

# 2022 Quad Cities Senior Olympics

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

Entry Fee \$30.00 T-Shirt \$15.00 (Size \_\_\_\_ (Order by 5-27-22) Closing Ceremony Picnic \$15.00 \_\_\_\_

Day of event entry fee is \$35.00 (3 Medals max, Extra Medals at \$5.00 EACH)

Make Checks out to Quad Cities Senior Olympics mail to:

Quad Cities Senior Olympics PO Box 1687, Davenport, IA 52809

## Waiver Statement: (must be signed by all participants)

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS EVENT AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I have been advised that I should seek advice from my physician before undertaking this physical exercise. I have either visited with my physician and received doctor's advice and consent to my exercise program or have waived such advice and consent of my doctor, and except any and all risks.

I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON ANY OF THE PREMISES OF THIS EVENT, AND I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST THIS EVENT AND ANY AFFILIATED INDIVIDUALS OR ENTITIES ASSOCIATED WITH THIS EVENT (THE RELEASEES) FROM ANY LOSS, LIABILITY OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASEES, COVID 19 or RELATED DISEASES, OR OTHERWISE.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Circle all events you plan to enter

### **Saturday-Sunday, May 21-22, 2022**

Pickleball Mixed Double

Partner \_\_\_\_\_

Pickleball Doubles

Partner \_\_\_\_\_

Pickleball Singles

Pickleball Skill level \_\_\_\_\_

### **Monday, May 30, 2022**

5k Fleet Feet Running Festival

### **Wednesday, June 1, 2022**

Bean Bag Toss Singles

Bean Bag Toss Doubles

Partner \_\_\_\_\_

Bean Bag Toss Mixed Doubles

Partner \_\_\_\_\_

Bocce Ball

10K Cycling Time Trial

### **Wednesday, June 1, 2022**

Shuffleboard Singles Shuffleboard Doubles

Partner \_\_\_\_\_

Shuffleboard Mixed Doubles

Partner \_\_\_\_\_

Tennis Singles

Tennis Double Partner \_\_\_\_\_

Mixed Doubles Partner \_\_\_\_\_

Table Tennis Singles Table Tennis Doubles

Partner \_\_\_\_\_

### **Arts and Crafts (Entries due at CASI May 6<sup>th</sup>)**

Ceramics Polymers Wood Carving

Mixed Media Metal Beading/Jewelry

Sculpture Charcoal Pen & Ink

Pencil/Colored Pencil Cross Stitch

Crochet Embroidery Needlework

Knitting Counted Cross Stitch

Photography Color Black & White

Painting, Water Color, Acrylics, Oil, Pastels

**Circle all events you plan to enter**

**Wednesday, June 1, 2022**

**Literary Arts** (see website for rules)

Fiction                      Non-fiction  
Poetry - Free Verse    Poetry – Rhyming  
(Electronic File Entries due by May 6<sup>th</sup> )

**Thursday, June 2, 2022**

Golf (Indian Bluff or Emeis)

15.25 mile Cycling

**Performing Arts**

Drama - Solo                Drama – Group  
Vocal – Solo                Vocal Group  
Dance – Solo                Dance – Group  
Instrumental – Solo    Instrumental - Group

**Friday, June 3, 2022**

Basketball Free Throws  
Basketball Around the World  
Basketball 3 Point Contest

Billiards            (\$3.00 site fee)

Bowling            (Site fee \$6.75)

Timothy Terronez Bench Press

Pull Ups

Push Ups

Badminton Singles    Badminton Doubles

Partner\_\_\_\_\_

**Saturday, June 4, 2022**

**Track & Field**

3,000 Meters  
1500 Meters  
50 Meters  
400 Meters  
100 Meters  
800 Meters  
200 Meters

Standing Long Jump

Long Jump

Softball Throw

Football Throw

Triple Jump

High Jump

Pole Vault

Javelin

Shot

Discus

Weight Throw

Horseshoes

Horseshoe Doubles

Partner\_\_\_\_\_

**Saturday, June 4, 2022 (At Davenport North Y)**

**Swimming (limited to 4 events)**

100 Fly

200 Free

50 Breast

50 Free

100 Back

100 IM

100 Free

50 Back

100 Breast

50 Fly

500 Free

**Visit us on line: Quad Cities Senior Olympics for more information about the 31<sup>st</sup> annual 2022 games**