

# DELAWARE SENIOR OLYMPICS

1121 Forrest Avenue

Dover, DE 19904

Phone: 302-736-5698 Email: [Info@DelawareSeniorOlympics.org](mailto:Info@DelawareSeniorOlympics.org)

Website: [www.DelawareSeniorOlympics.org](http://www.DelawareSeniorOlympics.org)

## ANNUAL GAMES SPORTS REGISTRATION PACKET & INDIVIDUAL ENTRY FORM June 24 — October 31, 2023

**Come out and join the FITNESS, FELLOWSHIP AND FUN**

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

Archery  
Badminton  
Basketball (Men and Women) - TBD  
Basketball Shooting - TBD  
Billiards  
Bocce  
Bowling  
Corn Hole  
Cycling (40K & Time Trials) - TBD  
Golf  
Horseshoes  
Pickleball

Precision Rifle  
Running Road Races (5K and 10K)  
Shuffleboard  
Soccer  
Softball (Men and Women)  
Swimming  
Table Tennis  
Tennis -TBD  
Track & Field  
Washers  
Weightlifting  
Wii Bowling  
Wii Golf

**ONLINE REGISTRATION FOR TEAMS AND INDIVIDUAL SPORTS  
AVAILABLE at [www.DelawareSeniorOlympics.org](http://www.DelawareSeniorOlympics.org)**

**If you will be a minimum of 50 years of age by 12/31/23,**

**Delaware Senior Olympics 2023 Membership Application  
And Games Entry Form  
For the Period of January 1, 2023 – December 31, 2023**

**Membership in the Delaware Senior Olympics is REQUIRED for Entry into the 2023 Games  
\*Please see page 5 of this packet.**

     **Check here if none of the following information has changed since your entry in 2022.  
If checked, only Name and DSO ID# are required.**

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 PICKLEBALL: LEVEL OF PLAY RATING: (1.0 – 5.0) \_\_\_\_\_**

**ADDITIONAL FOR TENNIS: USTA # \_\_\_\_\_ LEVEL OF PLAY: (3.0 – 5.0) \_\_\_\_\_**

**ADDITIONAL FOR GOLF: GHIN# \_\_\_\_\_**

**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 Per Event**

**10/07 - Event Date**

**10/01 - Entry Deadline**

**No Rain Date**

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

### **Basketball Shooting - \$6 Per Event**

**TBD - Event Date**

**Walk-ins Allowed**

**No Rain Date**

- ☐ 1601 - Shooting

### **Billiards - \$5 Per Event**

**10/15 - Event Date**

**10/02 - Entry Deadline**

**No Walk-ins**

- ☐ 1701 Billiards

### **Cycling Road Race - \$ Per Person**

**Plus, you must sign up for the  
Pedal Away Prostate separately.**

**09/16 - Event Date**

**- Entry Deadline**

**No Rain Date**

- ☐ 2002 - Road Race 40K

### **Cycling Time Trials - \$**

**TBD - Event Date**

**- Raindate**

**-Entry Deadline**

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

### **Golf - \$40 Per Event**

**(Includes green & cart fees)**

**9/12 - Event Date**

**8/31 - Entry Deadline**

**No Rain Date**

- ☐ 2101 - 18 Hole Scratch

### **Horseshoes - \$6 Per Event**

**10/02 - Event Date**

**10/9 -Rain Date**

**No Walk-ins**

- ☐ 2201 - Horseshoes
- ☐ 1951 - Non-Ambulatory event

### **Pistol Shooting - \$25 Cat 1 /\$12 Cat 2**

**6/24 - Event Date**

**Walk-ins Allowed**

**No Rain Date**

Category 1

- Pistol: ☐ Rim fire  
☐ Centerfire
- Revolver: ☐ Rim fire  
☐ Centerfire

Category 2

- Pistol: ☐ Rim fire  
☐ Centerfire
- Revolver: ☐ Rim fire  
☐ Centerfire

### **Precision Rifle Shooting - \$13 Per Event or \$10 Per Event for BRPC Members.**

**08/12 - Event Date**

**Walk-ins Allowed**

**No Rain Date**

- ☐ Rim fire
- ☐ Rim fire (BRPC Members only)
- ☐ Centerfire
- ☐ Centerfire (BRPC Members only)
- ☐ Traditional
- ☐ Traditional (BRPC Members only)

