

DELAWARE SENIOR OLYMPICS

1121 Forrest Avenue

Dover, DE 19904

Phone: 302-736-5698 Email: admin@DelawareSeniorOlympics.org

Website: www.DelawareSeniorOlympics.org

ANNUAL GAMES SPORTS REGISTRATION PACKET & INDIVIDUAL ENTRY FORM June 24 — October 31, 2024

Come out and join the FITNESS, FELLOWSHIP AND FUN

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

Archery	Shuffleboard
Badminton	Softball (Men and Women)
Basketball (Men and Women)	Swimming
*Basketball Shooting Skills (New NSGA Sport)	Table Tennis
*Billiards – 8 Ball (New NSGA Sport)	Tennis
Bocce	Track & Field
Bowling	Washers
*Corn Hole	*Weightlifting/Powerlifting (New NSGA Sport)
Cycling (40K)	Wii Bowling & Golf
Cycling (Time Trials) – TBD	
Golf	<u>New NSGA Sport – Need Sport</u>
Horseshoes	<u>Coordinators</u>
Pickleball	**Disc Golf
Precision Rifle	**Scramble Golf
Running Road Races (1M & 5K & 10K)	**Tia Chi
*1Mile (New NSGA Sport)	

**ONLINE REGISTRATION FOR TEAMS AND INDIVIDUAL SPORTS
AVAILABLE at www.DelawareSeniorOlympics.org**

If you will be a minimum of 50 years of age by 12/31/24,

**Delaware Senior Olympics 2024 Membership Application
And Games Entry Form
For the Period of January 1, 2024 – December 31, 2024**

**Membership in the Delaware Senior Olympics is REQUIRED for Entry into the 2024 Games
*Please see page 5 of this packet.**

**___ Check here if none of the following information has changed since your entry in 2023.
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 / National Senior Games Association (hereafter “NSGA”) activities, I agree to abide by all rules and regulations established by DSO / NSGA, 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 /NSGA events and agrees to adhere to program rules.

By registering or participating, the registrant/participant agrees to abide by the Rules of Etiquette of Delaware Senior Olympics / NSGA, 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

10/05 - Event Date

09/29 - Entry Deadline

No Rain Date

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

Baseball - \$10 Per Person

06/29 - Event Date

No Walk-ins Allowed

No Rain Date

- 1401 - Baseball

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

10/19 - Event Date

Walk-ins Allowed

No Rain Date

- 1601 - Shooting

***Billiards 8 Ball - \$5 Per Event**

10/13 - Event Date

10/07 - Entry Deadline

No Walk-ins

- 1701 Billiards

Cycling Road Race - \$5 Per Person

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

09/14 - Event Date

09/05 - 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)

9/10 - Event Date

8/31 - Entry Deadline

No Rain Date

- 2101 - 18 Hole Scratch

Horseshoes - \$6 Per Event

10/06 - Event Date

10/07 - Rain Date

No Walk-ins

- 2201 - Horseshoes
 - 1951 - Non-Ambulatory event
- Pistol Shooting - \$25 Cat 1 /\$12 Cat 2**

06/29 - 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.

08/03 - 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/Powerlifting - \$4 Per Event**

10/20 - Event Date

10/01 - Entry Deadline

No Rain Date

- 3501 - Squat
- 3502 - Bench Press
- 3503 - Dead Lift

Wii Bowling & Golf - \$5 Per Event

05/03 - Event Date

04/28 - Entry Deadline

No Walk-ins

No Rain Date

- 3800 - Wii Bowling
- 3801 - 100 Pin Singles
- 3810 - Classic Singles (Golf)
- 3811 - Resort Singles (Golf)

Swimming - \$5 Per Event

09/27 - Event Date

09/06 - 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

09/22 - Event Date

09/11 - 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 - Triple Jump
- 3310 - Shot Put
- 3311 - Running Long Jump
- 3312 - Pole Vault
- 3313 - 50 Meter
- 2401 - 1500 Meter Race Walk
- 2402 - 1500 Meter Power Walk

