



WESTERN
ILLINOIS
UNIVERSITY

George Hermann Western Illinois Senior Olympics

Brophy Hall 221A

1 University Circle

Macomb, Il. 61455

Non-Profit Organization
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Macomb, IL. 61455
Permit No. 489

**Western Illinois
Senior Olympics**



**2023 “GEORGE HERMANN” WESTERN ILLINOIS
SENIOR OLYMPICS
WESTERN ILLINOIS UNIVERSITY
General Information**

The George Hermann Western Illinois Senior Olympics cordially invites you to participate in the 41st Annual Senior Olympics to be held in Macomb, Illinois on Friday, April 28 and Saturday, April 29, 2023. George Hermann founded the Western Illinois Senior Olympics in Fall 1980, organized the first regional games in Spring 1981, and served as the state coordinator for the Illinois Regional Senior Olympics for 23 years. George assisted with and participated in the Western Illinois Senior Olympics every chance he could and will be fondly missed at the games. WIU and the Senior Olympics committee renamed the games in his honor in 2020.

Please spread the word about our games to other Seniors. Information about the games and a downloadable registration form can be found at: www.wiu.edu/seniorolympics/
Please note there are no significant changes from last year’s games.

SENIOR OLYMPIC GOALS:

- Provide you with the opportunity to test your skills in a competitive (yet friendly) arena that will recognize you for your preparation, performance, and continued desire to lead a healthy lifestyle.
- Encourage you to meet new people who have similar goals and interests in hopes of expanding your network of friends.
- Showcase your talents before an audience of fellow competitors, friends and volunteers who will hopefully gain an appreciation for your commitment to lifelong activity and fitness.

GENERAL INFORMATION:

1. **Age:**

All participants must be 50 years of age or older as of 12-31-23 to qualify for the Senior National Games. Please be prepared to show proof of age at your first event. (i.e. driver’s license, state ID, etc.). There will be separate categories for men and women in five-year age groups, as follows:
50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+.

2. **Entries:**

- **THE FINAL DEADLINE FOR ENTRIES IS FRIDAY, APRIL, 14th 2023.**
- **If a T-shirt or Polo Shirt is ordered your entry must be received by Friday, April, 7th 2023.**
- **Please mail your completed entry form to:**

**George Hermann Western Illinois
Senior Olympics
Brophy Hall 221A
Western Illinois University
Macomb, IL 61455**

- Please direct questions to Tim Piper at 309-298-1820. If no answer, please contact 309-298-1981.
- **Your games information packet will be distributed at your first event.**
- Events that can accept only limited participation will be filled by order of entry.
- Any senior athlete residing in the United States is eligible to participate.

3. Entry Fee and Special Fees:

- Entry fee is 5\$ for one event or \$10 if you enter two or more events.
- Participants may purchase a T-shirt for \$20.00 or a Polo shirt for \$25.00. Shirts are 50% cotton/50% polyester in sizes from S to XL. (Please add \$1.50 for an XXL shirt.) Shirt orders must be **mailed with your entry form** and received by **Monday, April 7th. The shirts will be a new design for 2023!**
- A special fee will be assessed and paid **at the time of the event** for those participating in:
Bowling (3 games) \$ 7.00 (shoes \$1.00)
Golf (9 or 18-holes and shared cart) \$25.00 green fees* (includes cart)
*reduced cost for HMGC members
Please note, golf will start earlier on Friday morning.
We will be using a shotgun start. Rain date, TBA.
Miniature Golf \$5.00

4. Awards:

- Immediately following the completion of an event, ribbons will be awarded to participants (male/female) who finish in 1st, 2nd, and 3rd place in each age category. Any ribbons not picked up at this time can be picked up in Brophy Hall 221A the following week.

5. Equipment:

- Athletes must provide their own athletic and safety equipment, which must meet NSGA standards. WISO has a limited supply of equipment for certain events such as shot put, discus and disc golf.

