

2024 Quad Cities Senior Olympics

Name _____ DOB ____/____/____

Address _____ City _____ ST _____ Zip _____

Email _____ Phone _____ Cell _____

Entry Fee \$40.00 T-Shirt (Size ____)(May 1 deadline) Attending the Closing Ceremony Picnic yes or no

Make Checks out to Quad Cities Senior Olympics mail to:

Quad Cities Senior Olympics PO Box 1687, Davenport, IA 52809

Waiver Statement: (must be signed by all participants)

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS EVENT AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I have been advised that I should seek advice from my physician before undertaking this physical exercise. I have either visited with my physician and received doctor's advice and consent to my exercise program or have waived such advice and consent of my doctor, and except any and all risks.

I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON ANY OF THE PREMISES OF THIS EVENT, AND I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST THIS EVENT AND ANY AFFILIATED INDIVIDUALS OR ENTITIES ASSOCIATED WITH THIS EVENT (THE RELEASEES) FROM ANY LOSS, LIABILITY OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASEES, COVID 19 or RELATED DISEASES, OR OTHERWISE.

Signature _____ Date _____

Circle all events you plan to enter

Literary Arts (see website for rules)

Fiction

Non-fiction

Poetry - Free Verse Poetry – Rhyming

(Electronic File Entries due by May 1st)

Arts and Crafts (Entries due at CASI May 1, 1-6 pm)

Ceramics Polymers Wood Carving

Mixed Media Metal Beading/Jewelry

Sculpture Charcoal Pen & Ink

Pencil/Colored Pencil Cross Stitch

Crochet Embroidery Needlework

Knitting Counted Cross Stitch

Photography Color Black & White

Painting, Water Color, Acrylics, Oil, Pastels

Saturday, May 18

Pickleball Singles Pickleball Doubles

Partner _____

Pickleball Mixed Doubles

Partner _____

Pickleball Skill level _____

Monday, May 27

QC Running Festival 5K

Tuesday, May 28

Bean Bag Toss Singles

Bean Bag Toss Doubles

Partner _____

Bean Bag Toss Mixed Doubles

Partner _____

Shuffleboard Singles Shuffleboard Doubles

Partner _____

Shuffleboard Mixed Doubles

Partner _____

Wednesday May 29

Bocce Ball

Table Tennis Singles Table Tennis Doubles

Partner _____

Disc Golf

Spelling Bee

Circle all events you plan to enter

Thursday, May 30, 2024

Golf at Emeis

10K Cycling Time Trial (Bartow Road)

Performing Arts

Drama - Solo

Drama – Group

Vocal – Solo

Vocal Group

Dance – Solo

Dance – Group

Instrumental – Solo

Instrumental - Group

Friday, May 31

Billiards

Bowling (Site fees)

25K Cycling

Euchre

Saturday, June 1

Softball Throw

Football Throw

Disc Golf Distance

Football Kick Off

Football Punt

Football Field Goal

Horseshoes

Horseshoe Doubles

Partner _____

Basketball Free Throws

Basketball Around the World

Basketball 3 Point Contest

Bench Press

Push Ups

Pull Ups

Saturday, June 1, Track & Field

50 Meters

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

3,000 Meters

Standing Long Jump

Long Jump

Triple Jump

High Jump

Pole Vault

Javelin

Shot

Discus

Weight Throw

Hammer

Swimming (limited to 4 events)

50 Free

50 Breast

50 Back 50 Fly

100 Fly

100 Back

100 IM

100 Free

100 Breast

200 Free

500 Free

Visit us on line: Quad Cities Senior Olympics for more information about the 33rd annual 2024 games