



### **Iowa Senior Olympics Newsletter: Volume 1 #9 / August 25, 2010**

As we close in on Labor Day, it is hard to believe another summer has flown by. Hopefully everyone has continued to stay active following the Iowa Senior Olympics in June. I have spoken with several of our athletes who are still competing and have competitions remaining this year. Good luck to all of you in those competitions. We will continue to give you training ideas and options which you can use throughout the year and also highlight events which you may take part in. Here are some of the items we will go over in this Newsletter

- Stats and stories from the 2010 Iowa Senior Olympic Games.
- Look ahead to the 25<sup>th</sup> Iowa Senior Olympics.
- Qualifying procedures for the 2011 National Senior Games in Houston.
- Gather information to help set the dates for the 2011 Iowa Senior Olympic Games.
- Recognize the great sponsors of the Iowa Senior Olympics.

#### 2010 Iowa Senior Olympic Games: More Info.

You can go to our website <http://www.iowaseniorolympics.com/> and then the 'Results' page to get all the updated results from this year's Games. If you have pictures from the Games that you would like to have posted, e-mail me a copy and we will put as many as we can in the Photo Gallery. The 2010 Iowa Senior Olympics saw a record number of athletes come to West Des Moines from 21 states, including Hawaii, California and Florida. These athletes competed in 23 sports with 68 events and won a total of 1,837 medals of which 972 were Gold. 90 people took home at least 6 medals while 37 had at least 10 medals placed around their necks. I highlighted some of the outstanding performances of the Games in the last Newsletter. This time, let's take a look at the performances of our four athletes who were at least 90 years old.

- Eleanor Noel from West Des Moines is 93 and took home Gold Medals in all the Table Tennis events.
- Youngster Jim Thompson, 90, of Ames also won three medals in Table Tennis.
- He was joined by Harold McCollum, 93, of West Des Moines in Table Tennis. Harold also competed and won Golds in the Football and Softball Throws.
- Urbandale's John Davis is 92 years old and shot 99 in the Golf Tournament.
- Thomas Young from Overland Park, KS travelled to Iowa to run the 5K (3.2 mile) Road Race in just over 56 minutes and also won the 1,500 Meter Race Walk.

#### 25<sup>th</sup> Iowa Senior Olympic Games: We're Still Running

This is a special year upcoming for the Iowa Senior Olympics. 2011 will be the 25<sup>th</sup> year of outstanding competition for the Iowa Senior Olympic Games. Send me the names of anyone who has competed in all previous 24 Games. We want this year's Championships to be a special one for all those taking part. Our traditional competition date is early June but we have several conflicts and want to give the most people an opportunity to compete. The entire competition is spread out from June 17 – 30 but each sport and Age Division has its' own slot. One of the dates we are considering is Thursday thru Sunday, June 16 – 19. Please e-mail me back if you cannot attend

because you will be at the National Games. Below are the events and age divisions being held the 17<sup>th</sup> through the 21<sup>st</sup>. Just hit "reply" to this e-mail and let me know if you would NOT be able to attend if we held the 25<sup>th</sup> Iowa Senior Olympics June 16-19. I have attached a spreadsheet which has the dates for all of the sports to be held at the Nationals.

| <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>  | <b>Monday</b>  | <b>Tuesday</b>  |
|---|--|--|--|---|
| 17<br><u>3x3 Basketball</u> (50+, 70+)<br><u>Bowling</u> (Singles, All)<br><u>Softball</u> (50+ 55+)<br><u>Track</u> (50 to 64: Hammer, TJ, 100, 400) | 18<br><u>3x3 Basketball</u> (50+, 70+)<br><u>Bowling</u> (Singles, All)<br><u>Cycling</u> (20K, All Div)<br><u>Softball</u> (50+ 55+)<br><u>Track</u> (50 to 64: LJ, Shot, 100, 800) | 19<br><u>3x3 Basketball</u> (50+, 55+, 65+, 70+)<br><u>Bowling</u> (Doubles, All)<br><u>Cycling</u> (40K, All Divisions)<br><u>Softball</u> (55+ 55+)<br><u>Track</u> (50 to 64: Discus, HJ, 200, 400, 4x1, 1500)<br><u>Volleyball</u> (50+ 55+) | 20<br><u>3x3 Basketball</u> (55+, 65+)<br><u>Bowling</u> (Doubles, All)<br><u>Cycling</u> (5K & 10K, all Divisions)<br><u>Softball</u> (55+ 55+)<br><u>Tennis</u> (Singles 60+ 65+)<br><u>Track</u> (50 to 64: Javelin, PV, 200, 800)<br><u>Volleyball</u> (50+ 55+ 60+ 75+) | 21<br><u>3x3 Basketball</u> (55+ 60+ 65+ 70+ 80+)<br><u>Bowling</u> (Doubles & Mixed, All)<br><u>Golf</u> (All Divisions)<br><u>Racquetball</u> (Singles: 50+ 55+ 65+ 80+)<br><u>Softball</u> (55+ 55+ 60+ 65+)<br><u>Tennis</u> (Singles 50 to 69 Doubles M 55+, Mixed 55+ 60+)<br><u>Track</u> (65 & up: Hammer, TJ, 100, 400)<br><u>Volleyball</u> (50+ 55+ 60+ 75+) |