6. Cancellations:

- Senior Olympic officials reserve the right to cancel any event due to insufficient registration, inclement weather, or dangerous conditions.
- If an event is cancelled, every effort will be made to contact participants prior to the start of the Olympics. If none of the events you signed up for occur, a refund can be issued upon request.
- Some events may be cancelled/postponed by the event chair in the case of inclement weather.

7. Parking Information:

On Friday morning, you may park in the metered area east of the Student Recreation Center. On Friday afternoon, you may park in Q-Lot, east of Western Hall. After 5:00 p.m. on Friday and all day on Saturday, you may use any of the parking areas *except* the reserved areas near the residence halls and handicapped parking areas. Parking for disc golf will be east of Sherman Hall.

8. Meals

Food may be purchased in the WIU University Union (Qdoba, Chick-fil-a, coffee shop), and around town at various sites like, Subway, McDonald's, Wendy's, Taco Bell, and Burger King, Chick's on the Square, Chubby's, etc.

9. Housing:

Housing arrangements will need to be made by the participants directly with the hotel, motel, etc.

- Camper facilities are available at Spring Lake on a first-come, first-serve basis or at Argyle Lake State Park with a reservation (309-776-3422). Both sites have 20-30amp hookups, shower houses and host campers as well as boat rentals, bike and hiking trails, etc.
- Motels in town:
 - WIU-University Union Guest Rooms**, on campus, 309-298-1986
 - Hampton Inn**, 1639 East Jackson St., Macomb, 855-605-0317
 - Super 8 Macomb**, 313 West University, Macomb, 309/836-8888
 - Best Western Macomb Inn**, 1655 E. Jackson, Macomb, 309/836-6700
 - Americas Best Value Inn Macomb**, 1414 W. Jackson St., Macomb, 309/833-4521
 - Quality Inn Macomb**, 1646 N Lafayette St. Macomb, 309-837-2220

10. Social Hour:

All participants and spouses are invited to a **free social hour** at **6 p.m.** on Friday evening, **April 28th**, at the YMCA of McDonough County/Senior Center, 400 E. Calhoun St. The YMCA is located 2 blocks east of Chandler Park in downtown Macomb, at 400 East Calhoun St., (corner of Calhoun and Dudley Streets). A light meal will be served. ***Please mark the entry form to let us know you will be attending.*** Please park in the parking lots to the west of the YMCA building. **(Be sure to make a reservation for the social hour on the entry form)**

