

SPORT RULES * DESCRIPTION

NOTE: A-ALL AGES, Y 50-64 YRS, 0-65 AND OVER

ARCHERY (MW)

Commissioner: DAN CRAWFORD

Site: ELECTRIC CITY ARCHERY-WADSWORTH PK

FRIDAY JUNE 8 9:00AM

age code	event	fees
A AACCF	COMPOUND FINGERS	\$4.00
A AACCR	COMPOUND RELEASE	\$4.00
A AACHR	RECURVE	\$4.00

Participants will shoot 30 arrow rounds using Regulation 48" targets from 3 distances 60, 50, 40 YD. 5 ends of 6 arrows at each distance. "900" American round (1 day) NAA & NFPA rules apply. Archers must have their own equipment: six Matching arrows required.

Facility fee of \$6 - Payable to Electric city archery.

BASKETBALL (MW)

Commissioners: KEVIN O'CONNELL, REBECCA RICHARDS, & MONTE KUKA

Site: GFH FIELD HOUSE-- 1900 2nd Ave S

SATURDAY JUNE 9

age code	event	time	fees
A BBFTH	FREE THROW	8:30 AM	\$4.00

Three practice shots from the foul line. Then twenty-five (25) attempts per person. Foot must not touch the free throw line until the ball hits the basket or the basket is made. One point for each basket made. Highest scores win. Each person will have a rebounder

age code	event	time	fees
A BBSHO	HOTSHOT	8:30 AM	\$4.00

There are 5 places (spots) on the floor from which you must shoot. One foot must be on the spot when you shoot or it will count as a miss. You will get one practice shot, which will not count, and then you will shoot three shots from that spot. One point scored for each shot made. This method is repeated at each spot until 15 attempts have been made. Highest scores win. One person is needed to rebound shots.

age code	event	time	fees
A BBALL	3 ON 3 1/2 CRT	9:00 AM	\$4.00

Teams must be of one sex and must consist of at least 3 players and no more than 10. Tournament format will depend on the number of teams entered. Games will consist of two 12-minute halves. Players must enter individually. List the Team name on the entry form. No member of a team will be allowed to play unless entered officially. Youngest player on the team determines the age bracket of the team. Two teams must be registered for team play to be scheduled. Three point shots allowed. Players disqualified after 5th foul.

*****TEAM CAPTAINS MUST SUBMIT A COMPLETE ROSTER OF PLAYERS ALONG WITH THEIR ENTRY FORM.*****

BOWLING: (MW) Scratch

Commissioner: DON JORDAN

Site: LITTLES LANES- 517 1st Ave N

FRIDAY JUNE 8

Shifts: (THREE)

10:00 AM	SINGL/DBL or/MD
12:00 PM	SINGL/DBL or/MD
2:00 PM	SINGL/DBL or/MD

SAT. JUNE 9

Shifts (TWO)

10:00 AM SINGL/DBL or/MD

12:00 PM SINGL/DBL or/MD

age code	event	fees
A BOWLS	Singles	\$4.00
A BOWLD	Doubles	\$4.00
A BOWLM	Mixed Doubles	\$4.00

Facility Fee \$6.75 Per event (3 games).

Payable to LITTLES LANES.

You may compete in three events as long as conflicts do not occur. One event per time slot. Select the shift(s) (see above) you want & include on your registration form. Youngest bracket for player on the team will determine the age in Mixed Doubles & Doubles. Participant may compete on only one mixed doubles team & one doubles team during the tournament. In singles you must compete in the age bracket you are in. All USBC Rules will apply.

Medals will be awarded immediately after the last shift on Saturday. Winners based on total scores.

No medals will be mailed.

CYCLING: (MW)

Commissioner: JOHN JURAS

Site: Broadwater Bay -220 RIVER DRIVE S

FRIDAY JUNE 8 40K & 20K GROUP START

age code	distance	time	fees
A CY40K	40 K	9:00 AM	\$4.00
A CY20K	20 K	9:10 AM	\$4.00

SATURDAY JUNE 9 5K & 10K Time Trials

age code	distance	time	fees
A CY10K	10 K	8:30 AM	\$4.00
A CYC5K	5 K	9:00 AM	\$4.00

USA CYCLING RULES. NO BULLHORN BARS.

