

Southwest Ohio
Senior Olympics

Celebrating

32 Years of

Athletic

Competition

1980-2012



March 31 - May 19, 2012

Program and Registration

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Cincinnati Recreation Commission

2012 Southwest Ohio Senior Olympics Annual Athletic Competition for women and men ages 50 and older March 31 - May 19, 2012

New Registration Option for 2012 Senior Olympics!

The Southwest Ohio Senior Olympics now offers an online registration option. Using the same process as the National Senior Games will make it easier to register for the State and National Senior Games.

To register online, go to www.nsga.com

- **Click on red "REGISTER NOW" box** (on right side of screen)
- **Use your existing account #.**
(If you do not have an account, simply create one.)
- **Click on the "GAMES REGISTRATION" tab** (at top).
- **Find & click on 2012 "SOUTHWEST OHIO SENIOR GAMES".**
(click "register now" button at the *bottom* of the page.)

You can still register by mailing in the registration, but there is a cost saving if you register online.

<u>Registration Method & Date options:</u>		<u>Cost</u>
Online registration	Before March 23rd	\$22.00
Mail-in registration	Before March 23rd	\$25.00
Mail-in & Online registration	After March 23rd	\$30.00

If you have any questions regarding the registration process feel free to contact Aprilann at (513)352-4012 or at seniorolympics@cincinnati-oh.gov.

Meet the 2012 Senior Olympics Coordinator

Please join us in welcoming **Aprilann Pandora** as the new Senior Olympic Coordinator.

Aprilann has experience doing health and wellness programming with CRC for more than eight years.

She enjoys hiking, yoga, swimming and gardening. Aprilann is excited to be coordinating the 2012 Senior Olympics and looks forward to meeting you at the events.

Here's what's inside!

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2012 Southwest Ohio Senior Olympics

Schedule of Events

Participants must arrive at least 30 minutes before each event to check in, receive pairings and warm up.

All event fees listed are in addition to the entry fee and must be paid at the site.

Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.

No Refunds. All Athletes Registered will be notified.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Sat, March 31	9am	Run for Shelter 5K Road Race	Oakley Recreation Center 3882 Paxton Ave. 45209	Separate Registration Fee Required. Call: (513) 352-4012 for instructions or Email: kim@runforsheltercincy.org	
Wed, Apr 11	9am	Shuffleboard, Doubles Men & Women (Indoor)	Lincoln Recreation Center 1027 Linn Street 45202		
Fri, Apr 13	9am	Badminton	Haffey Field House 1599 West Street Reading, Ohio 45215	Men and Women Doubles Mixed Doubles and Singles will follow You must provide your own racquet. No White Shirts	\$3.00
Sat, Apr 14	9am	Basketball Free Throw and Spot Shot 3 on 3 games will immediately follow the spot shot.	College Hill Recreation Center 5545 Belmont Avenue 45224	Team captains must use the roster provided and will be notified of game schedule.	
Mon, Apr 16		Table Tennis	Pleasant Ridge Montessori 5945 Montgomery Rd 45213	Provide your own paddle. No white or yellow shirts. USATT rules apply.	
Tues, Apr 17	5:30pm 6pm	Check in and Warm Up begins April 16: 50-69 age group - doubles & mixed doubles - singles follow April 17: 70+ age group - doubles & mixed doubles - singles follow			
Sat, Apr 21	9am	Volleyball, WOMEN ONLY (see Men only below)	College Hill Recreation Center 5545 Belmont Ave 45224	Team captain must use the roster provided and will be notified of game schedule.	
Sun, Apr 22	9am	Volleyball, MEN ONLY (see Women only above)	College Hill Recreation Center 5545 Belmont Ave 45224	Team captain must use the roster provided and will be notified of game schedule.	
Wed, Apr 25	10am	8-Ball Pool	Bocca Billiards 749 St. Rt. 28 Milford, OH 45150		\$6.00
Mon, Apr 30	9am or Noon	Bowling, Singles	Colerain Bowl 9189 Colerain Ave 45251		\$5.50
Tues, May 1	9am Noon	Bowling, Doubles Doubles - Men & Women Mixed Doubles	Colerain Bowl 9189 Colerain Ave 45251		\$5.50

