



**SIX-COUNTY SENIOR OLYMPICS**  
July 13-24, 2009  
Maine East High School

**SIX-COUNTY SENIOR OLYMPICS  
PARK RIDGE SENIOR CENTER  
100 S. Western  
Park Ridge, IL 60068**

**ALL ENTRIES MUST BE RECEIVED  
NO LATER THAN FRIDAY, JULY 3, 2009**

**TO:**

**THE SIX COUNTY SENIOR OLYMPICS** celebrates its 28th year this summer! The headquarters for this year's events is at Maine East High School! Join us for 7 great days of friendly competition and excellence.



### **SENIOR OLYMPIC HEADQUARTERS:**

Most participants in the Olympics must check in at the registration area in the high school. Participants will receive Senior Olympics program and a Six-County Senior Olympics Tee-Shirt.

\*\*Golfers Trap Shoot, Shuffleboard, Horseshoes, and Pool should report directly to their event. Packets will be delivered directly to this event. Bowlers who have not already picked up their packet at the High School, may pick-up their packets at the bowling alley on the day of the event.

### **ONLY THE PARTICIPANT IS ALLOWED TO CLAIM PACKETS.**

**PLEASE NO EXCEPTION!!!**

### **CHECK-IN INFORMATION**

#### **9 hole golf-**

**Monday, July 13 –Tam Golf Course – Niles**

#### **Team Softball / Softball throw**

**Tuesday-Thursday, July 14-16 Elk Grove Park District - Elk Grove**

#### **18 Hole golf**

**Wednesday, July 15– Highland Park Country Club–Highland Park**

#### **Shuffleboard**

**Monday, July 20 – Rolling Meadows Park District**

#### **Tennis Doubles**

**Tuesday, July 21 – Maine East High School Tennis Courts**

#### **Table Tennis**

**Tuesday, July 21 – Park Ridge Senior Center**

#### **Horseshoes**

**Tuesday, July 21 – Norridge P ark District**

#### **Basketball free throw**

**Tuesday, July 21 – Park Ridge Park District Community Center**

#### **Trap Shoot**

**Wednesday, July 22 – Northbrook Sports Club**

#### **Pool / Billiards**

**Wednesday, July 22 – Pyramid Club, Addison**

#### **Bowling**

**Wednesday, July 22 – Brunswick Zone**

#### **Competitive Volleyball**

**Wednesday, July 22 – Schaumburg Park District**

#### **Bike Race**

**Wednesday, July 22 – Corner of Hamlin & Arthur, Park Ridge**

#### **Swimming**

**Thursday, July 23 – Park Ridge Park District Community Center**

#### **All other events**

**Thursday, July 23 – Maine East High School**

#### **Recreational Volleyball**

**Friday, July 24 – Niles Fitness Center**

## ***Proud Sponsors of the Six County Senior Olympics***

### **The Moorings of Arlington Heights**

A Non-Sectarian Member of Presbyterian Homes



### **ENTRY FEES:**

Entry fee of \$12.00 per person for one (1) day and \$18.00 per person for (2) or more days. Team Fees for Volleyball and Softball are \$50.00 per team. Team members must also pay the individual entry fee.

### **ADDITIONAL FACILITY FEES:**

Bowling (Brunswick Zone)	\$1.00 per game
9 hole golf (Tam Golf course)	\$25.00
18 hole golf (Highland Park Country Club)	\$55.00
Trap Shoot (Northbrook Sports Club)	\$5.00

### **CONFIRMATION:**

All participants registered in the **SIX-COUNTY SENIOR OLYMPICS** will receive an official confirmation of the events they registered for. If you have any questions regarding your events please call **Teresa Grodsky, (847) 692-3597**.

