

The Olympic Creed

*The most important thing in the
Olympic games, is not to win,
But to take part:*

*Just as the most important thing In
life is not the triumph,
But the struggle:*

*The essential thing is not to have
Conquered,
But to have fought well.*



**For additional information,
Please contact:**

**Quincy Council on Aging,
Department of Elder Services
(617) 376-1245**

**Quincy Recreation Department
(617) 376-1394**

**Quincy on the Go...
A Healthy Place to live!**

34th Annual Quincy Senior Olympics

May 9, 2016 to May 19, 2016

**Thomas F. Clasby, Jr.
Director of Elder Services**

**Barry J. Welch
Director of Recreation**

Presented By:

The City of Quincy

Sponsored By:



Supported By:



34th Annual Quincy Senior Olympics



**May 9, 2016 to
May 19, 2016**

**Thomas P. Koch
Mayor**

**34th Annual Quincy Senior
Olympics
May 9, 2016 to May 19, 2016**

GENERAL INFORMATION

Open to Men and Women age 55 and over.

REGISTRATION:

- **\$15.00** for all events AND:
- **An official 2016 Olympic T-Shirt**
- **Entrance to the Sportsmanship Luncheon Hosted by Brookdale**
- **The Awards Collation**
- Additional fees apply for bowling and golf.
- Registration Deadline: **May 2, 2016.**
- Registrations can be mailed or dropped off to:
**Quincy Recreation Department
One Merrymount Parkway
Quincy, MA 02170**
- Checks made payable to: **Quincy Recreation Department**

AGE GROUPING & MEDAL POLICY

- Competition will be judged by age categories in **5-year increments**: 55-59, 60-64, 65-69, and so on.
- **7 or More** Competitors in an age group, 3 Medals will be awarded; Gold, Silver, Bronze
- **4 to 6** Competitors in an age group, 2 Medals awarded; Gold and Silver
- **3 or Fewer** Competitors in an age group, 1 Medal; Gold

EVENTS: LISTED BY DATE

MONDAY, MAY 9, 2016

One Mile Walk – 6:00 p.m. Men & Women

Kennedy Center, 440 E. Squantum St.

Opening Ceremony – 6:45 p.m.

Kennedy Center, 440 E. Squantum St.

Celebrity Exhibition Volleyball

Game- 7:15 p.m.

Kennedy Center, 440 E. Squantum St.

TUESDAY, MAY 10, 2016

Bowling – 1:00 p.m. Men & Women

Olindy's Lanes, 170 Quincy Ave.

Swimming – 6:00 p.m. Men & Women

Lincoln Hancock Community School Pool,
Enter on the Water Street side of the school

- Free-Style, Breast Stroke, Backstroke
- Ages 55-69 Swim 100 yard events
- Ages 70+ Swim 50 yard events
- Distance Free Style – 500 yards

WEDNESDAY, MAY 11, 2016

Darts – 9:30 a.m. Men & Women

Kennedy Center, 440 E. Squantum St.

Billiards - 8 Ball – 1:00 p.m. Men & Women

Olindy's Lanes, 170 Quincy Ave.

THURSDAY, MAY 12, 2016

Bocce – 9:00 a.m. Men

11:30 a.m. Women

Torre Dei Passeri Club, 252 Washington St.

FRIDAY, MAY 13, 2016

Three Mile Walk – 9:30 a.m. Men & Women

Richard J. Koch Recreation Complex,
One Merrymount Parkway

Rotation Events – 11:00 a.m. Men & Women

Fenno Street Basketball Courts

- **Horseshoe Pitching**
- **Basketball Free Throw**

Sportsmanship Luncheon – 1:00 p.m.

Kennedy Center, 440 E. Squantum St.

SATURDAY, MAY 14, 2016

Track & Field Events, Men & Women

Faxon Field Track, 102 Coddington St.

One Mile Run – 9:00 a.m.

Half Mile Walk – 9:15 a.m.

Rotation Events – 9:30 a.m.

- **Softball Throw, Standing Long Jump**
- **Javelin Throw, Shot Put, Discus**
- **Golf Putting Competition**

MONDAY, MAY 16, 2016

Golf Tournament – Men & Women

T-times begin at 8:00 a.m.

President's Golf Course, West Squantum St.

TUESDAY, MAY 17, 2016

Pickleball Tournament –

Two player teams submitted by participants

9:30 a.m. Men

12:30 p.m. Women

Kennedy Center, 440 E. Squantum St.

THURSDAY, MAY 19, 2016

Awards Night – 6:00 p.m.

Kennedy Center, 440 E. Squantum St.

