



# 2008 Northern Virginia Senior Olympics

## EVENT SCHEDULE

### SATURDAY, SEPT. 20

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

9 am ..... 3 mile walk

#### 10:30 am .... Welcome and Opening Events

11 am ..... 60 meter dash

11:30 am ..... 800 meter walk

11:45 pm ..... 200 meter run

12:00 pm ..... Break

12:30 pm ..... 400 meter run

12:45 pm ..... 1600 meter walk

1:00 pm ..... 800 meter run

#### Field Events (May be cancelled in the event of inclement weather)

11 am - 12:30 am ..... Shotput and Standing Long Jump

1pm -2:30 pm ..... Discus and Running Long Jump

2:00 pm ..... Softball Hit

3:00 pm ..... Softball Throw

**Participants have 1½ hours to complete field events as scheduled.**

### MONDAY, SEPT. 22 (Rain Date: Monday, 9/29)

Time	Event	Location
10 am	Backgammon Team Line Dance	Lee District Park Lincolnia Senior Center
10:30 am	Racquetball	Lee District Park
11 am	Ten Pin Bowling	Bowl America Shirley
1 pm	Men's & Women's B-ball Free Throw	Lee District Park

### TUESDAY, SEPT. 23 (Rain Date: Tuesday, 9/30)

Time	Event	Location
8 am	Golf (Shotgun start)	Penderbrook Golf Club
10 am	3 x 3 Basketball Eight Ball Pool Tennis - Singles 50 - 69	Lee District Park Lincolnia Senior Ctr. Wakefield Park
10:30 am	Chess (Day 1)	Lee District Park
1 pm	Bait Casting Frisbee Throw	Lee District Park Lee District Park
2 pm	Yo-Yo	Lee District Park

### WEDNESDAY, SEPT. 24 (Rain Date: Wednesday, 10/01)

Time	Event	Location
10 am	Shuffleboard Chess (Day 2) Tennis - Singles 70+	Hollin Hall Senior Ctr. Lee District Park Wakefield Park
10:30 am	Miniature Golf	Cameron Run Reg. Park
12:30 am	Bunco	Hollin Hall Senior Ctr.
1 pm	Horseshoes	Hollin Hall Senior Ctr.

### THURSDAY, SEPT. 25 (Rain Date: Thursday, 10/02)

Time	Event	Location
10 am	Tennis - Doubles All Ages	Wakefield Park
10 am	Scrabble	Lee District Park
11 am	Table Tennis Cribbage	Lee District Park Lee District Park
12 pm	Duplicate Bridge	Lincolnia Senior Ctr.

### FRIDAY, SEPT. 26 (Rain Date: Friday, 10/03)

Time	Event	Location
10 am	Tennis - Mixed Doubles All Ages	Wakefield Park
	Swimming & Diving	Lee District Park
10:30 am	Breaststroke	
11:30 am	Freestyle	
12:30 pm	Backstroke	
1:30 pm	½ Mile (any style)	
2:30 pm	Diving	

### MONDAY, SEPT. 29

Time	Event	Location
12:45 pm	Ice Skating	Kettler Capitals Iceplex

### TUESDAY, SEPT. 30 - THURSDAY, OCT. 2

Time	Event	Location
10 am	Pickleball	
	Tue.: Mixed Doubles/All Ages	Thomas Jefferson
	Wed.: Doubles/All Ages	Thomas Jefferson
	Thu.: Singles/All Ages	Thomas Jefferson

**PLEASE NOTE: All Tennis & Pickleball participants will be called with match time(s) 48 hours prior to play. There will be a 15-minute grace period from scheduled match play. Players not in attendance within the 15-minute grace period will forfeit all matches.**

### Inclement Weather/Information

(703) 228-3600, ext. 9996