2012 Southwest Ohio Senior Olympics

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No Refunds. All Athletes Registered will be notified.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Additional Info</u>	<u>Fees</u>
Wed, May 2	8am 9am- 1:30pm Noon 1pm	Golf 18-holes Chipping 9-holes 9-holes - Solo Rider Division	Glenview Golf Course 10965 Springfield Pike 45246 <i>*Rain Date: May 16, 2012*</i>		\$30.00 (cart included) \$12.75 walk/\$19.25 cart \$19.25 cart
				You must complete the Golf Entry information on the registration form. Tee times will be mailed to you.	
Sat, May 5	9am	Cycling, 1 mile, 5K, 10K	Mt. Airy Forest Colerain Ave. Entrance 45223	No fixed-gear bicycles. Approved cycling helmets required.	
Sat, May 5	3pm	Pickleball Doubles	Queen City Racquet and Fitness 11275 Chester Road 45246	Players must provide their own paddles and balls.	\$5.00
					
Sat, May 5	8am	Toyota 10K Road Race		Call 721-PIGS (7447) or Email: info@flyingpigmarathon.com Website: www.flyingpigmarathon.com	Seperate Reg. Fee.
Sun, May 6	6:30 am	Flying Pig Marathon		Call 721-PIGS (7447) or Email: info@flyingpigmarathon.com Website: www.flyingpigmarathon.com	Seperate Reg. Fee.
Sun, May 6	8am 9am	Swimming – Short Course Warm up Begins Events Begin	Mason Community Center 6050 Mason-Montgomery Rd. 45040		
Mon May 7- Fri May 18		Tennis	Queen City Racquet and Fitness 11275 Chester Road Cincinnati, OH 45246 Call: (513) 771-2835 *Outdoor courts available	Players will be notified of match times in advance. You may play up to two matches in one day. Each player/team must provide their own racquets and a new can of USTA-approved balls.	\$14.00/Court
Wed, May 9	10am	Horseshoes All Men and Women	Moose Lodge 8944 Colerain Avenue 45251	You must bring your own horseshoes.	
Sat, May 19	9-11:30 11-Noon 1pm	Track and Field Open Pit-Field Events High Jump Track Events	LaSalle High School 3091 North Bend Road 45239	NO On-Site Registration!	

How to Register

To Register ONLINE - see Front page for instructions

OR:

1. Complete BOTH sides of the registration form.
2. Sign the Liability Waiver/Media Release
3. Make check or money order for total amount owed (do not include on-site fees) to:
Cincinnati Recreation Commission.
4. Send your registration and fees to:
CRC- Senior Olympics
805 Central Avenue, Suite 800
Two Centennial Plaza
Cincinnati, Ohio 45202
5. Allow enough time for your registration to arrive in the Senior Olympics office no later than **March 23, 2012.**

see front page
**New Online
Registration
Option!**

Eligibility Requirements

- Age:** All athletes must be 50 years of age by December 31, 2012
Proof of age may be required when you check in for your event.
- Categories:** There will be separate categories for men and women in 5-year age increments as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.
The Senior Olympic staff reserves the right to combine age groups for individual events when necessary.
- Awards:** Gold, silver and bronze medals will be presented to the 1st, 2nd and 3rd place finishers, male and female, in each age group for each event.
Please note... medals will not be mailed out after the games.
You must receive your medal at the conclusion of your event.