### **Weightlifting - \$4 Per Event**

**10/08 - Event Date**

**10/01 - Entry Deadline**

**No Rain Date**

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

### **Wii Bowling - \$5 Per Event**

**8/04 - Event Date**

**7/24 - Entry Deadline**

**Walk-ins allowed**

**No Rain Date**

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

### **Wii Golf - \$5 Per Event**

**8/04 - Event Date**

**7/24 - Entry Deadline**

**Walk-ins allowed**

**No Rain Date**

- ☐ 3810 - Classic Singles
- ☐ 3811 - Resort Singles

### **Swimming - \$5 Per Event**

**9/15 - Event Date**

**9/06 - Entry Deadline**

**No Rain Date**

- ☐ 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 - \$6 Per Event**

**10/8 - Event Date**

**9/27 - 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
- ☐ 3313 - 50 Meter
- ☐ 2401 - 1500 Meter Race Walk
- ☐ 2402 - 1500 Meter Power Walk

### **Running Road Race -\$4 Per Event**

**9/16 - Event Date for 5K**

**9/23 - Event Date for 10K**

**Walk-ins Allowed**

**No Rain Date**

- ☐ 2701 - 5K
- ☐ 2702 - 10K

## EVENTS WITH DOUBLES COMPETITION

---

### **Badminton - \$4 Per Person Per Event**

**10/25 - Event Date (No Rain Date)**

**10/10 - Entry Deadline**

**No Walk-in Allowed**

\_\_\_ 1301 - Singles

\_\_\_ 1302 - Doubles Men      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

\_\_\_ 1303 - Doubles Women      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

\_\_\_ 1304 - Doubles Mixed      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

---

### **Bocce - \$10 Per Person Per Event**

**10/08 - Event Date**

**10/01 - Entry Deadline**

**No Walk-in Allowed**

**Open Doubles. Partners may be both men, both women, or mixed.**

\_\_\_ 1802 - Open Doubles      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

---

### **Bowling - \$4 Per Person Per Event / Additional Lane fee of \$2 due at lanes**

**10/17,18, 19 - Event Date (No Rain Date)**

**10/10 - Entry deadline**

**No Walk-in Allowed**

\_\_\_ 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. Athletes 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

---

### **Corn Hole - \$5 Per Person Per Event**

**10/07 – Event Date (Rain Date - 10/08)**

**Walk-ins Allowed**

\_\_\_ 4201 - Singles

\_\_\_ 4202 - Doubles Men      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

\_\_\_ 4203 - Doubles Women      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

\_\_\_ 4204 - Doubles Mixed      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

---

### **Pickleball - \$35 Per Person**

**8/24, 8/25, 8/26 and 8/27 - Event Dates (No Rain Date)**

**8/12 - Entry Deadline**

**No Walk-in Allowed**

**MUST sign up for the <https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6578>**

---

### **Shuffleboard - \$4 Per Person Per Event**

**08/04 - Event Date (No Rain Date)**

**07/26 - Entry Deadline**

**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. Athletes 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 Per Person Per Event**

**09/11 - Event Date (No Rain Date)**

**09/06 - Entry Deadline**

\_\_\_ 3101 - Singles  
\_\_\_ 3102 - Doubles Men      Partner Name \_\_\_\_\_ ID \_\_\_\_\_  
\_\_\_ 3103 - Doubles Women      Partner Name \_\_\_\_\_ ID \_\_\_\_\_  
\_\_\_ 3104 - Doubles Mixed      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

---

**Tennis - \$ Per Person Per Event**

**TBD**

**- Entry Deadline**

**No Walk-in Allowed**

\_\_\_ 3215 - Singles  
\_\_\_ 3216 - Doubles Men      Partner Name \_\_\_\_\_ ID \_\_\_\_\_  
\_\_\_ 3217 - Doubles Women      Partner Name \_\_\_\_\_ ID \_\_\_\_\_  
\_\_\_ 3218 - Doubles Mixed      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

