

Perryville Parks & Recreation



First State Community Bank 19th Annual Southeast Missouri Senior Games August 7—10, 2019

Registration Deadlines: July 15 (Early) & July 29 (Final)

2019 Entry Form

For
Athletes
50+



About the Southeast Missouri Senior Games

The Southeast Missouri Senior Games is an Olympic-style sporting event for men and women age 50 and better. This year's schedule includes more than 50 individual, and partner events. Our longtime success is due to the incredible support we receive from corporate sponsors, community partners, long time participants and dedicated volunteers who share in the excitement and camaraderie that is felt during the Games! Enclosed you will find the Official Entry Form, Team Entry Form and Schedules. The Senior Olympics is a chance for the entire community to come together to celebrate the accomplishments of OUR Seniors! We are looking forward to having you join us this year.

Events

Basketball Around the World	Shuffleboard
Basketball Free Throws	Soccer Kick
Bowling	Softball Accuracy Throw
Disc Golf	Softball Distance Throw
Football Accuracy Throw	Swimming
Football Distance Throw	Table Tennis
Frisbee	Track & Field
Frisbee Golf Accuracy Throw	Walks
Golf	Washers
Pickleball	Weightlifting

Motto:

We commit ourselves to promote healthy lifestyles with enthusiastic sportsmanship and be upstanding role models for future generations.

Registration Deadlines & Fees

Early Registration Deadline—Monday, July 15

Final Registration Deadline—Monday, July 29

Send or deliver entry forms to:

Southeast Missouri Senior Games

Perry Park Center

800 City Park Drive

Perryville, Missouri 63775

Liability Waiver MUST be signed and turned in with the Official Entry Form.

*****NOTE: Some event times have changed. Double check your event times*****

Registration Fees

General Registration

A NON-REFUNDABLE and NON-TRANSFERABLE General Registration Fee must be included with the entry form. Checks should be made payable to “City of Perryville.” The fee is \$30.00 for entries received on or before July 15 and \$40.00 after July 15. Both partners in doubles events must register and pay indicated fees. *Bowling and Golf require an additional facility fee, see below.*

Additional Facility Fees

Bowling

Requires an additional FACILITY FEE of \$2.00 for each game and \$1.00 for Bowling shoes. (Pay fees at Bowling Alley.)

Golf

Requires an additional FACILITY FEE. (Pay fees at Country Club.)

18-Hole—\$30.00 per person (Includes greens fee and cart)

9-Hole— \$20.00 per person (Includes greens fee and cart)

Individuals who want to participate in Golf ONLY, please call for reduced registration fee information.

Important Information

Perry Park Center Office

800 City Park Drive
Perryville, MO 63775

Phone: (573) 547-7275
Fax: (573) 547-4146

Eligibility

Minimum Age Requirements

Participants must turn 50 by August 7, 2019

Age Divisions

Except as noted below, there will be nine age divisions for both men and women in each athletic competition.

50-54	55-59	60-64	65-69	70-74	75-79
80-84	85-89	90+			

Individual Events will be five year divisions when three or more are competing. In events with less than three competitors, divisions may be combined at the discretion of the Event Director, however, each division will be awarded separately. All participants must compete in their own age group except as noted below. At the discretion of the Event Director, other age divisions may be determined.

Double and Partner Events, the age of the younger partner determines the age division.

Goody Bags

Participants may pick up goody bags and t-shirts beginning Tuesday, August 6 from 2:00-9:00pm at the Perry Park Center in Perryville. Participants may also check in at the Information Desk at the Perry Park Center: Wednesday, August 7—Friday, August 9 (8:00am-5:00pm).

Awards

Medals will be awarded to the 1st, 2nd and 3rd place finishers in each age division of each event. Medals will not be mailed.

Weather

Officials reserve the right to delay, postpone or cancel any event due to weather.

Athletes may furnish any personal equipment they need such as bowling balls, ping pong implements and Golfers must provide their own clubs and golf balls. Golf course is only 9 holes, so golfers will play 9 holes twice (18 total).

Official Entry Form

Participant Information

Last Name _____ First Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone # _____ Alt. Phone # _____

Birthdate _____ Age _____ Gender: Male Female

E-mail Address _____

Participant Specifics

I participated in the 2018 Senior Games Yes No

I am a new participant: Yes No

If yes, how did you hear about the Games? _____

T-Shirt Size: Small Medium Large X-Large 2XL 3XL

Registration Fees

Registration Fees

General Registration \$30.00 if registered by Monday, July 15 \$ _____
\$40.00 if registered after Monday, July 15

Banquet Fees (Thursday Evening)

Participant \$8.00 (Fried Chicken Dinner, Music, Cash Bar) \$ _____
Guest \$8.00 \$ _____

Donations \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Payment Information

Checks payable to : City of Perryville

Send to: Perry Park Center, ATTN: Senior Games, 800 City Park Drive, Perryville, MO 63775

Entry Form will not be processed unless the waiver is signed and fees are included.

