

2019 Southwest Ohio Senior Olympics Program and Registration Forms

Annual Athletic Competition for Women and Men Ages 50 & Older

March 30 - May 26, 2019

ONLINE REGISTRATION for 2019 Senior Olympics!

Direct Link for 2019 Senior Olympics Games Registration:

swohio.nsga.com

We use the same process as the National Senior Games.
This makes it easier to register for the State and National Senior Games.

*You can still register by mailing in the registration,
but there is a **cost savings** if you register **ONLINE**.*

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CRC Senior Olympics

Contact Info:

Sr. Olympics InfoLine:
513.352.1631 • Fax# 513.352.1605

805 Central Avenue • Suite 800
Cincinnati, Ohio • 45202

Email:
seniorolympics@cincinnati-oh.gov

Check us out ONLINE at:
cincyrec.org/seniorolympics

Registration Options:

Cost:

ONLINE Registration: Before March 25	\$30
Mail-in* Registration: Before March 25	\$35
Post-marked Registration: AFTER March 25	\$40

*Printable PDF registration packet available for mail-in registration at:
cincyrec.org/seniorolympics

We are updating our contact list!

Only current participants will remain on the mailing list.

If you do not participate this year, but you would like to remain on our mailing list, please contact Sara at seniorolympics@cincinnati-oh.gov or call 513.352.1631.

2019 Ohio Senior Olympics

Senior Olympics is an amateur athletic competition for men and women ages 50 and older. The State Games are held every year, in Westerville, Ohio. The Ohio Senior Olympic games are open to all athletes - both residents of Ohio and those athletes from out-of-state. . The state games held in even numbered years (2020, 2022, etc.) act as the qualifying competition for The National Senior Games/Senior Olympics, which are held in the next odd numbered year (2021, 2023, etc.).

Please check ohioseniorolympics.org for updates on the 2019 Ohio Senior Olympics.



Thank you to our 2019 Sponsors:

Billy Casper Golf • Cincinnati Park Board • Cincinnati Public Schools
Cincinnati Table Tennis Club • Colerain Bowling • Haffey Fieldhouse
Mason Community Center • Linder Family Tennis Center at Lunken
Queen City Wheels • Western Bowl

2019 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 registered athletes will be notified.