Ansi or Snell Helmets are mandatory. Bikes must have safety Check before first event. Multi gear (free wheel) Bikes with front and rear brakes are required.

Participants must supply own equipment and are Urged to check course for traffic and pot Holes. Check map for directions. Required numbers for participation can be picked up at THE HOLIDAY INN check-in SITE.

GOLF (MW)

Commissioner: CONNIE CAOQUETTE

Site: EAGLE FALLS GOLF COURSE-1025 25TH

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THURSDAY JUNE 7 ALL EVENTS

age code	event	time	fees
A GOLFA	18 Hole	1:00 PM	\$4.00
A GOLFP	Putting	11:00 AM	\$4.00
A GOLFD	Driving	11:00 AM	\$4.00

18 Hole Scratch Gross Tournament. No handicaps. In case of tie there will be a card playoff.

USGA Rules. 1st Tee at 1:00 PM, rest to follow

Facility fee \$50.00 (includes cart, green fees, tee prize & lunch) (Pay facility fees \$50 to Eagle Falls Golf Course

Putting Contest. Winners based on best scores.

Driving Contest. Winners based on best out of Three attempts.

HORSESHOES (MW)

Commissioner: ART GROUX

Site: ELKS RIVERSIDE PARK 500 River Dr. N.
FRIDAY JUNE 8

age	code	event	time	fee
A	HSOS	SINGLES	10:00 AM	\$4.00
A	HSOD	DOUBLES	After singles	\$4.00

Double Elimination Tournament. **Participants bring their own shoes.** Tournament depends on number of entries. Distance for 70 years and older is 30'. NHPA RULES apply.

RACEWALK: (MW)

Commissioners: KEN CHOMO & DENNY HUFFARD

Site MEMORIAL STADIUM (1900 2ND AVE S)

age	code	event	time	fees
A	1000W	1000M NOVICE	4:00PM	\$4.00
A	1500W	1500M OPEN	4:00PM	\$4.00

FRIDAY JUNE 8 SITE OPENS 8:00 AM

age	code	event	time	fees
A	2000W	2000M NOVICE	9:00 AM	\$4.00
A	5000W	5000M OPEN	9:00 AM	\$4.00

1500 AND 5000M USATF RULES. Must use proper race walking technique or risk disqualification. Participants must not wear clothing which could impede the view of the judges. 3 warnings will be given before disqualification.

1000, 2000M are for Beginners (NOVICE) Events
Will be monitored.

A novice is someone who has not won a medal in Previous OPEN RACEWALK events and has participated in no more than two MSO Games as a Novice.

Required numbers for participation can be picked up at the HOLIDAY INN check-in area starting Thursday afternoon.

RACQUETBALL: (MW)

Commissioner: BONNIE MAYNARD

Site: Peak Health & Wellness Center -at 1800 BENEFIS CT

age	code	event	time	fee
A	RACQS	SINGLES	1:00PM	\$4.00
A	RACQD	DOUBLES	AFTER	\$4.00

Single elimination tournament. Two games to 15 points. Tie breakers to 11 points if required. Protective eyewear is required.. Consolation Round. Penn Balls will be used. (Supplied by MSO) Bring your own racquets.

ROAD RACING (MW)

Commissioner: GREG HALL

SITE: Buffalo Statue-1ST AVE N & RIVER DR N)
THURSDAY JUNE 7 - 5K

age	code	event	time	fee
A	RRA5K	5K	6:00 PM	\$4.00

FRIDAY JUNE 8- 10K

age	code	event	time	fee
A	RR10K	10K	8:45 AM	\$4.00

USATF RULES. Road races are run on a road (some gravel). Required numbers for participation can be picked up at HOLIDAY INN check-in area starting Thursday afternoon. Also maps will be available.