---

**Washers - \$5 Per Person Per Event**

**10-7 - Event Date (Rain Date - 10/08)**

**Walk-ins allowed.**

\_\_\_ 5001 - Doubles      Partner Name \_\_\_\_\_ ID \_\_\_\_\_

**Payment Sheet**

**Please make check payable to and mail with pages 2, 3, 4 and 5 to:  
Delaware Senior Olympics, 1121 Forrest Ave, Dover, DE 19904**

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

**Membership Fee, please pay \$30** (if not previously paid this year) \$ \_\_\_\_\_  
Additional Fee Total for Events you are entering (total pages 3 and 4) \$ \_\_\_\_\_

-----  
**VOLUNTARY DONATION (Tax Deductible). \$ \_\_\_\_\_**

Donations of \$10.00 and above received will be added to next year's Annual Games Book as  
**Friend of DSO.** All donations gratefully accepted.

-----  
**Total:** \_\_\_\_\_

# ***2023 Annual Games Rules***

## **Please Read Completely**

**Age/ Age Categories:** Age for these Games will be the athlete's age as of December 31, 2023. 50 is the minimum age for entries.

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 the overall competition they will receive medals. The 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 considered out-of-state (per National Rules). Team Captains must declare team residency at the time of registration subject to DSO approval.

**Entry Forms:** **2023 Individual Games Entry Form:** Use to enter non-team events, make a donation.

**2023 Team Entry Form:** Team Captains must use to enter their teams.

Faxed or e-mailed entries will not be processed until payment is received. No changes can be made to event selection after the sport entry deadline.

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

**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](http://www.delawareseniorolympics.org).

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

**Teams:** Team captains should file a 2023 Team Entry form for their entire team, listing all players. The form must be accompanied by a single check: \$TBD for Basketball, \$100 for Soccer and \$100 for Softball. 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, 8 for Soccer). Additional players may be added up today of game with DSO membership verification/application and fee. See Team entry form for additional information.**

**Gifts:** There will be only one gift per athlete.

**Physician:** Delaware Senior Olympics strongly recommends that participants consult their physician in regard to training and competition in the Delaware Senior Olympics.

**Day of event:** It is recommended that athletes arrive 30 minutes prior to their events to allow for time to warm up and sign in.

**Medals:** Only current DSO members are eligible to receive medals. Medals will be given at the event. If not picked up at the event. Participants must call the DSO office.

**Cancellations and Refunds:** Cancellations will be accepted for a refund up to 10 days prior to the event date. Refunds of Event fees will be subject to a 25% handling charge. Membership fee is not refundable or transferable.

**DSO Rain policy:** Only the Sport Coordinator, in cooperation with the Over-All Coordinator, can postpone or cancel an event. Announcements are recorded on the DSO Office Phone (302-736-5698) and are posted on the website: **www.delawareseNIorolympics.org**. If no announcement is made, it is the responsibility of the athlete to show up at the event. If the event is conducted, the results are final.

**Exhibition sport/event:** These sports/events are not NSGA sports or events and therefore participation is not a qualifying situation in a qualifying year.

### **FOR YOUR \$30.00 MEMBERSHIP FEE**

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

**Such as a voucher for \$20 Slot Play to Delaware Park Casino & a voucher for \$20 Slot Play to Harrington Casino**

**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 discount.**

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

**HARRINGTON CASINO:** Will provide \$20 Slot Dollars with DSO membership, will be mailed with membership card.

**MINDFUL SPIRIT CONNECTION:** 10% off your first-time service 302-943-3813  
(Offers Reiki, Meditation, Crystal Healing & Spiritual Intuitive Life Coaching Services, Classes & Workshops)