Date	Time	Event	Location	Additional Info.	Fees
Sat., March 30	9 a.m.	Basketball Free Throw and Spot Shot	College Hill Recreation Center 5545 Belmont Ave., 45224	Men's and women's 3 on 3 will not be held in 2019.	N/A
Sat., April 6	9:30 a.m. 10 a.m.	Table Tennis Check in and warm up begins Ages 50 - 64	College Hill Recreation Center 5545 Belmont Ave., 45224	Please provide your own paddle. No white or yellow shirts allowed. USATT rules apply.	N/A
	11 a.m. 11:30 a.m.	Check in and warm up begins Ages 65 & up			
Sat., April 13 (W) Sun., April 14 (M)	9 a.m.	Volleyball	College Hill Recreation Center 5545 Belmont Ave., 45224	Team captain must use the roster provided with this packet & will be notified of game schedule.	N/A
Wed., April 17	10 a.m.	8 Ball Pool	Western Bowl 6383 Glenway Ave., 45211	N/A	N/A
Fri., April 26	9 a.m. 10 a.m.	Pickleball, Mens Doubles Check in and warm up begins Games begin	Mt. Washington Rec Center 1715 Beacon St., 45230	Players must provide their own paddles. Indoor gym floor.	N/A
Sat., April 27	9 a.m. 10 a.m.	Pickleball, Mixed Doubles Check in and warm up begins Games begin	Mt. Washington Rec Center 1715 Beacon St., 45230	Players must provide their own paddles. Indoor gym floor.	N/A
Sun., April 28	9 a.m. 10 a.m.	Pickleball, Womens Doubles Check in and warm up begins Games begin	Mt. Washington Rec Center 1715 Beacon St., 45230	Players must provide their own paddles. Indoor gym floor.	N/A
Mon., April 29	10 a.m.	Bowling Singles	Colerain Bowl 9189 Colerain Ave., 45251	N/A	\$5.50
Tues., April 30	9 a.m. 12 p.m.	Bowling Doubles - Men and Women Mixed Doubles	Colerain Bowl 9189 Colerain Ave., 45251	N/A	\$5.50
Wed., May 1	8 a.m. 9 a.m. 12 p.m. 1 p.m.	Golf 18 holes - \$26, cart included Chipping 9 holes - \$14 walk, \$18 cart 9 holes, Solo Rider Division - \$18 cart	Glenview Golf Course 10965 Springfield Pike, 45246	You must complete the "Golf Entry Information" section of the registration form (pg. 6). You will be notified of your tee time.	See to the left
Fri., May 3	9 a.m.	Cycling (1 Mile & 5K)	Mt. Airy Forest (Colerain Entrance, 45223)	No fixed gear bicycles. Approved cycling helmets required.	N/A
Sat., May 4	9 a.m. 11 a.m. 1p.m.	Track and Field Open pit - Field events High Jump Track events	Withrow High School 2488 Madison Rd., 45208	No on-site registration.	N/A
Sun., May 5	8 a.m. 9 a.m.	Swimming - Short course (yards) Warm up begins Events begin	Mason Community Center 6050 Mason-Montgomery Rd., 45040	Event order is listed on registration form (pg. 6).	N/A
Sat., May 4 Sat., May 4 Sun., May 5	8 a.m. 10 a.m. 6:30 a.m.	Toyota 10K Road Race Tri-State Running 5k Road Race Flying Pig Marathon	N/A	For all three races: Separate registration fee required. Call 721.PIGS (7447).	N/A
Tues., May 7	7 p.m.	Cycling Time Trial Road Race	Ohio Spring Race Series Clevs, Ohio	10.25 miles	N/A
Sat., May 11	9:30 a.m.	Badminton Men and Women Doubles Mixed Doubles and Singles will follow.	Haffey Fieldhouse 1599 West St., 45215	You must provide your own raquet. No white shirts.	N/A
Mon., May 13 - Fri., May 24	N/A	Tennis 	Lindner Family Tennis Center at Lunken 4750 Playfield Ln., 45226 (Outside)	Players will be notified of match times in advance. You may play up to 2 matches/day. Each player/team must provide their own racquets and a new can of USTA approved balls.	N/A

2019 Southwest Ohio Senior Olympics Event Directions

Badminton – Haffey Fieldhouse 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 Riesenbergs Ave. Turn right onto Bernard Ave. Turn left onto West St. 1599 West St.

From South - On I-75 North, take exit 10A & merge on OH-126 East. Take US-42 North Reading Rd. exit toward Galbraith Rd. Turn left onto US-42 Reading Rd. Turn left onto W. Columbus Ave. Turn right onto Market St. Turn left onto W. Pleasant St. W. Pleasant St. turns right and becomes West St.

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

From North - Take I-75 South to the Ronald Reagan Highway/Galbraith Rd. (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 Rd. 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 Ave. (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 Ave. (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 Ave.

Bowling - Colerain Bowl 9189 Colerain Avenue, 45251

From I-275 (East or West) - Take the Colerain Ave. exit and head south. The bowling alley is approx 2 miles from the exit and on your right.

Cycling Road Race - Cleves, OH

From Downtown Cincinnati travel West on US-50 - Turn left onto Mt. Nebo Rd., turn right onto Lower River Rd. Start is at the intersection of Lower River Rd. and Carter St. in Cleves. Event parking is at the Cleves Community Park on Park Rd. Continue past the start and turn right onto Park Rd. There is NO parking at the start.

Cycling 1 mile, 5k - Mt. Airy Forest (Colerain entrance 45223)

From Downtown Cincinnati travel North on I-75 from E 6th St. - Continue on I-75 N to US-27 N/Beekman St. Take exit 18 from I-74/US-27 N/US-52 W. Follow US-27 N / Colerain Ave. Turn left into park, then turn right and follow back to Trail Ridge Rd.

Billiards/8 Ball Pool - Western Bowl 6383 Glenway Avenue, 45211

From I-75 (North or South) - Take Harrison Ave. exit 2. Stay on Harrison Ave. Turn left onto Queen City Ave. Continue on Queen City for approx 3 miles. Bear slightly left where Queen City becomes Werk Rd. Continue on Werk Rd. Turn right onto Glenway Ave. Continue on Glenway for 1/2 mile to the light at Westborne Ave. Turn left onto Westborne Ave. Western Bowl is on the right.

