



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.

BOWLING

Men's and Women's singles, doubles, mixed doubles.

- **Date/Time:** Sat, Nov 15, 9 am
- **Location:** Hickam Bowling Center
- **Entry Fee:** \$25 per participant; plus lane fees and any equipment rentals extra.
- **Deadline:** Nov 14; late entries accepted (with penalty).
- **Format:** Scratch scoring; singles, doubles and mixed doubles will bowl one set of three games.

GOLF

Men's and Women's 18-hole scratch by age brackets; putting contest before and after.

- **Date:** Mon, Nov 17, Noon
- **Location:** Barbers Point Golf Course
- **Deadline:** Nov 16; late entries accepted until start
- **Entry Fee:** \$70, includes registration, green fees, cart fees, polo shirt, snack, putting contest.
- **Format:** Scheduled start; carts mandatory. Putting contest held simultaneously.

HORSESHOES

Doubles tournament for Men and Women

- **Date:** Sat, Nov 8, 9 am
- **Location:** Barbers Point Horseshoe Pits
- **Entry Fee:** \$25 per person
- **Format:** Doubles tournament, enter with partner.
- **Deadline:** Nov 7; late entries accepted with penalty.

SLOWPITCH SOFTBALL

Men's and Women's Competition: 50+ and 60+

- **Date/Time:** Saturday and Sunday, October 25 and 26, 9 am
- **Location:** Central Oahu Regional Park Softball Quad
- **Entry Fee:** \$140 per team
- **Format:** Round robin within age group to determine brackets, single elimination thereafter. If there are sufficient teams in each bracket, teams will be divided into an Upper and Lower bracket within each age-group, based on pool play.
- **Rules:** ASA Senior Rules – see ASA website for details, or go to hawaii-seniorolympics.org.

SWIMMING

Men's and Women's Competition by 5-year increments; pre-seniors (40+) and masters welcome.

- **Date/Time:** Tuesday, Nov 11; 10 am warm-ups, 10:30 am start; begin with 200 IM, then 50 free, 100 breast, 50 back, 100 butterfly, 200 breast, 100 free, 50 butterfly, 100 back, 50 breast, 200 free, 100 IM, 200 back, 500 free.
- **Location:** Central Oahu Regional Park Pool
- **Entry Fee:** \$25 per participant; includes polo shirt, fruit, and entrance package.
- **Format:** Shortcourse competition; all events timed finals; swimmers may enter up to five events; swimmers must provide their own equipment.
- **Deadline:** Nov 9; late entries accepted until check-in if open slots exist in desired events.

TABLE TENNIS

Men's and Women's Singles, Doubles and Mixed Doubles

- **Date, Time:** Saturday, Nov 15, 1 pm check-in (tentative)
- **Location:** Manoa District Park
- **Deadline:** Nov 12; no late entries after draw is made.
- **Entry Fee:** \$25 per person; athletes may enter both singles and doubles for same fee.
- **Format:** All participants will play at least two matches; double elimination or pool-play tournament is planned, depending on number of entries. Age brackets may be combined if insufficient entries.

TENNIS

Men's and Women's Singles, Doubles and Mixed Doubles; 50+; 55+; 60+; 65+; 70+; 75+

- **Date:** December 6 & 7, 13 & 14; draw posted on web site Dec 1. *Check-in one-half hour before scheduled match. Athletes will be notified of first match.*
- **Location:** Kailua Racquet Club
629 Oneawa St., Kailua – 262-2057
- **Entry Fee:** \$25 per person; includes polo shirt, insurance.
- **Deadline:** Nov 22; no late entries after draw is made.
- **Format:** Pool-play, depending on number of entries.

TEN K Roadrace

Men's and Women's Competition by 5-year increments; pre-seniors (40+) and masters welcome.

- **Date:** Sun, Nov 16, 7 am
- **Location:** Kapiolani Park
- **Entry Fee:** \$25 per person, includes polo shirt.
- **Deadline:** Nov 15; late entries accepted.