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

**SUN EAST FEDERAL CREDIT UNION:** Membership

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

**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 2023 Annual Games**

## SPORTS INFORMATION SECTION

SPORT	DATES AND LOCATION	COST	COORDINATOR	ADD'L INFO.
ARCHERY	October 7, 9am  Entry Deadline: 10/01/23  New Castle 100 Archery 2272 Sunset Lake Rd Newark, DE 19702	\$17.00 Per Person Per Event.	Earle McCloe 302-298-9445 <a href="mailto:emccloe@comcast.net">emccloe@comcast.net</a>	No Walk-ins  No Rain Date  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
BADMINTON	October 25, 9am  Entry Deadline: 10/10/23  Mid-County Senior Center 1 Regiment Road Wilmington, DE 19808	\$4.00 Per Person Per Event	Bonnie Strang 610-5651515 <a href="mailto:bonnie.strang@comcast.net">bonnie.strang@comcast.net</a>	No Walk-ins  No Rain Date  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
BASKETBALL  3 on 3  Women's Basketball will allow for 45+ teams.	TBD  Team Entry Deadline:	\$TBD Per Team	<b>Men:</b> Darryl Bowen 215-796-1336 <a href="mailto:dcb306@msn.com">dcb306@msn.com</a> Simeon Huhn 302-299-3935 <a href="mailto:Shahn5419@aol.com">Shahn5419@aol.com</a> Tony Figliola 302-475-0460 <a href="mailto:Tony.figliola@verizon.net">Tony.figliola@verizon.net</a> <b>Women:</b> Annie Rizzo 302-368-2756 <a href="mailto:igoarzz@aol.com">igoarzz@aol.com</a>	No Walk-ins  No Rain Date  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
BASKETBALL SHOOTING	TBD  Walk-ins Allowed	\$6.00 Per Person	Gerry Glavey 302-475-1018 <a href="mailto:GGlavey@aol.com">GGlavey@aol.com</a>	Walk-ins Allowed  No Rain Date  Not a NSGA Sport  Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a>
BILLIARDS	October 15, 2pm  Entry Deadline: 10/10/2023  Modern Maturity Center 1121 Forrest Ave Dover DE 19904	\$5.00 Per Person	Wayne Saulsbury 302-943-5302 <a href="mailto:doowopone@aol.com">doowopone@aol.com</a>	No Walk-ins  No Rain Date  Not a NSGA Sport Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a>



BOCCE  New Location	October 08, 9am  Entry Deadline: 10-01-2023  Mulligan's Pointe 22426 Sussex Pines Rd Georgetown, DE 19947	\$10.00 Per Person  Lunch is included	Linda Tobin 201-982-1810 <a href="mailto:fltobin226@yahoo.com">fltobin226@yahoo.com</a>	No Walk-ins  No Rain Date  Not a NSGA Sport Rules: <a href="http://delawaresejiorolympics.org/">http://delawaresejiorolympics.org/</a>
BOWLING  <b><u>ALSO NON- AMBULATORY EVENT</u></b>	10/17 - Singles, 9:00am 10/18 - Doubles, 9:00am 10/19 - Mixed D, 9:00am  <b>Entry Deadline is 10/10/23</b>  Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE 19902	\$4.00 per person per event  Additional Lane fee of \$2.00 per game due at lanes	Steve Weber 210-954-4454 <a href="mailto:steven.weber.3@us.af.mil">steven.weber.3@us.af.mil</a>	No Walk-ins  No Rain Date  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
CORN HOLE	October 7, 1 pm  Rain Date: 10/08/2023  Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road	\$5.00 Per Person Per Event	Brian Paraskiewicz 302-521-6206 <a href="mailto:bparaskiewicz@aol.com">bparaskiewicz@aol.com</a>	Walk-ins Allowed  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
CYCLING ROAD RACE:  40K  Will allow riders 40 yrs. of age and above.	TBD  You must register with BOTH the DSO and the PEDAL AWAY PROSTATE CANCER race to compete for a DSO medal. <b>Pre-race online entry for PEDAL AWAY PROSTATE CANCER RACE is \$45.00: Onsite registration is \$50.00.</b>  ID required at check-in  Eden Hill Medical Center 200 Banning ST. Dover, DE 19904	\$5.00 Per Person	Looking for a Volunteer Sport Coordinator	<b>Aerobars are not allowed in the road races per USCF, UCI, and NSGA DSO partnering with the Pedal away prostate Cancer Race. Link for entering PEDAL AWAY PROSTATE CANCER RACE: <a href="https://www.bikerag.com/pedal-away-prostate-cancer">https://www.bikerag.com/pedal-away-prostate-cancer</a></b>  Rules: <a href="http://www.nsga.com">www.nsga.com</a>