# SIX-COUNTY SENIOR OLYMPICS

July 13-24, 2009

## OFFICIAL ENTRY FORM

PLEASE PRINT

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Sex: M F

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Age (as of 7/10/09): \_\_\_\_\_

County: \_\_\_\_\_ Tee Shirt Size: M L XL XXL

Have you ever participated in the Six-County Senior Olympics before?  Yes  No

\*\*\*\*\*  
MONDAY, JULY 13 (TAM GOLF COURSE)

9 Hole Golf

Requested foursome: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

I prefer an early tee time (6:00 - 7:00a.m.)  Yes  No

\*\*\*\*\*  
TUESDAY, JULY 14

Team Softball - Elk Grove Park District

Softball Throw - Elk Grove Park District

\*\*\*\*\*  
WEDNESDAY, JULY 15 (HIGHLAND PARK COUNTRY CLUB - HIGHLAND PARK)

18 Hole Golf

Requested foursome: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

\*\*\*\*\*  
MONDAY, JULY 20

Shuffle Board - 9a.m. check-in

\*\*\*\*\*  
TUESDAY, JULY 21

Tennis Double - 8:00 a.m. check-in

Basketball free throw - 1:00 p.m. check-in

Table Tennis (age group) - 1:00 p.m.

Horseshoes - 10 a.m. check-in

Table Tennis (single elimination) 5:00 p.m.

\*\*\*\*\*  
WEDNESDAY, JULY 22

Trap Shoot - 10 a.m. check-in

Competitive Volleyball (Teams only) - 10 a.m.

Pool - 10:30 a.m. check-in

Bowling - 1 p.m. check-in

Bike Race - 9 a.m. check-in

\*\*\*\*\*  
THURSDAY, JULY 23

3 Mile Run 7:40 a.m. check-in

Swimming 1 p.m. check-in

50 Meter Run 8:10 a.m. check-in

100 meter IM

100 Meter Run 8:30 a.m. check-in

50 meter Backstroke

1 Mile Race Walk 9:00 a.m. check-in

50 meter Freestyle

400 Meter Run 9:30 a.m. check-in

50 meter Breaststroke

1 Mile Fun Walk 10:00 a.m. check-in

50 meter Butterfly

200 Meter Run 10:00 a.m. check-in

100 meter Freestyle

800 Meter Run 11:00 a.m. check-in

200 meter Freestyle

Long Jumps 8:00 a.m. check-in

High Jump 8:00 a.m. check-in

Tennis singles 8:00 a.m. check-in

\*\*\*\*\*  
FRIDAY, JULY 24

Recreational Volleyball (teams only) 10:00 a.m. check-in

\*\*\*\*\*

PLEASE COMPLETE THE REVERSE SIDE BEFORE SENDING APPLICATION!

Each entrant must complete a separate order form.

# REGISTRATION FORM

## EACH SENIOR OLYMPICS ENTRANT MUST COMPLETE A SEPARATE ENTRY FORM.

- \$ \_\_\_\_\_ \$12.00 one day at the Senior Olympics.  
\$ \_\_\_\_\_ \$18.00 for two or more days  
\$ \_\_\_\_\_ \$25.00 9 hole golf fee (Tam Golf Course)  
\$ \_\_\_\_\_ \$55.00 18 hole golf fee (Highland Park Country Club )  
\$ \_\_\_\_\_ \$50.00 team volleyball / Softball  
\$ \_\_\_\_\_ TOTAL PAYMENT ENCLOSED (PLEASE DO NOT SEND CASH),  
or make checks payable to **ILLINOIS PARK AND RECREATION ASSOCIATION.**  
**\*Payment for both golf events should be paid at time of registration. Please send this form.**  
Facility fees for bowling and trap shoot must be paid on the day of the event at the activity site.

Do you have allergies to any medication?  Yes  No

If so, please list \_\_\_\_\_

Are you on any medication?  Yes  No

If so, please list \_\_\_\_\_

## DID YOU REMEMBER TO DO THE FOLLOWING?

1. Complete the **Event Entry Form?**
2. Complete the **Registration Entry Form?**
3. Read and sign the **Liability Waiver?**
4. Make your check payable to: **Illinois Park and Recreation Association**  
and mail your entry form with your check to:

**SIX-COUNTY SENIOR OLYMPICS  
PARK RIDGE SENIOR CENTER,  
100 S. Western, Park Ridge, IL 60068**

Thank you for your registration. You will be sent an official confirmation of your entry.

