

DELAWARE SENIOR OLYMPICS

1121 Forrest Avenue

Dover, DE 19904

Phone: 302-736-5698 Toll Free: 888-881-6128

Email: Info@DelawareSeniorOlympics.org

Website: www.DelawareSeniorOlympics.org

ANNUAL GAMES SPORTS REGISTRATION PACKET and INDIVIDUAL ENTRY FORM August 6 — October 31, 2016

**DELAWARE IS AN OPEN STATE
ALL SPORTS ARE OPEN TO MEN AND WOMEN**

Archery	Running Road Races (5K and 10K)
Badminton	Shuffleboard (also Non-Ambulatory event)
Baseball	Softball (Men and Women)
Basketball (Men and Women)	Swimming (new events and new order)
Basketball Shooting	Table Tennis
Billiards	Tennis
Bocce	Track & Field
Bowling (also Non-Ambulatory event)	Volleyball (Men and Women)
Cycling (40K Road Race and Time Trials)	Washers
Golf	Weight Lifting
Horseshoes (also Non-Ambulatory event)	Wii Bowling
Pickleball	Wii Golf – Classic and Resort
Racquetball	

**ONLINE REGISTRATION FOR TEAMS AND INDIVIDUAL SPORTS
AVAILABLE**

**If you will be a minimum of 50 years of age by 12/31/16
(Younger for some events),**

Come out and join the FITNESS, FELLOWSHIP AND FUN

**Delaware Senior Olympics 2016 Membership Application
and Games Entry Form
For the Period of January 1, 2016 – January 31, 2017**

**Membership in the Delaware Senior Olympics is REQUIRED for Entry into the 2016 Games –
please see page 5 of this packet.**

Check here if none of the following information has changed since your entry in 2015.
If checked, only Name and DSO ID# are mandatory.

Name: Last: _____ First: _____ MI: ____ Suffix: _____

DSO ID#: _____ Gender: ____ Date of Birth: _____ Email: _____

Street Address: _____

City, State, Zip: _____

Phones: Home: _____ Work: _____ Cell: _____

NSGA now requires an email address. If you do not have one, please use one from a family member. If this is not possible, DSO will insert a generic in-house email address.

ADDITIONAL FOR BOWLERS: USBC # _____

ADDITIONAL FOR ALL GOLFERS: Are you entering for National Qualification? _____

ADDITIONAL FOR PICKLEBALL: LEVEL OF PLAY RATING: (1.0 – 5.0) _____

ADDITIONAL FOR TENNIS: USTA # _____ LEVEL OF PLAY: (3.0 – 5.0) _____

WAIVER and RELEASE of LIABILITY

By becoming a member of Delaware Senior Olympics (hereafter “DSO”) and participating in any DSO activities, I agree to abide by all rules and regulations established by DSO and I recognize that by participating in these activities, there is risk of injury.

By registering or participating, the registrant/participant understands that individual health, accident, and/or liability insurance is not provided for Delaware Senior Olympics events and agrees to adhere to program rules.

By registering or participating, the registrant/participant agrees to abide by the Rules of Etiquette of DSO, which includes but is not limited to disputes between participant and game official, verbal abuse, profanity or violent actions. Violation of the Rules of Etiquette will result in ejection from the game(s) with loss of Participation Fee(s).

I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in Delaware Senior Olympics programs/competitions. Photos taken during programs and competition may be used for educational or marketing purposes by Delaware Senior Olympics.

By signing below, I understand and agree to the “waiver and release of liability”.

Signature: _____ Date: _____

TO ENTER AN EVENT, PLEASE PLACE AN X TO THE LEFT OF THE EVENT.
ALL FEES ARE PER PERSON PER EVENT
ENTRY DEADLINES ARE DATES THAT ENTRIES MUST BE IN DSO OFFICE
INDIVIDUAL SPORTS

Archery \$17.00 per event
10/9 event with 10/3 entry deadline

- ☐ 1201 Compound Fingers
☐ 1202 Compound Release
☐ 1203 Recurve
☐ 1204 Barebow Recurve
☐ 1205 Barebow Compound
☐ 1206 Crossbow

Baseball \$5.00

10/1 event with walk-ins allowed

- ☐ 1401 Baseball (Players will be
Assigned to Teams)

Basketball Shooting \$6.00

10/29 event with walk-ins allowed

- ☐ 1601 Shooting

Billiards \$5.00

9/18 event with 9/2 entry deadline

- ☐ 1701 Billiards

Cycling Road Race \$5.00 per person
PLUS you MUST sign up for the Pedal
Away Race separately.