Friendly Reminders

- ONLINE Registrations and fees are due no later than **March 23, 2012.**
We will accept late registrations (online or by mail) until April 4, 2012 for \$30.00.
- **Fees are non-refundable**
- **Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.**
- **No onsite registration for events.**
- **You must accept the T-shirt size that you order.**
- Volleyball and Basketball team captains must complete their roster and send it in by the date indicated for their sport. It is the responsibility of the captain to assure that each team member has completed a registration form and paid the fees in order to be eligible to participate.
- Doubles players must list their partner's name on his/her registration form in the space available. Confirm your entry with your partner before registering.
- Please limit yourself to 8 Track and Field events.
- Please limit yourself to 8 Swimming Events
- Medals will not be mailed; you must accept them in person at the conclusion of your event.
- If you have any questions please call the Senior Olympics information line Monday – Friday during business hours at 513-352-4012.

2012 Southwest Ohio Senior Olympics • Personal Information

Please Print Clearly!

Name: _____
Last First MI

Check if applies: () New Address () New Athlete How did you hear about Senior Olympics? _____

Address: _____
Street Address

City

State

Zip

Email: _____

Phone: _____
Home Phone Other Phone

Date of Birth: ____/____/____ () Male () Female

Emergency Contact: _____ Phone: _____

Fees

ONLINE Registration Fee	by March 23	\$22.00	\$ _____
Mail-In Registration Fee	Postmarked by March 23	\$25.00	\$ _____
All Registrations After March 23		\$30.00	\$ _____
2012 T-shirt - Uni-sex Sizes	() S () M () L () XL () XXL () XXXL		\$ FREE _____
Voluntary Donation (Athlete Scholarship Fund)			\$ _____
	TOTAL		\$ _____

Please make checks payable to: Cincinnati Recreation Commission

Mail all completed and signed forms with entry fee to: Cincinnati Recreation Commission
Attn: Senior Olympics
805 Central Avenue, Suite 800
Cincinnati, Ohio 45202

Liability Waiver / Media Release

The entry form is not complete until you have read and signed this waiver

In consideration of the granting of the request to enter the Senior Olympics, I, for myself, my heirs, executors and administrations waive and release any and all claims of damages I may have against the Cincinnati Recreation Commission, its agents and employees: sponsors, their agents, officers and officials, for any care rendered to me by their employees or agents during my participation in the Senior Olympics of 2012; and any and all participating sponsors and supporters for all claims of damage, demands, actions whatsoever, in any manner, as a result of my participation in said Senior Olympics. I attest and verify that I am physically fit and have sufficiently trained for the competition of this/these event(s) and a licensed medical doctor has verified my physical condition.

Furthermore, I hereby give and grant to the Cincinnati Recreation Commission, its successors and assignees and those acting under its permission and upon its authority, my consent for all purposes to the sale, reproduction and/or use of photographs/media of me (with or without the use of my name) by the photographers and in all forms of media and in all manners, including editorials, advertising, trade, display, art and exhibition.

In giving this consent, I release the photographers, his/her nominees and designees from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness.

Print Name _____ Signature _____

2012 Southwest Ohio Senior Olympics - Official Event Registration Form

Please read all instructions carefully and complete both sides of this form.

Please use BLUE INK and write neatly. Place an **X** in the boxes of those events you wish to enter.

Events with an (*) require an additional fee to be paid by each athlete at the event.

No Onsite Registration

Badminton*

- Singles
- Men's Doubles
Partner _____
- Women's Doubles
Partner _____
- Mixed Doubles
Partner _____

Basketball

- Free Throw
- Spot Shot

Bowling*

- Singles 9am } Choose
- Singles 12pm } Only One
- Men's Doubles
Partner _____
- Women's Doubles
Partner _____
- Mixed Doubles
Partner _____

Cycling

- 1 Mile
- 5 Kilometers
- 10 Kilometers

Eight Ball Pool*

Horseshoes

Pickleball (Doubles only)

Road Races*

Additional registration & fee required.
Call (513)352-4012 for info.

