

Michigan Senior Olympics



2016

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**Summer Games Registration
Information Inside**

**Registration
Deadline:**

Friday, July 22, 2016

**Michigan Senior Olympics
650 Letica Drive
Rochester, MI 48307**

**(248) 608-0252
or (248) 608-0250**

E-mail:

info@michiganseniorolympics.org

Website

www.michiganseniorolympics.org



**Find us on
Facebook**

2016 Summer Games Registration Book



VOLUNTEERS NEEDED!

**Please call 248-608-0252 or email us at
info@michiganseniorolympics.org**

Dear Friends,

Welcome to the 2016 Michigan Senior Olympics. Oakland County is proud to be home to your outstanding organization.

MSO's mission is to dispel the myth of aging by serving as an impetus for those 50 years old and over to maintain a healthy body, mind and spirit. That aligns with one of my administration's goals: improving the quality of life of Oakland County residents through active and healthy lifestyles.

Oakland County has a great deal to offer active seniors. Our county parks, for instance, contain 6,700 acres of natural landscapes and a wide variety of year-round recreation opportunities ranging from camping, hiking, swimming, boating, golfing and picnicking to cross-country skiing, ice skating and ice fishing.



Whether you're an experienced runner or just enjoy walks around the block, I personally invite you to participate in one of our premiere quality of life events, The Brooksie Way Half Marathon, 10K & 5K Races, scheduled for September 25, 2016. Named for my late son Brooksie, it is open to runners and walkers of all skill levels. Private proceeds from The Brooksie Way fund minigrants that are awarded to local organizations that promote active and healthy lifestyles, including in the senior community. For more information, go to www.TheBrooksieWay.com.

As you prepare for the MSO Summer Games get underway, I encourage you to remember that regular physical activity is one of the most important things older adults can do for their health. According to the Centers for Disease Control, it can prevent many of the health problems that seem to come with age. Simply enjoy it.

Best Wishes,

A handwritten signature in black ink, appearing to read "L. Brooks Patterson".

L. Brooks Patterson
Oakland County Executive

Michigan Senior Olympics

What's new with MSO?

OPENING CEREMONY

Join us on Friday, August 12th at the Rochester Municipal Park from 6pm -8pm for the 2016 Michigan Senior Olympic Opening Ceremony. This event is OPEN TO THE PUBLIC. Feel free to bring your families. This is a FREE EVENT. Includes torch arrival ceremony, music, FREE food, and entertainment!

MSO HALL OF FAME

We are accepting entries for the 2016 MSO Hall of Fame. Please check out the MSO Website for further information. Deadline to enter is June 1. The winners will be announced at the Celebration of Athletes Dinner on Thursday, August 18th at Steiny's Restaurant & Banquet Center.

CELEBRATION OF ATHLETES DINNER

Please join us for the Celebration of Athletes Dinner on Thursday, August 18th at Steiny's Restaurant & Banquet Center. The evening will include a buffet dinner, guest speaker (Dr. Judi Brown Clarke, 1984 Olympic Silver Medalist and 1987 Sportswoman of the year by Sports Illustrated Magazine), silent auction, raffle prizes, and Hall of Fame Awards. This is not an event you will want to miss!!!

VOLUNTEERS

MSO is in need of volunteers to help at the upcoming Summer Games. We have many volunteer opportunities available including working check-in tables, scorekeeping, and directing athletes where to go on the courses. All volunteers will receive a FREE t-shirt. Please contact the MSO office or sign-up on our website.

2017 NATIONAL SENIOR GAMES

The 2016 Michigan Senior Olympic Summer Games is considered a qualifier for the 2017 National Senior Games which will take place in Birmingham, Alabama. This event will take place June 2-15, 2017.

OPENING CEREMONY



FRIDAY, AUGUST 12, 2016
Rochester Municipal Park - 6pm-8pm
OPEN TO THE PUBLIC
FREE FOOD, FREE MUSIC
TORCH ARRIVAL CEREMONY



CELEBRATION OF ATHLETES DINNER



Thursday, August 18th at Steiny's Restaurant & Banquet Center
In Shelby Township, Michigan at 6:00pm—8:00pm

The evening will include dinner, guest speaker (Dr. Judi Brown Clarke, 1984 Olympic Silver Medalist and 1987 Sportswoman of the year by Sports Illustrated Magazine), auction, raffle prizes, and Hall of Fame Awards.