QUESTIONS, NEED MORE INFORMATION? CALL (847) 692-3597

**ADA STATEMENT: *The Six-County Senior Olympics intends to comply with the intent and spirit of the American Disabilities Act. If you have any special accommodations, please call the Park Ridge Senior Center so that we may make the necessary arrangements for you. Phone (847) 692-3597.***

## WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the above program/programs, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of the above program/programs.

I recognize and acknowledge that there are certain risks of physical injury to participants in the above program(s) and I agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s).

I agree to waive and relinquish all claims I or my minor child/ward may have as a result of participating in the program against the Association and its officer, agents, servants and employees.

I do hereby fully release and discharge the Association and its officers, agents, servants, and employees from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program(s).

I further agree to indemnify and hold harmless and defend the Association and its officers, agents, servants and employees from any and all claims resulting from injuries, including death, damages and losses sustained by me or my minor child arising out of, connected with, or in any way associated with the activities of the program(s).

In the event of an emergency, I authorize Association officials to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for me or my minor child/wards immediate care and agree that I will be responsible for payment of and all medical services rendered.

I have read and fully understand the above Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature of Participant (age 18+): \_\_\_\_\_

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

## HOW TO REACH

**Maine East High School**, 2601 W. Dempster, Park Ridge, IL

**Park Ridge Senior Center**, 100 S. Western Avenue, Park Ridge, IL

**Highland Park Country Club** 1201 Park Avenue West Highland Park, IL

**Tam Golf Course**, 6700 W Howard St., Niles, Illinois 60714

**Schaumburg Sport Center**, 1141 W. Irving Park Rd. Schaumburg, IL

**Brunswick Zone**, 821 E. River Road, Mt. Prospect, IL

**Rolling Meadows Sr. Center**, 3705 Pheasant, Rolling Meadows, IL

**Norridge Park District**, 4631 N. Overhill, Norridge, IL

**Northbrook Sports Club**, 160 W. Sports Club Dr. Hainesville, IL

**Park Ridge Park District Community Center**, 1515 Touhy AV, Park Ridge, IL

**Niles Fitness Center**, 1000 Civic Center Drive, Niles, IL

**Pyramid Club**, 236 w. Lake, Addison, IL

**ElkGrove Park District, Community Athletic Fields**

E. Devon & S. Arlington Hts Rd. Elk Grove.

## FROM 294 NORTH TRI-STATE TOLLWAY:

**To the High School:** Travel north and exit at Dempster street east. Go east on Dempster to first light (Potter road). Main East is on the corner of Dempster and Potter.

**To the Senior Center:** Travel north and exit Touhy east. Travel east on Touhy to Western (third light). Turn right at Western and the Senior Center is the second building on the right.

**To Tam Golf Course:** Travel north and exit Touhy east. Travel east on Touhy to Harlem Avenue. Turn left on Harlem. Travel on Harlem north to Howard Street. Turn right on Howard. Travel east on Howard about 1/2 mile to Tam Golf Course on the left.

**To Brunswick Zone:** Travel north to Golf Road. Exit Golf Road east. Travel east on Golf Road to Potter Road. Turn right (south) on Potter Road. Travel south on Potter to Dempster. Turn right (west) on Dempster. Travel west to Rand Road (Route 12). Turn right on Rand Road. Go west on Rand Road to Brunswick Zone.

**To Rolling Meadows Senior Center:** Travel north and exit 290 west/ Northwest Tollway. Take 290 west to 53 north. Travel on 53 north to Kirchoff. Exit Kirchoff east. Travel east to Meadow. Turn right on Meadow to Martin. Turn right on Martin to Pheasant.

**To Highland Park Country Club:** Travel North on 294. to Lake Cook Road exit on Lake Cook and Turn Right on Lake Cook Road. Merge onto US - 41 N. Skokie Highway via ramp toward Waukegan. Travel on 41 North to Park Av. West Turn Right to 1401 Park Av. West.