<p>CYCLING TIME TRIALS:</p> <p>5 K</p> <p>10K</p>	<p>TBD</p>	<p>TBD</p>	<p>Looking for a Volunteer Sport Coordinator</p>	
<p>GOLF</p>	<p>September 12, 9am</p> <p>Deadline: 08/31</p> <p>Wild Quail Golf 1 Clubhouse Dr. Camden DE 19934</p>	<p>\$40.00 Per Person</p> <p>Includes green and cart fees</p>	<p>Sandra Oropel 609-658-3796 <a href="mailto:soropel44@gmail.com">soropel44@gmail.com</a></p>	<p><b>Closest to the Pin Contest:</b> Prizes awarded for Closest to the Pin contest for Men and Woman.</p> <p>No Walk-ins No Rain Date Rules: <a href="http://www.nsga.com">www.nsga.com</a></p>
<p>HORSESHOES</p> <p>ALSO, NON- AMBULATORY EVENT</p>	<p>October 1, 11am</p> <p>Rain Date: 10/8</p> <p>Entry Deadline: 09-26-2023</p> <p>Brecknock County Park 80 Old Camden Road Camden, DE</p>	<p>\$6.00 Per Person</p>	<p>Wayne Saulsbury 302-943-5302 <a href="mailto:doowopone@aol.com">doowopone@aol.com</a></p>	<p>No Walk-ins</p> <p>Not a NSGA Sport</p> <p>Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a></p>
<p>PICKLEBALL</p>	<p>August 24, 25, 26, 27 8am</p> <p>Entry Deadline: 08/12</p> <p>Kent County Parks &amp; Rec. Center 1683 New Burton Road Dover, DE 19904</p>	<p>\$35</p>	<p>Janette Griffin (temporary) Looking for a Volunteer Sport Coordinator 302-736-5698 <a href="mailto:admin@delawareseniorolympics.com">admin@delawareseniorolympics.com</a></p>	<p>Rules at <a href="http://www.USAPA.ORG">www.USAPA.ORG</a></p> <p>You must also register with <a href="https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6578">https://www.pickleballtournaments.com/tournamentinfo.pl?tid=6578</a> and be an USAPA member.</p>
<p>PISTOL SHOOTING</p>	<p>June 24, 10 am</p> <p>Walk-ins Allowed</p> <p>Shooters Choice 5105 N Dupont Hwy Dover, DE 19901</p>	<p>\$25.00 Category 1</p> <p>\$12.00 Category 2</p>	<p>Donald Catalon 302-423-3175 <a href="mailto:doncatalon@gmail.com">doncatalon@gmail.com</a></p>	<p>Walk-ins Allowed</p> <p>No Rain Date</p> <p>Not a NSGA Sport Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a></p>

PRECISION RIFLE SHOOTING	August 12, 10 am Walk-ins Allowed BRPC Members get a \$3.00 event discount. BRPC 10409 Rifle Range Road Bridgeville DE	\$13.00 Per Event  \$10.00 Per Event for BRPC Members	Donald Catalon 302-423-3175 <a href="mailto:doncatalon@gmail.com">doncatalon@gmail.com</a>	Walk-ins Allowed  No Rain Date  Not a NSGA Sport  Rules: <a href="http://delawareseniolympics.org/">http://delawareseniolympics.org/</a>
RUNNING ROAD RACE 5K  (3.1 miles)	September 16, 9:30am  <b>Walk-ins allowed.</b>  Bellevue State Park 800 Carr Road Wilmington, DE 19808	\$4.00 Per Person	Ralph McKinney 302-652-8323	Walk-ins Allowed No Rain Date Rules: <a href="http://www.nsga.com">www.nsga.com</a>  You can park at the Bellevue Corporate Center at no cost and walk over to the event.
RUNNING ROAD RACE 10K  (6.2 miles)	September 23, 9:30am  <b>Walk-ins allowed.</b>  Bellevue State Park 800 Carr Road Wilmington, DE 19808	\$4.00 Per Person	Ralph McKinney 302-652-8323	Walk-ins Allowed No Rain Date Rules: <a href="http://www.nsga.com">www.nsga.com</a>  You can park at the Bellevue Corporate Center at no cost and walk over to the event.
SHUFFLEBOARD  <b><u>ALSO NON-AMBULATORY EVENT</u></b>	August 4, 8am  No Walk Ins  Country House 4830 Kennett Pike Wilmington, DE	\$4.00 Per Person	Debbie Heald 302-426-8020 <a href="mailto:dheald@actslife.org">dheald@actslife.org</a>  **New Location**	No Walk-ins  No Rain Date  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
SOCCER	October 15, 10am  Rain Date: 10-22  Deadline: 10-1  Schutte Park 10 Electric Ave, Dover, DE 19904	\$100 Team Fee	Maryann Rapposelli 302-658-5044 <a href="mailto:mrapp@udel.edu">mrapp@udel.edu</a>	No Walk-ins  Rules: <a href="http://www.nsga.com">www.nsga.com</a>
SOFTBALL  No individual (membership fee) or team registrations at the field	MEN: September 23, 9am Rain Dates: 9/24 Entry Deadline: 09/17  WOMEN: August 19, 9am Rain Date: 8/20 Entry Deadline: 08/09  Schutte Park 10 Electric Ave, Dover, DE 19904	\$100 Team Fee	<b>MEN:</b> Gene Mirolli 302-229-7633 <a href="mailto:gjm829@aol.com">gjm829@aol.com</a>  <b>WOMEN:</b> Bonnie Strang 610-565-1515 <a href="mailto:Bonnie.strang@comcast.net">Bonnie.strang@comcast.net</a>	No Walk-ins  Rules: <a href="http://www.nsga.com">www.nsga.com</a>  Both events at Schutte Park (corner of Electric Avenue & North Street (aka Hazlettville Road), Dover