9/17 event with 9/9 entry deadline

- ☐ 2002 Road Race 40K

Cycling Time Trials \$10 per event

10/12 event with 10/1 entry deadline

- ☐ 2004 Time Trials 10K
☐ 2005 Time Trials 5K

Golf \$35. (includes green & cart fees)

9/20 event with walk-ins allowed

- ☐ 2101 18 Hole Scratch

Horseshoes \$6.00

10/2 Event with 9/23 entry deadline

- ☐ 2201 Horseshoes
☐ 1951 – Non-Ambulatory event

Recreational Walk WILL NOT TAKE
PLACE IN 2016

Running Road Race \$4.00 per event

5K on 10/1 ; 10K on 10/30

with walk-ins allowed

- ☐ 2701 5K
☐ 2702 10K

Swimming \$5.00 per event

10/7 event with 9/30 entry deadline

NEW IN 2016: 400 IM and 200 FLY

- ☐ 1108 100 Fly
☐ 1112 200 Free
☐ 1104 50 Breast
☐ 1102 100 Back
☐ 1116 400 IM
☐ 1109 50 Free NOVICE
☐ 1105 100 Breast
☐ 1103 200 Back
☐ 1114 100 IM
☐ 1110 50 Free
☐ 1117 200 Fly
☐ 1101 50 Back
☐ 1115 200 IM
☐ 1107 50 Fly
☐ 1111 100 Free
☐ 1106 200 Breast
☐ 1113 500 Free

Track & Field \$4.00 per event

9/25 event with 9/9/16 entry deadline

- ☐ 3301 100 Meter
☐ 3302 200 Meter
☐ 3303 400 Meter
☐ 3304 800 Meter
☐ 3305 1500 Meter
☐ 3306 Discus
☐ 3307 High Jump
☐ 3308 Javelin
☐ 3309 Long Jump (Standing)
☐ 3310 Shot Put
☐ 3311 Running Long Jump
☐ 3312 Pole Vault
☐ 3313 50 Meter
☐ 2401 1500 Meter Race Walk

Weight Lifting \$4.00 per event

9/17 event with 9/2 entry deadline

- ☐ 3501 Bench for Reps
☐ 3502 Bench Press
☐ 3503 Dead Lift

Wii Bowling \$5.00

9/21 event with walk-ins allowed

- ☐ 3800—Wii Bowling
☐ 3801 - 100 pin singles

Wii Golf \$5.00 per event

10/26 event with walk-ins allowed

- ☐ 3810 – Classic Singles
☐ 3811 – Resort Singles

LOOKING FOR A TEAM TO JOIN? ENTER NAME OF SPORT AND YOU WILL BE CONTACTED:
NAME OF SPORT:

EVENTS WITH DOUBLES COMPETITION

Washers \$5.00 per person 10/8/16 event with walk-ins allowed Rain Date: 10/9/16

- ☐ 5001 Doubles Partner Name _____ ID _____

Badminton \$4.00 per person per event 10/26/16 event with walk-ins allowed

- ☐ 1301 Singles
☐ 1302 Doubles Men Partner Name _____ ID _____
☐ 1303 Doubles Women Partner Name _____ ID _____
☐ 1304 Doubles Mixed Partner Name _____ ID _____

Bocce \$4.00 per person per event, 9/24/16 event with 9/14/16 entry deadline. Rain date 10/1/16

__ 1801 Singles
__ 1802 Doubles Men Partner Name _____ ID _____
__ 1803 Doubles Women Partner Name _____ ID _____
__ 1804 Doubles Mixed Partner Name _____ ID _____

**Bowling BRUNSWICK DOVERAMA, \$4.00 per person per event 10/25,26,27 events with
10/11/16 Entry deadline Additional lane fee of \$6.75 due at lanes**

__ 1931 Singles
__ 1932 Doubles Men Partner Name _____ ID _____
__ 1933 Doubles Women Partner Name _____ ID _____
__ 1934 Doubles Mixed Partner Name _____ ID _____

BOWLING – NON-AMBULATORY SINGLES – NSGA RULES: Athlete must be seated in wheelchair or scooter for the entire duration of competition. Athlete must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.

__ 1950 – Non-Ambulatory Bowling Singles

Pickleball \$11.00 per person per event, 9/24 and 9/25 event with 9/14 entry deadline

__ 3700 Singles
__ 3701 Doubles Men Partner Name _____ ID _____
__ 3702 Doubles Women Partner Name _____ ID _____
__ 3703 Doubles Mixed Partner Name _____ ID _____

Racquetball \$4.00 per person per event 10/1/16 event with 9/16/16 entry deadline

__ 2501 Singles
__ 2502 Doubles Men Partner Name _____ ID _____
__ 2503 Doubles Women Partner Name _____ ID _____
__ 2504 Doubles Mixed Partner Name _____ ID _____

Shuffleboard, \$4.00 per person per event 9/21/16 event with 9/9/16 entry deadline. Rain Date 9/23/16

New in 2016: Open Doubles. Partners may be both men, both women, or mixed.

__ 2801 Singles
__ 2802 Open Doubles Partner Name _____ ID _____

Shuffleboard– NON-AMBULATORY SINGLES -- NSGA RULES: Athlete must be seated in wheelchair or scooter for the entire duration of competition. Athlete must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.