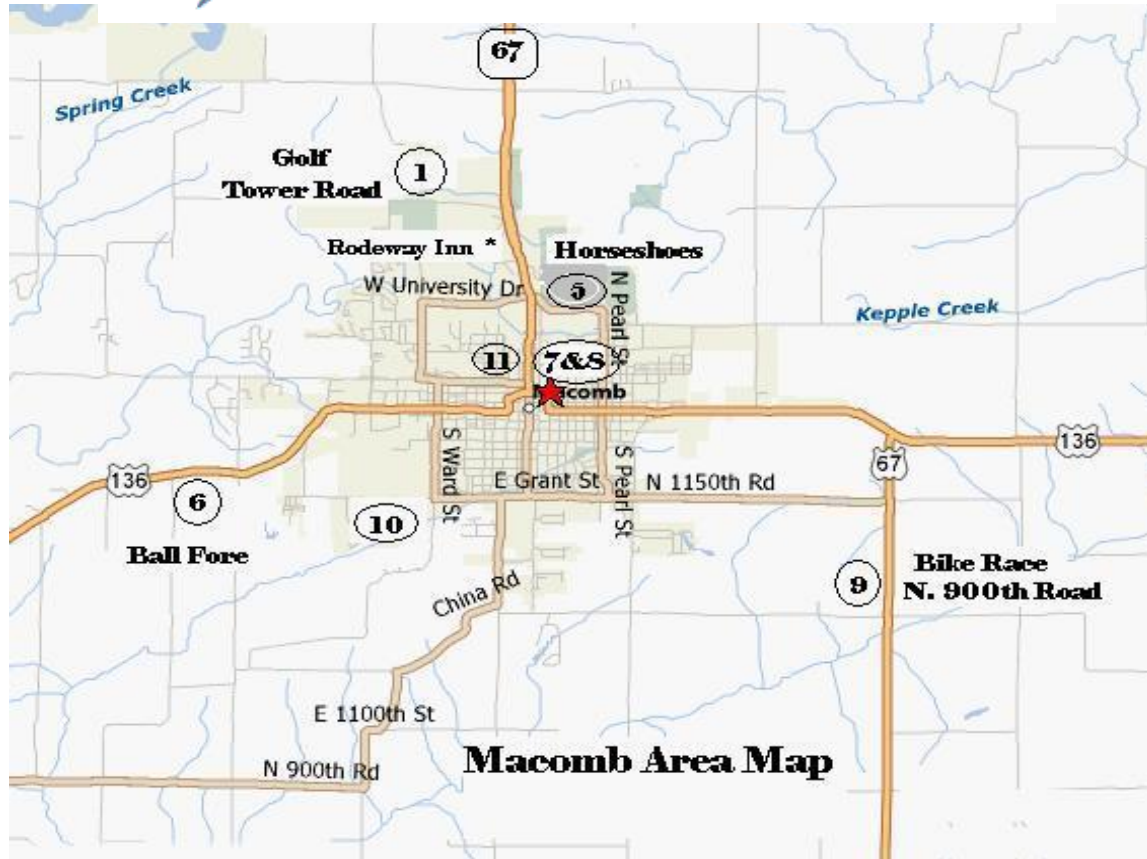
NOTE: George Hermann Western Illinois Senior Olympics strongly recommends that each participant consult his or her doctor in regard to practice, participation, and competition in this program or in any similar physical activity.

LOCATION OF EVENTS: See map on next page

Golf	Harry Mussatto Golf Course – 1215 Tower Rd (North of Macomb off U.S. 67) -	309-298-3676
Bike Race	See map on next page. Meet at Scotland Trinity Presbyterian Church, 14950 N. 900 th Road – U.S. 67, (6 mi. south of Macomb)	
Horseshoes	Glenwood Park. Take North Randolph Street to North Hickory Grove Lane and turn right (courts located by the Macomb Country Club entrance)	
Mini Golf	Ball Fore Family Fun Center, 9575 U.S. 136, (3 miles west of Macomb)	309-836-9741
Swimming	New site: YMCA of McDonough County, located at 400 East Calhoun St.	309-833-2129
Bowling	Digger’s College City Bowl located at 123 East Adams St.	309-837-1252
Social Hour	YMCA of McDonough County/Senior Center, located at 400 East Calhoun St.	309-833-2129
Free Throws	Donald S. Spencer Student Recreation Center - on the WIU campus	309-298-2797
Table Tennis	Donald S. Spencer Student Recreation Center - on the WIU campus	309-298-2797
Track & Field	Hanson Field - on the WIU campus. Please park in Q-Lot	
Disc Golf	Sipolt Memorial Disc Golf Course – 620 W. Adams Street – WIU Campus	

