



GNOSO

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GNOSO Diamond-Level Sponsor

2018

GREATER NEW ORLEANS DISTRICT
SENIOR OLYMPIC GAMES

February 16 – April 19

Individual Entry Form

Register online at www.gnoso.net

2018 Requested Entry Deadline: February 9, 2018 (To Guarantee T-Shirt Size)

LATE ENTRIES ACCEPTED

Mission: Our Mission is to provide Seniors over the age of 50, quality venues to participate in a variety of athletic, recreational and social activities, all of which promote wellness and an active lifestyle.

Life Begins at 50!





GREATER NEW ORLEANS DISTRICT

SENIOR OLYMPIC GAMES

Program Director: Janey (504) 296-8200 jperez.gnoso@gmail.com
Treasurer: Bernice (504) 834-5279 Bernicebordelon1@aol.com

GNO Senior Olympics
P.O. Box 6255
Metairie, LA 70009-6255
GNOSO Website: www.gnoso.net

GENERAL ENTRY INFORMATION

DATES:

Friday, February 16, - Thursday, April 19, 2018

REGISTRATION: Register online, or return the attached entry form, fees and signed liability waiver by suggested entry deadline, **February 9, 2018.**

LATE ENTRIES ACCEPTED

FEES:

Entry Fee (for three [3] sports)* \$ 25.00

Each additional sport \$ 3.00

*Official t-shirt and banquet are included.

ADDITIONAL fees are REQUIRED if you sign up for the following sports:

Bocce \$ 5.00

Bowling (per day) \$ 8.00

Miniature Golf \$ 6.00

Swimming \$ 5.00

Additional banquet guests: Each \$ 10.00

5K Run & Race Walk \$ 15.00

(Mississippi Bridge Run)

ELIGIBILITY: Any person 50 years or older as of **December 31, 2018** is eligible to participate. Athletes 40 and over may sign up for Track & Field, Basketball and Softball events.

AGE GROUPS: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age groups are determined by age as of December 31, 2018. Age divisions for doubles/teams determined by youngest partner/member.

EVENT SELECTION: It is the responsibility of the participants to carefully select their events, considering possible overlap. Event start times will be strictly enforced. Absentees will be scratched.

CANCELLATIONS / POSTPONEMENTS:

Game officials reserve the right to cancel or postpone events due to inclement weather, unusual circumstances or insufficient entries. All changes in the scheduled events will be posted to www.gnoso.net

ENTRY DEADLINE: February 9, 2018 (unless indicated in special instructions section of event schedule).

No refunds given after February 9, 2018.

AWARDS: Medals will be presented to first through third place individual winners in-district and actual order for out-of-district participants.

TEAMS AND DOUBLES: Each member must submit an individual signed application, release and entry fee.

Team captains must submit a team roster for the team to be eligible for team competition.

PARTNER FIND

Are you looking for a partner in a sport that is doubles or four to a team? In most cases, the venue coordinator will make every effort to find you a partner. You may contact the coordinator before the event (*all coordinators and their phone numbers are listed in this packet*); however, this is not necessary. Every effort will be made to place you with someone.

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS.

GUESTS: Family and friends are welcome and encouraged to attend all events free of charge.

EVENT ADDRESS

EVENT SITE	ADDRESS	CITY, ZIP
Abita Town Hall	22161 Level St.	Abita Springs 70420
Belle Terre Playground	5600 Belle Terre Rd.	Marrero, 70072
Bridge City Playground	400 11 th St.	Bridge City, 70094
Capitano's Tennis & Athletic Club	5524 Yale St.	Metairie, 70003
City Putt @ City Park	8 Victory Dr.	N. O. 70124
Colonial Lanes	6601 Jefferson Hwy.	Harahan, 70123
Corner Pocket	2424 Williams Blvd.	Kenner, 70062
Coquille Park	13505 LA-1085	Covington, 70433
Four Columns	3711 Westbank Expy.	Harvey, 70058
Cycling	I-55 Ruddock Exit (Hwy. 51)	
Italian American Bocce Club	2340 Severn Ave.	Metairie, 70001
Jefferson Gym & Golden Age Center	4100 South Dr.	Jefferson, 70121
Joe W. Brown Memorial Park	5601 Read Blvd.	N.O. 70127
JPRD MikeMiley Stadium	6716 W. Metairie Ave.	Metairie, 70003
LaSalle Park	6600 Airline Dr.	Metairie, 70003
Little Farms Playground	10301 South Park St.	River Ridge, 70123
Metairie Golden Age Center	1521 Palm St.	Metairie, 70005
Mike Miley Playground	6716 West Metairie Ave.	Metairie, 70003
Pelican Park	63350 Pelican Blvd.	Mandeville, 70448
Pontiff Playground	1521 Palm St.	Metairie, 70005
St. Bernard Indoor Shooting Center	212 Aycock St.	Arabi, 70032
University of N. O. Aquatic Center	6801 Franklin Ave.	N. O. 70148
Val Reiss Multi Purpose Center	899 Magistrate St.	Chalmette, 70043
Waggaman Gym & Horseshoe Pits	516 Dandelion Dr.	Waggaman, 70094
West Bank Bridge Park (Mississippi Bridge Run)	Under I-310 Bridge	Luling, 70070

