

The registration deadline
for all may events has been
extended to April 2.

The registration deadline
for cycling is Sept. 1.



March 27-May 25, 2019

Please join us on the beautiful Mississippi Gulf Coast for the
2019 Mississippi Senior Olympics.

Meet new friends and take in the coastal pleasures
which so many have to come to appreciate.

You can help make our games competitive and visit a unique part of our state
as well as have a chance to socialize with your fellow seniors.

We welcome you and hope you enjoy your stay!

SPONSORED BY:



2019 IS NOT A QUALIFYING YEAR FOR NATIONAL SENIOR GAMES

2019 Mississippi Senior Olympics Registration Form

Participant MUST be 50 years old by December 31, 2019.

Registration deadline for all events except cycling is March 5, 2019. Cycling deadline is September 1, 2019.

Last Name: _____ First Name: _____ Middle Initial: _____

Date of Birth: _____ Age: _____ Sex: _____ Email: _____
Month/Day/Year Male/Female

Address: _____ City/State/Zip: _____

Home Phone (_____) _____ Cell Phone (_____) _____ Attending Ceremony? _____ Celebration? _____
March 29 May 3

PARTICIPANT WAIVER AND MODEL RELEASE – SIGNATURE REQUIRED

In consideration of being allowed to participate in any way in the Mississippi Senior Olympics program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury to me does exist; and
2. I knowingly and freely assume such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and ,
3. I willingly agree to comply with the stated customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release the Mississippi Senior Olympics, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event (releasees), with respect to any and all injury, disability, death, or loss or damage to person or property incident to my involvement or participation in these programs, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby indemnify and hold harmless all the above releasees from any and all liabilities incident to my involvement or participation in these programs, even if arising from their negligence, to the fullest extent permitted by law.

I, the undersigned participant, grant to the Mississippi Senior Olympics the right to use any pictures taken of me during the events and program without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or and purpose whatsoever.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature: _____ Date: _____

Print Name: _____

Emergency Contact: _____ Phone (_____) _____

Cell Phone (_____) _____ Relationship _____

Official T-shirts – Please Check Size (DRI-FIT Unisex): XS S M L XL 2XL 3XL 4XL

Fees:

Basic Entry Fee: \$20.00

Additional Fees:

- Golf Green Fee \$20.00
- Golf Practice Round: \$39.00

Donation (tax deductible): \$ _____

Total Amount Enclosed: \$ _____

Refunds will be issued for the following reasons only:

- An event is canceled by the Senior Olympic Officials. (Does not apply if participating in multiple events.)
- A medical reason with notification in writing provided prior to the start of MSO, March 27, 2019.
- No refunds will be issued after the completion of MSO, May 25, 2019.

Make checks payable to MSO. Do not staple checks to the registration form.

**Return your completed registration form with check or money order to:
MSO, Attn: Glenda Carter, P. O. Box 6556, D'Iberville, MS 39540**

REGISTRATION FORM FOR INDIVIDUALS, PARTNERS AND DOUBLES

Check the event(s) in which you will participate. Name your partner if in a doubles event.

ARCHERY

- Recurve – with sights
- Bare Bow Recurve – no sights
- Compound fingers – with sights
- Bare Bow Compound – no sights
- Compound Release

BADMINTON

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

BASKETBALL

(3-on-3 use team registration form)

- FREE THROW
- 3-POINT SHOOT OUT

BOCCE BALL

BOWLING

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____
- Singles Non-Ambulatory

CYCLING

- 5K 10K 20K 40K

DARTS

DISC/FRISBEE GOLF

- 18 Holes

GOLF

- 18 Holes

GOLF SKILLS:

- Putting, Chipping, Long Drive

HORSESHOES

- Singles
- Singles Non-Ambulatory

PICKLEBALL

- Doubles Partner: _____
- Mixed Doubles Partner: _____

RACQUETBALL

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

ROAD RACE (Choose one)