Medical Health Information Liability Waiver

Medical Health Information

- 1.) Do you: Have trouble hearing? _____ Wear a hearing aid? _____
Have a vision problem? _____
- 2.) Bring a list of any medications you are currently taking with you to the games for emergency. _____
- 3.) Bring a list of any medication you are allergic to in case of emergency. _____
- 4.) Name of Personal Physician: _____
Phone: (_____) _____ - _____

Emergency Contact

Name: _____ Relationship: _____
Phone: (_____) _____ - _____

Name: _____ Relationship: _____
Phone: (_____) _____ - _____

Will they be attending the games with you? _____

Liability Waiver

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages I may have against the Southeast Missouri Games, City of Perryville, Perry Park Center, Perryville Parks and Recreation Department, Perry County School District or Perryville Country Club for any and all injuries suffered by me in said events. I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the Southeast Missouri Senior Games.

The Southeast Missouri Senior Games has my permission to have a physician attend to me if deemed necessary during my participation in the Games. I hereby give the Southeast Missouri Senior Games the absolute right to use any pictures taken of me during the games without remuneration to me.

Signature: _____ Date: _____

Individual Events

Please check the events you wish to compete in and return with Entry Form.

Basketball

- Basketball Around the World—(Fri., Aug. 9, 7:00am)
- Basketball Free Throws—(Fri., Aug. 9, 7:00am)

Bowling

- Bowling Singles—(Wed., Aug. 7, 6:00pm)
- Bowling Doubles—(Wed., Aug. 7, After Singles)

Disc Golf

- Disc Golf 9-Holes—(Fri., Aug. 9, 3:00pm)

Football

- Football Accuracy—(Wed., Aug. 7, 9:30am)
- Football Distance Throw—(Wed., Aug. 7, 5:00pm)

Frisbee

- Frisbee—(Wed., Aug. 7, 3:00pm)

Frisbee Golf Accuracy Throw

- Frisbee Golf Accuracy Throw—(Thur., Aug 8, 3:30pm)

Golf

- Golf 18-Hole—(Thur., Aug. 8, 7:30am)

Pickleball

- Pickleball—(Fri., Aug. 9, 8:00am)
Level of Experience/Categories: Please circle-
Beginner Intermediate Advanced

Partner's Name: _____

Shuffleboard

- Shuffleboard Singles—(Thur., Aug. 8, 1:00pm)
- Shuffleboard Doubles—(Thur., Aug. 8, 8:00am)

Soccer Kick

- Soccer Kick—(Wed., Aug. 7, 2:00pm)

Softball

- Softball Accuracy Throw—(Wed., Aug. 7, 8:30am)
- Softball Distance Throw—(Wed., Aug. 7, 4:00pm)

Table Tennis

- Table Tennis—(Fri., Aug. 9, 1:30pm)

Walks

- 1500 M Race Walk—(Fri., Aug. 9, 7:00am)

Washers

- Washers—(Wed., Aug. 7, 7:30am)

Weightlifting

- Weightlifting Curls - (Wed., Aug. 7, 11:00 am)
- Weightlifting Bench Press—(Wed., Aug. 7, 11:00am)

Individual Events

Swimming– Listed in order of event (Swimmers are limited to 10 events) Friday, August 9 beginning at 9:00am

- | | |
|--|---|
| <input type="checkbox"/> 25 M Freestyle | <input type="checkbox"/> 100 M Freestyle |
| <input type="checkbox"/> 25 M Breaststroke | <input type="checkbox"/> 100 M Breaststroke |
| <input type="checkbox"/> 25 M Backstroke | <input type="checkbox"/> 100 M Backstroke |
| <input type="checkbox"/> 25 M Butterfly | <input type="checkbox"/> 100 M Butterfly |
| <input type="checkbox"/> 50 M Freestyle | <input type="checkbox"/> 100 M Ind. Medley |
| <input type="checkbox"/> 50 M Backstroke | <input type="checkbox"/> 200 M Freestyle |
| <input type="checkbox"/> 50 M Breaststroke | <input type="checkbox"/> 200 Backstroke |
| <input type="checkbox"/> 50 M Butterfly | |

