

2023
Bedford County
Olympics
for the
Young at Heart



For Ages 40 & Older

GENERAL INFORMATION

AGE CATEGORIES

The Bedford County Senior Olympic age categories are as follows:

40-44 45-49 50-54 55-59 60-64
65-69 70-74 75-79 80-84 85-89
90-94 95+

Participants will qualify for age divisions according to their age as of December 31, 2023.

In doubles events, teams will compete in the division determined by the age of the youngest team member.

REGISTRATION

Participants may enter an unlimited number of events. However, one may not register for events that will overlap in time.

Upon receipt of registration, athletes will receive a confirmation letter with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact Cindy Allen at (931) 684-9780 or (931) 224-5865.

RULES & EQUIPMENT

All events will be conducted in accordance with the 2022 Tennessee Senior Olympics Official Rules Manual. The complete manual is available at www.tnseniorolympics.com. A copy of the rules for each event will be available at each event site.

Equipment for each event will be furnished by the Bedford County Senior Olympics unless stated in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

CONTACT INFORMATION

Address:

Bedford County Senior Olympics
P.O. Box 1726
Shelbyville, TN 37162

Phone Number: (931) 684-9780 or
(931)224-5865

Fax Number: (931) 685-0190

Email: cindy.allen@shelbyvilletn.org

EVENT SITES

**H. V. Griffin Park &
Shelbyville Recreation Center**
220 Tulip Tree Dr.
Shelbyville, TN 37160
(931) 684-9780

Lightning Lanes
105 Davis Lane
Shelbyville, TN 37160
(931) 685-1173

Shelbyville Central High School Track
401 Eagle Blvd.
Shelbyville, TN 37160

CHECK-IN FOR EVENTS

Unless notified by mail or phone, check-in for events will be at the starting time listed on the schedule of events. If an athlete is not present at game time, he or she will be scratched even if participating at another Senior Olympic event. Game Time is Forfeit Time.

INCLEMENT WEATHER

The Bedford County Senior Olympics reserve the right to cancel or postpone events in case of inclement weather or extenuating circumstances.

2023 Bedford County Olympics for the Young at Heart Event Schedule

Monday, April 10, 2023	9:00am	Basketball - Free Throw, 3-Point, & Hot Shot Shooting	Shelbyville Rec Center Gym
	1:00pm	Bowling (<i>Singles</i>)	Lightning Lanes
Tuesday, April 11, 2023	10:30am	1 Mile Fun Walk <i>Your mile must be completed between 10:30am and Noon.</i>	Shelbyville Rec Center Indoor Track
	1:00pm	Bowling (<i>Same Sex Doubles</i>)	Lightning Lanes
Wed., April 12, 2023	9:00am	Table Tennis (<i>Singles</i>)	Shelbyville Rec Center
	1:00pm	Chair Volleyball	Shelbyville Rec Center Gym
Thursday, April 13, 2023	10:00am	Shuffleboard (<i>Singles</i>)	H.V. Griffin Park Tennis Court #1 & 2
	1:30pm	Shuffleboard (<i>Doubles - Same Sex or Mixed</i>)	
Friday, April 14, 2023	9:00am	Badminton (<i>Singles</i>)	Shelbyville Rec Center Gym
	1:00pm	Bowling (<i>Mixed Doubles – 1 Male & 1 Female</i>)	Shelbyville Lanes
	5:00pm	Swimming (<i>All Events</i>)	Shelbyville Rec Center Indoor Pool
Saturday, April 15, 2023	9:00am	Corn Hole (<i>Singles</i>)	Shelbyville Rec Center Meeting Room
	2:00pm	Track & Field (<i>All Events</i>) Softball Throw	Shelbyville Central High School Football Field
Tuesday, April 18, 2023	1:00pm	Mini Golf (<i>9 Hole Course</i>)	Shelbyville Rec Center Meeting Room
Thursday, April 20, 2023	1:00pm	Horseshoe Pitching	H.V. Griffin Park Horseshoe Pits
Saturday, April 22, 2023	10:00am	Disc Golf	H.V. Griffin Park Disc Golf Course



2023 Bedford County Olympics for the Young at Heart

The mission of the Bedford County Senior Olympics is to maintain and improve the health and wellness of Bedford County's residents (ages 40 and older), to provide a competitive athletic, recreational, and creative experience for residents (ages 40 and older), and to provide an opportunity for socialization for residents (ages 40 and older) across the county.