**To Park Ridge Park District Community Center:** Travel north to Touhy Ave. Exit Touhy Ave. east. Go to third stoplight which is Western. Community Center is at the corner of Touhy and Western.

**To Northbrook Sports Club:** Take 294 North toward Wisconsin to Route 137 (Buckley Road.) Go west on Buckley Road which turns into Peterson Road (name change only) at Route 21. Take Peterson west to Allegheny. At Allegheny, turn right (north) and continue to Sports Club Drive which is on the left.

**To Schaumburg Park District Sports Center:** Take 294 North to I-290 west. Follow signs "To Rockford" and "Northwest suburbs" to 53/ I-290 west. Exit at Thorndale Road to Elgin-O'Hare Expressway. Continue straight onto Elgin-O'Hare Expressway. Exit at Wright Blvd. Turn left (south) onto Wright Blvd. Turn right (west) onto Irving Park Road. Sports Center is ahead on the left.

**To Niles Fitness Center:** Travel north and exit at Exit at Touhy avenue east. travel east on Touhy to Waukegan Road. Turn left on Waukegan and travel north to Oakton Street. The fitness center is on the corner of Waukegan and Oakton.

**To Community Athletic Fields, ElkGrove Village:** Travel north and exit I-90 west. Exit Arlington Heights Rd. Go south on Arlington Heights Rd. to Devon. Turn left (east) on Devon then exit into Community Athletic Fields on the right.

**To Pyramid Club, Addison:** Travel north and exit merge onto I-290 west. Take the US-20 W/Lake St. exit toward York Road (exit 12), Take the US-20 W/Lake St. ramp toward IL-64 W. Turn slight right onto W. Lake St, and end at 236 W. Lake St.

## FROM 294 SOUTH TRI-STATE TOLLWAY:

**To the High School:** Travel south and exit Golf Road east. Travel east on Golf to Potter Road. Turn right (south) on Potter and go to Dempster. Main East High School is located at Dempster and Potter.

**To the Senior Center:** Travel south and exit Golf Road east. Travel east to Potter Road. Turn right (south) on Potter. Travel south on Potter to Busse Highway. Turn left on Busse Highway and go east to Dee Road. Turn right (south) on Dee Road to Touhy Avenue. Turn left on Touhy Avenue. Travel east on Touhy to Western Avenue. Turn right at Western Avenue and the Senior Center is the second building on the right.

**To Norridge Park District:** Exit Kennedy Expressway to Chicago. Kennedy to Cumberland South exit. Travel south on Cumberland to Lawrence. Turn left on Lawrence. Lawrence to Overhill. Turn right on Overhill to Norridge Park.

**To Tam Golf Course:** Travel south and exit Golf Road east. Travel east to Milwaukee Avenue. Turn right on Milwaukee Avenue and travel to Howard Street. Turn left on Howard to Tam Golf Course.

**To Brunswick Zone:** Travel south and exit Dempster west. Travel west on Dempster to Rand Road (Route 12). Travel west on Rand Road to Brunswick Zone.

**To Rolling Meadows Park District:** Travel south and exit 290 west/Northwest Tollway. Take 290 to 53 north. Travel on 53 north to Kirchoff. Exit Kirchoff east. Travel east to Meadow. Turn right on Meadow to Martin. Turn right on Martin to Pheasant.

**To Highland Park Country Club:** Travel South on 294 Exit Half Day Road. Turn Right on Skokie Valley Road (US 41 S) Travel on US 41 S to Park Avenue. Turn Left on Park Avenue West to 1201 Park Avenue West.

**To Park Ridge Park District Community Center.** Travel south to Golf Road east. To Potter Road. Turn right (south) on Potter. Take Potter to dead end at Busse Highway. Turn left on Busse Hwy. To Dee Road. Turn right (south) on Dee Road to Touhy. Turn left on Touhy to Western. Community Center is at the corner of Touhy and Western.