SWIMMING (MW)

Commissioner: MARIAN PERMANN & ERICA MCNAMEE

Site: GREAT FALLS HIGH (1900 2ND AVE S)

age	code	event	time	fees
A	200FR	FREESTYLE	1:00 PM	\$4.00
A	100BR	BREASTROKE	after	\$4.00
A	50FLY	BUTTERFLY		\$4.00
A	100FR	FREESTYLE		\$4.00
A	200IM	INDIVIDUAL MEDLY		\$4.00
A	100BA	BACKSTROKE		\$4.00
A	200BR	BREASTROKE		\$4.00

SATURDAY JUNE 9 WARM UP 7:00 AM

age	code	event	time	fees
A	500FR	FREESTYLE	7:30 AM	\$4.00
SECOND WARM UP				8:00AM
A	100IM	INDIVIDUAL MEDLY	9:00AM	\$4.00
A	50FRE	FREESTYLE	FOLLOWING	\$4.00
A	200BA	BACKSTROKE		\$4.00
A	50BRE	BREASTSTROKE		\$4.00
A	50BAC	BACKSTROKE		\$4.00
A	100FL	BUTTERFLY		\$4.00

All swimming events will be timed finals. Turns starts, breaststroke, backstrokes, Butterfly, freestyle, and medley rules will apply As per US MASTER SWIMMING RULES: **YOU CAN NOT ENTER MORE THAN 6 EVENTS IN THE TWO-DAY EVENT. Do Not enter events for which you have not trained.** Pool is 25 yds. All events will be in yards. Starts: The forward start may be taken from starting blocks, the pool deck or push from the wall. Backstroke start is taken from the wall. Turns: The Breaststroke and Butterfly turns must be done with both hands touching simultaneously. The backstroke and freestyle events require some part of the body to touch the wall. False start disqualification. **Time stated is warm-up time with events to follow as determined by the commissioner and the number of participants in each event.**

TABLE TENNIS (MW)

Commissioner: LACEY GALLAGER

Site: GREAT FALLS HIGH (1900 2ND AVE S)

age	code	event	time	fee
A	TTENS	SINGLES	1:00 PM	\$4.00
A	TTEND	DOUBLES	3:00 PM	\$4.00
A	TTENM	MIXED D	4:00 PM	\$4.00

USTT RULES. Participants must **bring their own paddles.** Balls will be furnished. Participants may not wear white shirts and **must wear non-marring court shoes.** The doubles competition will be grouped by the age of the youngest player. Type of Tournament will depend on number of entries. USTT rules apply

TENNIS (MW)

Commissioner: JIM MCCARVEL

Site: CMR TENNIS COURTS

THURSDAY JUNE 7

Singles 1:00 PM

(CONTINUED ON FRI at 9:00AM if necessary)

TENNIS (CONT)

FRIDAY June 8

Doubles 9:00 AM
Mixed doubles 9:00 AM
Singles (cont.) (if needed)

Tennis May be continued on Sat. 8:00 AM if needed.

Age	code	event	fees
A	TENNS	SINGLES	\$4.00
A	TENND	DOUBLES	\$4.00
A	TENNM	MIXED DOUBLES	\$4.00

Participants are limited to 2 events. Youngest player for Partner events determines which age group or bracket you will play in. Tournament will be determined by number of participants. Wilson & Penn balls will be supplied. USTAS Rules. Age brackets will be combined if there are not enough participants in any age group.

