

NVSO 2011 REGISTRATION (COMPLETE BOTH SIDES, DETACH AND MAIL)

INSTRUCTIONS: All participants must be 50 years old by December 31, 2011 and be a resident of a NVSO sponsoring jurisdiction (pages 1 and 2). **Each participant must complete either a registration form ONLINE at www.nvso.us or fill in the forms below (pages 7 and 8) and send with payment made payable to NVSO to:**

NVSO
P.O. Box 2089
Merrifield VA 22116-9998



**EARLY
REGISTRATION
IS
APPRECIATED**

**Entries for events with NO onsite registration must be postmarked by September 1, 2011.
Confirmation information will be sent to each participant if the registration is postmarked by September 1, 2011.**

Please Type or Print Clearly. Registrants must complete all spaces, sign and date. (Event registration on back.)

Name: First _____ M. I. _____ Last _____

Street address: _____ Apt. # _____

City: _____, Virginia Zip Code: _____

Circle Residence: Alexandria - Arlington Co. - Falls Church - Fairfax City - Fairfax Co. - Fauquier Co. - Loudoun Co. - Prince William Co.

E-mail address: _____

Date of birth: ____/____/____ Age (as of 12/31/11) _____ Male Female

Phone: (home) _____ (work) _____ Cell Phone: _____

I would like to volunteer _____

EMERGENCY CONTACT: In the event of an emergency, please contact:

NAME: _____ PHONE: _____ RELATION: _____

SAFETY ISSUE: If applicable, carry any personal medical information to your event. This will help rescue personnel in case of illness or accident.



WAIVER & RELEASE OF LIABILITY

In order to participate in events, you must sign below.

WAIVER: Participants in the Northern Virginia Senior Olympics, who are required to perform strenuous activity, should be capable of doing so. Under law, the cities, counties, their departments are immune to suits based on tortuous injury, and to a lesser extent, their employees are also covered by this immunity. Participants are advised to carry their own insurance while participating in the Northern Virginia Senior Olympics. It is highly recommended that a doctor's approval be obtained prior to becoming actively involved in this event.

RELEASE: I, the undersigned, hereby apply to participate in the Northern Virginia Senior Olympics, and in consideration of the acceptance of my registration in their Olympics, I verify that I am not under medical care for any health-related problems that would prevent my participation.

PROMOTION: Participants in activities sponsored by the Northern Virginia Senior Olympic Committee consent to the Committee's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Further, I am a voluntary participant and as such, I assume all risks related to these aforesaid Olympics and release all rights and claims for injury, damages, and any or all responsibility for my well being which I may have against the Sponsoring Cities, Counties, the NVSO Committee, and their respective agents or representatives.

DATE: _____

SIGNATURE: _____

2011 EVENTS REGISTRATION

Complete one form per person. The registration fee is \$10 plus \$1.00 for each event. It is the participants' responsibility to enter events that do not overlap. Most competitions are held by age group and divided by men and women. Mark your age group with an X. Indicate, where noted, level of play: B=Beginner, I=Intermediate, A=Advanced.



Name _____

- 50-54 yrs 55-59 yrs 60-64 yrs 65-69 yrs 70-74 yrs 75-79 yrs 80-84 yrs 85-89 yrs 90-94 yrs 95-99 yrs 100 yrs+

Each box represents one event:

Check Event Entering

5 Year Age Events

- Cycling* (New)
- Horseshoes*
- Racquetball* (Level _____)
- Softball Hit
- Softball Throw
- Ten Pin Bowling*

League Name: _____

Average: _____ Sanct.: Y or N

Bowling House: _____

Swimming & Diving

- Breaststroke - 50M
- Freestyle - 50M
- Backstroke - 50M
- 1/2 Mile (any style)
- Diving

Field *(all events)

- Shotput
- Discus
- Standing Long Jump
- Running Long Jump
- Mini Javelin Throw

*** No onsite registration**

5 Year Age Events (cont.)

Track *(all events)

- 60 Meter Dash
- 200 Meter Dash
- 400 Meter Run
- 800 Meter Run
- 800 Meter Walk
- 1600 Meter Run (New)
- 1600 Meter Walk
- 3 Mile Walk



10 Year Age Events

Badminton* (New)

- Singles (Level _____)
- Doubles (Level _____)
Partner _____
- Mixed Doubles (Level _____)
Partner _____
- 3 vs. 3 Basketball
(See note below)*
- Basketball Free Throw
- Bocce*
- Frisbee Throw
- Eight Ball Pool*
- Golf*
Partner _____
- Miniature Golf

Tennis *(all events)

- Singles (Level _____)
- Doubles (Level _____)
Partner _____
- Mixed Doubles (Level _____)
Partner _____
- Table Tennis* (Level _____)
- Wii Bowling
- Yo-Yo

Pickleball *(all events)

- Singles (Level _____)
- Doubles (Level _____)
Partner _____
- Mixed Doubles (Level _____)
Partner _____

No Age Group Events

- Backgammon
- Bunco*
- Cribbage
- Chess
- Duplicate Bridge
Partner _____
- Scrabble*
- Team Line Dancing*
(Age groups 50-79 and 80+)
(See note below.)
- Volleyball* (New)

(See note below.)

TEAM REGISTRATION: (NO ONLINE REGISTRATION) Men's Basketball, Line Dancing, Volleyball. The **TEAM CAPTAIN** must submit a completed and signed registration form for each member of the team and send with payments in one envelope. All team members must clearly identify team name on their registration form:

Team Name: _____ Team Captain: _____

Team Members: _____

PAYMENT

Registration Fee	\$ 10.00
Number of events: _____ x \$1 equals	\$ _____
Bowling (includes lunch) add \$9.75	\$ _____
GOLF (green fee, lunch, cart) add \$50	\$ _____
Miniature Golf add \$3.50	\$ _____
I'd like to make a tax deductible contribution to the NVSO	\$ _____
TOTAL AMOUNT ENCLOSED	\$ _____

Mail to:

**Northern Virginia
Senior Olympics
P. O. Box 2089
Merrifield, VA 22116-9998**

For Office Use Only:

Check #: _____
Bank Name: _____
Amount: \$ _____
Date Received: _____

(Note: New T-shirts will be on sale at some sites)