- 5K - *Run for Shelter* - Run
- 5K - *Run for Shelter* - Run-Walk
- 10K - *Toyota 10K* - Run
- 10K - *Toyota 10K* - Run-Walk
- Marathon - *Flying Pig* - Run
- Marathon - *Flying Pig* - Run-Walk

Shuffleboard (Doubles only)

Swimming

You may choose up to 8 events

- 200 yd Freestyle
- 50 yd Butterfly
- 200 yd Backstroke
- 100 yd Breaststroke
- 50 yd Freestyle
- 100 yd IM
- 50 yd Backstroke
- 100 yd Butterfly
- 100 yd Freestyle
- 50 yd Breaststroke
- 100 yd Backstroke
- 500 yd Freestyle

sponsored by: **HYDE PARK HEALTH CENTER**

Table Tennis

- Singles
- Men's Doubles
Partner _____
- Women's Doubles
Partner _____
- Mixed Doubles
Partner _____

Tennis*

- Singles
- Men's Doubles
Partner _____
- Women's Doubles
Partner _____

Track & Field

You may choose up to 8 events of Ohio, Inc.

- 100M Dash
- 200M Dash
- 400M Run
- 800M Run
- 1500M Run
- 1500M Racewalk
- Discus
- Javelin
- High Jump
- Long Jump- Run
- Long Jump- Stand
- Shot Put
- Football Throw
- Softball Throw

Golf Entry Information*

Greens fees must be paid at Glenview Golf Course upon check in.

- 9 Holes - Golf Cart Yes (\$19.25) No (\$12.75)
- 9 holes - Solo Rider Division (\$19.25)
- 18 Holes - Golf Cart required (\$30.00)
- Chipping

Names of those with whom you wish to play _____

Preferred Tee Time*

*We can't guarantee requested times but we will do our best to accommodate you.

Team Events: The youngest player as of December 31, 2012 determines the age group of your team. Entry in these events is by team only. However, each individual must complete a games entry and pay the appropriate fees. A team name and age group is required (ex. Tigers 60-64). Team captains must complete the official roster included in this packet for their team.

- Men's 3 on 3 Basketball Team Name _____ Captain's Name _____
- Women's 3 on 3 Basketball Team Name _____ Captain's Name _____
- Men's Volleyball Team Name _____ Captain's Name _____
- Women's Volleyball Team Name _____ Captain's Name _____

6 Attention Players: Please contact your Team Manager before sending in this registration form.

2012 Southwest Ohio Senior Olympics

Team Roster

TO BE COMPLETED BY TEAM CAPTAINS ONLY!

All Rosters are due to the Senior Olympics Office by March 16, 2012

**Please mail to: Cincinnati Recreation Commission, Attn: Senior Olympics,
805 Central Avenue, Cincinnati, Ohio 45202**

Team Name: _____

Age Group (circle one): 50-54 55-59 60-64 65-69 70-74 75-79 80+

Event (circle one): Basketball Volleyball

Team Captain: _____

Address: _____ City _____ Zip _____

Day phone: _____ Evening phone: _____

Basketball: 10 player maximum with 1 out-of-state player (exceptions 70+, 75+, & 80+)

Volleyball: 15 player maximum with 4 out-of-state players

Age divisions for all teams will be determined by the age of the youngest team member as of December 31, 2012.

Please Print Clearly!

	Name	Age	Phone	Shirt #	Office Use
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

***Please complete other side**

2012 Southwest Ohio Senior Olympics

Team Guidelines

- 1 Team rosters must be completed correctly, signed by the team captain and returned to: Cincinnati Recreation Commission, ATTN: SENIOR OLYMPICS, 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202 by March 16, 2012 for basketball, women's volleyball and men's volleyball. OR FAX Rosters to: (513) 352-1605
- 2 Teams must be of all one gender.
- 3 All players must complete a registration form and pay all applicable fees to be eligible for team play.
- 4 All team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
- 5 Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2012.
- 6 Teams must provide their own equipment including practice balls, scoring bases, bats and numbered uniform shirts.
- 7 Athletes may compete with only one team per sport.

Format

If team numbers are conducive, teams will be divided into pools within their age division. Within each pool a single round robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If entries are not conducive, a double elimination tournament will be played within the age divisions.