Register online at www.gnoso.net

Please check the website for any changes
and start times for your age group

**YOU ARE TO SHOW UP AT YOUR EVENT
UNLESS NOTIFIED BY GAME COORDINATORS.
YOU WILL NOT RECEIVE CONFIRMATION**

INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM

RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES

Mail to: Greater New Orleans Senior Olympics, P.O. Box 6255 Metairie, LA 70009-6255

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Parish:** _____ **Home Phone:** _____ **Cell Phone:** _____

Email: _____

[] **Male** [] **Female** **Age as of** 12/31/18 **Date of Birth:** _____ / _____ / _____

PARTICIPANT WAIVER SIGN BELOW

In consideration of being allowed to participate in any way in the Greater New Orleans District Senior Olympic Games program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist.
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.
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my/or heirs, assigns, personal representatives and next of kin, HEREBY RELEASE the Greater New Orleans Senior Olympics, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), with RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. INDEMNIFY AND HOLD HARMLESS all of the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I, the undersigned participant, grant to the Greater New Orleans Senior Olympics the right to use any pictures taken of me during the Greater New Orleans Senior Olympics without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or any purpose whatsoever.

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 FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PRINT NAME:	
SIGNATURE:	DATE:

2018 ENTRY FEE SCHEDULE

RETURN THIS PAGE with CHECK or MONEY ORDER with fees to:

Greater New Orleans Senior Olympics, P.O. Box 6255 Metairie, LA 70009-6255

REGISTER ONLINE at WWW.GNOSO.NET

Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports):	\$25.00	\$ 25.00
\$3 for each additional sport:	____ x \$3.00	\$ _____
Sports Requiring an Additional Fee over the Entry Fee:		
Bocce Fee: _____	\$ 5.00	\$ _____
Bowling Fee: (Singles, Doubles or Mixed Doubles) _____ each	\$ 8.00	\$ _____
Miniature Golf: _____	\$ 6.00	\$ _____
Swimming _____	\$ 5.00	\$ _____
*5-K Run & Race Walk (NORSI Event, SEE *Note below)	\$ 15.00	\$ _____
<u>I WILL ATTEND THE BANQUET:</u> [] YES [] NO		N/C
Participants must check in at the door...		
I will bring _____ guest(s) @ \$10.00 each PAYABLE AT DOOR ONLY		
To Help Support GNOSO, I have enclosed a donation of _____ \$ _____		
(All donations are tax deductible)...Thank You!!		
TOTAL AMOUNT ENCLOSED _____ \$ _____		
Make Checks Payable to: GNOSO		
Check shirt size preference []S []M []L []XL []2XL []3XL <i>(Size not guaranteed after 2/9/18)</i>		
<i>YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS</i>		

***United Way Mississippi River Bridge 5K Run/Walk:**

GNOSO will enter you in the NORSI Event. Get both shirts on the day of the race.

NOTE:

This is the largest run/walk among the numerous races held on bridges across the Mississippi River in the nation.

REGISTER ONLINE at WWW.GNOSO.NET

Mail Entry Form and Fees to:
 GNO Senior Olympics
 P.O. Box 6255
 Metairie, LA 70009-6255
 (Include pages 5, 6, 7 and 8.)
 Team Captains, call Janey for team roster.
 504 296-8200

REGISTER ONLINE at WWW.GNOSO.NET

2018 INDIVIDUAL SPORTS

5K Run **5K Race Walk** United Way
Mississippi River Bridge Run by NORSI–
NOTE: If you Register for this event through GNOSO you will save \$10.00 on the entry fee and get both the NORSI race T-Shirt and the GNOSO T-Shirt with admittance to the GNOSO Banquet that includes food and entertainment. For more information see page 11.