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

9/16 - Event Date for 1M & 5K

9/28 - Event Date for 10K

Walk-ins Allowed

No Rain Date

- 2700 - 1K
- 2701 - 5K
- 2702 - 10K

EVENTS WITH DOUBLES COMPETITION

Badminton - \$4 Per Person Per Event

10/30 - Event Date (No Rain Date)

10/20 - 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 - \$14 Per Person Per Event

09/22 - Event Date

09/11 - 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 per game due at lanes

10/8, 9, 10 - Event Date (No Rain Date)

10/01 - 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

10/05 – Event Date (Rain Date - 10/06)

Walk-ins Allowed

__ 4201 - Singles

__ 4202 - Doubles Men Partner Name _____ ID _____

__ 4203 - Doubles Women Partner Name _____ ID _____

__ 4204 - Doubles Mixed Partner Name _____ ID _____

Pickleball - \$45 plus \$5 for each additional event

8/22, 8/23, 8/24 and 8/25 - Event Dates (No Rain Date)

8/01 - Entry Deadline

No Walk-in Allowed

MUST sign up for the <https://pickleballbrackets.com/>

Shuffleboard - \$4 Per Person Per Event

05/03 - Event Date (No Rain Date)

04/28 - 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

09/16 - Event Date (No Rain Date)

09/10 - Entry Deadline

Walk in allowed.

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

Tennis - \$10 Per Person Per Event

09/21 & 09/22 - Event Date

09/28 & 09/29 - Rain Date

09/01 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

10/05 - Event Date (Rain Date - 10/06)

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: _____

2024 Annual Games Rules

Please Read Completely

Age/ Age Categories: Age for these Games will be the athlete's age as of December 31, 2024. 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: **2024 Individual Games Entry Form:** Use to enter non-team events, make a donation.

2024 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.delawareseiniorsolympics.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 2024 Team Entry form for their entire team, listing all players. The form must be accompanied by a single check: \$150 for Basketball, 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 up.

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.delawareseiorolympics.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

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.

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

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

Delaware Senior Olympics 2024 Annual Games
SPORTS INFORMATION SECTION

SPORT	DATES AND LOCATION	COST	COORDINATOR	ADD'L INFO.
ARCHERY	October 5, 2024 Check In: 8:30am Start: 9am Entry Deadline: 09/29/24 New Castle 100 Archery 2272 Sunset Lake Rd Newark, DE 19702	\$17.00 Per Person Per Event.	Earle McCloe 302-298-9445 emccloe@comcast.net	No Walk-ins No Rain Date Rules: www.nsga.com
BADMINTON	October 30, 2024 Check In: 8:30am Start: 9am Entry Deadline: 10/20/24 Mid-County Senior Center 1 Regiment Road Wilmington, DE 19808	\$4.00 Per Person Per Event	Bonnie Strang 610-5651515 bonnie.strang@comcast.net	No Walk-ins No Rain Date Rules: www.nsga.com
Baseball New Location	June 29, 2024 Check In: 11:30 am Start: 12:00 pm Stahl Post 156 A N Dupont Hwy, New Castle, DE 19720	\$10.00 Per Person	MEN: Joe Salvato 908-256-6818 jbs315@verizon.net	No Walk-ins Not a NSGA Sport Rules: http://delawareseniorolympics.org/
BASKETBALL 3 on 3	October 19, 2024 Check In – 8am Games Start – 9am Entry Deadline: 10/07/24 PAL GYM 7259 Lancaster Pike Hockessin, DE 19707	\$150 Per Team	Darryl Bowen 215-796-1336 dc306@msn.com Simeon Huhn 302-299-3935 Shahn5419@aol.com Tony Figliola 302-475-0460 Tony.figliola@verizon.net	No Walk-ins No Rain Date Rules: www.nsga.com
*BASKETBALL SHOOTING SKILLS New NSGA Sport	October 19, 2024 Check in - 7:30am Start - 8am PAL GYM 7259 Lancaster Pike Hockessin, DE 19707	\$6.00 Per Person	Gerry Glavey 302-475-1018 GGlavey@aol.com	Walk-ins Allowed No Rain Date Rules: www.nsga.com
*BILLIARDS – 8 Ball New NSGA Sport	October 13, 2024 Check in – 1:30pm Start - 2pm Entry Deadline: 10/04/2024 Modern Maturity Center 1121 Forrest Ave Dover DE 19904	\$5.00 Per Person	Wayne Saulsbury 302-943-5302 doowopone@aol.com	No Walk-ins No Rain Date Rules: www.nsga.com

