2016
Alabama Senior Olympics

Event Dates
April 13 - May 4

Sponsored by:

St. Vincent’s HEALTH SYSTEM

Trussville Parks and Recreation Department
Hoover Parks and Recreation Department
Homewood Parks and Recreation Department
UAB Recreation Center
Governor’s Commission on Physical Fitness & Sports

For additional information contact:
Gov. Commission on Physical Fitness at 334-242-4496
or Dee Nance at nanced@ci.hoover.al.us or 205-444-7765
The 2016 Alabama Senior Olympic Committee would like to extend an invitation to all men and women, 50 years and over to participate in the 2016 State Games. This is a qualifying event for the 2017 National Senior Games to be held in Birmingham, Alabama. Alabama is an open state.

**PURPOSE**
The purpose of the games is to provide the opportunity to participate in a social, competitive, recreational and athletic event to: create awareness of the abilities and capabilities of older adults; help maintain and improve health and wellness; and to promote an interest in lifetime sports, recreation and physical activity.

**AGE/CATEGORY**
- Determined by participants age as of December 31, 2016.
- All events will be held in 5 year age brackets (50-54, 55-59, 60-64, 64-69, 70-74, 75-79, 80-84, 85-89, 90+)
- Team sports will be held in the following age categories: 50+, 55+, 60+, 65+, 70+, 75+.
  Three on three basketball will have an 80+ age division.
- Age division for team sports, doubles and mixed doubles is determined by the youngest partner on December 31, 2016.

**REGISTRATION FEES**
- Registration fee on or before April 1, 2016 is $45.00.
- Registration fee after April 1, 2016 is $55.00.
- Bowling, golf and team sports have additional fees and will be listed on registration form.
- FEES ARE NON REFUNDABLE FOR ANY REASON AFTER APRIL 12, 2016.
- Checks should be made payable to Alabama Senior Olympics and mailed with signed registration to:
  
  Alabama Senior Olympics  
  560 South McDonough St. Ste.B  
  Montgomery, Al 36130

Information available at www.physicalfitness.alabama.gov under the Sports tab.

**REGISTRATION**
- The enclosed registration form must be completed and mailed with proper fees and age verification by April 1, 2016.
- Late registration will be accepted until April 12 with an additional fee. No registration will be accepted after this date.
- The liability waiver on the registration form must be signed and dated by the applicant.
- Incomplete registration will be returned but may be resubmitted within five days of notification.

**PROOF OF AGE**
- Proof of age is required.
- Acceptable proof of age includes a copy of an ID such as driver’s license, birth certificate, passport or military record.
- Registration without acceptable proof of age will be returned and will delay the registration process.

**PARTICIPATION**
- Participation entitles individual to t-shirts and medals for 1st, 2nd, or 3rd place winners. Shirts are given to registered participating athletes only.

**COMBINED/CANCELLED EVENTS**
- Games officials reserve the right to combine age groups or cancel events with insufficient numbers registered.

**Forfeit Time**
- Athletes may forfeit the right to participate if not present at an event 15 minutes prior to start for role call.

**Event Additional Notes**
- Swimmers may enter a maximum of 6 events including bonus events.
- Athletes may compete with only one partner per event.
- Athletes MUST provide their own partner and each athlete must register.
- Track shoes or running shoes only maybe used for track and field events. NO other sports cleats (i.e. baseball) may be worn.
- TEAM Managers/Captains should submit a roster and team registration form along with the team fee where applicable.
- Each player must register individually and list manager name, phone number and team name on form.
- Athletes must check at least 30 minutes prior to warm up for event.
Alabama Senior Olympics

EVENT REGISTRATION

Name ____________________________________ __ Age ______________

Avoid conflicts. Check time schedule on form and DO NOT choose events in the same time slot.
Applications will be returned if time conflicts appear. Events will not be delayed due to scheduling conflicts. All athletes must be at event 15 minutes prior to starting time for roll call.

