

## NVSO 2008 REGISTRATION (complete both sides, detach and mail)

**Instructions:** Please complete both sides of this registration form. Participants must be 50 years of age or older as of December 31, 2008 and be a resident of a NVSO sponsoring jurisdiction. The base registration fee includes one event; additional events cost \$1 each. To ensure an event is not cancelled, participants are encouraged to register by the September 5, 2008 deadline. **NVSO Committee reserves the right to cancel or reschedule any event due to insufficient registration.**

See page 2 for a list of No onsite registration events and the Refund Policy. Complete one (1) form per person.

Make check or money orders payable to **Northern Virginia Senior Olympics**. Entry information will be sent to each participant if registration is postmarked by September 5, 2008. Mail form and entry fee(s) to:

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

**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 City - Arlington Co. - Falls Church City - Fairfax City - Fairfax Co. - Loudoun Co. - Prince William Co.

E-mail address: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (as of 12/31/08) \_\_\_\_\_  Male  Female

Phone: (home) \_\_\_\_\_ (work) \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**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 tortious 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 Cities, Counties, Departments of Parks and Recreation, the NVSO Committee, and their respective agents or representatives.

**DATE:** \_\_\_\_\_ **SIGNATURE:** \_\_\_\_\_

(Over)

## 2008 EVENTS REGISTRATION

Athletes may enter as many events as they like. The \$10 registration fee includes one (1) event; **each additional event is \$1**. It is the athlete's responsibility to enter events that do not overlap in time. Please specify your age group with an (X). Most competitions are held by age groups and are divided by men and women. **Complete one (1) form per person.**

- Name \_\_\_\_\_
- I would like to be a VOLUNTEER. Events: \_\_\_\_\_
- 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

- Horseshoes\*
- Racquetball (NEW)\*
- 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 (NEW)

#### Track & Field \*(all events)

- Shotput
- Discus
- Standing Long Jump
- Running Long Jump
- 60 Meter Dash

#### 5 Year Age Events (cont.)

#### Track & Field \*(all events)

- 200 Meter Dash
- 400 Meter Run
- 800 Meter Run
- 800 Meter Walk
- 1600 Meter Walk
- 3 Mile Walk

#### 10 Year Age Events

- 3 x 3 Basketball (See note below)\*
- Basketball Free Throw
- Frisbee Throw
- Golf\*
- Partner \_\_\_\_\_
- Miniature Golf
- Ice Skating (NEW)\*
- Open Free Style
- Rhythm Blues (solo)
- Canasta Tango (solo)

#### Tennis \*(all events)

- Singles
- Doubles
- Partner \_\_\_\_\_
- Mixed Doubles
- Partner \_\_\_\_\_

\* No onsite registration

#### 10 Year Age Events (cont.)

- Table Tennis\*
- Yo-Yo (Age group: 50-69 and 70+)

#### Pickleball \*(all events)

- Singles
- Doubles
- Partner \_\_\_\_\_
- Mixed Doubles
- Partner \_\_\_\_\_

#### No Age Group Events

- Backgammon (Coed)
- Bait Casting (Coed)
- Bunco\*(Coed)
- Cribbage (Coed)
- Chess (Coed)
- Duplicate Bridge
- Partner \_\_\_\_\_
- Eight Ball Pool\*
- Ice Skating (NEW)\*
- Dutch Waltz (cpls.)
- Rhythm Blues (cpls.)
- Scrabble (NEW)\*
- Shuffleboard \*(Coed)
- Team Line Dancing \*(Coed)

**Please Note:** 3 x 3 Basketball (women) and Team Line Dancing are team sports. Team Captain/Manager(s) must submit a signed registration form for each member of the team, with payments, in one envelope. All team members must clearly identify team name on their registration form:

Team Name: \_\_\_\_\_ Captain/Manager(s): \_\_\_\_\_

Team Members: \_\_\_\_\_

#### Mail to:

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

**Fees:** Make check or money orders payable to **Northern Virginia Senior Olympics.**

Registration fee ( includes one (1) event) ..... \$ 10.00

Extra events: \_\_\_\_\_ x \$1 additional fee ..... \$ \_\_\_\_\_

Bowling: ..... \$9.50 additional fee ..... \$ \_\_\_\_\_

Golf: ..... \$40 additional fee (included 1/2 golf cart) ..... \$ \_\_\_\_\_

Miniature Golf: ..... \$3 additional fee ..... \$ \_\_\_\_\_

I'd like to make a donation to the Northern Virginia Senior Olympics ..... \$ \_\_\_\_\_

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

**TOTAL AMOUNT ENCLOSED** ..... \$ \_\_\_\_\_

#### For Office Use Only:

Check #: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Date Received: \_\_\_\_\_

Received By: \_\_\_\_\_