

# 2010 Wyoming Senior Olympics Official Registration Form

**Please type or print clearly:**

For athletes that compete in more than one state Olympics, please register using the same first name to help us serve you better.

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

Address: \_\_\_\_\_

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

Telephone Number: \_\_\_\_\_

E-mail Address (if available): \_\_\_\_\_

Date of Birth\*: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ Gender: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_, # \_\_\_\_\_

**T-shirt Size** (check your size)

Small    Medium    Large    X-Large    XX Large

**Registration**

There is a **\$5.00** general registration fee per participant. There is also a \$5.00 entry fee per person for each event. **All Registrations must be postmarked no later than July 5, 2010.** Any Registration postmarked after July 5<sup>th</sup> must include an additional \$10 "late fee". **No day of event registrations will be accepted.**

To register for an event, clearly check the box to the left of the event. **Please do not register for two events that are scheduled at the same time. Athletes must be present and ready to go at the scheduled time of the event.**

**Fees for Activities**

- \$5.00 for each event: \_\_\_\_\_ events x \$5 = \$ \_\_\_\_\_
- Thursday Lunch: \$2 with WSO Name Tag \$ \_\_\_\_\_
- Thursday Evening Bar-B-Q \$4 per person  
No. of persons attending: \_\_\_\_\_ x \$4 = \$ \_\_\_\_\_
- Friday Lunch: \$2 with WSO Name Tag \$ \_\_\_\_\_
- Friday Young-At-Heart Banquet at \$15  
No. attending \_\_\_\_\_ x \$15 = \$ \_\_\_\_\_
- Voluntary Donation / Contribution = \$ \_\_\_\_\_
- "Late Fee" (\$10 only after July 5) = \$ \_\_\_\_\_
- Registration Fee, each participant: \$ **5.00**

**Total Amount Enclosed:** \$ \_\_\_\_\_

**Athletic Waiver and Release of Liability**

In consideration of being allowed to participate in any way in the Wyoming Senior Olympics programs, its related events and activities. I, the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in the program, is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist, and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the state and customary terms and conditions for participation. If, however, I observe an unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Organization immediately, and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY AND HOLD HARMLESS, The City of Rock Springs, and the Wyoming Senior Olympics, their officers, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors or premises used for the activity ("Releasees"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT AN INDUCEMENT.

Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/2010

**Pertinent medical information** (medical condition, special medication, allergies, and other information): Please attach any information which is necessary to ensure your health and safety.

**1<sup>st</sup> 300 Registrants will receive a free 2010 WSO-Rock Springs lapel pin.**

**All Registrants will receive a free WSO T-shirt.**

#   #   #

1. Make checks out to: **Wyoming Senior Olympics  
418 Broadway PMB 235  
Rock Springs, WY 82901**
2. \*A copy of your birth certificate or driver's license must accompany your registration!

# Event Registration Form 2010

## THURSDAY, July 22, 2010

### Triathlon

- 7:00 am Swim, Bike, Run

### Cycling

- 7:00 am 20K Road Race  
 10:30 am 10K Time Trial

### Golf

- 7:00-11:00am 18 Hole Tournament  
(Round will last approx. 5 hours from tee time)

### Racquetball

- 8:00 am Singles  
 9:30 am Doubles  
**Partner** \_\_\_\_\_

### Billiards

- 9:00 am 8 Ball Singles

### Canoe Racing

- 9:00 am Two person  
**Partner** \_\_\_\_\_

### Horseshoes

- 9:30 am Singles  
 10:00 am Doubles  
**Partner** \_\_\_\_\_

### Pickleball

- 11:30 am Singles  
 2:00 pm Doubles  
**Partner** \_\_\_\_\_  
 3:00 pm Mixed Doubles  
**Partner** \_\_\_\_\_

### Volleyball

- 1:00 pm Volleyball Tournament  
Team Name: \_\_\_\_\_

### Swimming

- 12:00 noon Warm-up period starts  
 1:00 pm 1500 yard, Males  
 2:00 pm 1500 yard, Females

## FRIDAY, July 23, 2010

### Cycling

- 7:00 am 40K Road Race  
 10:30 am 5K Time Trial

### Road Race

- 7:00 am 5K Run / Walk

### Track and Field

- 7:00 am 5000 meter Race Walk  
 8:00 am 800 meter Fun Walk  
 8:30 am 100 meter dash  
 8:30 am Javelin  
 9:00 am Standing Long Jump  
 9:00 am Softball Throw  
 9:30 am 800 meter Race Walk  
 10:00 am Long Jump  
 10:00 am 200 meter dash  
 11:00 am Pole Vault  
 11:00 am Frisbee Throw  
 11:00 am 100 meter Race Walk  
 11:15 am 200 meter Race Walk  
 11:30 am 800 meter Run