### 2011 National Senior Games: Houston, Texas

Next year's National Senior Games will be held over a three week period in June. The National office and the Local Organizing Committee in Houston are gearing up and will do a very good job of hosting the Championships. The facilities and organization will be first rate. Qualifying procedures have changed from the last Championships in 2009. In most sports, the top 4 finishers in each age group qualify for Nationals. The exceptions are Tennis (where the top 3 finishers for each age group qualify) and Golf (you must meet the following minimum score standard).

| <b>Age</b> | <b>Men</b> | <b>Women</b> |
|------------|------------|--------------|
| 50-54      | 77         | 88           |
| 55-59      | 78         | 89           |
| 60-64.     | 79         | 90           |
| 65-69      | 81         | 93           |
| 70-74      | 84         | 97           |
| 75-79      | 88         | 102          |
| 80-84      | 93         | 106          |
| 85-89      | 100        | 111          |
| 90+        | 105        | 115          |

For team sports (basketball, softball, volleyball) the top three teams in each age group automatically qualify. Qualifying for Nationals is similar to receiving medals for the Iowa Senior Olympics. An 'out of state' athlete does not displace an Iowa Qualifier. The top 4 finishers from Iowa in each event qualify for Nationals. Any out of state athlete that placed ahead of the 4<sup>th</sup> Iowan will also qualify. It is possible to have 8 athletes qualify in each event. You may also qualify for Nationals if you meet a Minimum Performance Standard in Swimming, Track & Field, Race Walk and Road Race. You may find these stats and other information in the 2011 National Senior Games Rules Book. You may access this information at the Senior Games Web Site <http://www.nsga.com> or go directly to

<http://www.nsga.com/files/2011%20Summer%20Senior%20Games%20Rulebook.pdf>

Here are the 16 events held at Nationals which were also contested in Iowa.

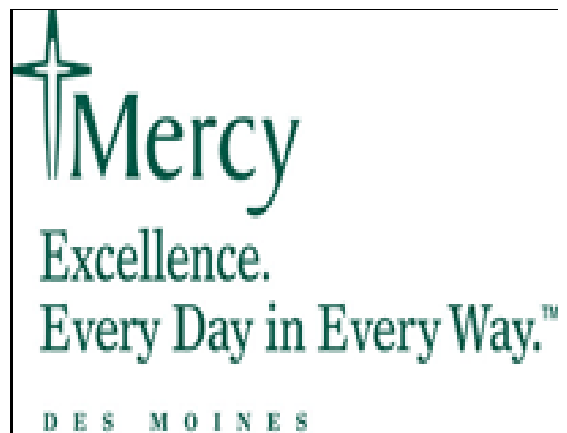
(# denotes limited entries)

- **Badminton**
  - Singles, Doubles, Mixed Doubles
- **Basketball**
  - 3 on 3 Half Court
- **Bowling**
  - Singles, Doubles, Mixed Doubles
- **Cycling**
  - 5K, 10K (Time Trials)
  - ## 20K and 40K Road Races
- **Golf**
  - 54-Hole Scratch Play
- **Horseshoes**
  - Singles
- **Race Walk**
  - 1,500 Meter & 5,000 Meter
- **Racquetball**
  - Singles, Doubles
- **Road Race**
  - 5,000 Meters and 10,000 Meters
- **Shuffleboard**
  - Singles, Doubles
- **Softball**
  - Team Competition
- **Swimming**
  - Backstroke: 50, 100, 200 Yard
  - Breaststroke: 50, 100, 200 Yd
  - Butterfly: 50, 100 Yard
  - Freestyle: 50, 100, 200, 500 Yard
  - Individual Medley: 100, 200 Yard (four strokes)
- **Table Tennis**
  - Singles, Doubles, Mixed Doubles
- **Tennis**
  - Singles, Doubles, Mixed Doubles
- **Track & Field**
  - 100, 200, 400, 800, 1500 Meter
  - Discus, High Jump, Javelin, Long Jump, Shot Put
  - ## Hammer Throw, Pole Vault, Triple Jump
  - 4x100 Relay (set teams at meet)
- **Volleyball**
  - Team Competition

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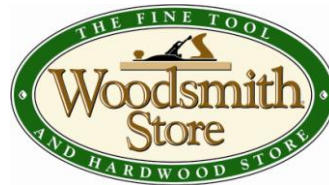
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