We'll work hard, you play hard

Humana is proud to be the Bronze Sponsor of the Michigan Senior Games and the Presenting Sponsor of the 2017 National Senior Games. The Games, a 19-sport, biennial competition for men and women 50 and over, is the largest multisport event in the world for seniors.* Since 2006, we've enjoyed watching champions emerge from the markets we serve.

At Humana, we support people in their daily endeavors to live a healthy life, and we are dedicated to creating innovative programs and partnerships that reflect our commitment.

**Get face-to-face answers from your
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Call a licensed sales agent
Monday – Friday, 8 a.m. – 5 p.m.



Humana.

*National Senior Games history: <http://nsga.com/history.aspx>

Humana is a Medicare Advantage [HMO, PPO and PFFS] organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-800-552-0751 (TTY: 711).

This information is available for free in other languages. Please contact a licensed Humana sales agent at 1-800-552-0751 (TTY: 711).

Esta información está disponible gratuitamente en otros idiomas. Póngase en contacto con un agente de ventas certificado de Humana al 1-855-845-7639 (TTY: 711).

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2016 Michigan Senior Olympic Schedule

DAY / DATE	TIME	EVENT	LOCATION
Sunday July 24, 2016	2:00 PM	Dancesport Dinner	Royal Park Hotel
	3:00 PM	Dancesport Competition	Royal Park Hotel
Friday August 12, 2016	6:00 PM	OPENING CEREMONY (FREE EVENT)	Rochester Municipal Park
		Torch lighting, music, & FREE food	Rochester Municipal Park
Saturday August 13, 2016	7:00 AM - 12:00 PM	Athlete Check In & Packet Pick Up	OPC
	8:00 AM	Racewalk	Oakland University
	9:00 AM	Track & Field	Oakland University
	9:00 AM	Racquetball	Warren Racquet & Fitness
	9:00 AM	Badminton (Doubles & Mixed Doubles)	OPC
	9:00 AM	Table Tennis	Hart Middle School
	9:00 AM	Archery	Detroit Sportsmen's Congress
Sunday August 14, 2016	8:00 AM - 12:00 PM	Athlete Check In & Packet Pick Up	OPC
	9:00 AM	Volleyball	Oakland University/Auburn Hills
	9:00 AM	Softball	Clintonwood Park
	9:00 AM	Badminton (Singles)	OPC
	TBA	Tennis (Singles)	Lifetime Fitness
Monday August 15, 2016	8:00 AM - 4:00 PM	Athlete Check In & Packet Pick Up	OPC
	9:00 AM	Swimming	Oakland University
	TBA	Tennis (Doubles)	Lifetime Fitness
	10:00 AM	Bowling Doubles & Mixed Doubles	Classic Lanes
	10:00 AM	Powerlifting	Rochester Athletic Club
Tuesday August 16, 2016	8:00 AM - 4:00 PM	Athlete Check In & Packet Pick Up	OPC
	1:00 PM	Bowling Singles	Classic Lanes
	TBA	Tennis (Mixed Doubles)	Lifetime Fitness
	9:00 AM	5K Road Race	Oakland University
Wednesday August 17, 2016	8:00 AM - 4:00 PM	Athlete Check In & Packet Pick Up	OPC
	8:00 AM	Golf	Springfield Oaks Golf Course
	10:00 AM	Bocce Ball	Palazzo di Bocce
	10:00 AM	Horseshoes	Lk Orion Childrens Park
	9:00 AM	10K Cycling Time Trial	Waterford Sportsman Club
	1:00 PM	20K Cycling Road Race	Waterford Sportsman Club
Thursday August 18, 2016	8:00 AM - 4:00 PM	Athlete Check In & Packet Pick Up	OPC
	8:00 AM	Golf	Springfield Oaks Golf Course
	9:00 AM	10K Road Race	Oakland University
	9:00 AM	5K Cycling Time Trial	Waterford Sportsman Club
	1:00 PM	40K Cycling Road Race	Waterford Sportsman Club
	6:00 PM	Celebration of Athletes Dinner	Steiny's Restaurant
Friday August 19, 2016	8:00 AM - 4:00 PM	Athlete Check In & Packet Pick Up	OPC
	8:00 AM	Golf	Springfield Oaks Golf Course
	TBA	Pickleball - Men's Doubles (ALL)	OPC & Auburn Hills
	9:00 AM	Shuffleboard	Waterford Rec. Center
	9:00 AM	Basketball	Oakland University
	1:00 PM	Billiards	OPC
	8:00 AM - 10:00 AM	Skills Challenge (3pt & Free Throw Contest)	Auburn Hills Community Center
Saturday, August 20, 2016	8:00 AM - 12:00 PM	Athlete Check In & Packet Pick Up	OPC
	TBA	Pickleball - Mixed Doubles (ALL)	OPC & Auburn Hills
Sunday August 21, 2016	7:00 AM	Triathlon	Oakland University
	TBA	Pickleball- WD (ALL) & MS (50-64)	OPC & Auburn Hills
	10:00 AM	Disc Golf	Oakland University
Monday August 22, 2016	TBA	Pickleball - WS (ALL) & MS (65+)	OPC & Auburn Hills

