

SPORT RULES * DESCRIPTION

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

ARCHERY (MW)

Commissioner: BOB RODMAN

Site: LONE PINE STATE PARK (300 Lonepine Rd.)

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" target from 3 distances. NAA rules apply to the conventional bow shooter. NFAA rules apply to the compound bow shooter (finger and release aid only) Archers must have their own equipment, six Matching arrows required.

BASKETBALL (MW)

Commissioner: RANDY SCHWAN

Site: SUMMIT (205 Sunnyview Lane)

SATURDAY JUNE 12 8:30 AM

Orientation meeting. Scheduling of events and times will take place at that time.

age code	event	time	fees
A	BBFTH FREE THROW	9:00 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	9:00 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	10:00 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 points shot allowed. Players disqualified after 5th foul.

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

BOWLING: (MW) Scratch

Commissioner: DAVE PICKAVANCE

Site: PICK'S BOWLING CENTER - BigFork

FRIDAY JUNE 11

Shifts: (THREE)

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

SAT. JUNE 12

Shifts (TWO)

10:00 AM SINGL/DBL/MD

12:00 PM SINGL/DBL/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). Pay to PICK'S BOWLING CENTER.

You may compete in three events as long as conflicts do not occur.

Select the shift(s) 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 ABC, WIBC Rules will apply.

Medals will be awarded immediately after the last shift on Saturday.

No medals will be mailed.

CYCLING: (MW)

Commissioner: SUSAN-MARIE LADD

FRIDAY JUNE 11 20K GROUP START

Site: FARM TO MARKET ROAD

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

SATURDAY JUNE 12 10K Time Trials
5K Time Trials

Site: FARM TO MARKET ROAD

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

USCF 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 SUMMIT check-in SITE.**

GOLF (MW)

Commissioner: RYAN MALBY & MEL JORDAN

Site: VILLAGE GREENS (135 Palmer Drive)

FRIDAY JUNE 11 ALL EVENTS

age code	event	time	fees
A	GOLFA 18 Hole	9:00 AM	\$4.00
A	GOLFP Putting	8:00 AM	\$4.00
A	GOLFD Driving	8:00 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 9:00 AM, rest to follow

Facility fee \$43.00 (includes cart & 18 hole) (Pay facility fees \$43 to Village Greens)

Putting Contest. Winners based on best scores.

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

HORSESHOES (MW)Commissioner: **Tagen Vine**

Site:

FRIDAY JUNE 11

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)Commissioner: **KEN CHOMO & DENNY HUFFARD**Site **LEGENDS FIELD**

FRIDAY JUNE 11 SITE OPENS 10:00am

age	code	event	time	fees
A	1000W	1000M NOVICE	12:00 N	\$4.00
A	1500W	1500M OPEN	12:30 PM	\$4.00

SATURDAY JUNE 12 SITE OPENS 9:00 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 **SUMMIT** check-in area starting Thursday afternoon.

RACQUETBALL: (MW)Commissioner: **Chuck Wilhoit**Site: **The SUMMIT**

SATURDAY JUNE 12

age	code	event	time	fee
A	RACQS	RACQUETBALL	10:00 AM	\$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: **LARRY BAUER**

THURSDAY JUNE 10 - 5K (may walk)

SITE: RAILS TO TRAILS West on Hwy 2

age	code	event	time	fee
A	RR5K	5K	5:00 PM	\$4.00

FRIDAY JUNE 11- 10K

SITE: RAILS TO TRAILS

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 **THE SUMMIT** check-in area starting Thursday afternoon. Also maps will be available.

SWIMMING (MW)Commissioner: **BRANDON RANNEBARGER**Site: **SUMMIT POOL**

FRIDAY JUNE 11 WARM UP 12:00 PM

age	code	event	time	fees
A	200FR	FREESTYLE	1:00 PM	\$4.00
A	100BAC	BACKSTROKE		\$4.00
A	50FLY	BUTTERFLY		\$4.00
A	100FR	FREESTYLE		\$4.00
A	100BR	BREASTSTROKE		\$4.00
A	200BA	BACKSTROKE		\$4.00
A	100FL	BUTTERFLY		\$4.00