ARCHERY Barebow
 Compound Barebow Recurve Barebow
 Compound Fingers Compound Release

ARTS & CRAFTS – Circle Categories
Needlework, Ceramics, Woodworking,
Photography, Painting, Beading/Jewelry

BASKETBALL 3 ON 3

BOWLING Singles
 Mixed Doubles (Partner _____)
 Doubles (Partner _____)

BRIDGE (card game)

CABBAGE BALL (Co-Ed) **You will be placed on team**

CYCLING **5K** **10K**

DARTS

HORSESHOES

MINIATURE GOLF

PICKLEBALL
 Doubles (Partner _____)
 Mixed Doubles (Partner _____)

SHOOTING Rifle Pistol

SHUFFLEBOARD Singles
 Doubles (Partner _____)

(Return this page with your entry.)

SWIMMING **Women** **Men**
(Events listed in order as they will occur on day of Event.)
Limit 6 events.

Event	Seed Time
<input type="checkbox"/> 100y Butterfly	_____
<input type="checkbox"/> 50y Freestyle	_____
<input type="checkbox"/> 100y Breaststroke	_____
<input type="checkbox"/> 200y Backstroke	_____
<input type="checkbox"/> 200y Freestyle	_____
<input type="checkbox"/> 50y Butterfly	_____
<input type="checkbox"/> 50y Breaststroke	_____
<input type="checkbox"/> 200y Individual Medley	_____
<input type="checkbox"/> 100y Backstroke	_____
<input type="checkbox"/> 100y Freestyle	_____
<input type="checkbox"/> 100y Individual Medley	_____
<input type="checkbox"/> 50y Backstroke	_____
<input type="checkbox"/> 200y Breaststroke	_____
<input type="checkbox"/> 500y Freestyle	_____

TRACK & FIELD EVENTS

Track Events	Field Events
<input type="checkbox"/> 50m Dash	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 800m Race Walk	<input type="checkbox"/> Triple Jump
<input type="checkbox"/> 100m Dash	<input type="checkbox"/> High Jump
<input type="checkbox"/> 800m Run	<input type="checkbox"/> Javelin
<input type="checkbox"/> 200m Dash	<input type="checkbox"/> Discus
<input type="checkbox"/> 1500m Race Walk	<input type="checkbox"/> Shot Put
<input type="checkbox"/> 400m Dash	
<input type="checkbox"/> 1500m Run	

TABLE TENNIS Singles
 Doubles (Partner _____)
 Mixed (Partner _____)

TEXAS HOLD EM

THE THROWS
 Football Accuracy Softball Accuracy
 Frisbee Accuracy Softball Distance
 Basketball Free Throw

WASHER PITCH

WEIGHTLIFTING
 Bench Press Dead Lift Arm Curl

The \$25.00 registration fee entitles you to 3 sports.
A sport is defined as anything in a gray box on this page.
For example, track & field, you can do any number of events...but it is still 1 sport. Any team event is 1 sport.
ANYTHING OVER 3 SPORTS IS \$3.00 EACH.

REGISTER ONLINE at WWW.GNOSO.NET

2018 TEAM EVENTS FOR INDIVIDUALS

EACH COACH OR CAPTAIN MUST CALL JANEY 504 296-8200 FOR TEAM ROSTER.
ROSTER MUST BE RETURNED 10 DAYS PRIOR TO YOUR EVENT TO PARTICIPATE.
INDIVIDUAL PLAYERS COMPLETE THIS FORM TO INDICATE
THE TEAM YOU ARE PLAYING WITH.

Basketball 3 on 3 **Ladies** **Men** **Age Group** _____

Team Name _____

Captain's Name _____ Phone: () _____

Bean Bag Baseball **Northshore** _____ **Southshore** _____ **Both** _____

Team Name _____

Captain's Name: _____ Phone: () _____

If you would like to come join the fun at Bean Bag Baseball, but don't have a team...call Bernice and she will see that you are on a team and can join in the fun and excitement. We guarantee experience is NOT required, and a good time will be had by all!!! **BERNICE (504) 834-5279**

Bocce Ball – 4-Player Team

Team Name _____

Captain's Name _____ Phone: () _____

Player 1: _____ **Player 2:** _____

Player 3: _____ **Player 4:** _____

Volleyball **M or F** **Mixed (If time allows)** **Age Group** _____

Team Name _____

Captain's Name _____ Phone: () _____

Team Dance: **Recreational** **Advanced** **Line Dance** **Age Group determined by team average**