__ 1952 – Non-Ambulatory Shuffleboard Singles

Table Tennis \$8.00 per person per event 10/5/16 event with 9/21/16 entry deadline

__ 3101 Singles
__ 3102 Doubles Men Partner Name _____ ID _____
__ 3103 Doubles Women Partner Name _____ ID _____
__ 3104 Doubles Mixed Partner Name _____ ID _____

Tennis \$8.00 per person per event 9/10/16 and 9/11 event with 9/1/16 entry deadline Rain Dates 9/17 and 9/18

__ 3215 Singles
__ 3216 Doubles Men Partner Name _____ ID _____
__ 3217 Doubles Women Partner Name _____ ID _____
__ 3218 Doubles Mixed Partner Name _____ ID _____

PAYMENT SHEET

Please make check payable to and mail with pages 2,3,4 and 5 (ones used) to:
DELAWARE SENIOR OLYMPICS, 1121 FORREST AVENUE, DOVER, DE 19904

EVENT ENTRY DEADLINES ARE DATES THAT ENTRIES MUST BE IN DSO OFFICE

Membership fee is required to participate in the DSO Annual Games.

Membership Fee, please pay \$20 (if not previously paid this year).....\$ _____

Additional Fee Total for Events you are entering (total pages 3 and 4).....\$ _____

DSO ANNUAL AWARDS BANQUET

November 5, 2016, 11:30am —3:30pm

Modern Maturity 1121 Forrest Avenue, Dover, DE 19904

RESERVATION DEADLINE: OCTOBER 26, 2016

Adults attending Banquet _____ at \$30.00 each:.....\$ _____ 8003

Child (ages 4 – 9) attending Banquet _____ at \$15 each.....\$ _____ 8003

VOLUNTARY DONATION (Tax Deductible)\$ _____ 8004

Donations of \$10.00 and above received by 6/30/16 will be added to current year Annual Games Book as Friend of DSO. Donations of \$10.00 and above received after 6/30/16 will be added to next year's Annual Games Book as Friend of DSO. All donations gratefully accepted.

SHIRTS IN SEPARATE MEN AND WOMEN SIZES!

DSO WILL NOT PAY FOR SHIPPING.

T shirts and Collared (Polo) shirts will only have DSO logo and 25th Anniversary

Color: Navy Blue Sizes: (Please select MEN or WOMEN) S, M, L, XL, 2XL, 3XL

Orders must be received in DSO Office no later than August 12, 2016 to be received at games.

Orders received by Oct. 10, 2016 will be ready for pick up at the Annual Banquet or at DSO Office after 11/5/16.

T-shirt (women) size _____ count _____ at \$10 each.....\$ _____

T-shirt (men) size _____ count _____ at \$10 each.....\$ _____

Collared (Polo) shirt (women) THEY ARE CUT SMALL – ORDER ONE SIZE LARGER:

size ____ (size S, M, L, XL, 2XL only) count ____ at \$16 each. \$ _____

Collared (Polo) shirt (men) size _____ count _____ at \$16 each.....\$ _____

TOTAL DUE:.....\$ _____

ONLINE REGISTRATION AVAILABLE FOR INDIVIDUAL AND TEAM ENTRY FORMS

2016 Annual Games Rules (PLEASE READ COMPLETELY)

AGE CATEGORIES 40+ AND 45+ ARE ELIGIBLE TO COMPETE (IN CERTAIN SPORTS AS SPECIFIED BELOW) AND MEDAL AT STATE LEVEL, BUT NOT ELIGIBLE TO QUALIFY TO COMPETE AT NATIONAL LEVEL

Age/ Age Categories: Age for these Games will be the athlete's age as of December 31, 2016. 50 is the minimum age for entries, except for Cycling (40+), Pickleball (40+), Women's Basketball (45+), and Volleyball (45+).

Individual competitions will be grouped by gender and by age categories in 5-year increments. Example: 50—54, 55—59, etc.

Teams and doubles will be grouped by the age category of their youngest member (except Washers).

Example: 50+, 55+, 60+, etc.

Awards: Medals will be awarded for first, second, and third places. If out-of-state participants finish first, second, or third in overall competition they will receive medals. Top 3 Delawareans will receive medals based on their finish among Delawareans.

Eligibility: Membership in the DSO is **REQUIRED** to participate in the Annual Games which are open to non-Delaware residents (without additional non-resident fee). Doubles pairs with one in-state and one out-of-state is now considered out-of-state (per National Rules). Team Captains must declare team residency at the time of registration subject to DSO approval.

Entry Forms:

2016 Individual Games Entry Form: Use to enter non-team events, make a donation, buy tickets for Annual Banquet, order a shirt or say you want to find a team to join.

2016 Team Entry Form: Team Captains must use to enter their teams.

Equipment: Entrants are required to furnish all customary and usual personal sports equipment for their individual sport. Questions should be directed to the Sports Coordinator.