- 5k
- 5k Powerwalk
- 10k
- 1500m Race Walk
- 5K Race Walk

SHUFFLEBOARD

- Singles
- Doubles Partner: _____
- Singles Non-Ambulatory

SWIMMING

- | <input type="checkbox"/> Event** | Description |
|----------------------------------|---------------------|
| <input type="checkbox"/> #1/#2 | 100 yd Butterfly |
| <input type="checkbox"/> #3/#4 | 200 yd Freestyle |
| <input type="checkbox"/> #5/#6 | 50 yd Breaststroke |
| <input type="checkbox"/> #7/#8 | 100 yd Backstroke |
| <input type="checkbox"/> #9/#10 | 400 yd Ind. Medley |
| <input type="checkbox"/> #11/#12 | 100 yd Breaststroke |
| <input type="checkbox"/> #13/#14 | 200 yd Backstroke |
| <input type="checkbox"/> #15/#16 | 100 yd Ind. Medley |
| <input type="checkbox"/> #17/#18 | 50 yd Freestyle |
| <input type="checkbox"/> #19/#20 | 200 yd Butterfly |
| <input type="checkbox"/> #21#22 | 50 yd Backstroke |
| <input type="checkbox"/> #23/#24 | 200 Ind. Medley |
| <input type="checkbox"/> #25/#26 | 100 yd Freestyle |
| <input type="checkbox"/> #27/#28 | 50 yd Butterfly |
| <input type="checkbox"/> #27/#28 | 200 yd Breaststroke |
| <input type="checkbox"/> #29/#30 | 500 yd Freestyle |

**Limit of 4 (four) events maximum

TABLE TENNIS

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

TENNIS

- Singles
- Doubles Partner: _____
- Mixed Doubles Partner: _____

TRACK AND FIELD

- 50m Dash
- 100m 200m 400m 800m
- 1500m Run 1500 Race Walk
- 1500m Powerwalk
- High Jump Long Jump
- Triple Jump Javelin
- Shot-put Discus
- Pole Vault Hammer Throw

TRIATHLON

(Must register with HURRICANE MULTI SPORT at www.quadburners.com.)

VOLLEYBALL

(Use team registration form.)

It is your responsibility to select those events which do not conflict with each other based on starting times. Ending times may vary due to extenuating circumstances. All athletes must check in and be present at event site prior to start time. NO ONSITE REGISTRATION AND NO SUBSTITUTIONS (PEOPLE) ON ANY EVENTS ALLOWED. IF YOU CAN'T MAKE IT TO YOUR EVENT, PLEASE NOTIFY US.

REGISTRATION PROCEDURES

- **Doubles and/or Partners:** Those who are competing in events that include doubles or partners may use the standard registration form. Name of partners must be entered on both registration forms.
- **Teams:** The team captain shall submit a roster using the form provided, including the basic registration form. **The team captain is responsible for submitting a full roster, with appropriate fee. There will be NO onsite registration.**

No entry form will be finalized until all fees and relevant information on the entry form(s) are received.