Track and Field Saturday, August 10 beginning at 8:00am

- | | |
|---|---|
| <input type="checkbox"/> Javelin (Men 50-64 & All Women) | <input type="checkbox"/> Running Long Jump (Men 65 +) |
| <input type="checkbox"/> Javelin (Men 65 +) | <input type="checkbox"/> 50 M Dash |
| <input type="checkbox"/> Standing Long Jump (Men 50-64 & All Women) | <input type="checkbox"/> 400 M Dash |
| <input type="checkbox"/> Standing Long Jump (Men 65 +) | <input type="checkbox"/> High Jumps Begin |
| <input type="checkbox"/> 1500 M Run | <input type="checkbox"/> Shot Put (Men 50-64 & All Women) |
| <input type="checkbox"/> 200 M Dash | <input type="checkbox"/> Shot Put (Men 65 +) |
| <input type="checkbox"/> Discuss (Men 50-64 & All Women) | <input type="checkbox"/> 100 M Dash |
| <input type="checkbox"/> Discuss (Men 65 +) | <input type="checkbox"/> 800 M Run |
| <input type="checkbox"/> Running Long Jump (Men 50-64 & All Women) | |

Note to Participants:

Due to the availability of facilities and the number of volunteer staff, some events take place in the same time frame. Out of courtesy to other participants, it may be necessary to choose between two events to participant in. It is not fair or respectful to make other participants wait several minutes or hours to complete an event. Events may be cancelled due to low participation. Thank you for your cooperation.

Track & Field Detailed Schedule

Track Schedule

Track (Sat., Aug. 10)

Time	Event
8:15	1500 Meter Run
8:45	100 Meter Dash
9:15	400 Meter Dash
10:00	50 Meter Dash
10:30	800 Meter Run
11:15	200 Meter Dash

Field Schedule

Field (Sat., Aug. 10)

Time	Event/Gender & Age Group
8:00	Discus (Men 65 +)
8:00	Standing Long Jump (All Participants)
8:00	Shot Put (All Women)
8:00	Shot Put (Men 50-64)
8:00	High Jump
9:00	Running Long Jump (All Participants)
9:00	Shot Put (Men 65 +)
9:00	Discus (Men 50-64 & All Women)
10:15	Javelin (All Participants)

We will use a running schedule.

The times listed are approximate—we will most likely run ahead of schedule.

Schedule of Events

Wednesday, August 7

7:30am	Washers	City Park
8:30am	Softball Accuracy	Perry Park Center Gym
9:30am	Football Accuracy	Perry Park Center Gym
11:00am	Weightlifting Curls	Perry Park Center Fitness Room
11:00am	Weightlifting Bench Press	Perry Park Center Fitness Room
2:00pm	Soccer Kick	City Park
	ICE CREAM & POPSICLE BREAK	
3:00pm	Frisbee	City Park
4:00pm	Softball Distance Throw	City Park
5:00pm	Football Distance Throw	City Park
6:00pm	Bowling Singles & Bowling Doubles	Knights of Columbus

Thursday, August 8

7:30am	Golf	Perryville Country Club
8:00am	Shuffleboard Doubles	Perry Park Center Gym
1:00pm	Shuffleboard Singles	Perry Park Center Gym
3:30pm	Frisbee Golf Accuracy Throw	City Park by Pavilion #10
6:30pm	Dinner	Knights of Columbus

Friday, August 9

7:00am	1500 Meter Race Walk	City Park
7:00am	Basketball Around the World	Perry Park Center Gym
7:00am	Basketball Free Throws	Perry Park Center Gym
8:00am	Pickle Ball	Perry Park Center Gym
9:00am	Swimming Events Begin	Perry Park Center
	APPETIZERS IN MEETING ROOM	
1:30pm	Table Tennis	Perry Park Center Gym
3:00pm	Disc Golf	City Park
5:00pm	Bingo Fellowship (FREE to the public)	Senior Center

Saturday, August 10

8:00am	Field Events Begin	Perryville High School Track
8:15am	Track Events Begin	Perryville High School Track

Participant Locations

Golf

Perryville Country Club
1111 Big Spring Boulevard
Hwy 51 to Edgemont right on Big Spring
(573) 547-8036

Bingo

Senior Citizen Center
4 N Spring Street
(573) 547-2188

Bowling

Knights of Columbus Lanes
304 W. South Street
Corner of St. Joseph & South Street
(573) 547-2519

Dinner

Knights of Columbus
304 W. South Street
Corner of St. Joseph & South Street
(573) 547-2519

Track & Field Events

Perryville High School Track
326 College Street

2019 Sponsors

Gold Medal Sponsor



First State
Community Bank

Silver Medal Sponsors:



Bronze Medal Sponsors:

Park-Et Fine Foods
Dreyer Electric
Young & Sons Funeral Home, Inc.
Wehmeyer Printing Co, Inc.
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