BOCCE	September 22, 2024 Check In: 8:30am Start: 9am Entry Deadline: 09-11-2024 Mulligan's Pointe 22426 Sussex Pines Rd Georgetown, DE 19947	\$14.00 Per Person Lunch is included	Linda Tobin 201-982-1810 fltobin226@yahoo.com	No Walk-ins No Rain Date Not a NSGA Sport Rules: http://delawareseNIerolympics.org/
BOWLING <u>ALSO NON- AMBULATORY EVENT</u>	10/8 - Singles 10/9 - Doubles 10/10 - Mixed Doubles Check In: 9:00 -9:30am Start: 10:00am Entry Deadline is 10/01/24 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	Monica Johnson-Merritt 301-751-2894 monicaljohnsonmerritt@yahoo.com	No Walk-ins No Rain Date Rules: www.nsga.com
CORN HOLE	October 5, 2024 Check In: 12:30pm Start: 1:00pm Rain Date: 10/06/2024 Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road	\$5.00 Per Person Per Event	Brian Paraskiewicz 302-521-6206 bparaskiewicz@aol.com	Walk-ins Allowed Rules: www.nsga.com
CYCLING ROAD RACE: 40K Will allow riders 40 yrs. of age and above. ID required at check-in	September 14, 2024 Check-in - 8:00am Race Start - 9:30am Deadline: 9/10/24 no walk-ins RAIN OR SHINE You must register with BOTH the DSO and the PEDAL AWAY PROSTATE CANCER. Pre-race online entry for PEDAL AWAY PROSTATE CANCER RACE is \$55.00: Onsite registration is \$65.00. Eden Hill Medical Center 200 Banning ST. Dover, DE 19904	\$5.00 Per Person	Patrick Cabrey 215-756-4061 Pcabrey24@comcast.net	DSO partnering with the Pedal away prostate Cancer Race. Link for entering PEDAL AWAY PROSTATE CANCER RACE: https://www.bikereg.com/pedal-away-prostate-cancer Rules: www.nsga.com

<p>CYCLING TIME TRIALS:</p> <p>5 K</p> <p>10K</p>	<p>TBD</p>	<p>TBD</p>	<p>Patrick Cabrey 215-756-4061 Pcabrey24@comcast.net</p>	
<p>GOLF</p>	<p>September 10, 2024 Check in: 8:15am Start: 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 soropel44@gmail.com</p>	<p>Closest to the Pin Contest: Prizes awarded for Closest to the Pin contest for Men and Woman.</p> <p>No Walk-ins No Rain Date Rules: www.nsga.com</p>
<p>HORSESHOES</p> <p>ALSO, NON- AMBULATORY EVENT</p>	<p>October 6, 2024 Check in: 12:30pm Start: 1:00pm</p> <p>Rain Date: 10/7/2024</p> <p>Entry Deadline: 09-30-2024</p> <p>Brecknock County Park 80 Old Camden Road Camden, DE</p>	<p>\$6.00 Per Person</p>	<p>Wayne Saulsbury 302-943-5302 doowopone@aol.com</p>	<p>No Walk-ins</p> <p>Not a NSGA Sport</p> <p>Rules: http://delawareseniolympics.org/</p>
<p>PICKLEBALL</p> <p>ALSO, NON- AMBULATORY EVENT</p>	<p>August 22, 23, 24, 25 8am</p> <p>Entry Deadline: 08/12</p> <p>Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE 19904</p>	<p>\$45 plus \$5 for each additional event</p>	<p>Chuck Connolly 443-695-1646 ceconnolly@icloud.com Rina Pellegrini 215-620-1266 rpelle6469@gmail.com Karen Faber 609-744-3067 klfnet3@gmail.com</p>	<p>Rules at www.USAPA.ORG G You must also register with https://pickleballbrackets.com/ptd.aspx?eid=0418fc6c-8a51-4c5a-ab4a-402e0c2b4fbe Make sure you pay your DSO membership. https://delawarese niorolympics.org/ membership- signup/</p>
<p>PISTOL SHOOTING</p>	<p>June 29, 2024 Check in: 9:30am Start: 10:00am</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 doncatalon@gmail.com</p>	<p>Walk-ins Allowed</p> <p>No Rain Date</p> <p>Not a NSGA Sport Rules: http://delawareseniolympics.org/</p>