Circle events you wish to enter

Archery (pick one)
* Bare Bow Compound
* Compound Finger Shooter
* Compound Release

* Bare Bow Recurve

Badminton
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Basketball 3 on 3
Team Name _______________________________
Manager Name ____________________________
Manager Phone ___________________________
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Bowling
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Cycling Date to be determined
* 5K Time Trials
* 10K Time Trials
* 20K Road Race
* 40K Road Race

Field Events for track
* Discus
* Hammer Throw
* High Jump
* Javelin
* Long Jump
* Pole Vault
* Shot Put
* Triple Jump

Golf
* 36 Holes (18 per day)

Horseshoes
* Singles

Pickle Ball
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Race Walk
* 1500 M
* 5000M

will be held in conjunction with track/field

Racquetball
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Road Race
* 5K Run
* 10K Run

Bham May 6
Montgomery May 14 (5K only)
Huntsville May 30

Shuffleboard
* Singles
* Doubles
Doubles Partner: ___________________________ Age ______

Softball
Team Name ______________________________
Manager Name ____________________________
Manager Phone ___________________________
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Swimming
50 Y Breast
Back
Freestyle
Butterfly

100 Y Breast
Back
Freestyle
Butterfly

200 Y Breast
Back
Freestyle
Butterfly

500 Y Freestyle

100 Y IM
200 Y IM
400 Y M

Table Tennis
* Singles
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Tennis
* Singles
* Doubles
* Mixed Doubles
Doubles Partner: ___________________________ Age ______
Mixed Doubles Partner: ____________________ Age ______

Track
* 50M Run
* 100M Run
* 200M Run

* 800M Run
* 400M Run
* 1500M Run

Volleyball
Team Name ______________________________
Manager Name ____________________________
Manager Phone ___________________________
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Check time schedule
DO NOT choose events in the same time slots.
ONLY (6) swimming events may be chosen
Each team member or partner must register
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, April 13, 2016</td>
<td>10:30 AM</td>
<td>Track &amp; Field Events</td>
<td>ALL Trussville Husky Stadium</td>
</tr>
<tr>
<td></td>
<td>10:30 AM</td>
<td>Race Walk</td>
<td>ALL Trussville Husky Stadium</td>
</tr>
<tr>
<td>Tuesday, April 19, 2016</td>
<td>9:00 AM</td>
<td>Racquetball Singles</td>
<td>ALL UAB Recreation Center</td>
</tr>
<tr>
<td></td>
<td>2:00 PM</td>
<td>Racquetball Doubles</td>
<td>ALL UAB Recreation Center</td>
</tr>
<tr>
<td></td>
<td>4:00 PM</td>
<td>Racquetball Mixed Dbls</td>
<td>ALL UAB Recreation Center</td>
</tr>
<tr>
<td>Wednesday, April 20, 2016</td>
<td>9:00 AM</td>
<td>Badminton Singles</td>
<td>Male - ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>10:30 AM</td>
<td>Horseshoes Singles</td>
<td>Female - ALL Trussville Masonic Park</td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Badminton Doubles</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>4:00 PM</td>
<td>Bowling Doubles</td>
<td>ALL Oak Mountain Lanes</td>
</tr>
<tr>
<td>Thursday, April 21, 2016</td>
<td>9:00 AM</td>
<td>Archery</td>
<td>ALL Hoover Crossroads School</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Badminton Mixed Dbls</td>
<td>ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>9:30 AM</td>
<td>Swimming</td>
<td>ALL Hoover Rec Center</td>
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<tr>
<td>Friday, April 22, 2016</td>
<td>9:30 AM</td>
<td>Swimming (if needed)</td>
<td>ALL Hoover Rec Center</td>
</tr>
<tr>
<td></td>
<td>6:00 PM</td>
<td>Basketball 3 on 3</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td>Saturday, April 23, 2016</td>
<td>9:00 AM</td>
<td>Golf</td>
<td>ALL Woodward Golf Club</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Pickleball Singles</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Table Tennis Singles</td>
<td>Female Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>4:00 PM</td>
<td>Table Tennis Doubles</td>
<td>Male Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>3:00 PM</td>
<td>Pickleball Mixed Dbls</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td>Tuesday, April 24, 2016</td>
<td>9:00 AM</td>
<td>Golf</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Pickleball Doubles</td>
<td>Female - ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>9:30 AM</td>
<td>Table Tennis Doubles</td>
<td>Female - ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Pickleball Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
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<td></td>
<td>2:00 PM</td>
<td>Table Tennis Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>3:00 PM</td>
<td>Pickleball Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
</tr>
<tr>
<td>Monday, April 25, 2016</td>
<td>7:30 AM</td>
<td>Golf</td>
<td>ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>Pickleball Doubles</td>
<td>Female - ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>9:30 AM</td>
<td>Table Tennis Doubles</td>
<td>Female - ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Pickleball Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
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<tr>
<td></td>
<td>2:00 PM</td>
<td>Table Tennis Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
</tr>
<tr>
<td></td>
<td>3:00 PM</td>
<td>Pickleball Doubles</td>
<td>Male - ALL Trussville Civic Center</td>
</tr>
</tbody>
</table>