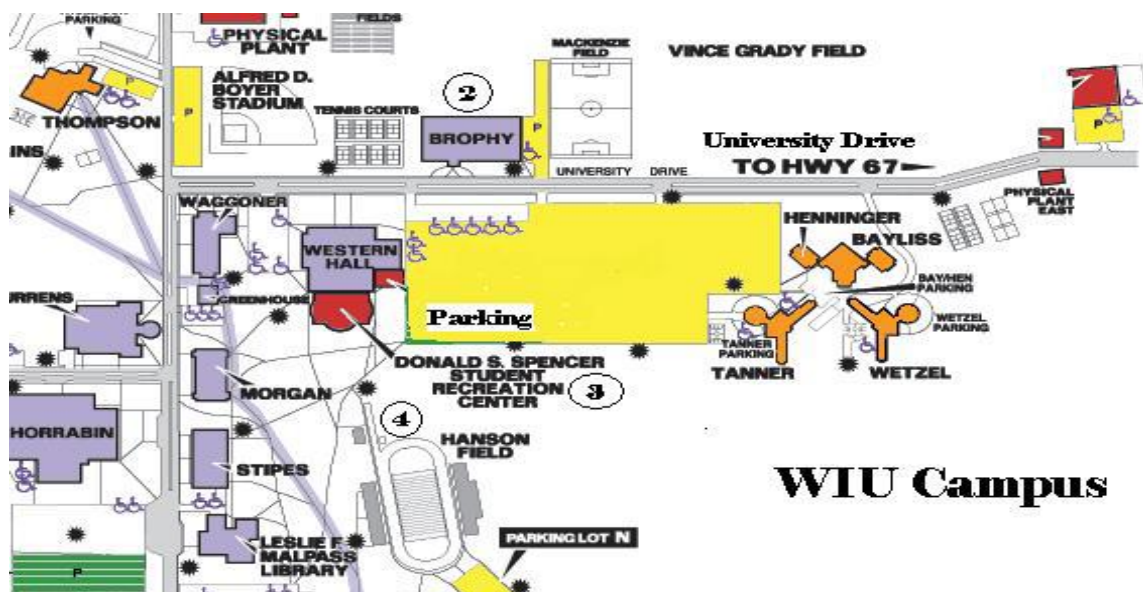


Western Illinois Senior Olympics



Senior Olympic Sites

1. Golf - Harry Mussatto Golf Course
2. Swimming - YMCA Swimming Pool
3. Free Throws - Student Recreation Center
4. Track and Field - Hanson Field
5. Horseshoes - Glenwood Park
6. Miniature Golf - Ball Fore
7. Digger's College City Bowl
8. Social - YMCA
9. Biking - Scotland Church
11. Disc Golf - Sipolt Course



WIU Campus

41st ANNUAL

GEORGE HERMANN WESTERN ILLINOIS SENIOR OLYMPICS at Western Illinois University

The 40th Annual George Hermann Western Illinois Senior Olympics will be held on the campus of Western Illinois University on **Friday, April 28 and Saturday, April 29, 2023**. Participants must be 50 years of age and older and age divisions are set in five-year groups for both men and women. You will only be competing against those individuals in your age group.

The Games Committee must receive entry forms no later than **Friday, April 7th, 2023** if a **T-shirt or Polo Shirt is ordered**. The final deadline for all entries is **Friday, April 14th, 2023**. ALL information should be enclosed. Please direct any questions to **Tim Piper at 309-298-1820**.

Please use this page to record the events that you have marked on your entry blank and keep this page for your information.

FRIDAY, APRIL 28, 2023

- 8:00 a.m. _____ Golf: 18-Hole Division - WIU Golf Course (Green Fees and cart \$25.00) **Rain date TBA**
8:30 a.m. _____ Golf: 9-Hole Division - WIU Golf Course (Green Fees and cart \$25.00, good for 18 holes)
10:30 a.m. _____ 1 mile bike race
11:00 a.m. _____ 5K bike race (first half of 10K race will be timed for 5K awards)
11:00 a.m. _____ 10K bike race
Noon _____ Horseshoes at Glenwood Park in Macomb
1:00 p.m. _____ Miniature Golf at Ball Fore, 9575 U.S. 136, 3 miles west of Macomb (fee \$5 paid at Ball Fore)
1:30 p.m.-3:30pm Swimming at YMCA Pool: located at 400 East Calhoun St, Macomb (warm-up at 1:30 p.m.)
_____ 50 Yd. Freestyle _____ 50 Yd. Back Stroke
_____ 25 Yd. Freestyle _____ 25 Yd. Back Stroke
_____ 50 Yd. Breast stroke _____ 500 Yd. Freestyle
3:30 p.m. _____ Bowling at Digger's College City Bowl (fee \$7.00 paid at lanes, \$1.00 for shoes)
6:00 p.m. **SOCIAL at YMCA of McDonough County/Senior Center**
_____ **NUMBER PLANNING TO ATTEND SOCIAL (must be pre-registered to attend)**