<p>PRECISION RIFLE SHOOTING</p>	<p>August 3, 2024 Check in: 9:30am Start: 10am</p> <p>Walk-ins Allowed</p> <p>BRPC Members get a \$3.00 event discount. BRPC 10409 Rifle Range Road Bridgeville DE</p>	<p>\$13.00 Per Event</p> <p>\$10.00 Per Event for BRPC Members</p>	<p>Donald Catalon 302-423-3175 doncatalon@gmail.com</p>	<p>Walk-ins Allowed</p> <p>No Rain Date</p> <p>Not a NSGA Sport</p> <p>Rules: http://delawar.eseniorolympi.cs.org/</p>
<p>RUNNING ROAD RACE *1Mile & 5K</p> <p>1Mile - New NSGA Sport</p>	<p>September 21, 2024 Check In: 8:30am 1Mile Start: 9:00am 5K Start: 9:30am</p> <p>Walk-ins allowed.</p> <p>Bellevue State Park 800 Carr Road Wilmington, DE 19808</p>	<p>\$4.00 Per Person</p>	<p>Ralph McKinney 302-652-8323</p> <p>Please call Ralph before or after you sign up for more details.</p>	<p>Walk-ins Allowed</p> <p>No Rain Date</p> <p>Rules: www.nsga.com</p> <p>You can park at the Bellevue Corporate Center at no cost and walk over to the event.</p>
<p>RUNNING ROAD RACE 10K</p> <p>You can park at the Bellevue Corporate Center at no cost and walk over to the event.</p>	<p>September 28, 2024 Check in: 9:00am Start: 9:30am</p> <p>Walk-ins allowed.</p> <p>Bellevue State Park 800 Carr Road Wilmington, DE 19808</p>	<p>\$4.00 Per Person</p>	<p>Ralph McKinney 302-652-8323</p> <p>Please call Ralph before or after you sign up for more details.</p>	<p>Walk-ins Allowed</p> <p>No Rain Date</p> <p>Rules: www.nsga.com</p>
<p>SHUFFLEBOARD</p> <p><u>ALSO NON-AMBULATORY EVENT</u></p>	<p>May 3, 2024 Start 9am Country House 4830 Kennett Pike Wilmington, DE</p>	<p>\$4.00 Per Person</p>	<p>Hal Kenton 302-559-1400 Halk1239@yahoo.com</p>	<p>No Walk-ins</p> <p>No Rain Date</p> <p>Rules: www.nsga.com</p>
<p>SOFTBALL</p> <p>No individual (membership fee) or team registrations at the field</p>	<p>MEN: September 21, 2024 Check in: 8:30am Start: 9am Rain Dates: 9/22 Entry Deadline: 09/11</p> <p>WOMEN: August 10, 2024 Check in: 8:30am Start: 9am Rain Date: 8/11 Entry Deadline: 08/07</p> <p>Schutte Park 10 Electric Ave, Dover, DE 19904</p>	<p>\$100 Team Fee</p>	<p>MEN: Joe Salvato 908-256-6818 jbs315@verizon.net</p> <hr/> <p>WOMEN: Bonnie Strang 610-565-1515 Bonnie.strang@comcast.net</p>	<p>No Walk-ins</p> <p>Rules: www.nsga.com</p> <p>Both events at Schutte Park (corner of Electric Avenue & North Street (aka Hazletville Road), Dover</p>

