

# 2018 Quad Cities Senior Olympics (www.qcsogo.org)

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

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

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

**Entry Fee \$25.00 T-Shirt \$10.00 Must be ordered by 6-20-18 Day of event entry fee is \$30.00**

Online entry preferred please. Make Checks out to QCSOGO and mail to:

Quad Cities Senior Olympics 1800 3<sup>rd</sup> Avenue, Suite 304, Rock Island, IL 61201

## 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 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 OR OTHERWISE.

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

### Circle all events you plan to enter

**Saturday, May 26, Archery @ Long Grove, IA**

**Monday, June 25, 2018 @ CASI, Davenport**

Shuffleboard Singles Shuffleboard Doubles

Partner \_\_\_\_\_

Shuffleboard Mixed Doubles

Partner \_\_\_\_\_

**Trivia/Spelling Bee @ 10:00 a.m.**

Senior Star @ Elmore Place/4500 Elmore Ave.

**Tuesday, June 26, 2018**

5K Road Race (run or walk) **(All ages eligible)**

10K Cycling, Hwy 67 & 170<sup>th</sup> Ave. Preemption, IL

**Wednesday, June 27, 2018 Lincoln Park RIland**

Tennis Singles Tennis Doubles

Partner \_\_\_\_\_

Tennis Mixed Doubles

Partner \_\_\_\_\_

**Thursday, June 28, 2018**

Golf (Saukie or Emeis) \_\_\_\_\_

Disc Golf – Longview Park, Rock Island, IL

25K Cycling, Adventure Quest, Port Byron, IL

**Arts and Crafts (Entries due at CASI June 7)**

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

**Circle all events you plan to enter**

**Thursday, June 28, 2018**

**Performing Arts at CASI/Davenport**

Drama - Solo                  Drama – Group  
Vocal – Solo                  Vocal Group  
Dance – Solo                  Dance – Group  
Instrumental – Solo      Instrumental - Group  
Ballroom Dancing Waltz or East Coast Swing

**Literary Arts (due June 1)**

Fiction                          Non-fiction  
Poetry - Free Verse      Poetry – Rhyming

**Friday, June 29, 2018 – Milan Rifle Club, IL**

Bullseye Pistol  
Air Silhouette Pistol

Basketball Free Throws @ PepsiCo, RI  
Basketball Around the World @ PepsiCo  
Basketball 3 Point Contest @ PepsiCo

**Pickleball MXD Friday (Deadline June 15)**

**Partner**\_\_\_\_\_

**Table Tennis Singles    Table Tennis Doubles**

**Partner**\_\_\_\_\_

**Billiards**

Softball Throw  
Football Accuracy Throw  
Disc Golf Accuracy Putting  
Soccer Accuracy  
Softball Accuracy  
Football Distance Throw  
Disc Golf Distance Throw  
Soccer Distance Kick  
Football Punt  
Football Kickoff

Badminton Singles      Badminton Dbls  
**Partner**\_\_\_\_\_

**Saturday, June 30, 2018**

**Track & Field All Comers Meet  
(High School Graduates and older are eligible)**

Javelin  
Shot  
Discus

**Pickleball DBLS/SGLS will follow**

**Partner**\_\_\_\_\_

Weight Throw  
Long Jump  
Standing Long Jump  
High Jump  
Triple Jump  
Pole Vault  
1500 Meters  
50 Meters  
400 Meters  
100 Meters  
800 Meters  
200 Meters  
3,000 Meters

Bowling

Horseshoes @ Riverside Park, Moline, IL  
**Partner**\_\_\_\_\_

**Swimming (limited to 4 events) Augie Pool**

100 Fly	200 Free	50 Breast
50 Free	100 Back	100 IM
100 Free	50 Back	100 Breast
50 Fly	500 Free	

Bench Press @ Carver Center Weight Room

T-Shirt/Size: SM/MED/LG/XL-\$10.00  
XXL and XXXL \$12.00

**Visit us on line: Quad Cities Senior Olympics for more information  
about the 2018 games Online Registration/Payment preferred.**