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July 16, 2019

AHCA/AALA District 2 Members:

The District 2 Senior Olympics will take place Friday, August 23rd. The Senior Olympics will be held at the Fort Smith Convention Center. The address is 55 South 7th Street, Fort Smith, AR 72901.

For questions, please contact Brooke Whitworth. Return the attached forms to Brooke Whitworth via email or fax.

Brooke Whitworth
Pink Bud Nursing Center
P: (479) 996-4125
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brooke@pinkbudnursingcenter.com

Thank you!



55 South 7th Street
Fort Smith, AR 72901
479-788-8932

Nursing Home Olympic Games
Date:

To all Participating Nursing Homes:

Each participating Nursing Home may bring their own food and beverage into the premises of the Fort Smith Convention Center for the Nursing Home Olympic Games on August 23-2019.

Under no circumstances will the Fort Smith Convention Center or City of Fort Smith assume any risk or liability for such food and beverage products that you (Nursing Home) bring into the Premises.

Signature Title Date

Nursing Home Facility Address

SACA DISTRICT & STATE SENIOR OLYMPICS
Entry Form

Please Print or Type:

Resident's Name _____ Age _____ Sex _____

Nursing Home _____

City _____ Phone # _____

1. DOCTOR'S RELEASE FORM

_____ has been examined by me and to the best of
(Name of Resident)
my knowledge is capable of participating in the SACA District & State Senior Olympics.

✓ _____
Doctor's Signature

2. RESIDENT'S AGREEMENT TO PARTICIPATE

_____ agrees to participate (or has permission to
(Name of Resident)
participate, if Guardian) in the SACA District & State Senior Olympics.

✓ _____
Signature of Resident or Guardian

3. PERMISSION TO BE PHOTOGRAPHED

✓ _____
Signature of Resident or Guardian

SACA DISTRICT & STATE SENIOR OLYMPICS
Mens and Ladies Divisions

1. **Selecting Participant**

Participants should be residents, who enjoy competing with others; who are physically able to participate; who are presently residing in nursing facilities; and who were **55 years or older by December 31, 1992.**

All Districts must use **4 Age Group Divisions for each Event:**

(1) Women **55-70** years of age (3) Women **71** years of age and older

(2) Men **55-70** years of age (4) Men **71** years of age and older

2. **Qualifications**

Participants should have separate signed releases from their doctor allowing them to travel to and take part in both the District and the State Olympics. A separate signed release from the resident (or guardian) should be obtained and attached to the entry forms. **PLEASE USE NEW FORMS ATTACHED**

3. **Events**

A. **Wheelchair Race: 3 DIVISIONS**

The race is to be run over a measure distance of **50 feet.**

Entrants must be classified as non-ambulatory. Depending on number of participants, qualifying heats and a feature race is recommended.

Residents must be entered in the division which matches his/her normal everyday use of a wheelchair.

1. **Hands Only**
2. **Feet Only**
3. **Hands and Feet**

B. **Discus Throw: 1 THROW**

The discus is a Professional 110 G Model regulation white with gold trim Frisbee. Object is to see who can throw the discus the **farthest** from a predetermined point. Each resident will be allowed **1 throw.**

C. **Shot-Put: 2 THROWS**

The shot-put is a regulation softball. Object is to see who can throw the softball the **farthest** from a predetermined point. Residents may stand at a line as long as the line is not crossed. Each resident will be allowed **2 throws** to determine the best toss.

D. **Bean Bag Toss: 3 THROWS**

The bean bag should not weigh over 8 ounces. Object of the bean bag toss is to determine which resident can toss a bean bag into a container with a diameter of no larger than 18" wide and 6" deep the most times out of **3 attempts** from a distance of **15 feet.**