- **5K ROAD RACE/5K POWER WALK:** **Saturday, April 27, 2019; Check-in 7-7:30 a.m. Start: 8 a.m.**
 These events are run concurrent and participants must select only one.
 MS Senior Olympics runners will run with Gulf Coast Running Club 5K portion of the Duathlon.
 Fort Maurepas Park, 499 Front Beach Drive, Ocean Springs, MS 39564 **LOCATION CHANGE**
- **TRIATHLON:** **Saturday, April 28, 2019; Informational purposes only.**
 Triathlon is not a MSO event in non-qualifying years. There is a triathlon to be held on April 28, 2019 in Bay St. Louis, MS.
 To register: <https://www.quadburners.com/traditions-triathlon.html>
- **HORSESHOES:** **Friday, May 3, 2019; Check-in at 9 a.m.**
 Don Cross, 228-223-4951, crossdon32@gmail.com
 Charles L. Walker Senior Center, 4020 8th St., Gulfport, MS 39501
- **CELEBRATION OF ATHLETES:** **Friday, May 3, 2019, 5 to 8 p.m.**
 Cheryl Bell, 228-388-7170, seniors@biloxi.ms.us
 Point Cadet Plaza, 121 Cadet St., Biloxi, MS 39530
 Inclement weather location: Dr. Frank G. Gruich Sr. Community Center, 591 Howard Ave., Biloxi, MS 39530
- **PICKLEBALL:** **Saturday, May 4, 2019, Doubles & Mixed Doubles -Check-in 7 a.m.**
 Glenda Carter, 228- 547-8665, tinagenda@yahoo.com
 Biloxi High School, 1845 Richard Drive, Biloxi, MS 39532
- **BOCCE:** **Friday, May 10, 2019; Check-in 8 a.m.**
 Thad Anderson, 228-396-4602, thad@seniorsbluebook.com
 Woolmarket Prime of Life Center, 16320 Old Woolmarket Road, Biloxi, MS 39532
- **VOLLEYBALL LADIES:** **Saturday, May 11, 2019; Team captains will be notified of play time.**
 Don Cross, 228-223-4951, crossdon32@gmail.com
 Biloxi High School, 1845 Richard Drive, Biloxi, MS 39532
- **VOLLEYBALL MENS:** **Saturday, May 11, 2019; Team captains will be notified of play time.**
 Don Cross, 228-223-4951, crossdon32@gmail.com
 Biloxi High School, 1845 Richard Drive, Biloxi, MS 39532
- **FIELD EVENTS:** **Friday, May 17, 2019; Check-in 7:30 a.m.**
 Don Cross, 228-223-4951, crossdon32@gmail.com
 Michele Woodberry, jeaney.woodberry@gulfportschools.org
 Gulfport High School, 100 Perry St., Gulfport, MS 39507
- **TRACK EVENTS/1500M RACE WALK/1500M POWER WALK:** **Saturday, May 18, 2019; Check-in 7:30 a.m.**
 Don Cross, 228-223-4951, mso@msseniorolym.org
 Michele Woodberry, jeaney.woodberry@gulfportschools.org
 Gulfport High School, 100 Perry St., Gulfport, MS 39507
- **ARCHERY:** **Saturday, May 25, 2019; Check-in between 8 – 9 a.m. Start 10 a.m.**
 Targets will be setup on May 25 for those interested in practicing before the event.
 Morgan Hamilton, 601-297-2017, morganh@mdwfp.ms.us
 Don Cross, 228-223-4951, crossdon32@gmail.com
 A.J. Holiday Sports Complex, 765 Wells Drive, Biloxi, MS 39532
- **CYCLING:** **Saturday, October 19, 2019; Check-in 7 a.m.; Awards at 1 p.m.**
 (Register by Sept. 1, 2019) **20K Road Race 8 a.m.** **10K Time Trials 1:30 p.m.**
5K Time Trials 11 a.m. **40K Road Race 3 p.m.**
 Eddie Holmes, 228-216-3038, holmes.eddie@yahoo.com
 Woolmarket Prime of Life Center, 16320 Old Woolmarket Road, Biloxi, MS 39532
- **DISC GOLF:** **Date to be determined; Check-in at 8-8:30 a.m. CANCELED**
Mandatory players meeting
 Begin at 9 a.m. for first 18 hole round /second round 1 to 1 ½ hours after completion of first round.
 Chuck Burdine, 228- 547-2210, cburd22@msn.com
 Hiller Park gazebo (north side of park), 380 Hiller Drive, Biloxi, MS 39531
 Participants must furnish discs.



Opening Ceremony

March 29, 2019, 5-8 p.m. • Point Cadet Plaza, 121 Cadet St.
Barbecue Buffet • Live Music by Southwind



Celebration OF ATHLETES

May 3, 2019, 5-8 p.m. • Point Cadet Plaza, 121 Cadet St.
Seafood Buffet • Live Music by Southwind

Free admission for athletes and one guest. \$10 per additional guest.

In case of inclement weather, events will be held at
Dr. Frank G. Gruich Sr. Community Center.

For more information, contact Cheryl Bell at 228-388-7170,
or email seniors@biloxi.ms.us

Visit online at biloxi.ms.us • 

