

# 2011 NORTHERN VIRGINIA SENIOR OLYMPICS

## EVENT SCHEDULE

### SATURDAY, SEPT. 17

#### WELCOME AND INDOOR TRACK EVENTS Thomas Jefferson Community Center

8:45 am ..... 3 mile walk  
**10:00 am** ..... **Welcome and Opening Events**  
 10:30 am ..... 1600 meter run  
 11 am ..... 800 meter walk  
 11:30 am ..... 60 meter dash  
 12:00 pm ..... Break  
 12:30 pm ..... 200 meter run  
 1:00 pm ..... 400 meter run  
 1:30 pm ..... 1600 meter walk  
 2:00 pm ..... 800 meter run



8:30 am Health Fair  
 9:00 am Traveling Bicycle Museum

10 am Volleyball Kettle Run H.S., Nokesville  
 3:00 pm Diving W - L Pool

### SUNDAY, SEPT. 18

Time	Event	Location
9am	Cycling	Vint Hill Comm. Ctr.

### MONDAY, SEPT. 19

Time	Event	Location
10 am	Team Line Dance	James Lee Comm. Theatre
10 am	Racquetball	Wakefield Park/Annan.
11 am	Ten Pin Bowling	Bowl America Shirley
1 pm	Eight Ball Pool (Women)	Lincolnia Senior Ctr.

### TUESDAY, SEPT. 20 (Rain Date: Tuesday, 9/27)

Time	Event	Location
10 am	Wii Bowling (50-79)	Greenspring Retirement Community
10 am	Eight Ball Pool (Men)	Lincolnia Senior Center
10 am	Bocce	City of Fairfax Senior Ctr.
10 am	Tennis - Singles 50 - 69	Wakefield Park/Annan.

### WEDNESDAY, SEPT. 21 (Rain Date: Wednesday, 9/28)

Time	Event	Location
8 am	Golf (Shotgun Start)	Osprey Golf Club
10 am	Wii Bowling (80-99)	Greenspring Retirement Community
10:30 am	Chess (Day 1)	City of Fairfax Senior Ctr.
10 am	Tennis - Singles 70+	Wakefield Park/Annan.
10:30 am	Miniature Golf	Oak Marr Mini Golf
12:30 pm	Bunco	Hollin Hall Senior Ctr.
1 pm	Horseshoes	Hollin Hall Senior Ctr.
1 pm	Softball Hit	Wakefield District Park
2 pm	Softball Throw	Wakefield District Park

### THURSDAY, SEPT. 22 (Rain Date: Thursday, 9/29)

Time	Event	Location
10 am	Tennis -Doubles All Ages	Wakefield Park/Annan.
10 am	Table Tennis	James Lee Comm. Ctr.
10 am	Backgammon	Falls Church Senior Ctr.
10:30 am	Chess (Day 2)	City of Fairfax Senior Ctr.
11 am	Cribbage	Falls Church Senior Ctr.
11am	YoYo	James Lee Comm. Ctr.
12 pm	Duplicate Bridge	Lincolnia Senior Ctr.

### FRIDAY, SEPT. 23 (Rain Date: Friday, 9/30)

Time	Event	Location
10 am	Tennis - Mixed Doubles All Ages	Wakefield Park/Annan.
<b>Swimming</b>		
10 am	Breaststroke	Claude Moore Rec. Ctr.
11 am	Freestyle	Claude Moore Rec. Ctr.
12 pm	Backstroke	Claude Moore Rec. Ctr.
1 pm	½ Mile (any style)	Claude Moore Rec. Ctr.

### SATURDAY, SEPT. 24

Time	Event	Location
12:00 pm	Men's Basketball Free Throw	TJ Community Ctr.
12:00 pm	Women's Basketball Free Throw	TJ Community Ctr.
1:00 pm	Men's 3 vs. 3 Basketball	TJ Community Ctr.
<b>Field Events: (Rain date - Saturday 10/1)</b>		
9:00 am	Standing Long Jump	Wakefield High/Arl.
10:00 am	Running Long Jump	Wakefield High/Arl.
11:00 am	Mini Javelin Throw	Wakefield High/Arl.
11:00 am	Frisbee Throw	Wakefield High/Arl.
12:15 pm	Shot Put	Wakefield High/Arl.
1:15 pm	Discus	Wakefield High/Arl.

### SUNDAY, SEPT. 25

Time	Event	Location
10:00 am	Badminton	K2 Badminton Club

### MONDAY, SEPT. 26

Time	Event	Location
9:00 am	Pickleball-Mixed Doubles	TJ Community Ctr.
10:00 am	Scrabble	Lincolnia Senior Ctr.

### TUESDAY, SEPT. 27

Time	Event	Location
9:00 am	Pickleball-Doubles	TJ Community Ctr.

### WEDNESDAY, SEPT. 28

Time	Event	Location
9:00 am	Pickleball (Singles)	TJ Community Ctr.

**PLEASE NOTE: Tennis & Pickleball participants: will be called with match time(s) 48 hours prior to play. Players not in attendance within 15-minutes of their match time will forfeit all matches.**

**GOLFERS: No coolers allowed, proper dress required (collared shirt). All food and beverages must be purchased from the Golf Club. Raindate tentative.**