SATURDAY, APRIL 29, 2023

- 8:00 a.m. _____ Free Throws at Student Recreation Center (doors open at 7:30 a.m.)
8:00 a.m. _____ Table Tennis (Singles) at Student Recreation Center
8:30 a.m. _____ Field Events at Hanson Field (**USATF officials are planning to be present to judge all throws**)
8:30 a.m. _____ Discus _____ Shot Put
9:00 a.m. _____ Hammer Throw _____ Running Long Jump _____ Standing Long Jump
9:00 a.m. _____ High Jump _____ Softball Throw
9:30 a.m. _____ Javelin-Tentative
10:00 a.m. _____ Track Events at Hanson Field
10:00 a.m. _____ 1500 Meter Walk Race
10:15 a.m. _____ 100 Meters
10:30 a.m. _____ 800 Meters
10:45 a.m. _____ 200 Meters
11:00 a.m. _____ 400 Meters
11:15 a.m. _____ 50 Meters
1:00 p.m. _____ Disc Golf – Sipolt Memorial Disc Golf Course – 620 West Adams Street
_____ 9-holes _____ 18-holes _____ Distance

*****This is your copy to keep. Use it to list the events you have entered.*****

ENTRY FORM--GEORGE HERMANN WESTERN ILLINOIS SENIOR OLYMPICS

April 28 - 29, 2023

Please check the events you wish to enter in the **2023** George Hermann Western Illinois Senior Olympics. Be sure to sign the Entry Form and waiver (on back) and enclose entry, entry fee, and T-shirt fees as they apply.

FRIDAY, APRIL 28, 2023

- 8:00 a.m. _____ Golf: 18-Hole Division - WIU Golf Course (Green Fees and cart \$25.00)
8:30 a.m. _____ Golf: 9-Hole Division - WIU Golf Course (Green Fees and cart \$25.00, good for 18 holes)
10:30 a.m. _____ 1 mile bike race
11:00 a.m. _____ 5K bike race (first half of 10K race will be timed for 5K awards)
11:00 a.m. _____ 10K bike race
Noon _____ Horseshoes at Glenwood Park in Macomb
1:00 p.m. _____ Miniature Golf at Ball Fore, 9575 U.S. 136, 3 miles west of Macomb (fee \$5 paid at Ball Fore)
1:30pm-3:30 p.m. Swimming at YMCA Pool: located at 400 East Calhoun St, Macomb (warm-up at 2:30 p.m.)
_____ 50 Yd. Freestyle _____ 50 Yd. Back Stroke
_____ 25 Yd. Freestyle _____ 25 Yd. Back Stroke
_____ 50 Yd. Breast stroke _____ 500 Yd. Freestyle
3:30 p.m. _____ Bowling at Digger's College City Bowl (fee \$7.00 paid at lanes, \$1.00 for shoes)
6:00 p.m. SOCIAL at YMCA of McDonough County/Senior Center -Sponsored by Citizens National Bank
_____ **NUMBER PLANNING TO ATTEND SOCIAL (must be pre-registered to attend)**

SATURDAY, APRIL 29, 2023

- 8:00 a.m. _____ Free Throws at Student Recreation Center (doors open at 7:30 a.m.)
8:00 a.m. _____ Table Tennis (Singles) at Student Recreation Center
8:30 a.m. Field Events at Hanson Field (**USATF officials are planning to be present to judge all throws**)
8:30 a.m. _____ Discus _____ Shot Put
9:00 a.m. _____ Hammer Throw _____ Running Long Jump _____ Standing Long Jump
9:00 a.m. _____ High Jump _____ Softball Throw
9:30 a.m. _____ Javelin-Tentative

