

**2024**  
**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, 2024.

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 2023 Tennessee Senior Olympics Official Rules Manual. The complete manual is available at [www.tnseniorolympics.com](http://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](mailto: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.