For more information please visit www.michiganseniorolympics.org or call (248)608-0252 or (248)608-0250

***THIS SCHEDULE IS TENTATIVE AND MAY BE SUBJECT TO CHANGE

Registration Information

ELIGIBILITY: Men and women at least 50 years of age as of December 31, 2016.

AWARDS: Medals will be awarded to 1st, 2nd, and 3rd place winners in the sanctioned events. Ribbons will be awarded for 1st, 2nd, and 3rd places in Ribbon Events.

COMPETITION: Athletes may enter no more than three individual sports. There is an additional charge for the third sport. **Individual Sports** are: Archery, Badminton, Bowling, Cycling, Golf, Horseshoes, Pickleball, Race Walk, Racquetball, Road Race, Shuffleboard, Swimming, Table Tennis, Tennis, Track & Field, and Triathlon. Please check individual sports for the number of events you may enter within the sport.

AVOID CONFLICT—STARTING TIME IS FORFEIT TIME: Those planning to enter multiple events should check the competition schedule for possible conflicts. MSO and the Local Organizing Committee **cannot** guarantee the ending time of any event.

You **must** be present and ready to participate 5-10 minutes before the start time of the events in which you are participating. **No** event will be delayed due to conflicting schedule.

Event times are subject to change according to the number of registrants. Consult your confirmation packet for finalized times. **In events where brackets are used, you must report to facility at start of event.** MSO and the Local Organizing Committee will **not** accommodate individual scheduling modifications.

The Local Organizing Committee reserves the right to cancel, postpone or change individual events.

DOUBLES EVENTS: For events requiring a partner, you **must have your own registered partner.** Partners and teams will play in the age category which corresponds to the youngest team/partner member.

EQUIPMENT: Competitors are responsible for providing all personal equipment for competition.

CONFIRMATION: Each participant should receive an email registration confirmation by July 22nd. Sports rules for competition can be located at www.nsga.com.

Please check your confirmation letter thoroughly for event times. Call no later than July 22nd to make any corrections to your confirmation letter. **Call the MSO office at (248) 608-0250 if you have not received your confirmation e-mail by July 22, 2016.**

OPTIONAL MEDICAL WAIVER: With the medical waiver you will receive 100% refund of registration fees if you cancel because of a medical condition with a doctor's letter. The \$8 cost of the waiver is non-refundable. **NO refunds after July 22, 2016 without the paid medical waiver.**

LOST & FOUND: Located at the MSO Headquarters in the Older Persons' Commission, 650 Letica Dr, Rochester.

TEAM EVENTS: Softball, Volleyball and 3 on 3 Basketball are team events. Teams must complete the team entry form found on page 12 and/or 13. Individuals on the team **must** also complete the individual registration form on page 9.

Age divisions for all team competitions will be determined by the age of the youngest team player as of December 31, 2016.

Athletes may compete in more than one team sport, but can be on only one roster per team sport. Team entry forms, individual registration forms and **ALL** monies must be turned in by the team captain.



Registration Information Continued from page 4

Ribbon (Non-Medal) Events

*Ribbons awarded for First, Second and Third places
Official rules for the 2016 Games Ribbon Events governed
by the Local Organizing Committee*

BILLIARDS: (OPC)

Men & women will compete separately with the traditional tournament. Standardized 8 Ball rules will apply.

BOCCE BALL: (Palazzo di Bocce)

Teams are comprised of two players. You must register with your team. Teams can be mixed. Soft soled shoes required for bocce play.