The Southwest Ohio Senior Olympics reserves the right to combine age groups in the event that there are too few entries in any one age group. Medal rounds may be played first before inter-age group play begins. We cannot guarantee any certain number of games due to the uncertainty of team registration.

If you would like to request a copy of the rules for a specific team sport please call 513-352-4012.

Captains please read the following:

I have read the Guidelines above and agree to abide by the rules set forth by the governing body of the Southwest Ohio Senior Olympics and the National Senior Games Association.

Signature: _____

E-Mail Address: _____

***Complete other side with team information and roster**

2012 Southwest Ohio Senior Olympics Event Directions

Badminton – Haffey Field House 1599 West St. Reading, OH, 45215

From North; Take Shepherd LN. Exit. Turn left onto Mangham Dr. Turn left onto Shepherd LN. Turn left onto Smalley RD. Smalley Rd. becomes W. Columbia Ave. Turn left onto RiesenberG Ave. Turn right onto Bernard AVE. Turn right onto West ST. 1599 West ST.

From South; Take Shepherd LN. Exit. Turn right onto Shepherd LN. Turn left onto Smalley RD. Smalley RD. becomes W. Columbia AVE. Turn left onto RiesenberG AVE. Turn right onto Bernard AVE. Turn right onto West ST. 1599 West ST.

Basketball & Volleyball - College Hill Recreation Center, 5545 Belmont Avenue, 45224

From North - Take I-75 South to the Ronald Reagan Highway/Galbraith Road (Rt. 126) Exit # 10. When you get to the end of the exit ramp you need to turn left and follow the signs for 126. Stay in the Right hand lane. There will be an exit ramp off of Galbraith Road for Ronald Reagan Highway/ Rt. 126. Turn right onto the ramp. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp, turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

From South - Take I-75 North to the Ronald Reagan Cross County Highway Exit #10A. Take the 126 West exit. Follow Rt. 126 West until the Hamilton Ave. Exit. When you get to the end of the exit ramp turn left to go south on Hamilton Avenue (Rt. 127). Continue on Hamilton Ave for about 2.5 miles until the intersection of Belmont Ave. Make a hard right onto Belmont. The Center will be on the left-hand side at 5545 Belmont Avenue.

Bowling - Colerain Bowl 9189 Colerain Avenue, 45251

From I-275 (east or west): Take the Colerain Avenue exit and head south. The bowling alley is approximately two miles from the exit and on your right.

Cycling - Mt. Airy Forest, Colerain Avenue, 45223

I-74 west, Colerain Avenue exit, turn left off the exit and go north on Colerain up the big hill. Turn left into the main entrance, then left inside the park. From I-275, take the Colerain Ave exit and go south at least 5 miles on Colerain. Turn right into the park, then bear left. Go to the large circle with the shelter in the center. The cycling course is marked.

Eight Ball Pool – Bocca Billards 749 State Route 28 Milford, OH 45150

I-275 exit 57 Milford/Blanchester go 1 block south on Route 28 Bocca will be on the left.
749 State Route 28

Golf – Glenview Golf Course, 10965 Springfield Pike, 45246

I-75 to Exit 15, Sharon Road Exit. Turn towards Glendale (traveling west) onto Sharon Road. Travel approximately 2 miles to Springfield Pike and Turn Left. The Golf Course the course is on the right.

Horseshoes – Moose Lodge, 8944 Colerain Avenue, 45251

From I-275 (east or west): Take the Colerain Avenue exit and head south. The Moose Lodge is approximately 2.2 miles down on the left. Turn left at the light at Target and follow the road back to the Moose Lodge

Pickleball - Queen City Racquet and Fitness Club, 11275 Chester Road, 45246

Take I-75 to the Sharon Road exit. Go west onto Sharon Road (heading toward Princeton School.) Turn right onto Chester Road and go down 0.5 miles. Queen City Racquet and Fitness Club is on the left.