**Triathlon** - Mullet Man Triathlon - April 16  [www.mulletmantriathlon.com](http://www.mulletmantriathlon.com)
Mt. Lakes Triathlon - May 21  [www.team-magic.com/events/60](http://www.team-magic.com/events/60)
Buster Britton - June 11  [www.imathlete.com](http://www.imathlete.com)

Softball - Teams will qualify by participating in the Nat’l Senior Softball Tourn. held in Bham, Al Aug 2016
Alabama Senior Olympics, Inc.
Official Registration Form

Name: __________________________________________ Date of Birth: __________________
Street Address ____________________________ Phone/Cell ____________________________
City _____________________________________ State _____ Zip ________________
Emergency Contact: ________________________ Phone #: ____________________________
Physician Name: ____________________________ Phone #: ____________________________
Sex: Male / Female Age: ______ (as of 12/31/16)

Email address: ________________________________

(please print clearly)

Please circle T-shirt size: Small Medium Large X large 2X large 3X

Participation Fees:
Please check all that apply

Individual Registration Fee on or before April 1 ____________________________ $45.00 ______
Individual Registration Fee after April 1 ____________________________ $55.00 ______
Bowling Fee (per person per entry) ____________________________ $10.00 ______
Golf Fee (includes cart and green fees for 18 holes) ____________________________ $40.00 ______
Team Registration Fees per team ____________________________ $40.00 _____

Total Amount Enclosed (make checks payable to: Alabama Senior Olympics, Inc.) ___________

Funds are non-refundable after April 12, 2016

CHECK LIST .... HAVE YOU
☑ Completed registration forms?
☑ Included age certification?
☑ Signed the Release of Liability ?
☑ Included the Emergency contact?
☑ Made fees payable to Alabama Senior Olympics, Inc.

Mail completed forms and check to:
Alabama Senior Olympics, Inc.
560 South McDonough Street. Ste. B
Montgomery, AL 36130

For additional information contact:
Gov. Commission on Physical Fitness at 334-242-4496
or Dee Nance at nanced@ci.hoover.al.us or 205-444-7765
TEAM Name: __________________________ State __________________________
Manager’s Name __________________________ Phone # ________________________
Email address: ______________________________________________ (please print clearly)
Emergency Contact : __________________________ Phone #: ___________________

Team Age: 55+ 60+ 65+ 70+ 75+ 80+  Sex:  Male / Female

Sport : Basketball  Softball  Volleyball

**Team Registration Fees:** Please check all that apply
Teams fees are paid by team manager
- Basketball  $40.00 / team
- Softball  $40.00 / team
- Volleyball  $40.00 / team

Total Amount Enclosed (make checks payable to: Alabama Senior Olympics) ______
Include the team roster with registration form and fees

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
IT IS STRONGLY URGED THAT INDIVIDUAL PARTICIPATE ONLY IN THOSE EVENTS FOR WHICH THEY ARE IN GOOD PHYSICAL CONDITION TO TAKE PART. IT IS STRONGLY RECOMMENDED THAT PARTICIPANTS CONSULT THEIR DOCTORS REGARDING PRACTICE, PREPARATION AND COMPETITION IN THE ALABAMA SENIOR OLYMPICS.

I, the undersigned participant, hereby release, acquit, discharge, indemnify and hold harmless Alabama Senior Olympics and all other sponsors or any other organizations to be added as sponsors and hereinafter sometimes referred to as sponsor, their agents, employees, representatives, volunteers, officers, directors and assigns from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury, physical or mental, arising out of my participation in the Alabama Senior Olympics.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Alabama Senior Olympics.

I warrant and represent that I am in good physical health and condition, and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult a physician prior to my preparation in regard to my participation in the Alabama Senior Olympics. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing disorders which I may have, thereby resulting in serious or life threatening physical harm to me.

The above named sponsors have my permission to have a physician treat me if needed during my participation in the events of the Alabama Senior Olympics.

I grant the Alabama Senior Olympics and sponsors the right to use my name and any pictures taken of me during the 2016 Alabama Senior Olympics without any remuneration.

Signature _______________________________ Date of Birth ____________

Printed Name _______________________________ Date ________________

The Alabama Senior Olympics is a locally sanctioned site of the National Senior Games Association (NSGA).