SWIMMING	September 27, 2024 Warm-up: 12:00pm Start: 1:00pm Entry Deadline: 9/16 Sussex Academy Aquatic Center 21150 Airport RD Georgetown DE 19947	\$5 Per Person Per Event	Marie Neaves 302-593-2857 Christiane.neaves@gmail.com	No Walk-ins No Rain Date Rules: www.nsga.com Athletes may enter a max of six events
TABLE TENNIS	September 16, 2024 Check In: 6:00pm Start: 6:30pm Entry Deadline: 9/6 Chinese American Community Center 1313 Little Baltimore Rd Hockessin DE	\$8.00 Per Person Per Event	Eldon Hamrick 302-981-1798 hamvball@aol.com	Walk-ins Allowed No Rain Date Rules: www.nsga.com
TENNIS The match schedules will be emailed to you.	September 21 & 22, 2024 Check In: 8:30am Start: 9:00am Deadline: 09-09-2024 Rain Date: September 28 & 29 Sanford School 6900 Lancaster Pike Hockessin, DE 19707	\$10.00 Per Person Per Event	Jane Stoutland 610-659-7483 janestoutland@gmail.com	No Walk-ins Rules: www.nsga.com Doubles play down to age of younger player. Doubles must enter with a partner
TRACK & FIELD	September 22, 2024 Check in: 8:30am Field Events 9 - 12 Track Events: 12 - 4 Entry Deadline: 9/11 Cape Henlopen High School 1250 Kings HWY Lewes DE 19958	\$6.00 Per Person Per Event	Peter Klotz 302-329-9008 Peter_klotz@comcast.net Maryann Rapposelli 302-658-5044 mrapp@udel.edu	No Walk-ins No Rain Date Rules: www.nsga.com Race & Power Walk are part of our Track & Field event.
WASHERS Exhibition Sport	October 5, 2024 Check in: 9:30am Start: 10:00 am Rain Date: 10/6 Brandywine Springs Park Newport Gap Pike Wilmington DE (Rt. 41) and Faulkland Road Near the Upper Pavilion (near parking lot)	\$5.00 Per Person	Brian Paraskiewicz 302-521-6206 bparaskiewicz@aol.com	Walk-ins Allowed Not a NSGA Sport Rules: http://delawareseniolympics.org/ Teams can be both men, both women, or co-ed

WEIGHT LIFTING / POWER LIFTING New NSGA Sport	October 5, 2024 Check In: 9:30am Start: 10 am Entry Deadline: 10/01 CrossFit Slower Lower 34752 Delaware Ave Frankford DE 19945	\$4.00 Per Person Per Event	Bill Messick 302-841-0042 Wmessick@cape.k12.de.us	No Walk-ins No Rain Dates Rules: www.nsga.com
WII BOWLING Exhibition Sport	May 3, 2024 Start: 1:00 pm Country House 4830 Kennett Pike Wilmington, DE	\$5.00 Per Person Per Event	Debbie Heald 302-426-8020 dheald@actslife.org	No Walk-ins No Rain Date Not a NSGA Sport Rules: http://delawareseniolympics.org/
WII GOLF Exhibition Sport	May 3, 2024 Start: 1:00 pm Country House 4830 Kennett Pike Wilmington, DE	\$5.00 Per Person Per Event	Debbie Heald 302-426-8020 dheald@actslife.org	No Walk-ins No Rain Date Not a NSGA Sport Rules: http://delawareseniolympics.org/

New and Open National Senior Games Sports

Athletes may register for an unlimited number of OPEN SPORTS.