DISC GOLF: (Oakland University)

Individuals will play 1 round of disc golf at Oakland University. You are responsible for bringing your own discs.

POWERLIFTING: (Rochester Athletic Club)

Bench Press and Deadlift competition is open to men and women separately. Ribbons will be awarded based on age category and weight class. Warm-up and weigh in will be prior to your event.

SKILLS CHALLENGE: (Auburn Hills Community Center)

Free throw and/or 3 point contest

• **CHECK-IN / PACKET PICKUP:**

• **For all events, registration times are as follows:**

Saturday, Aug. 13 - 7am-Noon

Sunday, Aug. 14 - 8am-Noon

Monday, Aug. 15 - 8am-4pm

Tuesday, Aug. 16 - 8am-4pm

Wednesday, Aug. 17 - 8am-4pm

Thursday, Aug. 18- 8am-4pm

Friday, Aug. 19 - 8am-4pm

Saturday, Aug. 20 - 8am-Noon

Golf, Softball, and Triathlon are encouraged to check-in at OPC during scheduled check-in times. If you are unable to check-in in advance we will bring your bags to the event site location.

• **Check-in Location: OPC, 650 Letica Dr., Rochester, MI 48307**

• **You must produce a valid picture identification to receive your MSO credentials.**

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Medal Events

Governed by N.S.G.A. SPORTS RULES 2016

() Denotes event location. Age Divisions: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-90, 90+

3 ON 3 BASKETBALL: (Oakland University)

Men's & women's divisions (50+, 55+, 60+, 65+, 70+, 75+) offered. Half court by two teams of three players. Teams need "home" white and "away" color numbered jerseys. Proper court shoes required. No black soled shoes allowed on court area. Tournament balls provided. Teams limited to ten (10) players, with an unlimited number of out of state players allowed.

ARCHERY: (Detroit Sportsman's Congress)

Men & women compete separately. Categories are: Compound Finger, Compound Release, Barebow Recurve, Barebow Compound and Recurve. Rounds: 900 American, 60, 50, & 40 yds. 30 arrows at each distance. Must provide own equipment.

BADMINTON: (OPC)

Singles, Doubles, Mixed Doubles. Must provide own racquet. Proper court shoes required. You must register with a partner for doubles/mixed doubles. No substitutions allowed.

BOWLING: (Classic Lanes)

Singles, Doubles, Mixed Doubles. National rules bowlers **must** play 2 sets of 3 games. Must provide own bowling ball. No substitutions allowed. You must register with a partner for doubles/mixed doubles.

CYCLING: (Waterford Hills Road Racing, Clarkston MI)

5K and 10K Timed Trials, and 20K and 40K Road Race. Races will be held under U.S.C.F. Regulations. Must provide own helmet and bike. Hard shell helmets are required A.N.S.I. or shell approved, with sticker affixed. Multi-gear bikes are required. Fixed geared and recumbent bikes are not permitted. Aero-bars are not permitted in the Road Race.

GOLF: (Springfield Oaks Golf Course) (3-Day Tournament)

54 Hole Medal Tournament. No Handicap. Shot gun start. Medals awarded on total combined score for the three-day competition. You must provide your own clubs and balls. Carts are required. Cart fees & lunch are included in golf fee. Golfers will be paired by their average score for 18 holes rather than by age groups. No metal spikes allowed.

HORSESHOES: (Children's Park Lake Orion)

Men's & women's singles. Participants may bring their own "tournament shoes," but "shoes" will be available.

PICKLEBALL: (OPC) Men's and women's Singles, Doubles and Mixed Doubles competition. Must provide your own paddle. Balls will be provided. Proper court shoes required. No black soled shoes allowed on court area. You must register with a partner for doubles/mixed doubles.

RACEWALK: (Oakland University)

1500M and 5K Races. Men & women competitors will be placed in heats according to number of participants. Athletes must wear above the knee shorts and adhere to proper racewalking techniques.

RACQUETBALL: (Warren Racquetball Club)

Singles and Doubles. *This is a USAR Sanctioned event. You must be a USAR member to participate. We will have USAR Memberships available on the day of the event for \$20.* Must provide own racquet. Balls will be provided during tournament play. Proper court shoes required. No black soled shoes allowed on court area. Lens eyewear mandatory. You must register with a partner for doubles/mixed doubles.