SATURDAY JUNE 12 WARM UP 10:00 AM

age	code	event	time	fees
A	50FRE	FREESTYLE	10:15AM	\$4.00
A	200BR	BREASTSTROKE		\$4.00
A	50BAC	BACKSTROKE		\$4.00
A	100IM	INDIVIDUAL MEDLY		\$4.00
A	50BRE	BREASTSTROKE		\$4.00
A	500FR	FREESTYLE		\$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: **DEBI COZIAHR**Site: **The SUMMIT (210 Sunnyview Lane)**SATURDAY JUNE 12 SINGLES 9:00AM
DOUBLES
MIXED DOUBLES

age	code	event	time	fee
A	TTENS	SINGLES	9:00 AM	\$4.00
A	TTEND	DOUBLES	after singles	\$4.00
A	TTENM	MIXED D	AFTER	\$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 : **BILL ROBBINS**Site: **THUR: SUMMIT (OPENED 1-6PM)**THURSDAY JUNE 10: SUMMIT
SINGLES 1:00 pm
DOUBLES 3:00 PM
MIXED DOUB 4:00 pm

(SEE NEXT PAGE)

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

FRIDAY JUNE 11

Times for Tennis matches depend on number of participants and may be continued on Fri. June 11 at EASTSIDE TENNIS COURTS for completion (8:00am-12N)

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: DAN HODGE
Site: LEGENDS FIELD

A: ALL AGES; Y: 50 -64; O: 65 & over.

FIELD EVENTS

FRIDAY JUNE 11 - SITE OPENS 10:00AM

age	code	event	time	fees
0	SHPUT	SHOT PUT	11:00 AM	\$4.00
0	HJUMP	HIGH JUMP	11:30 AM	\$4.00
0	JAVEL	JAVELIN	1:00 PM	\$4.00
0	SLJUM	STAN LJUMP	1:30 PM	\$4.00
0	DISCU	DISCUS	2:00 PM	\$4.00
0	SOFTT	Softball Throw	3:00 PM	\$4.00

FIELD EVENTS

SATURDAY JUNE 12 SITE OPENS 8:30 am

age	code	event	time	Fees
A	POVLT	POLE VAULT	10:00 AM	\$4.00
Y	SHPUT	SHOT PUT	10:00 AM	\$4.00
A	LJUMP	LONG JUMP	10:00 AM	\$4.00
Y	HJUMP	HIGH JUMP	11:15 AM	\$4.00
Y	DISCU	DISCUS	12:15 PM	\$4.00
Y	SLJUM	ST. L.JUMP	12:15 PM	\$4.00
Y	JAVEL	JAVELIN	2:10 PM	\$4.00
Y	SOFTT	SOFTBALL T	3:00 PM	\$4.00
A	TJUMP	TRIPLE JUMP	3:00 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+-5K,) (70+& 80-4K) (w)3K.

Discus (m) (50-59 1.5K,) (60+ 1K) (w)1K (80+ .75K)
Javelin (m) (50+700gms,) (60+-600gms,) (70+500gm,) (80+ 400 gms,) (w) (50+ 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 **SUMMIT** check-in site starting Thursday afternoon.

HAMMER THROW & Weight Throw: To be held in Wilsall, MT Sunday June 6 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. Bob Sager (406) 578-9870. (HTHRO & WTHRO)

TRACK EVENTS

SATURDAY JUNE 12

age	code	event	time	fees
Site: LEGENDS FIELD opens 8:30 AM				
A	100HU	HURDLES	10:00 AM	\$4.00
A	060TR	60MDASH	10:30 AM	\$4.00
A	400TR	400M RUN	11:00 AM	\$4.00
A	100TR	100M DASH	1:00 PM	\$4.00
A	800TR	800M RUN	1:30 PM	\$4.00
A	200TR	200M DASH	2:30 PM	\$4.00
A	1500T	1500M RUN	3:00 PM	\$4.00

SOFTBALL

COMMISSIONER: Jim Valentino (406-837-9994)
Tournament Director: Bob Tuman
(406)- 758-5800-- Flathead County Parks & Rec.
http://flathead.mt.gov/parks_rec/ for forms & information (also on MSO website. www.montanaseniorolympics.org)
SITE: KALISPELL
Conrad Complex - 19 Woodland Park Drive

FRIDAY June 12 and 13, 2010 (deadline for entry May 21st, 2010)

FEES: Team fee: \$300. CHECKS MADE TO Kalispell Senior Softball Games (POLO SHIRTS (MUST ORDER) - \$25)

Each member must complete individual entry form and sign liability release.

DIVISIONS: 50+, 60+, 70+
Player's age is determined by the age they are as of December 31, 2010

* All players must be at least 50 by December 31, 2010

REGISTRATION RULES: contact Bob Truman (see above)

* Team entry form and roster must be completed by the Manager and sent in with entry fee. \$300 per team.

Rules of play on web site. Mandatory team meeting at 3:00 on Fri, June 11th at Conrad Center to discuss rules and concerns.

SEND FORMS TO: **SOFTBALL ONLY**
Flathead County Parks & Recreation
309 FFA Drive
Kalispell, MT 59901