Proof of Age/Residence: Not required with entry, but, if challenged, athlete should be prepared to provide verification at venue.

Rules and Results: Published on our website: www.delawareseniorolympics.org.

Sport Entry Deadline: Each sport has a cut-off date for entries. The Entry Deadline is the last date the entry may be received in the DSO Office. Some sports allow late entries, if approved by the Coordinator. Details in the Sports Information Section.

Teams: Team captains should file a 2016 Team Entry form for their entire team, listing all players. Form must be accompanied by a single check: \$130 for Basketball, \$100 for Softball, and \$75 for Volleyball. If a player has not previously submitted his/her membership application and fee, it must be submitted with the team form. An initial valid team entry will not be processed until all membership applications and fees, for that team, are received. **An Initial Valid Team Entry is a roster with a minimum of DSO paid memberships (3 for Basketball, 11 for Softball, 5 for Volleyball). Additional players may be added up to day of game with DSO membership verification/application and fee.**

SEE TEAM ENTRY FORM FOR ADDITIONAL INFORMATION.

There will be only ONE gift per athlete.

FAXED OR E-MAILED ENTRIES WILL NOT BE PROCESSED UNTIL PAYMENT IS RECEIVED.
NO CHANGES TO EVENT SELECTION AFTER SPORT ENTRY DEADLINE.

DELAWARE SENIOR OLYMPICS STRONGLY RECOMMENDS THAT PARTICIPANTS CONSULT THEIR PHYSICIAN IN REGARD TO TRAINING AND COMPETITION IN THE DELAWARE SENIOR OLYMPICS GAMES

Reservations may be made on the Individual Entry Form, Team Packet, or by mail by October 26, 2016. Make checks payable to DSO.

FOR YOUR \$20.00 MEMBERSHIP FEE

There are many benefits in addition to your FREE registration into the DSO Annual Games.

**Such as a CERTIFICATE FOR \$20 SLOT DOLLARS AT THE DELAWARE PARK
And a VOUCHER FOR A FREE COUPON BOOK AT TANGER OUTLETS (\$5.00 VALUE)**

**The following vendors have special offers for our members. Additional vendors may be found on
the Members' Discounts page of the website. Show your MEMBERSHIP CARD to receive**

BLUE ROCKS BASEBALL, Wilmington, DE: Receive \$1 off any ticket (Mon—Wed) games

DELAWARE PARK: Will provide \$20 Slot Dollars with DSO membership. Will be mailed with membership card.

DIAMOND CHEMICAL & Supply Company: 10% Discount off wholesale store prices for homeowner use items. Phone 800-355-7786

PARTNERS IN DESIGN, Dover, DE: 10% off any purchase

ROPE IT: 20% off Golf Swing Training Aid—Use Discount Code :**DelawareSeniorOlympics**

MEN'S VOLLEYBALL: reduced rate for DSO Member in annual fee for scrimmage session at MOTE School. Contact Phil Klabunde for details: 302-998-7690 or philklabvb@comcast.net

SUN EAST FEDERAL CREDIT UNION: Membership

SUPERCUTS: \$1 off any haircut. Discount valid in Delaware and Maryland

TANGER OUTLETS, Rehoboth Beach, DE: Fill out voucher received with Membership card to receive FREE coupon book (\$5.00 value)

TOP STITCH EMBROIDERY, INC.: Free shipping on orders over 36 pieces; Free T-shirt on orders over 5 pieces

TONY'S BICYCLE SHOP, Dover, DE: 5% off at time of purchase (except sale items and special orders)

Delaware Senior Olympics 2016 Annual Games
SPORTS INFORMATION SECTION

SPORT	DATES AND LOCATION	COST	COORDINATOR	ADD'L INFO.
ARCHERY	October 9, 9am Rain Date: October 16, 9am Entry Deadline: 10/3/16 New Castle 100 Archers Club 2272 Sunset Lake Road Newark, DE 19702	\$17.00 per person per event. Event fee includes club facilities fee	Earle McCloe 302-298-9445 emccloe@comcast.net	
BADMINTON	October 26, 9 am Walk-ins Allowed Mid-County Senior Center 1 Regiment Road Wilmington, DE 19808	\$4.00 per person per event	Bonnie Strang 610-5651515 bonnie.strang@comcast.net	
BASEBALL Exhibition Sport	10/1/16, 1 pm Rain Date: 10/2/16, 1pm Walk-Ins Allowed Banning Park 790 S. Maryland Ave. Wilmington, DE 19804 (Off Newport Pike)	\$5.00 per person	Konrad Kmetz Konkmetz@gmail.com 302-234-1472 Ken Lagowski Vegasd4430@aol.com 302-328-8500	Players will be assigned to a team
BASKETBALL 3 on 3 Starting in 2016, Women's Basketball will allow for 45+ teams.	October 29, 2016, 9:30am Team Entry Deadline: October 3, 2016 PAL GYM 7259 Lancaster Pike Hockessin, DE 19707	\$130.00 per team See team Entry Form	Men: Gerry Glavey 302-475-1018 gglavey@aol.com Tony Figliola 302-475-0460 Tony.figliola @verizon.net Women: Annie Rizzo 302-368-2756 igoarzz@aol.com	See Team Entry Form
BASKETBALL SHOOTING Exhibition Sport	October 29, 2016, 9am Walk-ins Allowed PAL GYM 7259 Lancaster Pike Hockessin, DE	\$6.00 per person	Gerry Glavey 302-475-1018 GGlavey@aol.com	