Team Name _____

Captain's Name _____ Phone: () _____

REGISTER ONLINE at
WWW.GNOSO.NET

Event	Check-in	Start	Date/ Site	Special Instructions
ARCHERY			April 14, Saturday	
	8:30AM	9:00AM	BRIDGE CITY PLAYGROUND Claude Matherne	(504) 467-8140
ARTS & CRAFTS			February 18, Sunday	
	1:00PM	1:30PM	PONTIFF PLAYGROUND Mattie Whitney	(504) 436-7340
NOTE: ARTICLE SHOULD HAVE BEEN COMPLETED WITHIN THE YEAR...ONE ENTRY PER CATEGORY (3 Painting Limit)				
BASKETBALL			February 17, Saturday	
			LITTLE FARMS PLAYGROUND	
LADIES	8:30AM	9:00AM	Ann Hassenboehler	(504) 828-9766
MEN	1:00PM	1:30PM	Jim Young	(504) 430-3284
BEAN BAG BASEBALL			March 7, Wednesday	April 4, Wednesday
			SOUTHSHORE	NORTHSHORE
	8:30AM	9:00AM	VAL REISS MULTIPURPOSE CENTER Susan McNeil (504) 278-7335	ABITA TOWN HALL Janey (504) 296-8200 Bernice (504) 834-5279
BILLIARDS			March 6, Tuesday	
	10:00AM	10:30AM	CORNER POCKET Sonya Belgard	(504) 450-9506
BOCCE			March 3, Saturday	\$5.00
	8:00AM	9:00AM	ITALIAN AMERICAN BOCCE CLUB Howard Davenport/Janey Perez	(504) 885-0635 / (504) 296-8200
BOWLING SINGLES			February 20, Tuesday	\$8.00 2/15 Deadline
	12:30PM	1:00PM	COLONIAL LANES Nova Dee Carbo & Joyce Plaisance	(504) Dee 452-9623/Joyce 341-6439
BOWLING MIXED DOUBLES			February 28, Wednesday	\$8.00 2/ 23 Deadline
	12:30PM	1:00PM	COLONIAL LANES Nova Dee Carbo & Joyce Plaisance	(504) Dee 452-9623/Joyce 341-6439
BOWLING DOUBLES			March 1, Thursday	\$8.00 2/24 Deadline
	12:30PM	1:00PM	COLONIAL LANES Nova Dee Carbo & Joyce Plaisance	(504) Dee 452-9623/Joyce 341-6439
BRIDGE			March 1, Thursday	
	9:00AM	9:30AM	METAIRIE GOLDEN AGE CENTER Carolyn Abadie/Lynne Peterson	Carolyn 885-5193/Lynne 837-4532
CO-ED CABBAGE BALL			March 4, Sunday	
FRED EITMANN MEMORIAL EVENT	10:00AM	10:30AM	JPRD MIKE MILEY STADIUM Tammy Eitmann Yrle	(504) 484-7019
CYCLING 5K & 10K			March 17, Saturday	
(Time trials)	7:30AM	8:00AM	I-55 RUDDOCK EXIT (HWY 51) Robin Robert	(504) 908-8771
DANCE (TEAM DANCE)			April 8, Sunday	
	1:00PM	1:30PM	PONTIFF PLAYGROUND Starrlynn Morgan	(504) 494-5470

