

2023 Valencia County Senior Olympics Individual Sport Entry Form Registration Period is from 7 January - 18 February 2023

Name: _____

Circle Gender: Male Female

Date of Birth (m/d/y): _____ / _____ / _____

Age in years as of Dec. 31, 2023: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Alternate /Cell Phone: _____

E-mail: _____

Emergency Contact: _____

Phone: _____

Relationship: _____

Fees: \$20.00 registration fee per participant, which includes T-shirt. Cash and all major credit/debit cards accepted but we cannot accept personal checks. **Please register on-line at www.loslunasnm.gov - click on Recreation**

Division.....Sports.....Valencia County Senior Olympics or take your Registration Form to Daniel Fernandez Recreation Center in Los Lunas where assistance will be given to enter on-line.

NO LATE REGISTRATION DEADLINE TO REGISTER IS SATURDAY FEBRUARY 18, 2023

Shirts (enter size & circle appropriate)

Participant Shirt:

Size: _____

Men or Women

Tee

Total Remitted = \$ _____

Additional Fees:

Bowling: Silva Lanes in Albuquerque: A \$2.75 game fee applies.

Golf: Tierra Del Sol Country Club in Rio Communities.

**\$30 For 9 Holes
\$35 For 18 Holes**

The Valencia County Senior Olympics Board recommends that participants consult their doctors in regards to practice, preparation and competition. It is participants' responsibility to receive annual medical checkups and physician authorization to participate in any event.

LIABILITY WAIVER

I, undersigned participant, hereby agree to indemnify and hold harmless the Valencia County Senior Olympics Board, Tierra Del Sol Country Club, Village of Los Lunas, Albuquerque Holiday Bowl, Jubilee Community, and Village of Los Lunas officials, employees, representatives or **assignees and any other entities that provide practice and competition areas**, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assignees may **have at any time in the future or may have as a result of injury** arising out of my participation in the Valencia County Senior Olympics.

I warrant and represent that I am in good physical health and condition and I am physically able to compete in the events I have selected. The Valencia County Senior Olympic Board has my permission to have a physician, EMT, volunteer (certified CPR, first aid nurse) treat me if needed during my participation in the events of Senior Olympics, and I will be responsible for any medical cost, i.e., ambulance, emergency room, urgent care, etc.

SIGNATURE: _____

DATE: _____

By completing this registration, I agree to abide by all rules and regulations issued by the State Senior Olympics and the Valencia County Senior Olympics Board and to observe all rules of play, to exercise good sportsmanship and follow all written or oral instructions given by authorized personnel of the Valencia County Senior Olympics. I agree that failure to do so may result in my **Disqualification** or **Ejection** from the Valencia County Senior Olympics. **I consent to the use of my photograph of any event in which I am a participant.**

I would like to receive Senior Olympic Update information. Check box if yes.

Circle the categories of events in which you would like to participate. If there are events listed under a category, circle all that apply. Asterisked (*) events are typically offered at the National Senior Games (if a category is asterisked then all listed events are typically offered at the National Senior Olympics). Also, note the events you circled for yourself. For up to date information on events scheduled (location, date and time etc.) please visit the web site at www.loslunasnm.gov (click Recreation Division.....Sports.....Valencia County Senior Olympics).

Air Gun (Supported & Standing)

Pistol Rifle

Basketball Free Throw

Free Throw 3 Point

Bocce Ball

Bowling

Singles Doubles Team

Partner's Name _____

Team Name _____

Team Captain _____

Cornhole

Singles Doubles

Partner's Name _____

Cycling

10K 20K

Dance

Ballroom: Waltz.

Latin: Cumbia, Cha Cha Cha, Rumba, Corrido [Ranchero].

Swing: Generic Swing, East Coast Swing, West Coast Swing

Western: Two Step, Country Waltz.

Other: Night Club Two Step, Wheel Chair.

Line Dance:

Couple's:
Partner's Name _____

Line dance:
Group Name _____

8 Ball Pool

Field and Track Events

Field: **Track:** **Race Walk:**

Discus 50M 1500M

Long Jump Standing 100M

Long Jump 200M

High Jump 400M

Shot Put 800M

Javelin 1500M

Golf

9 holes

18 holes

Horseshoes

Singles Doubles

Partner's Name _____

Pickle Ball

Singles Doubles

Partner's Name _____

Shuffleboard

Singles Doubles

Partner's Name _____

Table Tennis

Singles Doubles

Partner's Name _____

Badminton

Singles Doubles

Partner's Name _____

IMPORTANT

The New Mexico State Senior Olympics will be held for 2023 in Las Cruces, June 7 - 10. Periodically check the Website, <http://nmseniorolympics.org/>, for updates.