SWIMMING	<p>September 15, 1Pm 12:30pm - Warm-up Entry Deadline: 9/6</p> <p>Sussex Academy Aquatic Center 21150 Airport RD Georgetown DE 19947</p>	\$5 Per Person Per Event	<p>Marie Neaves 302-593-2857 <a href="mailto:Christiane.neaves@gmail.com">Christiane.neaves@gmail.com</a></p>	<p>No Walk-ins No Rain Date</p> <p>Rules: <a href="http://www.nsga.com">www.nsga.com</a> Athletes may enter a max of six events</p>
TABLE TENNIS	<p>September 11, 6:30pm Entry Deadline: 9/6</p> <p>Chinese American Community Center 1313 Little Baltimore Rd Hockessin DE</p>	\$8.00 Per Person Per Event	<p>Eldon Hamrick 302-981-1798 <a href="mailto:hamvball@aol.com">hamvball@aol.com</a></p>	<p>Walk-ins Allowed No Rain Date</p> <p>Rules: <a href="http://www.nsga.com">www.nsga.com</a></p>
TENNIS	<p>TBD</p> <p>Sanford School 6900 Lancaster Pike Hockessin, DE 19707</p>	\$10.00 Per Person Per Event	<p>Michael Hamilton 302-530-0884 <a href="mailto:hamilton.michael74@gmail.com">hamilton.michael74@gmail.com</a></p>	<p>No Walk-ins</p> <p>Rules: <a href="http://www.nsga.com">www.nsga.com</a></p> <p>Doubles play down to age of younger player.</p> <p>Doubles must enter with a partner</p>
TRACK & FIELD	<p>October 8, 9 am Entry Deadline: 9/27</p> <p><b>**New Location**</b> Cape Henlopen High School 1250 Kings HWY Lewes DE 19958</p>	\$6.00 Per Person Per Event	<p>Peter Klotz 302-329-9008 <a href="mailto:Peter_klotz@comcast.net">Peter_klotz@comcast.net</a></p>	<p>No Walk-ins No Rain Date</p> <p>Rules: <a href="http://www.nsga.com">www.nsga.com</a></p> <p><b>Race &amp; Power Walk</b> are part of our Track &amp; Field event.</p> <p>No Pole Vault this year</p>
WASHERS  Exhibition Sport	<p>Oct 7, 10:00 am Rain Date: 10/8, 10:00am Walk in allowed.</p> <p>Brandywine Springs Park Newport Gap Pike Wilmington DE (Rt. 41) and Faulkland Road Near the Upper Pavilion (near parking lot)</p>	\$5.00 Per Person	<p>Brian Paraskiewicz 302-521-6206 <a href="mailto:bparaskiewicz@aol.com">bparaskiewicz@aol.com</a></p>	<p>Walk-ins Allowed Not a NSGA Sport</p> <p>Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a></p> <p>Teams can be both men, both women, or co-ed</p>

