

# 33<sup>rd</sup> Annual Quad Cities Senior Olympics

All registrations include a QC Senior Olympics t-shirt plus the opening and closing ceremonies picnic

**QC Senior Olympics Pickleball** \$35.00

**QC Senior Olympics Cycling Events** \$35.00

**QC Senior Olympics Track & Field** \$35.00

**QC Senior Olympics Swimming** \$35.00

**QC Senior Olympics \$35** (Arts & Crafts, Basketball Free Throws, Basketball Around the World, Basketball 3 Point, Bean Bag, Bench Press, Billiards, Bocce Ball, Euchre, Golf, Horse Shoes, Literary Arts, Performing Arts, Push Ups, Pull Ups, Shuffleboard, Spelling Bee)

## Monday, May 27, 2024

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

## Tuesday, May 28, 2024

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 CASI, Davenport, IA (Light snacks provided)  
Arts and Crafts CASI, Davenport, IA (Entries due May 5 at CASI)  
Literary Arts CASI, Davenport, IA (Electronic entries due May 5)

## Wednesday, May 29, 2024

8:00 a.m. Bocce Ball Red Hawk Golf Course, 6364 Northwest Blvd, Davenport, IA  
6:00 p.m. Spelling Bee Ridgecrest Village, 4130 Northwest Blvd, Davenport, IA

## Thursday, May 30, 2024

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 78<sup>th</sup> Ave, Milan, IL  
6:00 p.m. Performing Arts 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)  
10 Mile Cycling Time Trial Preemption, IL (15 ½ miles south of Augustana on US 67)

## Friday, May 31, 2024

8:00 a.m. Pickleball Lincoln Park, 38<sup>th</sup> Street and 12<sup>th</sup> Ave, Rock Island, IL  
12:00 p.m. Billiards CASI, 1035 W Kimberly Road, Davenport, IA  
6:00 p.m. Euchre Tournament Ridgecrest Village, 4130 Northwest Blvd, Davenport, IA  
6:00 p.m. 15 Mile Cycling Road Race Adventure Quest, 3501 207<sup>th</sup> St. North, Port Byron, IL  
(2 x 7.5 mile loop)

**Saturday, June 1, 2024****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 <sup>th</sup> 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
Follows Standing LJ	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
10:45 a.m.	Medley Relay (100-100-200-400)	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
11:45 a.m.	400 Meters	Augustana Paul V. Olsen Track
12:00 p.m.	100 Meters	Augustana Paul V. Olsen Track
12:30 p.m.	Medley Relay (50-50-100-200)	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
1:15 p.m.	Medley Relay (200-200-400-800)	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
2:00 p.m.	Hammer 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