

32nd Annual Quad Cities Senior Olympics

All registrations are \$35.00 and include a QC Senior Olympics t-shirt plus opening and closing ceremonies

First entry is \$35.00 Each additional entry is \$15 (only one t-shirt)

5K Road Race (QC Running Festival \$35.00)

Pickleball \$35.00 **Cycling Events** \$35.00 **Track & Field** \$35.00 **Swimming** \$35.00

Low impact events \$35.00 (Arts & Crafts, Literary Arts, Performing Arts, Bocce Ball, Bean Bag, Shuffleboard, Spelling Bee, Horse Shoes, Billiards, Euchre)

Higher impact events \$35.00

(Basketball Free Throws, Basketball Around the World, Basketball 3 Point, Bench Press, Push Ups, Pull Ups, Golf)

Monday, May 29, 2022

7:00 a.m. 5K Road Race Quad Cities Running Festival, Bett Plex, Bettendorf, IA

Monday, June 5, 2023

10:00 a.m. Bean Bag Toss CASI, 1035 W Kimberly Road, Davenport, IA
1:00 p.m. Shuffleboard CASI, 1035 W Kimberly Road, Davenport, IA
5:00 p.m. Opening Ceremonies Presented by United Health Care at CASI
Arts and Crafts CASI, Davenport, IA (Entries due May 5 at CASI)
Literary Arts CASI, Davenport, IA (Electronic entries due May 5)

Tuesday, June 6, 2023

8:00 a.m. Bocce Ball Red Hawk Golf Course, 6364 Northwest Blvd, Davenport, IA
5:00 p.m. Spelling Bee Ridgecrest Village, 4130 Northwest Blvd, Davenport, IA
6:00 p.m. 10K Cycling Time Trial Preemption, IL (15 ½ miles south of Augustana on US 67)
6:00 p.m. 2 Mile Run Time Trial Preemption, IL (15 ½ miles south of Augustana on US 67)

Wednesday, June 7, 2023

No events scheduled

Thursday, June 8, 2023

7:30 a.m. Golf Emeis Golf Course, 4500 W Central Park Ave, Davenport, IA
9:00 a.m. Golf Indian Bluff Golf Course, 6200 78th Ave, Milan, IL
6:00 p.m. Performing Arts Ridgecrest Village, 4130 Northwest Blvd, Davenport, IA
6:00 p.m. 15 Mile Cycling Road Race* Adventure Quest, 3501 207th St. North, Port Byron, IL
(2 x 7.5 mile loop)

Friday, June 9, 2023

8:00 a.m. Pickleball Riverside Park, 3300 5th Avenue, Moline, IL
12:00 p.m. Billiards CASI, 1035 W Kimberly Road, Davenport, IA
5:00 p.m. Euchre Tournament Ridgecrest Village, 4130 Northwest Blvd, Davenport, IA

Saturday, June 10, 2023**Head Quarters Augustana Ken Anderson Club**

10:00 a.m.	Horseshoes	Riverside Park, 3300 - 5th Avenue, Moline, IL
8:00 a.m.	3,000 Meters	Augustana Paul V. Olsen Track, 3500 5 th Avenue, Rock Island, IL
9:00 a.m.	Standing Long Jump	Augustana Paul V. Olsen Track
9:00 a.m.	Softball Throw	Augustana Paul V. Olsen Track
10:00 a.m.	Football Distance Throw	Augustana Paul V. Olsen Track
10:00 a.m.	Long Jump	Augustana Paul V. Olsen Track
11:00 a.m.	High Jump	Augustana Paul V. Olsen Track
Follows LJ	Triple Jump	Augustana Paul V. Olsen Track
12:00 p.m.	Pole Vault	Augustana Paul V. Olsen Track
11:00 a.m.	1500 Meters	Augustana Paul V. Olsen Track
11:30 a.m.	50 Meters	Augustana Paul V. Olsen Track
12:00 p.m.	400 Meters	Augustana Paul V. Olsen Track
12:15 p.m.	100 Meters	Augustana Paul V. Olsen Track
12:45 p.m.	800 Meters	Augustana Paul V. Olsen Track
1:00 p.m.	200 Meters	Augustana Paul V. Olsen Track
12:00 p.m.	Basketball Free Throws	Augustana Roy J. Carver PE Center
	Basketball Around the World	Carver (Follows completion of Free Throws)
	Basketball 3 Point Contest	Carver (Follows completion of Around the World)
2:00 p.m.	Push Ups	Augustana Roy J. Carver PE Center Gary Fairchild Weight Room
2:00 p.m.	Pull Ups	Augustana Roy J. Carver PE Center Gary Fairchild Weight Room
2:00 p.m.	Tim Terronez Bench Press	Augustana Roy J. Carver PE Center Gary Fairchild Weight Room
2:00 p.m.	Javelin	Augustana West Fields
2:00 p.m.	Shot	Augustana West Fields
2:00 p.m.	Discus	Augustana West Fields
2:00 p.m.	Weight Throw	Augustana West Fields
9:00 a.m.	Swimming	Augustana Lund Center Swimming Pool

Warm ups begin at 8:00 a.m. (Limit 4 events) Competition begins at 9:00 a.m.

No walk on registration unless there is an open lane.

Order of events:

100 fly, 200 free, 50 breast, 50 free, 100 back, 100 IM, 100 free, 50 back, 100 breast, 50 fly, 500 free

4:00 p.m. Picnic & Closing Ceremonies at the Ken Anderson Center Patio