BILLIARDS Exhibition Sport	September 18, 2016, 11am Entry Deadline: 9/2/16 Longshots 207B NE Front Street Milford, DE 19963	\$5.00 per person	Sid Stein sidstyn@comcast.net 302-956-0295 John McDonald macscycleboat@aol.com 973-713-3427 Paul Novoshielski 610-622-2110	
BOCCE Exhibition Sport	September 24, 10am start Rain Date: October 1, 10am Entry Deadline: 9/14/16 Cokesbury Village 726 Loveville Road Hockessin, DE 19707	\$4.00 per person per event	Judy Moran 302-234-1234 Judy-moran@verizon.net	Rules at Www.bocce.com/openrules.html It is recommended that you bring your own lawn chairs.
BOWLING <u>ALSO NON-AMBULATORY EVENT</u> event 10/27	THERE WILL ONLY BE FINAL ROUNDS IN 2016 DOVER FINALS Brunswick Doverama 1600 S. Governors Ave. Dover, DE 19904 10/25 —Singles, 9:30am 10/26—Doubles, 9:30am 10/27—D Mixed, 9:30am Entry Deadline is 10/11/16	\$4.00 per person per event PLUS LANE FEES \$6.75 for 3 games — due at lanes	John DiSantis 302-570-0530 JohnnyD@truerivalfitness.com	Pool is available. Mark entry form if you need a partner

<p>CYCLING ROAD RACE:</p> <p>40K</p> <p>Will allow riders 40 yrs. of age and above.</p> <p>Only riders 50 and above can qualify to go to National competition in 2017.</p>	<p>September 17, 2016, 9:30am</p> <p>Check-in opens at 8:00am</p> <p><u>DSO registration deadline: 9/9/16 no walk-ins</u></p> <p>RAIN OR SHINE</p> <p>You must register with BOTH the DSO and the PEDAL AWAY PROSTATE CANCER race to compete for a DSO medal. Pre-race online entry for PEDAL AWAY PROSTATE CANCER RACE is \$45.00: Onsite registration is \$50.00.</p> <p>Id required at check-in</p> <p>Eden Hill Medical Center 200 Banning ST., Dover, DE 19904</p>	<p>\$5.00 per person</p> <p>See Info. on left</p>	<p>Nancy Waddell 302-545-4146 Waddelne@gmail.com</p> <p><u>No walk-in registration for DSO participation. See registration deadline.</u></p>	<p>Aerobars are not allowed in the road races per USCF,UCI, and NSGA</p> <p>DSO partnering with the PEDAL AWAY PROSTATE CANCER RACE in 2016.</p> <p>Link for entering PEDAL AWAY PROSTATE CANCER RACE: https://www.bikereg.com/pedal-away-prostate-cancer</p> <p>Course directions on DSO website.</p>
<p>CYCLING TIME TRIALS:</p> <p>5 K</p> <p>10K</p> <p>Will allow riders 40 yrs of age and above. Only riders 50 and above can qualify for National Games in 2017.</p> <p>There will NOT be a 1 mile TT in 2016</p>	<p>October 12, 2016, 9:00AM</p> <p>Check-in at 7:30AM</p> <p>Rain Date: October 13, 9:00AM</p> <p>Entry Deadline 10/1</p> <p>Dover Motor Sports (Dover Downs) 1131 N. DuPont hwy Dover, DE 19901 (In rear near Miles the Monster statue)</p>	<p>\$10.00 per person per event</p>	<p>Nancy Waddell 302-545-4146 Waddelne@gmail.com</p>	<p>Parking Info:</p> <ol style="list-style-type: none"> 1. From Rt. 13 in Dover, turn at traffic light onto Leipsic Road (pizza Hut and Home Depot) 2. Turn Left at entrance in front of Miles the Monster – entrance has metal arch 3. Enter thru gate on Right 4. Pass Fan Care Center on left 5. Parking on Left 6. NO WALK-INS ALLOWED