ROAD RACE: (Oakland University)

5K and 10K Races, all age categories will run simultaneously (men and women combined).

SHUFFLEBOARD: (Waterford Recreation Center)

Singles and Doubles. Must provide own cues. Discs will be provided. No substitutions allowed. Doubles partners may be mixed sexes. You must register with a partner for doubles/mixed doubles.

SWIMMING: (Oakland University)

Men's & women's divisions. Must provide your own suit, towel, and bathing cap. Any swimmer who uses improper methods in order to gain an advantage will be disqualified. U.S. Masters swimming rules will apply. False starts will not be allowed. Maximum six (6) events per swimming competitor. **Swimming event order as follows:** 100 Fly, 200 Free, 50 Breast, 100 Back, 400 IM, 100 Breast, 200 Back, 100 IM, 50 Free, 200 Fly, 50 Back, 200 IM, 50 Fly, 100 Free, 200 Breast, 500 Free.

TABLE TENNIS: (Hart Middle School)

Singles, Doubles and Mixed Doubles. Players must bring their own paddles. Balls will be provided. No substitutions allowed. You must register with a partner for doubles/mixed doubles.

TENNIS: (Lifetime Fitness—Indoor Courts)

Singles, Doubles, and Mixed Doubles. Game balls will be provided. Participants must wear tennis shoes and provide own racquet. Maximum two (2) events per tennis competitor. No substitutions allowed. You must register with a partner for doubles/mixed doubles.

TRACK AND FIELD: (Oakland University)

MUST HAVE OWN EQUIPMENT!!! Runners must wear running or tennis shoes. All shoes must comply with Rule 71 of USATF. Participants must provide own equipment and have it weighed and certified before competing. Limited field event set-up during practice times.

TRIATHLON: (Oakland University)

400 yd. freestyle pool swim; 20K cycling; & 5K run on cross-country course. Athletes must provide their own bicycles, helmets, running, and swim gear. **All equipment must meet USA Triathlon standards.** Course map will be sent out with your confirmation.

VOLLEYBALL: (Oakland University)

Men's & women's divisions (50+, 55+, 60+, 65+, 70+, 75+) offered. Proper court shoes required. Teams must provide own practice balls. Game balls provided. Teams limited to 15 players, with an unlimited number of out of state players allowed.

SLOW-PITCH SOFTBALL: (Independence Twp.—Clintonwood Park)

Men's & women's divisions (50+, 55+, 60+, 65+, 70+, 75+) offered. Game balls will be provided. Teams must provide own equipment. All bats must bear the A.S.A. certification mark and shall not be on the most current list of bats banned by A.S.A. Teams need white "home" and "away" colored, numbered jerseys. Teams limited to 20 players, with an unlimited number of out of state players allowed.



INFORMATION

- Registration & Confirmation 1-248-608-0250
- Sponsorship/Marketing 1-248-608-0252
- Fax Number 1-248-656-3153
- E-mail address:
info@michiganseniorolympics.org
- Website: www.michiganseniorolympics.org

2016 Registration Form

(Additional forms available on our website at www.michiganseniorolympics.org)

Name _____ Age _____ Birthdate _____

 Last First Middle Initial As of 12/31/2016
 Address _____ Gender: Male _____ Female _____
 City _____ State _____ Zip _____ County _____
 Phone: Home (_____) _____ Email Address _____
 Phone: Other (_____) _____ Shirt Size: S M L XL XXL XXXL
ARE YOU NEW TO MSO? YES or NO If yes, who were you referred by: _____

MEMBERSHIP: MSO is a non-profit organization that organizes sports competitions, instructional clinics and health & wellness programs for persons 50 plus. Why a membership fee? Your membership fee supports MSO's services and mission. Members receive the MSO Newsletter, membership pin and membership card. The membership fee of \$25.00 is an annual fee which covers the calendar year.

You Must Be A Member To Participate.

These forms must be filled in completely and the liability waiver must be signed.