TRACK AND FIELD/Racewalk

Men's & Women's events: 100, 200, 400, 800, 1500, 3000, High Jump, Long Jump, Triple Jump, Pole Vault, 1,500 racewalk; discus, shot put, javelin, hammerthrow.

ALSO OPEN TO MASTERS & OPEN COMPETITORS.

- **Date/Time:** Nov 1, 3 pm, running and jumping events, UH Nov 2, noon, throwing events, Univ. Of Hawaii.
- **Entry Fee:** \$25 per person for up to five events.
- **Format:** Track events will be held to schedule as much as possible; athletes are responsible for checking in and being at start of their events when called; all events are finals; participants grouped according to age and available lanes; one false start permitted; all field equipment will be provided.
- **Rules:** Only 1/4-inch pyramid spikes allowed.
- **Deadline:** Oct 30; late entries accepted (\$5 extra).

TRIATHLON

- **Date/Time:** Nov 2, 6:15 am, Kaneohe Marine Corps Base
- **Specifics:** Tradewind Triathlon, organized by Marine Corps Community Service group and the Marine Corps Air Facility; \$30 for active duty military, \$50 for retired military and civilians. All senior participants (age 50 and above) who finish first, second or third in their age bracket will qualify for the National Senior Games in August 2009. For information and on-line registration, go to www.MCCSHawaii.com/cgfit.htm, or look for flyers at any running store. Or call 254-7590.

OFFICIAL ENTRY FORM -- 2008 HAWAII SENIOR OLYMPICS

1493 Halekoa Drive, Honolulu, HI 96821 ♦ 808-737-9017 ♦ E-mail: zeug@hawaii.rr.com

For athletes who have competed in more than one state senior games, please register using the same first and last name to help us serve you better.

NAME: _____ M _____ F _____
Last First MI

ADDRESS: _____ PHONE: (____) _____

CITY: _____ STATE: _____ ZIP _____

DATE OF BIRTH _____ AGE: _____ SHIRT SIZE: S M L XL XXL
(Required) Shirts will be given to each participant

E-MAIL _____ (Please include - all correspondence will be by e-mail.)

LIABILITY WAIVER AND EMERGENCY MEDICAL AUTHORIZATION: (READ BEFORE SIGNING)

In consideration of being allowed to participate in any way in the Hawaii Senior Olympics program, its related events and activities, I _____, the undersigned, acknowledge, appreciate, and agree 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 releasees 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
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Hawaii Pacific Sports, Inc., (dba Hawaii Senior Olympics)**, its officers, directors, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Games ("releasees"), with respect to **any and all injury, disability, death**, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

By affixing my signature hereto, I attest that I am physically fit and have trained sufficiently for the activities in which I intend to participate and events I have chosen to enter. The Hawaii Senior Olympics and its organizing partners have permission to obtain immediate medical care in case of emergency. I understand that I am responsible for payment of any and all medical expenses which may result therefrom.

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.

Participant's Signature _____ Age: _____ Date _____

COST CALCULATOR

Entry Fee:	\$25 <u>Per Person</u> , (\$25 for 10K) plus \$15 for each additional sport entered	\$ _____
	<i>(Includes all sports, including team sports. Each player receives polo shirt.)</i>	
Additional Fee:	For track and swimming athletes, add \$5 for each event over five.	\$ _____
Softball Team Fee:	\$140 per team of up to 14 players - each player must sign waiver form	\$ _____
	<i>(Includes polo shirt.)</i>	
Golf Green Fees:	\$45 (in addition to entry fee, above), includes cart, green fees, snack	\$ _____
Donation:	To help defray postage costs	\$ _____
TOTAL PAYMENT	(Please make check payable to Hawaii Senior Olympics)	\$ _____

Mail Check and Entry Form to: Hawaii Senior Olympics, 1493 Halekoa Drive, Honolulu, HI 96821

TEAM SPORT:

BASKETBALL Saturday, Nov 15, 9 am – 3-ON-3 Half Court, Manoa District Park.

