



2008 HAWAII SENIOR OLYMPICS

The Hawaii Senior Olympics is a multi-sport event for men and women 50 years of age and older, no matter where they reside. It is sanctioned by the National Senior Games Association (NSGA), which also organizes the National Senior Games.



The **National Senior Games** are held every odd-numbered year – the next games will be in 2009 in Palo Alto, California. Seniors wishing to enter the 09 games must qualify in 2008 through a local event like the Hawaii Senior Olympics. For information about the National Senior Games, go to nsga.com.

Dates of Competition, Entry Deadline

The tenth annual Hawaii Senior Olympics will be held in October and November; tennis will take place in December. **Entry deadline is noted in the description of each sport.**

Who May Enter Hawaii Games?

The Hawaii Senior Olympics is an "open" event – open to seniors from anywhere in the world who are at least 50 years of age by December 31, 2008. Some sports also are open to "pre-seniors" who are at least 40 years of age by December 31, 2008 – see event descriptions for details. Some also are open to masters.

Five-Year Age Groups

All competition for all events (except softball) is organized around five-year age groups, beginning 50 to 54, 55 to 59, 60 to 64, etc. A participant's age on December 31, 2008 determines their competition age bracket. Note: persons compete in the Hawaii Senior Olympics in their respective age brackets. If they qualify for the National Senior Games but become a year older by the national games date (August 2009), they will compete in their new age bracket at the national games.

Registration Fee

For all sports, including team sports: \$25 per person. Participants may enter up to five events in each sport at no additional cost. Participants also may enter events in more than one sport (e.g., track and swimming) for \$15 per additional sport. Participants may enter as many sports as desired, schedule permitting. Late registrations accepted for some sports. No refunds after event day. Entrants who meet registration deadline will receive shirts.

Equipment Requirements

In general, athletes are responsible for providing their own individual equipment, such as helmets, goggles, golf clubs and balls, bowling balls, etc. Some equipment (shot put, discus, javelin for track, and tennis balls) will be provided. HSGA is prepared to help out-of-town participants with basic equipment, provided we know in advance of the need.

National Rules Govern

All sports follow guidelines of the National Senior Games Association. Gold, silver and bronze medals will be given in each category of each event to the first-, second- and third-place finisher, respectively.

Questions: Direct all questions to Mark Zeug, 1493 Halekoa Drive, Honolulu, HI 96821 E-mail:

zeug@hawaii.rr.com Phone 808-737-9017 This information also is available at www.hawaiiseniorolympics.org.

ARCHERY

Compound (finger shooter); Compound (release aid); Recurve; Barebow Recurve; Barebow Compound; by 5-year age brackets

- **Date/time:** Sat, Nov 15, 9 am (tentative)
- **Location:** Kapiolani Park
- **Entry Fee:** \$25 per person; \$5 target fee (pay at site)
- **Deadline:** Nov 14; late entries accepted until start.
- **Format:** "900" American round; three divisions: Compound (finger shooter); Compound (release aid); Recurve; 90 arrows, 30 at each of 60 yds, 50 yds, 40 yds.

- **Entry fee:** \$25 per person
- **Deadline:** Oct 9; no late entries after draw is made.
- **Format:** Pool play if numbers are conducive; athletes may enter all three divisions; for doubles, age of younger partner determines bracket. (*Note: depending on number of entries, individual match competition at other times and locations may be arranged.*)

BADMINTON

Singles, Doubles and Mixed Doubles by 5-year age bracket

- **Date/Time:** Sat, Oct 11, 8 am to noon
- **Location:** Hilo Armory

BASKETBALL

Men's and Women's competition by age group beginning with 50-54, 55-59, 60-64, 65-69, etc.

- **Date/Time:** Sat, Nov 15, 9 am Start
- **Location:** Manoa District Park Gym
- **Entry fee:** \$25 per person
- **Deadline:** Nov 14.
- **Format:** 3 on 3 half court, pool play and single elimination.