<p><b>WEIGHT LIFTING</b></p> <p>Exhibition Sport</p>	<p>October 8, 10 am</p> <p>Entry Deadline: 10/3</p> <p>CrossFit Dover 155 Commerce Way Suite L Dover, DE 19904</p>	<p>\$4.00 Per Person Per Event</p>	<p>Bill Messick 302-841-0042 <a href="mailto:Wmessick@cape.k12.de.us">Wmessick@cape.k12.de.us</a></p>	<p>No Walk-ins</p> <p>Not a NSGA Sport</p> <p>Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a> Compete based on gender, age category, and weight class.</p>
<p><b>WII BOWLING</b></p> <p>Exhibition Sport</p>	<p>August 4, 1:00 pm</p> <p>Entry Deadline: 07/24</p> <p>Country House 4830 Kennett Pike Wilmington, DE</p>	<p>\$5.00 Per Person Per Event</p>	<p>Debbie Heald 302-426-8020 <a href="mailto:dheald@actslife.org">dheald@actslife.org</a></p>	<p>No Walk-ins</p> <p>No Rain Date</p> <p>Not a NSGA Sport</p> <p>Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a></p>
<p><b>WII GOLF</b></p> <p>Exhibition Sport</p>	<p>August 4, 1:00 pm</p> <p>Entry Deadline: 07/24</p> <p>Country House 4830 Kennett Pike Wilmington, DE</p>	<p>\$5.00 Per Person Per Event</p>	<p>Debbie Heald 302-426-8020 <a href="mailto:dheald@actslife.org">dheald@actslife.org</a></p>	<p>No Walk-ins</p> <p>No Rain Date</p> <p>Not a NSGA Sport</p> <p>Rules: <a href="http://delawareseniorolympics.org/">http://delawareseniorolympics.org/</a></p>

## DSO 2023 ANNUAL GAMES CALENDAR BY EVENT

Date	Rain Date	Sport	Address
October 07, 2023	Rain or Shine	Archery	New Castle 100 Archery, 2272 Sunset Lake Rd Newark
October 25, 2023	Rain or Shine	Badminton	Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE
TBD	Rain or Shine	Basketball (Men & Women)	Springer Jr. High School, 220 Shipley Rd Wilmington, DE
TBD	Rain or Shine	Basketball Shooting	Springer Jr. High School, 220 Shipley Rd Wilmington, DE
October 15, 2023	Rain or Shine	Billiards	Modern Maturity Center, 1121 Forrest Ave, Dover DE
October 08, 2023	Rain or Shine	Bocce	Mulligan's Point, 22426 Sussex Pines RD, Georgetown DE
October 17, 18, 19, 2023	Rain or Shine	Bowling	Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE 19902
October 7, 2023	October 8, 2023	Cornhole	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
TBD	Rain or Shine	Cycling (40K Road Race)	Eden Hill Medical Center, 200 Banning ST. Dover, DE
TBD	TBD	Cycling (Time Trials)	
September 12, 2023	Rain or Shine	Golf	Wild Quail Golf, 1 Clubhouse Dr Camden DE
October 1, 2023	October 8, 2023	Horseshoes	Brecknock County Park, 80 Old Camden Road Camden, DE
August 24, 25, 26, 27, 2023	Rain or Shine	Pickleball	Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE
June 24, 2023	Rain or Shine	Pistol Shooting	Shooters Choice, 5105 N Dupont Hwy Dover, DE
August 12, 2023	Rain or Shine	Precision Rifle Shooting	BRPC, 10409 Rifle Range Road Bridgeville DE
September 16, 2023	Rain or Shine	Running Road Races (5K)	Bellevue State Park 800 Carr Road Wilmington, DE
September 23, 2023	Rain or Shine	Running Road Races (10K)	Bellevue State Park 800 Carr Road Wilmington, DE
August 4, 2023	Rain or Shine	Shuffleboard	Country House 4830 Kennett Pike Wilmington, DE
October 15, 2023	October 22, 2023	Soccer	Schutte Park, corner of Electric Ave. & North St., Dover, DE
September 23, 2023	September 24, 2023	Softball (Men)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
August 19, 2023	August 20, 2023	Softball (Women)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
September 15, 2023	Rain or Shine	Swimming	Sussex Academy Aquatic 21150 Airport RD Georgetown DE 19947
September 11, 2023	Rain or Shine	Table Tennis	Chinese American Center 1313 Little Baltimore Rd Hockessin DE
TBD	TBD	Tennis	Sanford School 6900 Lancaster Pike, Hockessin
October 8, 2023	Rain or Shine	Track & Field	Cape Henlopen High School, 1250 Kings HWY Lewes DE
October 7, 2023	October 8, 2023	Washers	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 8, 2023	Rain or Shine	Weightlifting	CrossFit Dover, 155 Commerce Way Suite L, Dover,
August 04, 2023	Rain or Shine	Wii Bowling & Golf	Country House, 4830 Kennett Pike, Wilmington, DE