**To Schaumburg park District Sports Center.** Take I-90 west ("To Rockford"). Exit onto 53-I290 South. Exit at Thorndale Road to the Elgin-O'Hare Expressway. Turn right (west) onto the Elgin-O'Hare Expressway. Exit at Wright Blvd, Turn left (south) onto Wright Blvd. Turn right (west) onto Irving Park Road. The Sports Center is ahead on the left.

**To Northbrook Sports Club:** Travel South on I-294 to Route 137 (Buckley Road). Go west on Buckley which turns into Peterson Rd. (name change only) at Route 21. Take Peterson to Allegheny. At Allegheny, turn right (north) and continue to Sports Club Drive which is on the left.

**To Niles Fitness Center.** Travel South and exit Golf Road east. Travel east on Golf Road to Waukegan Road. Turn right on Waukegan and travel south to Oakton Street. The fitness center is on the corner of Waukegan and Oakton.

**To: Community Athletic Fields, ElkGrove Village:** Travel south and exit I-90 west. Exit Arlington Heights Rd. Go south on Arlington Heights Rd to Devon. Turn east (left) on Devon, then exit into the Community Athletic Fields on the right.

**To: Pyrmid Club, Addison:** Travel south and merge onto St. ramp too I-290 west. Take US-20/ Lake St. exit toward York Road (exit 12). Take the US-20 w/Lake St. ramp towards IL-64 w. Turn slight right onto W Lake St and end at 236 w. Lake St.

# EVENTS SCHEDULE

## MONDAY, JULY 13

### TIME

7:00 a.m.

### EVENT

9 hole golf

### LOCATION

Tam Golf Course  
*6700 Howard Street, Niles*

## TUESDAY, JULY 14

9:00 a.m.

Team Softball

Elk Grove Park District

11:00 a.m.

Softball Throw

*E. Devon & Arlington Heights Road*

## WEDNESDAY, JULY 15

7:00 a.m. – 9:00 a.m

18 hole golf

Highland Park Country Club

*1201 Park Avenue West Highland Park IL.*

## WEDNESDAY, JULY 15

9:00 a.m.

Team Softball

Elk Grove Park District

*E. Devon & Arlington Heights Road*

## MONDAY, JULY 20

9:00 a.m

Shuffleboard

Rolling Meadows Park District

*3705 Pheasant, Rolling Meadows*

## TUESDAY, JULY 21

8:00 a.m.

Tennis Doubles

Maine East High School

*2601 Dempster, Park Ridge*

10:00 a.m.

Horseshoes

Norridge Park District

*4631 N. Overhill*

1:00 p.m.

Table Tennis (age groups)

Park Ridge Senior Center

*100 Western, Park Ridge*

1:00 p.m.

Basketball free throw

Park Ridge Park District Community Center

*1550 Touby, Park Ridge*

5:00 p.m.

Table Tennis (single elimination)

Park Ridge Senior Center

*100 Western, Park Ridge*

## WEDNESDAY, JULY 22

### TIME

10:00 a.m.

### EVENT

Trap Shoot

### LOCATION

Northbrook Sports Club

*160 W. Sports Club Drive, Hainesville*

10:00 a.m.

Competitive Volleyball

Schaumburg Sports Center

*1141 W. Irving Park Rd., Schaumburg*

11:00 a.m.

Pool

Pyramid Club

*236 w. Lake Street, Addison*

9:00 a.m.

Bike Race

Corner of Hamlin & Arthur

*Park Ridge*

1:00 p.m.

Bowling

Brunswick Zone

*821 E. Rand Road, Mt. Prospect*

## THURSDAY, JULY 23

### TIME

7:30 a.m.

### EVENT

Track & Field

### LOCATION

Maine East High School

*2601 Dempster, Park Ridge*

8:00 a.m.

Tennis Singles

Maine East High School

*2601 Dempster, Park Ridge*

1:00 p.m.

Swimming

Community Center

*1515W. Touby, Park Ridge*

## FRIDAY, JULY 24

### TIME

10:00 a.m.