The Senior Olympics is in no way affiliated or associated with either the United States Olympics Committee or the International Olympic Committee and such event is not held under their auspices. Entry fees will be used to defray, in part, the costs associated with this event.

The Senior Olympics is coordinated by Alabama Senior Olympics, Inc. and The Governor’s Commission on Physical Fitness.
Alabama Senior Olympics

Event Locations

The 2016 Alabama Senior Olympic Committee would like to extend an invitation to all men and women, 50 years and over to participate in the 2016 state games. This is a qualifying event for the 2017 National Senior Games to be held in Birmingham, Alabama. Alabama is an open state.

Campus Recreation Center (University of Alabama Birmingham)
1501 University Blvd., Bham, Al 35233
205-934-8224

Homewood Recreation Center
1632 Oxmoor Road, Homewood, Al 35209
205-332-6700

Hoover Crossroads School
2826 Columbiana Road, Hoover, Al 35216

Hoover Recreation Center
600 Municipal Drive, Hoover, Al 35216
205-444-7751

Oak Mountain Lanes www.oakmountainlanes.com
300 Bowling Lane, Pelham, Al 35214
205-403-7466

Trussville Civic Center www.trussvilleparks.org
5381 Trussville-Clay Road, Trussville, Al 35173
205-655-2503

Trussville High School/Husky Stadium
5381 Trussville-Clay Road, Trussville, Al 35173
Trussville Masonic Park
50 Park Place, Trussville, Al  35173

Trussville Racquet Club
4601 Riverbend Road, Trussville, Al  35173

Woodward Golf Club
2141 Wheel Drive
Bessemer, Al  35020
205-428-0307
# Alabama Senior Olympics

## Housing Information

### Trussville Hotels (Near Trussville Civic Center)

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comfort Inn &amp; Suites</td>
<td>205-661-3636</td>
<td>4740 Norrell Dr. Trussville, Al 35173</td>
</tr>
<tr>
<td>Holiday Inn Express</td>
<td>205-655-2700</td>
<td>5911 Valley Rd Trussville, Al 35173</td>
</tr>
<tr>
<td>Quality Inn Trussville</td>
<td>205-661-9323</td>
<td>4730 Norrell Dr. Trussville, Al 35173</td>
</tr>
<tr>
<td>Hampton Inn Trussville</td>
<td>205-655-9777</td>
<td>1940 Edwards Lake Rd, Bham 35235</td>
</tr>
</tbody>
</table>

### Hoover Hotels (Near Swimming, Archery, Bowling)

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hyatt Regency The Wynfrey Hotel</td>
<td>205-7051234</td>
<td>1000 Riverchase Galleria Hoover, Al 35244</td>
</tr>
<tr>
<td>Hampton Inn &amp; Suites</td>
<td>205-380-3300</td>
<td>4520 Galleria Blvd Hoover Al 35244</td>
</tr>
<tr>
<td>Courtyard by Marriott</td>
<td>205-988-5000</td>
<td>1824 Montgomery Hwy S. Hoover, Al 35244</td>
</tr>
<tr>
<td>Holiday Inn Hoover</td>
<td>205-682-2901</td>
<td>2901 John Hawkins Pkwy Hoover, Al 35244</td>
</tr>
<tr>
<td>Hyatt Place Hoover</td>
<td>205-988-8444</td>
<td>2980 John Hawkins Pkwy Hoover, Al 35244</td>
</tr>
<tr>
<td>Embassy Suites Hoover</td>
<td>205-985-9994</td>
<td>2960 John Hawkins Pkwy Hoover, Al 35244</td>
</tr>
<tr>
<td>Microtel Inn &amp; Suites</td>
<td>205-444-3033</td>
<td>500 Jackson Dr Hoover, Al 35244</td>
</tr>
</tbody>
</table>
Bessemer Hotels (Near Golf Course)

Comfort Inn Bessemer 205-428-3999
5051 Academy Ln Bessemer, Al 35022

Fairfield Inn & Suites 205-277-1700
4980 Academy Ct. Bessemer, Al 35022

Holiday Inn Express Hotel & Suites 205-424-2600
5001 Academy Dr. Bessemer, Al 35022

Country Inn & Suites 205-481-0007
4985 Academy Ct. Bessemer, Al 35022

Best Western Plus Hotel & Suites 205-481-1950
5041 Academy Ln Bessemer, Al 35022