<p>GOLF</p> <p>To qualify for the 2017 National Games, men and women must shoot from the BLUE tee.</p>	<p>September 20, 9am</p> <p>RAIN OR SHINE</p> <p>Walk-Ins Allowed</p> <p>Jonathan's Landing 1309 Ponderosa Drive Magnolia, DE 19962</p>	<p>\$35.00 per person</p> <p>Includes green and cart fees</p>	<p>James Kerr 302-883-3342</p> <p>Barb Viera 302-731-0665 Viera@udel.edu</p>	<p>Shot Gun Start</p>
<p>HORSESHOES</p>	<p>October 2, 11am</p> <p>Rain Date: October 9, 11am</p> <p>Entry Deadline: 9/23/16</p> <p>Park Brown Pits 3037 Park Brown Rd. Harrington, DE 19952</p>	<p>\$6.00 per person</p>	<p>Wayne Saulsbury 302-943-5302 doowopone@aol.com</p>	<p>Rules at www.nsga.com</p> <p>HORSESHOES – NON-AMBULATORY -- NSGA RULES: Competition will use a standard court but the pitching distance for women and men will be 20 feet. Participant must be seated in wheelchair or scooter for the entire duration of competition.</p>
<p>PICKLEBALL</p> <p>Will allow players 40 yrs. of age and above.</p> <p>Only players 50 and above can qualify to go to National competition in 2017.</p>	<p><u>September 24</u></p> <p>8:00am: Sign-in 8:30am: Men's Doubles 12:00pm: Women's Doubles</p> <p><u>September 25</u></p> <p>8:00am: Sign in 8:30am Mixed Doubles 12:00pm Singles – Men and Women</p> <p>Entry Deadline: September 14, 2016</p> <p>Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE 19904</p>	<p>\$11.00 per person per event</p>	<p>Susan Brooker 703-203-3841 SUEBROOKER@aol.com</p>	<p>Rules at www.USAPA.ORG</p> <p>Level of Play rating will be used to ensure a fair and competitive tournament. Please enter your rating (1.0—5.0) on Entry Form.</p>

RACQUETBALL	<p>October 1, 2016, 8:00am</p> <p>Entry Deadline 9/16/16</p> <p>Midway Fitness and Racquetball Club 18105 Melson Road Rehoboth Beach, DE 19971</p>	<p>\$4.00 per person per event</p>	<p>Michael Ohr 302-226-3238 mfohrsr@comcast.net</p>	<p>Rules at www.nsga.com</p>
<p>RECREATIONAL WALK</p> <p>Exhibition Sport</p>	<p>WILL NOT BE HELD IN 2016</p>			
<p>RUNNING ROAD RACE 5K</p> <p>(3.1 miles)</p>	<p>October 1, 9:30am Walk-ins allowed</p> <p>Rain or Shine <u>For DSO, on site registration</u> opens at 8:30am. Bring proof of DSO membership or pay additional \$20 fee.</p> <p>In conjunction with the 8th Annual Pearls of Hope Memorial 5k To be held at Rockford Park, Wilmington, DE</p>	<p>DSO FEE:\$4.00 per person</p> <p>You must register for both races</p>	<p>Ralph McKinney 302-652-8323</p>	<p>Rules at www.nsga.com</p> <p>Registration and information for other race : Races2run.com</p>
<p>RUNNING ROAD RACE 10K</p> <p>(6.2 miles)</p>	<p>October 30, 2016, 8:30am</p> <p>Walk-ins allowed</p> <p><u>For DSO, on site registration</u> opens at 7:30am. Bring proof of DSO membership or pay additional \$20 fee.</p> <p>In conjunction with E-racing the Blues 10K Run Dravo Plaza at the Riverfront , Wilmington, DE</p>	<p>DSO FEE:\$4.00 per person</p> <p>You must register for both races</p>	<p>Ralph McKinney 302-652-8323</p>	<p>Rules at www.nsga.com</p> <p>Website for other race: Eracingtheblues.or g</p>

<p>SHUFFLEBOARD</p> <p><u>ALSO NON-AMBULATORY EVENT</u></p> <p><u>In 2016, added Open Doubles</u></p>	<p>September 21, 9am</p> <p>Rain Date: Sep. 23, 9am</p> <p>Entry Deadline: 9/9/16</p> <p>Manor House 1001 Middleford Road Seaford, DE 19973</p>	<p>\$4.00 per person</p>	<p>Wayne Bradley wlbeef@comcast.net 302-381-4014</p>	<p>Rules at www.nsga.com</p> <p>Open Doubles: (partners can be both Men, both Women or Mixed)</p>
<p>SOFTBALL</p> <p>Both events at Schutte Park (corner of Electric Avenue & North Street (aka Hazletville Road), Dover,</p>	<p>MEN: Saturday, Sept 17, 9am Rain dates: Sun. 9/18 or Sat, 9/24 Entry Deadline: Sept 2</p> <hr/> <p>WOMEN: Aug 6, 9am Rain dates: 8/7 & 9/10 Entry Deadline: July 15</p>	<p>\$100 per team</p>	<p>MEN: Gene Mirolli 302-229-7633 gjm829@aol.com</p> <hr/> <p>WOMEN: Bonnie Strang 610-565-1515 Bonnie.strang@comcast.net</p>	<p>Rules at www.nsga.com</p> <p>See Team Rules</p>
<p>SWIMMING</p> <p><u>NEW IN 2016:</u> 400 YD IM</p> <p>200 YD BUTTERFLY</p>	<p>October 7 8am - Warm-up 9am—Start</p> <p>Entry Deadline: 9/30/16</p> <p>Central DE YMCA 1137 S. State Street Dover, DE 19901</p>	<p>\$5.00 per person per event</p>	<p>Marie Neaves 302-378-2654 Christiane.neaves@gmail.com</p> <p>Chip Hannig 302-478-3547 cakehannig@aol.com</p>	<p>Rules at www.nsga.com</p> <p>Athletes may enter a max of six events.</p> <p>*50 FREE NOVICE is open to first time swimmers only.</p> <p>Please note a NEW Order of events: as shown on entry form.</p>
<p>TABLE TENNIS</p>	<p>October 5, 2016 7:00pm – 10:00pm</p> <p>Entry Deadline: 9/21/16</p> <p>Multi-cultural Church 105 North East Front Street Milford, DE 19963</p>	<p>\$8.00 per person per event</p>	<p>Rob Easton 302-943-8441 Robert.L.Easton@gmail.com</p>	<p>Rules at www.nsga.com</p>