Golf – Glenview Golf Course, 109655 Springfield Pike, 45246

From I-75 (North or South) - Take I-75 to the Sharon Rd. exit, exit 15. Turn towards Glendale, traveling west, onto Sharon Rd. Turn left onto Springfield Pike. The golf course will be on the right.

Pickleball - Mt. Washington Recreation Center, 1715 Beacon St., 45230

From downtown - Take I-471 S and I-275 E to Kellogg Ave. Take exit 72 from I-275 E. Use the middle lane to turn right onto Kellogg Ave. Turn left onto Sutton Rd., then right onto Salem Rd. Turn left onto Beacon St. The Center will be on the left-hand side at 1715 Beacon St.

From I-275 S - Get on I-275 S. Take exit 69 for Five Mile Rd. Turn right onto Five Mile Rd., then turn left onto Beechmont Ave. Turn left onto Beacon St. The Center will be on the left-hand side at 1715 Beacon St.

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

From I-75 - Take the Tylersville Road/Mason, exit 22 and proceed east on Tylersville Rd. into Mason. Continue past the WLW radio tower and US Route 42. Turn left at the intersection of Tylersville Rd. and Mason-Montgomery Rd. The Mason Community Campus will be on your right – past the Mason Middle School. Signs will direct you to the Community Center Natatorium.

From I-71 North - Take the Fields-Ertel/Mason-Montgomery Rd. exit 19 and turn left onto Mason-Montgomery Rd. Continue north on Mason-Montgomery Rd., approximately 4 miles. Pass through the Mason-Montgomery Rd./Tylersville Rd. intersection. The Mason Community Campus will be on your right – past the Mason Middle School. Signs will direct you to the Community Center Natatorium.

From I-71 South - Take the Fields-Ertel/Mason-Montgomery Rd. exit 19 and turn right onto Mason-Montgomery Rd. Continue north on Mason-Montgomery Rd., approximately 4 miles. Pass through the Mason-Montgomery Rd./Tylersville Rd. intersection. The Mason Community Campus will be on your right – past the Mason Middle School. Signs will direct you to the Community Center Natatorium.

Tennis - Linder Family Tennis Center at Lunken, 4750 Playfield Ln., 45226

From Downtown - Take US-50 E/Columbia Parkway to a light right at Bains Street. Turn left onto Riverside Drive continue for approximately 4 miles to the intersection of Riverside Drive and Wilmer Ave (United Dairy Farmers on corner). Turn left onto Wilmer Avenue. Continue on Wilmer Avenue for .8 miles. The Lunken Municipal Airport will be on your right. Turn right onto Playfield Lane and follow the drive back to the tennis courts which will be on your left

Track & Field - Withrow High School, 2488 Madison Rd., 45208

From I-71 (South) - Take I-71 South towards Cincinnati. Take the Dana Ave. exit, exit 5. Turn left on Dana Ave., Entrance to track is behind the school on Dana Ave.

2019 Southwest Ohio Senior Olympics General Information

How to Register

ONLINE - refer to front page

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 25, 2019.

Eligibility Requirements

Age:

All athletes must be 50 years of age by December 31, 2019. 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 Olympics 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 stay to receive your medal at the conclusion of your event.*

Friendly Reminders

- ONLINE registrations and fees are due no later than March 25, 2019. We will accept late registrations for \$40.00. Please call 513.352.1631 for info.
- Fees are non-refundable.
- Any event having 12 or fewer athletes registered will be cancelled with 5 days notice.
- **No on-site registration for events.**
- You must accept the T-shirt size that you order.
- Volleyball 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 eight (8) Track and Field Events.
- Please limit yourself to eight (8) Swimming Events. Event order is listed on the registration form (pg.6).

**If you have any questions,
please call the Senior Olympics InfoLine at 513.352.1631
Monday — Friday, 8:30 a.m. to 5:00 p.m.**

2019 Southwest Ohio Senior Olympics Personal Information

Please PRINT Clearly!