## DSO 2023 ANNUAL GAMES CALENDAR BY DATE

Date	Rain Date	Sport	Address
TBD	Rain or Shine	Basketball (Men & Women)	Springer Jr. High School, 220 Shipley Rd Wilmington, DE
TBD	Rain or Shine	Basketball Shooting	Springer Jr. High School, 220 Shipley Rd Wilmington, DE
TBD	Rain or Shine	Cycling (40K Road Race)	Eden Hill Medical Center, 200 Banning ST. Dover, DE
TBD	TBD	Cycling (Time Trials)	
TBD	TBD	Tennis	Sanford School 6900 Lancaster Pike, Hockessin
June 24, 2023	Rain or Shine	Pistol Shooting	Shooters Choice, 5105 N Dupont Hwy Dover, DE
August 4, 2023	Rain or Shine	Shuffleboard	Country House 4830 Kennett Pike Wilmington, DE
August 4, 2023	Rain or Shine	Wii Bowling & Golf	Country House, 4830 Kennett Pike, Wilmington, DE
August 12, 2023	Rain or Shine	Precision Rifle Shooting	BRPC, 10409 Rifle Range Road Bridgeville DE
August 19, 2023	August 20, 2023	Softball (Women)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
August 24, 25, 26, 27, 2023	Rain or Shine	Pickleball	Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE
September 11, 2023	Rain or Shine	Table Tennis	Chinese American Center 1313 Little Baltimore Rd Hockessin DE
September 12, 2023	Rain or Shine	Golf	Wild Quail Golf, 1 Clubhouse Dr Camden DE
September 15, 2023	Rain or Shine	Swimming	Sussex Academy Aquatic 21150 Airport RD Georgetown DE 19947
September 16, 2023	Rain or Shine	Running Road Races (5K)	Bellevue State Park 800 Carr Road Wilmington, DE
September 23, 2023	Rain or Shine	Running Road Races (10K)	Bellevue State Park 800 Carr Road Wilmington, DE
September 23, 2023	September 24, 2023	Softball (Men)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
October 1, 2023	October 8, 2023	Horseshoes	Brecknock County Park, 80 Old Camden Road Camden, DE
October 7, 2023	Rain or Shine	Archery	New Castle 100 Archery, 2272 Sunset Lake Rd Newark
October 7, 2023	October 8, 2023	Cornhole	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 7, 2023	October 8, 2023	Washers	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 8, 2023	Rain or Shine	Bocce	Mulligan's Point, 22426 Sussex Pines RD, Georgetown DE
October 8, 2023	Rain or Shine	Track & Field	Cape Henlopen High School, 1250 Kings HWY Lewes DE
October 8, 2023	Rain or Shine	Weightlifting	CrossFit Dover, 155 Commerce Way Suite L, Dover,
October 15, 2023	October 22, 2023	Soccer	Schutte Park, corner of Electric Ave. & North St., Dover, DE
October 15, 2023	Rain or Shine	Billiards	Modern Maturity Center, 1121 Forrest Ave, Dover DE
October 17, 18, 19, 2023	Rain or Shine	Bowling	Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE 19902
October 25, 2023	Rain or Shine	Badminton	Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE