 Yd. Freestyle       _____25 Yd. Back Stroke
          _____50 Yd. Breast stroke   _____500 Yd. Freestyle

3:30 p.m.  _____Bowling at Digger’s College City Bowl (fee $3.00 paid at lanes, $1 for shoes)
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8:30 a.m.  _____Discus       _____Shot Put
9:00 a.m.  _____Hammer Throw   _____Running Long Jump   _____Standing Long Jump
9:00 a.m.  _____High Jump       _____Softball Throw

9:30 a.m.  Track Events at Hanson Field
9:30 a.m.  _____1500 Meter Walk Race
9:45 a.m.  _____100 Meters
10:00 a.m.  _____800 Meters
10:15 a.m.  _____200 Meters
10:30 a.m.  _____400 Meters
10:45 a.m.  _____50 Meters

1:00 p.m.  _____Disc Golf – Sipolt Memorial Disc Golf Course – 620 West Adams Street
          _____9-hole       _____18-hole       _____Distance

Please print the following information:

NAME: _____________________________________________ SEX: (circle one)  Male  Female  AGE:
       (as of 12/31/2015)

ADDRESS: ______________________________________________________________________________

CITY: ___________________________  ST_____ ZIP CODE_________  TELEPHONE: _______________________

E-MAIL ADDRESS: ____________________________________________________________

PLEASE RETURN TO:  FEES ENCLOSED
                        SENIOR OLYMPICS
                        BROPHY HALL 212
                        Entry Fee (one event)  $5.00
                        Entry Fee (2 or more events)  $10.00
                        WESTERN ILLINOIS UNIVERSITY
                        T-shirt $10 or Polo Shirt $18
                        MACOMB, IL  61455

                        Size - Circle      S        M        L        XL        XXL*
                        (* T-shirt size (if XXL) add $1.50)

Shirt Deadline: Monday, April 13
Entry Deadline: Received by Friday, April 17
Entries will be confirmed by E-Mail or post card.

Total Enclosed:  $ ______________

(Please make checks payable to Western Illinois Senior Olympics)

***You must sign the waiver on back and fill in contact information***

(For office use:  A B C D)
Waiver and Release of All Claims

Please read this form carefully and be aware that in signing up and participating in the Western Illinois Senior Olympics, you will be waiving and releasing all claims for injuries you might sustain arising out of your participation in this competition.

Western Illinois Senior Olympics

As a participant in the Western Illinois Senior Games, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries (including death), damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such competition.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, agree to waive and relinquish all claims I may have as a result of participating in the competition against the Western Illinois Senior Olympic Board, officials, volunteers, and sponsors at all participating sites, the Board of Trustees of Western Illinois University, its officers, agents, servants, and employees from any and all claims from injuries (including death), damages or loss which I may have or which may accrue to me on account of participating in the competition.

I further agree to indemnify and hold harmless and deem the Western Illinois Senior Olympics Committee, officials, volunteers, and sponsors at all participating sites, the Board of Trustees of Western Illinois University, its officers, agents, servants, and employees from any and all claims resulting from injuries (including death), damages, and losses sustained by me or arising out of, connected with, or anyway associated with the activities of the program.

MEDICAL CONSENT

In the event of an emergency, I authorize Western Illinois Senior Olympics officials and Western Illinois University officials to secure from any licensed hospital, physicians and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above documents concerning the waiver and release of all claims and permission to secure treatment.

Signature____________________________________________________Date____________

Please Print Name____________________________________________________________________________________

Who should we contact in case of an emergency: ______________________________TELEPHONE: ____________

PHOTOGRAPH RELEASE FORM

I, ______________________________, do hereby give Western Illinois University its assigns, licensees, and legal representatives the irrevocable right to use my name (or any fictional name), photograph, and/or video image in all forms and media (including the Internet) by Western Illinois University, and I waive any right to inspect or approve the finished version(s), including written copy that may be created in connection therewith. I have read this release and am fully familiar with its contents.

Signature____________________________________________________Date____________

Name of your Local Newspaper________________________________________________

Address________________________________________________________________State_______Zip__________________________