## FRIDAY, July 23, continued

### Bowling

- 9:00 am Men's Doubles  
**Partner** \_\_\_\_\_  
 12:00 noon Mixed Doubles  
**Partner** \_\_\_\_\_  
 3:00 pm Women's Doubles  
**Partner** \_\_\_\_\_

### Table Tennis

- 9:00 am Singles  
 10:30 am Doubles  
**Partner** \_\_\_\_\_  
 11:30 am Mixed Doubles  
**Partner** \_\_\_\_\_

### Archery

- 9:00 am Compound Release Aid  
 9:00 am Compound Fingers Shooters  
 9:00 am Barebow, Recurved and Compound

### Swimming

- 12:00 noon Warm-up period starts  
 1:00 pm 50 yard Backstroke  
 1:15 pm 25 yard Butterfly  
 1:30 pm 50 yard Freestyle  
 1:45 pm 25 yard El. Backstroke  
 2:00 pm 100 yard Freestyle  
 2:15 pm 100 yard Sidestroke  
 2:30 pm 200 yard Backstroke  
 2:45 pm 50 yard El. Backstroke  
 3:00 pm 200 yard IM  
 3:15 pm 25 yard Backstroke  
 3:30 pm 50 yard Breaststroke  
 3:45 pm 100 yard IM Relay  
**Team Name** \_\_\_\_\_  
 4:00 pm 500 yard Freestyle

### Basketball

- 1:00 pm Free Throw  
 1:30 pm 3 Point Shots  
 2:00 pm Hot Shot  
 3:00 pm 3 on 3, half court  
**Team Name** \_\_\_\_\_

### Billiards

- 1:30 pm Doubles:  
 Males-**Partner** \_\_\_\_\_  
 Females-**Partner** \_\_\_\_\_  
 Mixed-**Partner** \_\_\_\_\_

## SATURDAY, July 24, 2010

### Road Race

- 7:00 am 10K Run / Walk

### Mountain Bike

- 8:00 am 5K

### Softball

- 8:00 am Softball Tournament  
**Team Name** \_\_\_\_\_

## SATURDAY, July 24, continued

### Tennis

- 8:00 am Singles  
 10:00 am Doubles  
**Partner** \_\_\_\_\_  
 12:00 noon Mixed Doubles  
**Partner** \_\_\_\_\_

### Track and Field

- 8:00 am 50 meter Dash  
 8:15 am 400 meter Fun Walk  
 9:00 am 1500 meter Race Walk  
 9:00 am Triple Jump  
 9:00 am \*\*Discus Throw (young to old)  
 9:00 am \*\*Shot Put (old to young)  
 9:30 am 400 meter Race Walk  
 10:00 am 400 meter Dash  
 10:30 am High Jump  
 10:30 am Football Throw  
 11:00 am 1500 meter Run

### Disc Golf

- 9:00 am Singles

### Bowling

- 9:00 am Men's Singles  
 2:00 pm Women's Singles

### Trap Shooting

- 9:00 am  Singles, 16 yards  
 Doubles, 16 yards  
 Handicap, 19 to 27 yards

### Swimming

- 12:00 noon Warm-up period starts  
 1:00 pm 100 yard Breaststroke  
 1:15 pm 50 yard Sidestroke  
 1:30 pm 100 yard IM  
 1:45 pm 25 yard Breaststroke  
 2:00 pm 50 yard Butterfly  
 2:15 pm 200 yard Freestyle  
 2:30 pm 100 yard Freestyle Relay (4 person)  
**Team Name** \_\_\_\_\_  
 2:45 pm 100 yard Butterfly  
 3:00 pm 25 yard Freestyle  
 3:15 pm 200 yard Breaststroke  
 3:30 pm 25 yard Sidestroke  
 3:45 pm 100 yard Backstroke  
 4:00 pm Diving

### Darts

- 1:30 pm Singles

### Badminton

- 1:00 pm Singles  
 2:00 pm Doubles  
**Partner** \_\_\_\_\_  
 3:00 pm Mixed Doubles  
**Partner** \_\_\_\_\_