

Los Alamos Senior Olympic Games Liability Waiver

Read Before You Sign

In consideration of being permitted to participate in any way in the Los Alamos Senior Olympic Games, its related events and activities, I _____ (your name), the undersigned, do acknowledge, appreciate and agree that:

1. There is a significant risk of injury from the activities of these games, including the potential for permanent paralysis and death, and though particular skills, equipment and personal discipline may reduce the risk, the risk of serious injury does exist; and:
2. I knowingly and freely assume all such risks, both known and unknown, even if they arise from the negligence of the releases or others, and assume full responsibility for my participation; and:
3. I willingly agree to adhere with the stated and customary terms and conditions for participation. If, however, I see an unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the event manager or other Los Alamos Senior Olympic Games representative or support personnel immediately; and:
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS the Los Alamos Senior Olympic Games, The Los Alamos Family YMCA, the Los Alamos Retired and Senior Organization, and the Incorporated County of Los Alamos, their officers, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. *I hereby give event officials permission to obtain any medical aid I may require.*

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ AGE: _____ xs s m l xl xxl
(participant's signature) (circle shirt size)

Should I require assistance:

Emergency Contact: _____

Contact's relationship to you: _____

Phone for Contact: _____

—-submit this page for registration—-

Los Alamos Senior Olympics **2010 REGISTRATION FORM**

Sponsored by:  *The Family YMCA*

You must place 1st-6th in your event at local games to qualify to participate in the New Mexico State Games.

Local games: APRIL 28-MAY 28

State Games: July 28-August 1 Las Cruces, NM at NMSU

This year, 2010, **IS a qualifying year for the National Senior Games held June 16-30th 2011 in Houston, TX.** To qualify for Senior Olympics (local, state or national) you must have been born on or before December 31st, 1960. All individual sports are offered separately for men and women in 5-year age divisions from 50-90+. An exception is Shuffleboard doubles (2 men, 2 women or 1 man and 1 woman= a doubles team).

REGISTRATION DEADLINE:

9 p.m., Thursday, April 15

NO LATE registrations will be accepted

To Register for Local Games:

- Complete the yellow registration form
- Sign and date the Waiver on the back (required)
- Keep the schedule for your information
- Make out a check for \$20 to The Family YMCA
- Bring in person to the Y at 1450 Iris Street
- Sign the Y waiver and complete registration

For information contact Local coordinator:

Ann ReVelle 662-3256

e-mail: laseniorolympics@yahoo.com

—-keep this page for your records—-

SCHEDULE OF EVENTS in 24 SPORTS

Air Gun: Tuesday May 11 & 18, 3 pm, JNROTC at Pueblo Complex
pistol, rifle: standing position, bench rest

Archery: not offered in Los Alamos this year

Badminton*: contact local coordinator to arrange date (Y Fri. 1-3 pm)

BB Free Throw & 3-Point Shot: Fri., April 30, 1 p.m.; YMCA gym

Bowling*: Friday, May 21, 10 a.m.; Big Rock, Espanola (\$fee)

Cycling: Sunday, May 16, 1 p.m., by Wellness Ctr. on W. Jemez Road
5 K, 10 K, 20 K, 40 K

Dance: tba; Couple dances: Country Western, Jitterbug, Latin
Dance, Polka, Waltz and Country Waltz and Group: Line dance.

8-Ball Pool#: Thurs., April 29, 1 p.m., B.E. Senior Center

Field Events: Saturday (tba); 10:30 a.m.; Sullivan Field (LAHS)
(discus, javelin, running long jump, shot-put, standing long jump)

Golf: contact local coordinator to arrange a time/date (\$fee)

Horseshoes#: Thursday, May 20, 9:30 a.m., WR Senior Center

Pickleball:** contact local coordinator to arrange date (Y Fri. 1-3 pm)

Race Walk: 1500 = Saturday (tba); 9:00 a.m.; Sullivan Field (LAHS)

5K = Saturday, May 8, 9 a.m. WR (meet at Chamisa School pk. lot)

Racquetball:** contact local coordinator to arrange a time (\$fee)

Recreational Events: soccer kick, frisbee distance, softball throw =

Saturday (tba); 11:00 a.m.; Sullivan Field (LAHS);

frisbee accuracy= Fri., April 30, 2 p.m.; YMCA gym;

Huachas (washers) = Thur., May 20, 11:00 a.m., WR Senior Ctr.

Road Race Run: Sat., May 8, 9 am; WR (Chamisa School); (5 K, 10 K)

Shuffleboard:** Fri. May 14 & Mon. May 17, 1 p.m. B.E. Senior Ctr.

Swimming: Monday, May 3, 1:30 p.m.; Aquatic Center (\$fee)

back & breast:50,100,200;free:50,100,200,500;fly:50,100;IM:100,200

Table Tennis*: Saturday, May 1, 9 a.m.; BE Senior Center

Talent Show: tba clc (noon, BE Senior Ctr.); (**Groups or Solo:** Band,
Comedy, Dance, Instrumental, Kitchen Band, Reading & Vocal)

Tennis*: contact local coordinator to arrange a time/date

Track: Saturday (tba); 8:00 a.m.; Sullivan Field (LAHS);

100M, 200M, 400M, 800M, 1500M; 400M, 800M Est. Run/Walk;

800M Co-ed relay; 50M Wheelchair.

Triathlon: Open event. Athletes do not have to qualify locally, but
must register and participate in one event at our Local Games.

*singles, doubles, mixed doubles **singles, doubles #singles only

tba= to be arranged B.E.=Betty Ehart WR= White Rock \$fee=venue fee

clc=contact local coordinator:

Ann ReVelle 662-3526

laseniorolympics@yahoo.com

ATHLETE NAME: _____

Contact information (you must reside in Los Alamos County to compete*):

Address: _____

Phone: _____ Date of Birth: _____

Cell : _____ e-mail: _____

Please list your choices. Consult the schedule of events. There is no limit to the number of sports/events you can enter locally. At the State Games you may enter as many events as you wish but in no more than 10 Sports. If entering a doubles or team event, list your partner's name or team name (they* do NOT have to reside in Los Alamos, but must register for our locals and qualify here). List each Sport separately and include each event (see example for format).

EXAMPLE:

Sport name: event (s) (partner or team name)

1. Table Tennis: men's doubles (with John Doe)

2. Swimming: women's free (50, 100, 200, 500)

3. Talent: solo instrumental (piano)

SELECTED SPORTS: events

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

---submit this page for registration---

-----keep this page for your records-----