NAME: Last _____ First _____ M.I. _____

DATE OF BIRTH _____ 0 FEMALE 0 MALE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

E-MAIL ADDRESS _____

EMERGENCY CONTACT _____ RELATION _____

WORK PHONE _____ HOME PHONE _____

DOCTOR _____ PHONE _____

DO YOU HAVE SPECIFIC HEALTH CONDITIONS OR PROBLEMS THAT WOULD NEED TO BE KNOWN IN CASE YOU NEED EMERGENCY TREATMENT? IF YES, WHAT ARE THEY? _____

ARE YOU INTERESTED IN VOLUNTEERING TO HELP WITH THE GAMES?
___NO ___YES I WOULD PREFER TO VOLUNTEER TO: _____

RELEASE OF ANY AND ALL CLAIMS

As a condition of being allowed to participate in the 2021 Bedford County Olympics for the Young at Heart:

1. Prior to participating in any event, I will inspect the facilities and equipment to be used. If I believe that either the facilities or the equipment is unsafe, I will immediately advise an official of the Games and the Event Director of such condition(s) and refuse to participate.
2. I assume all risk of injury, including but not limited to disability, death, and economic losses which may result not only from my actions or negligence, but also from the actions or negligence of others, the condition of the premises, or the condition of the equipment. I accept personal responsibility for any and all injuries or damages resulting to me.
3. I agree not to sue the Bedford County Senior Olympics, the Shelbyville Parks & Recreation Department, the City of Shelbyville, and/or their respective agents, servants, administrators, directors, employees and volunteers; and I release, waive and discharge them from any and all liability, claims, damages and/or losses caused or alleged to be caused to me, in whole or in part, by the negligence of any party; and to indemnify and hold harmless the Bedford County Senior Olympics, the Shelbyville Parks & Recreation Department, the City of Shelbyville, and/or their respective agents, servants, administrators, directors, employees and volunteers from any and all claims arising from any injury I may suffer.
4. I grant to the Bedford County Senior Olympics and the Shelbyville Parks & Recreation Department permission to take photographs of me, and to use such photographs in any exhibition, advertisement, editorial or in any way whatsoever, in their sole and absolute discretion.
5. I have read the above Liability Waiver and Release of Any and All Claims. I have had an opportunity to ask questions concerning this Waiver and Release. I voluntarily and as my free act and deed, sign this Liability Waiver and Release of Any and All Claims.

Signature: _____ Date: _____

2023 BEDFORD COUNTY OLYMPICS FOR THE YOUNG AT HEART EVENTS

(Please Check the Events You Wish to Participate In)

Basketball		Swimming	
Free Throw Shooting		50 M Freestyle	
3-Point Shooting		100 M Freestyle	
Hot Shot Shooting		50 M Backstroke	
Bowling – Requires a lane fee.		100 M Backstroke	
Singles		50 M Breaststroke	
Doubles		100 M Breaststroke	
Partner -		50 M Butterfly	
Mixed Doubles		Horseshoe Pitching	
Partner -		Table Tennis (Singles Only!)	
Track & Field	Discus	Corn Hole Toss	
	Shotput	Mini Golf	
	Javelin	Badminton (Singles Only!)	
	50 M Dash	Disc Golf	
	100 M Dash	Shuffleboard	Singles
	200 M Dash	Doubles – (Same Sex or Mixed)	
Softball Throw		Partner -	
Chair Volleyball		1 Mile Fitness Walk	
Team Name –			

This form must be completed and postmarked by **April 5, 2023** in order to participate.

Forms may be mailed to:

Bedford County Senior Olympics
P.O. Box 1726
Shelbyville, TN 37162

or returned forms to the Shelbyville Recreation Center.

Please include your partner's name when registering for double's events. Partners must also submit a registration form.



2023 Bedford County Olympics for the Young at Heart T-Shirt Design

Red with Yellow Lettering
S, M, L, XL, 2X, or 3X

Entry and Event Fees

Registration Fee

(postmarked by **March 15, 2023** - \$6.00; after the **15th** - \$8.00)

I am participating in a bowling event.

_____ x \$4.00 = _____

Number of events entered

2023 Bedford County Senior Olympic

T-Shirt (S, M, L, XL - Add \$10.00

2X, 3X – Add \$12.00) _____

Size - _____

Color – **Red with Yellow Lettering**

(To Guarantee Size, T-Shirts must be ordered by March 1, 2023.)

Donation _____

TOTAL AMOUNT ENCLOSED _____

Make Checks Payable to
Bedford County Senior Olympics

Please List Other Events in Which You Are Interested in Participating: _____