TRACK/FIELD (MW)

Commissioners: BOB STINGLEY & BRANCH BRADY
Site: MEMORIAL FIELD (1900 2ND AVE S)

A: ALL AGES

ALL FIELD EVENTS WILL BE HELD ON SATURDAY THIS YEAR

FIELD EVENTS

SATURDAY JUNE 9 SITE OPENS 8:00 AM

age	code	event	time	Fees
A	POVLT	POLE VAULT	10:00 AM	\$4.00
A	SHPUT	SHOT PUT	10:00 AM	\$4.00
A	LJUMP	LONG JUMP	10:00 AM	\$4.00
A	HJUMP	HIGH JUMP	12:00 PM	\$4.00
A	DISCU	DISCUS	12:00 PM	\$4.00
A	SLJUM	ST. L. JUMP	1:00 PM	\$4.00
A	JAVEL	JAVELIN	2:15 PM	\$4.00
A	SOFTT	SOFTBALL T	3:15 PM	\$4.00
A	TJUMP	TRIPLE JUMP	2:45 PM	\$4.00
A	HTHRO	HAMMER THROW (SEE BELOW)		

PLEASE BRING YOUR OWN EQUIPMENT! SOME EQUIP MAY BE AVAILABLE - BUT NOT ALL WEIGHTS!

All throwing equipment must be weighed in prior to competition. Non studded running shoes and spikes (for rubberized tracks) of no more than 1/8inch allowed. USAT&F RULES. Proper Wts. are:

Shot (m) (50-59-6K,) (60-69-5K,) (70-79-4K) (80+-3K) (w) (50-74-3k), (75+-2k).

Discus (m) (50-59 1.5K,) (60+ -1K) (w) (50-74-1K) (75+- .75K)

Javelin(m) (50-59-700gms,) (60-69-600gms,) (70-79-500gm,) (80+ 400 gms)

(w) (50-59-500 gms,) (60+ 400gms.)

NOTE: Heavier wt. Javelin will be accepted.

Pole-vault(m) bring your own pole.

Required numbers for competition can be picked up at the HOLIDAY INN check-in site starting Thursday afternoon.

HAMMER THROW & Weight Throw: To be held in Wilsall, MT Sunday June 3 at 2:00 pm. At Sager Throwing facility. Bob Sager will be in charge of events. (no bib numbers required)

You may register on the registration form and the fee will be \$4.00 each (hammer throw and weight throw) in addition to the \$10.00 registration fee. Kay Newman (406) 586-5543 for info.

TRACK EVENTS

SATURDAY JUNE 9

Site: MEMORIAL STADIUM opens 8:00 AM

age	code	event	time	fees
A	080HU*	80M hurdles	11:00 AM	\$4.00
A	100HU	HURDLES	11:00 AM	\$4.00
A	050TR	50MDASH	11:30 AM	\$4.00
A	400TR	400M RUN	12:30 PM	\$4.00
A	100TR	100M DASH	2:00 PM	\$4.00
A	800TR	800M RUN	3:00 PM	\$4.00
A	200TR	200M DASH	4:00 PM	\$4.00
A	1500T	1500M RUN	5:00 PM	\$4.00

* for men 70+—distance 80M
Hurdle Height: according to USATF book
(M) 50-59 36" 100 M; 60-69 33" 100M
70-79 30" 80M ; 80 up 27" 80M

SOFTBALL

COMMISSIONER: Jim Valentino (406-837-9994)

14045 Pine St., Bigfork, MT 59911

Tournament Director for forms & information (also on MSO website.

www.montanaseniorolympics.org

SITE: KALISPELL Conrad Complex - 19 Woodland Park Drive

FRIDAY July 13, 14, 15 (deadline for entry July 1, 2012)

FEES: Team fee: \$300 (Includes registration for National Games).
CHECKS MADE TO Kalispell Senior Softball Games (\$50 will go toward team registration for Nationals, if your team desires to go)

REGISTRATION RULES for entry in MSO games:

Each member must complete individual entry form, and sign liability release for MT Senior Olympics entry (Include Date of Birth)

DIVISIONS: 50+, 60+, 70+
Player's age is determined by the age they are as of December 31, 2012

* All players must be at least 50 by December 31, 2012

Mandatory team meeting at 3:00 on Fri, July 13 at Conrad Center to discuss rules and concerns.

SEND FORMS TO:

SOFTBALL ONLY

Jim Valentino
14045 Pine St
Bigfork MT 59911