Registration Deadline: FRIDAY, JULY 22, 2016

2016 MSO MEMBERSHIP FEE: (You Must Be A 2016 Member To Participate)\$25.00 = \$ _____

REGISTRATION FEE: Includes 2 individual sports and any ribbon events.....\$48.00 = \$ _____

RIBBON EVENT FEE: If only doing ribbon events\$15.00 = \$ _____

ADDITIONAL FEES

Third Individual Medal Sport Fee\$10.00 = \$ _____

Medical Waiver Fee (Optional) Without the waiver you are not eligible for a refund..... \$ 8.00 = \$ _____

ADDITIONAL EVENT FEES

Golf (54 holes w/cart & lunch each day) Must also pay Membership & Registration Fee.\$77.00 = \$ _____

TEAM FEES: (Membership Fees included in team fees)

Basketball.....\$250/team = \$ _____

Volleyball.....\$300/team = \$ _____

Softball.....\$350/team = \$ _____

CELEBRATION OF ATHLETES DINNER: (Steiny's Restaurant & Banquet) Thursday, August 18, 2016, 6:00 pm

MSO Member Dinner # of Persons _____ x \$17.00 = \$ _____

NON-Member Guest Dinner # of Persons _____ x \$20.00 = \$ _____

DONATION (Tax Deductible).....\$ _____

GRAND TOTAL (Membership, Registration, Event, & Social fees).....TOTAL: _____

Please mail forms and check to MSO, 650 Letica Dr, Rochester MI 48307

Please note: There will be a \$25 charge for returned checks.

OFFICE USE ONLY:

Date _____ Membership Card _____ Waiver _____ \$Amount _____ CK# _____ Cash _____ C. Card _____ Nat'l's _____ Excel _____ Verified By _____

Event Entry Registration—Deadline: July 22, 2016

Complete the registration form. Mark all events and include all fees. A separate form must be entered for each individual registrant. If registering for a doubles event, please indicate your partner's name on line provided.

MEDAL EVENTS

Archery

☐ Compound Release ☐ Barebow Compound
☐ Recurve ☐ Barebow Recurve
☐ Compound Finger

Badminton

☐ Singles
☐ Doubles / Partner _____
☐ Mixed Doubles / Partner _____

Bowling – Scratch

☐ Singles
☐ Doubles / Partner _____
☐ Mixed Doubles / Partner _____
☐ Non-Ambulatory (Singles, Doubles, Mixed Doubles)

Cycling

☐ 5K Time Trial ☐ 10K Time Trial
☐ 20K Road Race ☐ 40K Road Race

Golf – 54 Holes

☐ Indicate average score for 18 holes: _____

Horseshoes

☐ Singles
☐ Non-Ambulatory (Singles)

Pickleball

☐ Singles
☐ Doubles/Partner Name _____
☐ Mixed Doubles Partner Name _____

Racewalk

☐ 1500M ☐ 5K

Racquetball (MUST BE MEMBER OF USAR)

☐ Singles
☐ Doubles / Partner _____
☐ Mixed Doubles / Partner _____

Road Race

☐ 5K ☐ 10K

Shuffleboard

☐ Singles
☐ Open Doubles/Partner _____
☐ Non-Ambulatory (Singles and Open Doubles)

Swimming* (maximum 6 events)

WRITE IN SEED TIME FOR EACH EVENT

1. 100 Fly _____	9. 50 Free _____
2. 200 Free _____	10. 200 Fly _____
3. 50 Breast _____	11. 50 Back _____
4. 100 Back _____	12. 200 IM _____
5. 400 IM _____	13. 50 Fly _____
6. 100 Breast _____	14. 100 Free _____
7. 200 Back _____	15. 200 Breast _____
8. 100 IM _____	16. 500 Free _____

*Order of heats (measurements in yards)

Table Tennis

☐ Singles
☐ Doubles/Partner _____
☐ Mixed Doubles/Partner _____

Tennis (maximum 2 events)

☐ Singles
☐ Doubles/Partner _____
☐ Mixed Doubles/Partner _____

Track and Field (No limit to number of events)

<input type="checkbox"/> 50M Run	<input type="checkbox"/> Discus	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 100M Run	<input type="checkbox"/> Shot Put	<input type="checkbox"/> Triple Jump
<input type="checkbox"/> 200M Run	<input type="checkbox"/> High Jump	<input type="checkbox"/> Pole Vault
<input type="checkbox"/> 400M Run	<input type="checkbox"/> Javelin	<input type="checkbox"/> Hammer Throw
<input type="checkbox"/> 800M Run		
<input type="checkbox"/> 1500M Run		