TENNIS	<p>September 10 and 11, 2016</p> <p>Rain Dates: 9/17 and 9/18</p> <p>Entry Deadline: 9/1/16</p> <p>Sanford School 6900 Lancaster Pike Hockessin, DE 19707</p> <p>Plus surrounding courts as needed</p> <p>The first round match schedule will be posted on the website by 6:00PM on Wednesday, September 7, 2016.</p>	\$8.00 per person per event	<p>Leonard Ferris 302-456-0638 lenferris@verizon.net</p>	<p>Rules at www.nsga.com</p> <p>Doubles play down to age of younger player.</p> <p>Doubles must enter with a partner</p> <p>NO POOL.</p>
<p>TRACK & FIELD</p> <p><u>Race Walk is now part of Track and Field</u></p> <p><u>For Race Walk, as stated in NSGA Rules:</u> Athletes must not wear clothing that could impede the view of the judges.</p>	<p>September 25, 2016, 9am</p> <p>RAIN OR SHINE</p> <p>Entry Deadline: September 9</p> <p>9:00am Check In</p> <p>Dover High School One Dover High Drive Dover, DE 19904</p>	\$4.00 per person per event	<p>Chick Donovan 302-424-1545 Chickdon@comcast.net</p>	<p>The following are pending. More information to follow: Pole Vault Javelin</p> <p>Pole Vault is for experienced pole vaulters only. Athlete must provide his/her own pole.</p> <p>Rules at www.nsga.com Event start times may vary based on need of prior event</p>

VOLLEYBALL	<p>MEN: 9/17/16, 10am 9:30am warm-up Team Entry Deadline: 9/2/16</p> <p>J W Pitts Center corner of Electric Avenue & North Street (aka Hazlettville Road), Dover, DE</p> <hr/> <p>WOMEN: 9/3/16, 9am 8:30am warm-up Team Entry Deadline: 8/19/16</p> <p>Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE 19904</p>	\$75.00 per team	<p>MEN: Phil Klabunde 302-998-7690 philklabvb@comcast.net</p> <p>WOMEN: Willa Jones 610-742-0161 Mamabear2424 @comcast.net</p>	Rules at www.nsga.com See Team Rules
WASHERS Exhibition Sport	<p>Saturday, Oct 8, 2016, 10:00 am</p> <p>Rain Date: 10/9/16, 10:00am</p> <p>Walk-ins allowed</p> <p>Brandywine Springs Park Newport Gap Pike (Rt. 41) and Faulkland Road Near the Upper Pavillion (near parking lot)</p>	\$5 per person	<p>Brian Paraskiewicz bparaskiewicz@aol.com 302-521-6206</p>	<p>Rules at www.delawareseniolympics.org</p> <p>Teams can be both men, both women, or co-ed</p>
WEIGHT LIFTING Exhibition Sport	<p>September 17, 2016, 9am</p> <p>Entry Deadline: 9/2/16</p> <p>Wellness & Rec. Center Delaware State University 1200 N. DuPont Hwy Dover, DE 19901</p>	\$4.00 per person per event	<p>Bill Messick 302-841-0042 Wmessick @cape.k12.de.us</p>	<p>Rules at www.delawareseniolympics.org</p> <p>Compete based on gender, age category, and weight class.</p>

WII BOWLING Exhibition Sport	September 21, 2016 Bowling begins at 9am Walk-ins Allowed Country House 4830 Kennett Pike Wilmington, DE	\$5.00 per person	Debbie Heald 302-426-8020 dheald@actslife.org	Rules at www.delawareseniolympics.org Compete based on age and gender. Lunch available at a reasonable price
WII GOLF Exhibition Sport Now have 2 events: Classic Resort	October 26, 10am—2pm Walk-ins Allowed Country House 4830 Kennett Pike Wilmington, DE	\$5.00 per person per event	Debbie Heald 302-426-8020 dheald@actslife.org	Rules at www.delawareseniolympics.org Compete based on age and gender Lunch available at a reasonable price

