

2009 Individual Entry Form

Required Information – PLEASE PRINT and complete entire form. (Front and Back)

First Name _____ Last Name _____ Sex M F
 Street Address _____ Apt. No. _____
 City _____ State _____ Zip Code _____
 Phone: Home (____) _____ Work or Cell (____) _____
 E-mail Address _____
 Age (as of 12/31/2009) _____ Birthdate (mm/dd/yyyy) _____

Event Entries

BADMINTON

____ Singles
 ____ Doubles
 Partner _____
 ____ Mixed Doubles
 Partner _____

BASKETBALL

____ Around The World*
 ____ Free Throw*

BOCCE BALL

____ Singles Tournament

BOWLING

____ Singles (\$8 Fee)
 ____ Doubles (\$8 Fee)
 Partner _____
 ____ Mixed Doubles (\$8 Fee)
 Partner _____

CYCLING

____ 5K Time Trial
 ____ 10K Time Trial

FOOTBALL

____ Accuracy Throw*
 ____ Distance Throw*
 ____ Field Goal Kick*

GOLF

____ Scratch Tournament (\$30 Fee)
 Partner _____
 Partner _____
 Partner _____

HORSESHOES

____ Singles Tournament

RACQUETBALL

____ Singles
 ____ Doubles
 Partner _____

SCRABBLE

____ Singles Tournament

SHUFFLEBOARD

____ Singles
 ____ Doubles
 Partner _____

SOCCER

____ Accuracy Kick*

SOFTBALL

____ Accuracy Throw*
 ____ Distance Throw*

SWIMMING

____ 200 Individual Medley
 ____ 200 Freestyle
 ____ 100 Backstroke
 ____ 100 Butterfly
 ____ 200 Medley Relay
 Partner _____
 Partner _____
 Partner _____
 Partner _____
 ____ 50 Breaststroke
 ____ 50 Butterfly
 ____ 100 Freestyle
 ____ 100 Breaststroke
 ____ 200 Freestyle Relay
 Partner _____
 Partner _____
 Partner _____
 Partner _____
 ____ 50 Backstroke
 ____ 200 Breaststroke
 ____ 100 Individual Medley
 ____ 50 Freestyle
 ____ 200 Backstroke
 ____ 500 Freestyle

TABLE TENNIS

____ Singles
 ____ Doubles
 Partner _____
 ____ Mixed Doubles
 Partner _____

TENNIS

____ Singles
 ____ Doubles
 Partner _____
 ____ Mixed Doubles
 Partner _____

TRACK & FIELD

____ 50 Meter Dash
 ____ 100 Meter Dash
 ____ 200 Meter Run
 ____ 400 Meter Run
 ____ 800 Meter Run
 ____ 1500 Meter Run
 ____ 1500 Meter Race Walk
 ____ 5000 Meter Race Walk
 ____ 5K Road Race
 ____ 10K Road Race
 ____ Discus
 ____ High Jump
 ____ Long Jump – Running
 ____ Long Jump – Standing
 ____ Shot Put
 ____ Triple Jump

TEAM EVENTS

____ 3X3 Basketball
 Team Name _____
 Team Manager _____
 ____ Granny Basketball
 Team Name _____
 Team Manager _____
 ____ Softball
 Team Name _____
 Team Manager _____
 ____ Volleyball
 Team Name _____
 Team Manager _____

SPECIAL EVENTS

____ Hall of Fame Ceremony

* For those events denoted with an asterisk participants may report anytime within an hour following the scheduled starting time.

Make checks payable to:
Iowa Senior Olympics

Mail application and fees to:
IOWA SENIOR OLYMPICS
3550 Mills Civic Parkway
West Des Moines, IA 50265

Entry forms will NOT be processed unless waiver is signed, form is filled out completely, and all fees are included.

Please indicate T-shirt size:

small x-large
 medium xx-large
 large

Iowa Masters Recognized
Swimming Meet 400904R

Please complete **BOTH** sides of the application. Liability Waiver and Emergency Information on back.

Registration Fee	\$35.00
\$5 Early Registration Discount (if received by May 22)	()
Extra Event Fees (Bowling and Golf)	
Extra Hall of Fame Ticket-\$10.00 each	
Donation	
TOTAL	