Triathlon

400Y Swim (8 lengths of the pool), 20K Cycle, 5K

TEAM EVENTS

Team Fee includes your 2016 MSO Membership Fees for your team. Your team coach must submit the team roster form found on page 13. (Softball page 14)

☐ 3 On 3 Basketball (Team Fee - \$250)

Team Name _____

☐ Volleyball (Team Fee - \$300)

Team Name _____

☐ Softball (Team Fee - \$350)

Team Name _____

RIBBON EVENTS

Billiards _____ (Singles only)

Bocce Ball Doubles

Partner _____
(same sex/mixed)

Disc Golf _____

Powerlifting *Indicate 1st Lift

_____ lbs - Bench Press
_____ lbs - Deadlift

Skills Competition

_____ Free Throw
_____ 3 Point Contest

If you are interested in participating in the Dancesport Competition please contact the MSO office at 248-608-0252.

Online registration will be available on our website...
www.michiganseniorolympics.org

Online Registration will not be available for Ribbon events or the Dancesport Event.

Thank you!!!

Michigan Senior Olympics
Amateur Athletic Waiver and Release of Liability
Please Read Before Signing

Print Name _____

Birthdate _____

In consideration of being allowed to participate in any way in the Michigan Senior Olympic, Inc. athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
 2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation; and,
 3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
- I, _____, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Michigan Senior Olympics, Inc., their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("releases"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releases or otherwise.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

I also understand that any and all photographs, videos, and audio taken may be used for MSO publicity, promotion, and publications.

X _____
(Participant's Signature)

Date Signed _____

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Michigan Senior Olympics

Basketball and Volleyball Team Roster

No roster substitutions/changes after July 22, 2016.

Team Name: _____ Men _____ Women _____

Team Captain: _____ Phone # _____

Email: _____

Street: _____ City: _____ State: _____ Zip: _____ County: _____

Team Manager _____ Phone # _____

Email _____

Street: _____ City: _____ State: _____ Zip: _____

3 on 3 Basketball: 10 persons Volleyball: 15 persons

**Team Fee: \$250 for Basketball or \$300 for Volleyball
(MSO Membership Fee is included in the team fee)**

	<u>Player's Name</u>	<u>Birthdate</u>	<u>Phone</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____



Michigan Senior Olympics

Softball Team Roster

No roster substitutions/changes after July 22, 2016.



Team Name: _____ Men _____ Women _____

Team Captain: _____ Phone # _____

Email: _____

Street: _____ City: _____ State: _____ Zip: _____ County: _____

Team Manager _____ Phone # _____

Email _____

Street: _____ City: _____ State: _____ Zip: _____

Softball: 20 person max

Team Fee: \$350 (MSO Membership Fee is included in the team fee)

	<u>Player's Name</u>	<u>Birthdate</u>	<u>Phone</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____

Please mail to MSO, 650 Letica Dr., Rochester, MI 48307.

Lodging Information

Hyatt Place

August 12-22, 2016

1545 N. Opdyke Rd., Auburn Hills, MI 48326

Group Discount Rate: \$119 single and double occupancy rooms; \$129 triple and quadruple occupancy rooms per room/per night for one king bed or two double beds + 9.5% tax

Rate includes: Complimentary hot breakfast & high speed wireless internet

Book By Phone -

For your reservation please call the hotel front desk directly at 248-475-9393 or Hyatt Reservations at 888-492-8847 and identify yourself being a Senior Olympics Group

Book Online -

Visit www.hyattplaceauburnhills.com and under group/corporate # input: G-SOMG

RESERVATIONS MUST BE MADE BY JULY 12, 2016

Extended Stay America

August 12-22, 2016

3315 University Dr., Auburn Hills, MI 48326

Call: 248-340-8888 Dial 0 for the front desk and mention Senior Olympics Group Block

MSO Preferred Rate:

(Single Queen Room - \$71.24) (Single King Room - \$76.24) (2 Queen Room - \$80.74)

*****Plus taxes**

RESERVATIONS MUST BE MADE BY JULY 31, 2016.

Royal Park Hotel (4 Star Hotel)

ONLY FOR SUNDAY, JULY 24, 2016 - Dancesport Event

600 E University Dr., Rochester MI 48307 - 248-652-2600

MSO Preferred Rate: \$152

RESERVATIONS MUST BE MADE BY JUNE 24, 2016.



We are inspired by every mile.

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