Open Sports/Events are as follows:

Sports that DSO currently offer

- *Basketball Shooting Skills
- *Billiards – 8 Ball
- *Running Road Race – 1Mile
- *Weightlifting/Powerlifting
- *Cornhole
- *Powerwalk – 1500 meter
- *Pickleball (Non-Ambulatory Singles)

New Sport not offered with DSO

- **Disc Golf
- **Scramble Golf
- **Tia Chi
- **Beach Volleyball

We are looking for Sport Coordinators for these sports. Email Janette Griffin at admin@delawareseniolympics.org if you are interested in becoming a Volunteer Sport Coordinator.

DSO 2024 ANNUAL GAMES CALENDAR BY EVENT

Date	Rain Date	Sport	Address
October 05, 2024	Rain or Shine	Archery	New Castle 100 Archery, 2272 Sunset Lake Rd Newark
October 30, 2024	Rain or Shine	Badminton	Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE
June 29, 2024	Rain or Shine	Baseball	Stahl Post 156 A N Dupont Hwy New Castle DE 19720
October 30, 2024	Rain or Shine	Basketball (Men & Women)	PAL GYM 7259 Lancaster Pike Hockessin, DE 19707
October 30, 2024	Rain or Shine	Basketball Shooting	PAL GYM 7259 Lancaster Pike Hockessin, DE 19707
October 13, 2024	Rain or Shine	Billiards	Modern Maturity Center, 1121 Forrest Ave, Dover DE
September 22, 2024	Rain or Shine	Bocce	Mulligan's Point, 22426 Sussex Pines RD, Georgetown DE
October 8, 9, 10, 2024	Rain or Shine	Bowling	Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE 19902
October 5, 2024	October 6, 2024	Cornhole	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
September 14, 2024	Rain or Shine	Cycling (40K Road Race)	Eden Hill Medical Center, 200 Banning ST. Dover, DE
TBD	TBD	Cycling (Time Trials)	
September 10, 2024	Rain or Shine	Golf	Wild Quail Golf, 1 Clubhouse Dr Camden DE
October 6, 2024	October 7, 2024	Horseshoes	Brecknock County Park, 80 Old Camden Road Camden, DE
August 22, 23, 24, 25, 2024	Rain or Shine	Pickleball	Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE
June 29, 2024	Rain or Shine	Pistol Shooting	Shooters Choice, 5105 N Dupont Hwy Dover, DE
August 03, 2024	Rain or Shine	Precision Rifle Shooting	BRPC, 10409 Rifle Range Road Bridgeville DE
September 21, 2024	Rain or Shine	Running Road Races (1M & 5K)	Bellevue State Park 800 Carr Road Wilmington, DE
September 28, 2024	Rain or Shine	Running Road Races (10K)	Bellevue State Park 800 Carr Road Wilmington, DE
May 3, 2024	Rain or Shine	Shuffleboard	Country House 4830 Kennett Pike Wilmington, DE
September 21, 2024	September 22, 2024	Softball (Men)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
August 10, 2024	August 11, 2024	Softball (Women)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
September 27, 2024	Rain or Shine	Swimming	Sussex Academy Aquatic 21150 Airport RD Georgetown DE 19947
September 16, 2024	Rain or Shine	Table Tennis	Chinese American Center 1313 Little Baltimore Rd Hockessin DE
September 21, 22, 2024	September 28, 29, 2024	Tennis	Sanford School 6900 Lancaster Pike, Hockessin
September 22, 2024	Rain or Shine	Track & Field	Cape Henlopen High School, 1250 Kings HWY Lewes DE
October 5, 2024	October 6, 2023	Washers	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 20, 2023	Rain or Shine	Weightlifting	CrossFit Slower Lower 34752 Delaware Ave Frankford DE 19945
May 3, 2024	Rain or Shine	Wii Bowling & Golf	Country House, 4830 Kennett Pike, Wilmington, DE

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