SOFTBALL Oct 25-26; Central Oahu Regional Park.

Enter Team Name (either sport) _____ Captain _____

EACH TEAM MEMBER must fill out and sign one copy of SIDE ONE of this form (you may make as many copies of this form as you require). ALL TEAM MEMBERS must fill out entry form; fee is \$25 per person, regardless of number of team members.

INDIVIDUAL SPORTS: Check sport you plan to enter and submit payment — \$25 per sport, plus \$15 for each additional sport. You may enter up to five events within a sport at no additional cost. Please sign the waiver form on the reverse side.

ARCHERY Saturday, Nov 15, 9 am to noon – Kapiolani Park, (8 am check-in)

GOLF Monday, Nov 17 – Barbers Point Golf Course (noon scheduled start, 11:30 am check-in; putting contest before and after.) (\$70 total fee – includes registration, golf fees, shirt, snack – payable with this form.)

SWIMMING Tuesday, Nov 11 -- Central Oahu Regional Park Pool, (10 am warm-up, 10:30 am meet begins; heated pool and showers; open to Masters; short course event, USMS Recognized.)

◆ Backstroke _____50; _____100; _____200	◆ Individual Medley _____100; _____200
◆ Breaststroke _____50; _____100; _____200	◆ Butterfly _____50; _____100
◆ Freestyle _____50; _____100; _____200; _____500	(✓ check all you plan to enter)

TEN K Sunday, Nov 16 – Kapiolani Park 5k/10k Fun Run/Walk (7 am check-in) Use this entry form, or register on-line at Active.com. E-mail for more information – zeug@hawaii.rr.com

TRACK & FIELD Nov 1, 3 pm, UH (running and jumping events); Nov 2, noon, UH (throwing events)

_____100 _____200 _____400 _____800 _____1500 _____3000 _____High Jump _____Long Jump

_____Triple Jump _____Pole Vault _____1500 Racewalk/Powerwalk _____Short hurdles

_____Discus _____Javelin _____Shot Put _____Hammerthrow (✓ check all you plan to enter)

TRIATHLON Nov 2, 6:15 am, Marine Corps Base Hawaii – Kaneohe. Cost is \$50 for civilians, and includes fun, food, t-shirts, and medals. Do not use this entry form for the triathlon. All senior participants (age 50 and above) who finish first, second or third in their age bracket will qualify for the National Senior Games in August 2009. For information and on-line registration, go to www.MCCSHawaii.com/cgfit.htm, or look for flyers at any running store. Or call 254-7590.

PARTNER SPORTS: CHECK SPORT AND FILL OUT PARTNER'S NAME(S) IF APPLICABLE. You may enter singles, doubles and mixed doubles at no additional cost. All events open to pre-seniors (40+).

BADMINTON Saturday, Oct 11, 9 am to noon, Hilo Armory (singles, doubles, mixed doubles)

BOWLING Saturday, Nov 15, Hickam AFB Lanes (9 am check-in) (Pay lane fees at bowling center.)

HORSESHOES Saturday, Nov 8 – Barbers Point – (9 am check-in)

TABLE TENNIS Saturday, Nov 15, Manoa District Park Multi-Purpose Room (1 pm check-in; Singles, doubles and mixed doubles)

TENNIS Dec 6 & 7, 13 & 14; Singles, Doubles and Mixed Doubles, Kailua Racquet Club. **Entry Deadline is Nov 22** – no exceptions.

_____SINGLES _____DOUBLES ◆ Partner _____age_____

_____MIXED DOUBLES ◆ Partner _____age_____

(Doubles entries not accepted without partner name and age. PARTNER MUST SUBMIT SEPARATE ENTRY FORM & FEE.)