### EVENT

Recreational Volleyball

### LOCATION

Niles Fitness Center

*1000 Civic Center Dr. Niles, IL*

## WEATHER ALERT!

The Six County Senior Olympics has the authority to cancel any event due to conditions that might effect the well being of the contestants. To find out if your event will be held, call (847) 692-3597.

### FIRST AID:

Emergency Services will be available at the track and field events. Basic first aid supplies will be available at the registration desk at Olympic Headquarters.

### AWARDS:

Medals will be awarded to the 1st, 2nd and 3rd place participants in each age category for men and women. Most awards will be distributed at time of event or at social functions.

### REFUND POLICY:

Cancellations up to 24 hours will receive a full refund. Please allow two weeks following olympics for processing. There will be no refunds for no shows.

**NEED MORE  
INFORMATION?  
CALL  
(847) 692-3597**

**The Six-County Senior Olympics is not a function of the Maine East High School. Please do not call the High School for further information on this event.** More information on the Six County Senior Olympics may be obtained by calling Teresa Grodsky at (847) 692-3597.

## SPECTATORS WELCOME!

Come cheer on your favorite athlete. All venues have space to accommodate those who would like to watch. Like to volunteer to help with the olympics?

**Call Teresa at: 847.692.3597  
for details**

### EVENT ENTRIES:

All events will be filled on a first come, first served basis. Limited registration will be taken for golf and bowling. Events will be cancelled or postponed by the event chairperson in case of inclement weather. Indoor facilities are available for track and field.

Olympic officials reserve the right to cancel any event due to registration and to combine age groupings if less than five people register for that event.

**ALL ENTRIES MUST BE RECEIVED  
NO LATER THAN FRIDAY, JULY 3, 2009**

### AGE CATEGORIES:

All participants must be 50 years of age or better. Proof of age will be required at check-in. Separate categories for men & women.

AGE CATEGORIES: (1) 50-54 years (6) 75-79 years  
(2) 55-59 years (7) 80-84 years  
(3) 60-64 years (8) 85-89 years  
(4) 65-69 years (9) 90-94  
(5) 70-74 years (10) 95-99

# SIX-COUNTY SENIOR OLYMPICS

## EVENT RULES

### EVENTS

Each participant must bring their own equipment, which must meet all regulations of the competition. The chairperson of each event will run the event and has the authority to make final calls and decisions.

#### **Basketball Free Throw**

Twenty-five (25) baskets shot from the free throw line; winners determined by number of baskets made.

#### **Bicycle Race**

1/4 mile sprint, one (1) mile and five (5) mile race competition. Helmets are required. No drafting.

#### **Bowling**

No handicap system; ABC rules will govern; three (3) games

#### **Golf** (18 hole)

Peoria handicap system used in the scoring. Tee time will start at 7:00 a.m. You will be notified of your tee time.

#### **Golf** (9 hole)

Peoria handicap. Tee time will start at 7:00 a.m.

#### **Horseshoes**

Single elimination tournament.

#### **Pool (Billiards)**

8 ball; best two out of three games played.

#### **Swimming**

USS rules will govern competition; 25 yard pool.

#### **Table Tennis**

Single elimination singles tournament; players must wear a dark shirt and rubber soled shoes.

#### **Tennis**

8 game pro set.

#### **Track & Field**

AAU rules will govern competition; meter distances will be used in the running events.

#### **Trap Shoot**

ATA rules will govern competition; 50 targets. Trap and skeet shoot.

#### **Volleyball**

IHSA rules apply. Round Robin tournament.

#### **Walking**

One mile race; contact must be maintained with the ground at all times; the leg on the ground must be straightened at the knee for at least one moment of each stride.

Shower facilities are available at the high school. Please bring your own towel and lock.

## **Team Softball to be added to schedule!**

The newest event added to Senior Olympics will be team softball and will be held at Elk Grove Park District. There will be 3 age divisions- 50, 60, and 70. Teams must be set at time of registration we do not organize teams. There will also be a Home Run contest, Base Running Computation, & Softball Throw.

For rules & regulations of play, call the Park Ridge Senior Center, **847-692-3597**