DSO 2016 ANNUAL GAMES CALENDAR BY DATE

- August 6 - **Softball (Women):** 9am (Rain dates 8/7 & 9/10) Schutte Park, corner of Electric Ave., & North St., Dover, DE
- September 3 – **Volleyball (Women)** 9:00am **NEW VENUE** Kent County Parks & Rec. Center, 1683 New Burton Road, Dover, DE 19904
- September 10 & 11 - **Tennis:** (Rain dates 9/17 & 9/18) Sanford School, 6900 Lancaster Pike, Hockessin, DE
- September 17 – **Volleyball – Men:** 10am **NEW VENUE** J W Pitts Center, corner of Electric Ave., & North St., Dover, DE
- September 17 - **Softball (Men):** 9am (Rain dates 9/18 or 9/24) Schutte Park, corner of Electric Ave., & North St., Dover, DE
- September 17- **Cycling 40K Road Race:** 9:30am RAIN OR SHINE Part of Pedal Away Prostate Cancer Race, Eden Hill Medical Center, 200 Banning St, Dover. DE
- September 17 - **Weight Lifting:** 9:00 am Wellness & Rec. Ctr., DE State Univ., 1200 N. Dupont Hwy, Dover, DE
- September 18 – **Billiards:** 11am Longshots, 207B NE Front St., Milford, DE 19963
- September 20 - **Golf:** 9am RAIN OR SHINE Jonathan’s Landing, 1309 Ponderosa Drive, Magnolia, DE 19962
- September 21 - **Shuffleboard:** 9am (Rain date 9/23) Manor House, 1001 Middleford Road, Seaford, DE
- September 21 - **Wii Bowling:** 9am Country House, 4830 Kennett Pike, Wilmington, DE
- September 24 - **Bocce:** 10am (Rain date 10/1) Cokesbury Village, 726 Loveville Road, Hockessin, DE 19707
- September 24 - **Pickleball (day 1):** 8:00am Kent County Parks & Rec. Center, 1683 New Burton Road Dover, DE 19904
- September 25 - **Pickleball (day 2):** 8:00am Kent County Parks & Rec. Center, 1683 New Burton Road Dover, DE 19904
- September 25- **Track & Field:** 9:00am RAIN OR SHINE Dover High School, One Dover High Drive, Dover, DE
- October 1- **Baseball:** 1pm (Rain Date 10/2) Banning Park, 790 S. Maryland Ave., Wilmington, DE 19804 (off Newport Pike)
- October 1 - **Racquetball:** 8:00am Midway Fitness And Racquetball Club, 18105 Melson Road, Rehoboth Beach
- October 1 - **Road Race 5K:** 9:30am RAIN OR SHINE, Part of 8th Annual Pearls of Hope Memorial 5K, Rockford Park, Wilmington, DE
- October 2 - **Horseshoes:** 11am (Rain Date 10/9) Park Brown Pits, 3037 Park Brown Rd., Harrington, DE 19952
- October 5- **Table Tennis:** 7:00pm – Multi-cultural Church 105 NE Front Street Milford, DE 19963
- October 7 - **Swimming:** 8am Central DE YMCA, 1137 S. State St., Dover, DE 19901
- October 8 - **Washers:** 10:00am (Rain date 10/9 at 10:00am), Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
- October 9 - **Archery:** 9am (Rain Date 10/16) New Castle 100 Archers Club, 2272 Sunset Lake Road Newark, DE 19702
- October 12 - **Cycling Time Trials:** 9:00am (Rain date: 10/13) Dover International Speedway, Dover Downs 1131 N. Dupont hwy Dover, DE 19901
- October 25 - **Bowling Finals:** Singles , 9:30am **Brunswick Doverama**, 1600 S. Governors Ave., Dover
- October 26 - **Bowling Finals:** Doubles , 9:30am **Brunswick Doverama**, 1600 S. Governors Ave., Dover
- October 27 - **Bowling Finals:** D. Mixed , 9:30am **Brunswick Doverama**, 1600 S. Governors Ave., Dover
- October 26 - **Wii Golf:** 10am Country House, 4830 Kennett Pike, Wilmington, DE 19807
- October 26 - **Badminton:** 9am Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE 19808
- October 29 - **Basketball (Men & Women):** 9:30am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707
- October 29 - **Basketball Shooting:** 9am PAL Gym, 7259 Lancaster Pike, Hockessin, DE 19707
- October 30 - **Road Race 10K:** 8:30am RAIN OR SHINE Part of E-racing the Blues 10K Run, Dravo Plaza at the Riverfront, Wilmington, DE
- November 5 – ANNUAL BANQUET AT Modern Maturity 1121 Forrest Avenue Dover, DE 19904**

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