- **Refreshments – 6:00 p.m.**
- **Awards Ceremony – 6:30 p.m.**

34th Annual Quincy Senior Olympics

Hosted by the City of Quincy

Sponsored By



May 9, 2016 to May 19, 2016

Participant Registration Form

Registration Deadline: May 2, 2016

The registration fee of \$15.00 is for all events as well as an official 2016 Olympic T-Shirt, entrance to the Sportsmanship Luncheon Hosted by Brookdale - Quincy Bay and the Awards Collation. Additional fees apply for bowling and golf. Participants do not need to live in Quincy.

PLEASE COMPLETE BOTH SIDES OF THIS FORM:

NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____

CITY/TOWN: _____ ZIP CODE: _____

TELEPHONE NUMBER: _____ GENDER: M _____ F _____

T-SHIRT SIZE: S _____ M _____ L _____ XL _____ XXL _____

EMERGENCY CONTACT: _____ RELATIONSHIP: _____

TELEPHONE NUMBER: _____ CITY/TOWN: _____

TOTAL REGISTRATION FEE ENCLOSED:

ENTRY FEE \$15 _____ BOWLING \$5 _____ GOLF \$20 _____ = TOTAL \$ _____
PLEASE INDICATE EVENTS ENTERED ON REVERSE SIDE OF THIS FORM

WAIVER OF LIABILITY

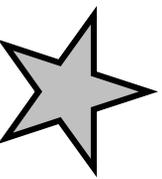
I understand that participation in a Recreation Department sponsored program is voluntary and may involve some risk, but I regard that the benefits outweigh the risks. I hereby release the City of Quincy as well as the Department of Elder Services and Recreation Department, its agents, contractors, employees, and volunteers from any and all actions, claims and damages for personal injuries and disability that I may sustain or incur as a result of participation in or transportation to or from any recreation program. I give permission for medical treatment to be given if needed. I participate in the Quincy Senior Olympic Games with my physician's knowledge and consent. I have prepared myself for the events, which I have entered by practicing as much as possible prior to the Senior Olympics. I, the undersigned, grant to the Quincy Senior Olympic Games the right to use any pictures and videos taken of me during the games to be held in May 2016.

SIGNATURE: _____ DATE: _____

Mail or Drop Completed Registration Form to: Quincy Recreation Department
One Merrymount Parkway

Quincy, MA 02170

Checks Made Payable to: Quincy Recreation Department



34th Annual Quincy Senior Olympics

PLEASE CLEARLY CHECK EACH EVENT YOU ARE ENTERING.

MONDAY, MAY 9, 2016



Opening Ceremony 6:45 PM at Kennedy Center



_____ One Mile Walk

6:00 PM

Kennedy Center

TUESDAY, MAY 10, 2016

_____ Bowling

1:00 PM

Olindys Lanes

_____ Swimming

6:00 PM

Lincoln Hancock Community Pool

WEDNESDAY, MAY 11, 2016

_____ Darts

9:30 AM

Kennedy Center

_____ Billiards - 8 ball

1:00 PM

Olindys Lanes

THURSDAY, MAY 12, 2016

_____ Bocce - Men

9:00 AM

Torre Dei Passeri Club

_____ Bocce - Women

11:30 AM

Torre Dei Passeri Club

FRIDAY, MAY 13, 2016

_____ Three Mile Walk

9:30 AM

Richard J. Koch Recreation Complex

Rotation Events:

11:00 AM

Fenno Street Basketball Courts

_____ Horseshoe Pitching

_____ Basketball Free Throw



_____ Sportsmanship Luncheon - Hosted by Brookdale - Quincy Bay 1:00 PM Kennedy Center

SATURDAY, MAY 14, 2016

_____ One Mile Run

9:00 AM

Faxon Field Track

_____ Half Mile Walk

9:15 AM

Faxon Field Track

Rotation Events:

9:30 AM

Faxon Field Track

_____ Softball Throw

Shot Put

Discus

Standing Long Jump

_____ Javelin Throw

_____ Golf Putting Competition (On Portable Putting Green)

MONDAY, MAY 16, 2016

_____ Golf Tournament

8:00 AM

President's Golf Course

TUESDAY, MAY 17, 2016

_____ Pickleball Tournament - Men

9:30 AM

Kennedy Center

_____ Pickleball Tournament - Women

12:30 PM

Kennedy Center

Partner Needed _____ or Partner's Name: _____

THURSDAY, MAY 19, 2016

_____ Awards Night

Refreshments 6:00 PM Awards 6:30 PM Kennedy Center