2012 Southwest Ohio Senior Olympics Event Directions

Shuffleboard – Lincoln Recreation Center, 1027 Linn Street, 45203

Take I-75 South to the Ezzard Charles Dr. Exit. At the light at the end of the exit, turn left, and go back over I-75. Continue on Ezzard Charles Dr. until you come to the light at Ezzard Charles and Linn Street. Turn right onto Linn Street. Go 1 block and the center will be on your right. At the end of the center is a driveway that leads to the rear parking lot. There is an entrance from the rear of the building.

Swimming – Mason Community Center, 6050 Mason-Montgomery Rd, Mason, Ohio, 45040

From Interstate 75 - Take the Tylersville Road/Mason, Exit 22 and proceed EAST on Tylersville Road into Mason. Continue past the WLW radio tower and US Route 42. Turn LEFT at the intersection of Tylersville Road and Mason-Montgomery Road. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (North) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn LEFT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

From Interstate 71 (South) - Take the Fields-Ertel/Mason-Montgomery Road Exit 19 and turn RIGHT onto Mason-Montgomery Road. Continue NORTH on Mason-Montgomery Road, approximately 4 miles. Pass through the Mason-Montgomery Road/Tylersville Road intersection. The Mason Community Campus will be on your RIGHT – past the Mason Middle School. Signs will direct you to the Community Center.

Table Tennis – Pleasant Ridge Montessori School, 5945 Montgomery Road, 45213

I-71 North to the Ridge Avenue North Exit, Exit 8C. Turn Right onto Ridge Avenue. Turn onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

I-71 South to the Ridge Ave/Kennedy Ave Exit, Exit 8. At the light at the end of the exit turn left onto Highland Avenue. At the next light turn right onto Ridge Avenue. Turn left onto Woodford Road. Turn left onto Montgomery Rd/US-22/OH-3. The School will be on the right and there is parking in the rear of the building. You will enter from the back near the gymnasium.

Tennis - Queen City Racquet and Fitness Club, 11275 Chester Road, 45246

Take I-75 to the Sharon Road exit. Go west onto Sharon Road (heading toward Princeton School.) Turn right onto Chester Road and go down 0.5 miles. Queen City Racquet and Fitness Club is on the left.

Track & Field - La Salle High School, 3091 North Bend Road, 45239

Take I-74 North to the North Bend Road Exit#14. Turn Right at the end of the exit. Continue until the light at North Bend Road. Turn right at the light. Continue on North Bend for approximately 1 mile, the school will be on your right. The track is located behind the school.

5K Run for Shelter - Oakley Recreation Center, 3882 Paxton Avenue, 45209

Oakley Recreation Center is in the back east Corner of the Hyde Park Plaza, next to BIGG's Supermarket. The main entrance to Hyde Park Plaza is located on Paxton Ave.

Ohio Senior Olympics 2012 State & National Games Info:

Ohio Senior Olympics State Games
will be July 21-August 5, **2012** in Cleveland, OH.

National Senior Games
will be July 21-August 5, in **2013** in Cleveland, OH.

For more information visit www.cleveland2013.com or call 216-621-0600.

You can also check the Ohio Senior Olympics web site for updates
as they become available.

Senior Olympics is amateur athletic competition for men and women ages 50 and older. The State Games are held every year, in rotating sites around the state. The Ohio Senior Olympic games are open to all athletes - both residents of Ohio and those athletes from out of state. The state games are hosted by the regional games around the state, in a two year cycle. The state games held in even numbered years (2012, 2014, etc.) act as the qualifying competition for The National Senior Games/Senior Olympics, which are held in the next odd numbered year (2013, 2015, etc.).



**Register for the State Games Online at
the Ohio Senior Olympics Website:**

www.ohioseniorolympics.org

Southwest Ohio Senior Olympics

Info Line: (513) 352-4012 • Fax# (513) 352-1605

Email: seniorolympics@cincinnati-oh.gov

CRC Website Address: www.cincyrec.org