Name: _____
Last First MI

How did you hear about Senior Olympics? _____

Address: _____
Street Address

_____ City State Zip

Email: _____

Phone: (_____) _____ (_____) _____
Primary Phone # Secondary Phone #

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

Emergency Contact: _____ Relationship: _____ Phone: (____) _____

Fees

Mail-In Registration Fee	Postmarked by March 25	\$35	\$ _____
All Registrations After March 25		\$40	\$ _____
*2019 T-shirt - Men's Sizes (Dri-Fit)	[] 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

***You must take the shirt you ordered, no exchange. Any additional t-shirts purchased are \$15.**

NOTE: IF YOU REGISTER ONLINE, YOU WILL PAY ONLINE!

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 2019; 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 _____ **5**

2019 Southwest Ohio Senior Olympics Official Event Registration Form

No On-site Registration

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

Please use **BLUE INK** and **PRINT** 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.

Badminton

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

Basketball

- Free Throw
- Spot Shot

Bowling*

- Singles 10 a.m.
- Men's Doubles
Partner _____
- Women's Doubles
Partner _____
- Mixed Doubles
Partner _____

Cycling

- 1 Mile
- 5 Kilometers
- Road Race (10.25 miles)

Eight Ball Pool

Pickleball

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

Road Races*

- Additional/Separate registration & fee required. Call 513.352.4012 for info.
- 5K-Tri-State Running Co-Run
 - 5K-Tri-State Running Co-Racewalk
 - 10K-Toyota 10K - Run
 - 10K-Toyota 10K - Racewalk
 - Marathon-Flying Pig - Run
 - Marathon-Flying Pig - Racewalk

Swimming - Listed in event order

- You may choose up to 8 events
- 200 yd Freestyle
 - 50 yd Butterfly
 - 200 yd Backstroke
 - 100 yd Breaststroke
 - 25 yd Freestyle
 - 50 yd Freestyle
 - 100 yd IM
 - 50 yd Backstroke
 - 100 yd Butterfly
 - 100 yd Freestyle
 - 50 yd Breaststroke
 - 100 yd Backstroke
 - 500 yd Freestyle

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 - Listed in event order

You may choose up to 8 events

- Discus
- Javelin
- High Jump
- Long Jump - Running
- Long Jump - Standing
- Shot Put
- Football Throw
- Softball Throw
- 50M Dash
- 100M Dash
- 1500M Run
- 400M Run
- 1500M Racewalk
- 200M Dash
- 800M Run

Golf Entry Information*

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

- 9 holes - Golf Cart Yes (\$18) No (\$14)
- 9 holes - Solo Rider Division (\$18)
- 18 holes - Golf Cart required (\$26)
- Chipping

Names of those with whom you wish to play _____

Team Events: The youngest player as of December 31, 2019 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 Volleyball Team Name _____ Captain's Name _____

Women's Volleyball Team Name _____ Captain's Name _____

Attention players: Please contact your Team Captain before sending in this registration form.

Preferred Tee Time**

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

2019 Southwest Ohio Senior Olympics Team Roster

BOTH SIDES TO BE COMPLETED BY TEAM CAPTAINS ONLY!

All Rosters are due to the Senior Olympics Office by March 23, 2019.

Please mail or fax to: Cincinnati Recreation Commission, Attn: Senior Olympics
805 Central Avenue, Cincinnati, Ohio 45202 • Fax #: 513.352.1605

Team Name: _____

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

Age division for all teams determined by the age of the youngest team member as of December 31, 2019.

Event (circle one): Men's Volleyball Women's Volleyball

Team Captain: _____

Email Address: _____

Address: _____ City _____ State _____ Zip _____

Primary phone #: (_____) _____ Secondary phone #: (_____) _____

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

2019 Southwest Ohio Senior Olympics

Team Guidelines

- 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 23, 2019 for men's and women's volleyball OR fax rosters to: 513.352.1605
email: seniorolympics@cincinnati-oh.gov
- Teams must be of all one gender.
- All players must complete a registration form and pay all applicable fees to be eligible for team play.
- All team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
- Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2019.
- Teams must provide their own equipment including practice balls and numbered uniform shirts.
- 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 Round Robin 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 513.352.1631.

Team Captains, please read and sign 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.

Print Name: _____

Signature: _____

E-mail Address: _____

Please also complete other side.