10:00 a.m. Track Events at Hanson Field
10:00 a.m. _____ 1500 Meter Walk Race
10:15 a.m. _____ 100 Meters
10:30 a.m. _____ 800 Meters
10:45 a.m. _____ 200 Meters
11:00 a.m. _____ 400 Meters
11:15 a.m. _____ 50 Meters

1:00 p.m. _____ Disc Golf – Sipolt Memorial Disc Golf Course – 620 West Adams Street
_____ 9-hole _____ 18-hole _____ Distance

Please print the following information:

NAME: _____ SEX: (circle one) **Male** **Female** AGE: _____
(as of 12/31/2020)

ADDRESS: _____

CITY: _____ ST _____ ZIP CODE _____ TELEPHONE: _____

E-MAIL ADDRESS: _____

PLEASE RETURN TO:

SENIOR OLYMPICS
BROPHY HALL 221A
WESTERN ILLINOIS UNIVERSITY
MACOMB, IL 61455

FEES ENCLOSED

Entry Fee (one event) \$5.00 _____
Entry Fee (2 or more events) \$10.00 _____
T-shirt \$ 20 or Polo Shirt \$25 _____

Size - Circle S M L XL XXL*

(* T-shirt size (if XXL) add \$1.50) _____

Shirt Deadline: Friday, **April 7th**

Entry Deadline: Received by Friday, **April 14th**

Entries will be confirmed only by self-addressed post card, **if included in entry.** Total Enclosed : \$ _____
(Please make checks payable to Western Illinois Senior Olympics)

*****You must sign the waiver on back and fill in contact information***** →

(For office use: A B C D)



Western Illinois Senior Olympics

Waiver and Release of All Claims

Please read this form carefully and be aware that in signing up and participating in the George Hermann Western Illinois Senior Olympics, you will be waiving and releasing all claims for injuries you might sustain arising out of your participation in this competition.

George Hermann Western Illinois Senior Olympics

As a participant in the George Hermann Western Illinois Senior Games, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries (including death), damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such competition.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, agree to waive and relinquish all claims I may have as a result of participating in the competition against the George Hermann Western Illinois Senior Olympic Board, officials, volunteers, and sponsors at all participating sites, the Board of Trustees of Western Illinois University, its officers, agents, servants, and employees from any and all claims from injuries (including death), damages or loss which I may have or which may accrue to me on account of participating in the competition.

I further agree to indemnify and hold harmless and deem the George Hermann Western Illinois Senior Olympics Committee, officials, volunteers, and sponsors at all participating sites, the Board of Trustees of Western Illinois University, its officers, agents, servants, and employees from any and all claims resulting from injuries (including death), damages, and losses sustained by me or arising out of, connected with, or anyway associated with the activities of the program.

MEDICAL CONSENT

In the event of an emergency, I authorize George Hermann Western Illinois Senior Olympics officials and Western Illinois University officials to secure from any licensed hospital, physicians and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above documents concerning the waiver and release of all claims and permission to secure treatment.

Signature _____ Date _____

Please Print Name _____

Who should we contact in case of an emergency: _____ TELEPHONE: _____

PHOTOGRAPH RELEASE FORM

I, _____, do hereby give Western Illinois University its assigns, licensees, and legal representatives the irrevocable right to use my name (or any fictional name), photograph, and/or video image in all forms and media (including the Internet) by Western Illinois University, and I waive any right to inspect or approve the finished version(s), including written copy that may be created in connection therewith. I have read this release and am fully familiar with its contents.

Signature _____ Date _____

Name of your Local Newspaper _____

Address _____ State _____ Zip _____