Event	Check-in	Start	Date/ Site	Special Instructions
DARTS				
March 14, Wednesday				
BELLE TERRE PLAYGROUND				
MEN	8:30 AM	9:00AM		
LADIES	10:00AM	10:30AM	Neil Whitney	(504) 201-2019
HORSESHOES				
April 7, Saturday				
WAGGAMAN HORSESHOE PITS				
75+ 80+ 85+ 90+	9:00AM	9:30AM		
50+ 55+60+ 65+70	12:30PM	1:00PM	Landry & Jenny Camardelle	(504) 431-9092
MINIATURE GOLF				
March 22, Thursday				
\$6.00				
CITY PUTT @ CITY PARK				
	10:00AM	10:30AM	Howard Davenport	(504) 885-0635
PICKLEBALL				
March 17, Saturday				
March 18, Sunday				
Register by March 10				
PELICAN PARK				
3/17 Doubles	8:30AM	9:00AM	Linda Neill &	Linda 616-6771
3/18 Mixed Doubles	8:30AM	9:00AM	Carol Bradford	Carol 577-0321
SHOOTING				
February 20, Tuesday				
DEADLINE 2/15				
Rifle-.22 caliber bolt action				
Pistol.22 caliber handgun	8:30AM	9:00AM	Bill Connick &	(504) 888-7044
Revolver or semi automatic pistol			Skip Blanchard	(504) 887-5842
SHUFFLEBOARD SINGLES				
February 21, Wednesday				
BELLE TERRE PLAYGROUND				
ALL	8:30AM	9:00AM	Neil Whitney &	(504) 201-2019
			Janey Perez	(504) 296-8200
SHUFFLEBOARD DOUBLES				
February 22, Thursday				
BELLE TERRE PLAYGROUND				
55+ 65+ 75+ 85+ 90+	8:30AM	9:00AM	Neil Whitney &	(504)201-2019
50+ 60+ 70+ 80+	1:00PM	1:30PM	Janey Perez	(504) 296-8200
SOFTBALL				
March 24, Saturday				
LASALLE PARK				
	9:30AM	10:00AM	Henry Francalancia	(504) 401-3688
SWIMMING				
March 4, Sunday				
\$5.00				
DICK BOWER MEMORIAL SWIM MEET				
	9:00AM	10:00AM	Ellen Hall	(504) 737-4262
TABLE TENNIS				
February 16, Friday				
BRIDGE CITY PLAYGROUND				
	8:30AM	9:00AM	Janey Perez	(504) 296-8200
TEXAS HOLD 'EM				
March 23, Friday				
JEFFERSON GOLDEN AGE CENTER				
	5:30PM	6:30PM	Danny Cooper &	(504) 554-6031
			Janey Perez	(504) 296-8200
THROWS				
April 5, Friday				
BELLE TERRE PLAYGROUND				
MEN	9:00AM	9:30AM	Thais Lacrouts &	(504) 835-1562
LADIES	12:30PM	1:00PM	Lucille Walker	(504) 838-9385

Event	Check-in	Start	Date/ Site	Special Instructions
TRACK & FIELD			April 15, Sunday	RAIN DATE APRIL 22
BILL KLOCK MEMORIAL TRACK MEET			JOE BROWN MEMORIAL PARK	40+ YEAR OLDS MAY PARTICIPATE
Track Events	8:00AM	9:00AM		
Field Events	8:00AM	9:00AM	Paul Bowman	(504) 458-6766
Same day registration accepted...T shirt not guaranteed You must call Paul Bowman to be put on Heat Sheets no later than Saturday 4/14				
VOLLEYBALL LADIES			March 10, Saturday	
			COQUILLE PARK	
	8:30AM	9:00AM	Janey Perez Mary Zoller	(504) 296-8200 (504) 858-3379
VOLLEYBALL MEN & MIXED			March 10, Saturday	
			COQUILLE PARK	
MEN	8:00AM	8:30AM		
MIXED Follows Ladies	(If time permits)		Janey Perez Mary Zoller	(504) 296-8200 (504) 858-3379
WASHER PITCH			March 13, Tuesday	
			BELLE TERRE PLAYGROUND	
	8:30AM	9:00AM	Joyce Plaisance	(504) 341-6439
WEIGHTLIFTING			February 24, Saturday	
			CAPITANO'S TENNIS & ATHLETIC CLUB	
	10:30AM	11:00AM	Sean Sellers	(504) 717-0146
NORSI 5K RUN & RACE-WALK MISSISSIPPI RIVER BRIDGE RUN			April 14, Saturday	\$15.00
NORSI 5K Run and Race-walk	(United Way Mississippi River Bridge Run a NORSI event)			
Mississippi River Bridge Run			Ellen Hall	(504) 737-4262
(Start at east bank and race to west bank park)	Pick up packet early from 5-7 on Friday at the GNOSO site located at the West Bank Bridge Park.			
NOTE: This GNOSO event is managed by New Orleans Running Systems.	Early pick up recommended to receive the requested shirt size.			
Senior Olympians register with GNOSO and GNOSO will take care of registering you with NORSI to receive both shirts.	Check in on race day with GNOSO rep at the West Bank Bridge Park before 7:00 AM, and ride the bus to the start line..... Race Time 8:30 AM			

THURSDAY APRIL 19, 2018
CELEBRATION OF PARTICIPANTS

THE FOUR COLUMNS
6:00 PM

3711 WESTBANK EXPRESSWAY
HARVEY, LA 70058



Greater New Orleans Senior Olympics
P.O. Box 6255
Metairie, LA 70009-6255

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2018
GREATER NEW ORLEANS DISTRICT
SENIOR OLYMPIC GAMES

NEW ORLEANS, LA.
FEBRUARY 16 - APRIL 19, 2018

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