

# 2010 Northern Virginia Senior Olympics

## EVENT SCHEDULE

### SATURDAY, SEPT. 18

#### WELCOME AND INDOOR TRACK EVENTS

Thomas Jefferson Community Center

9 am ..... 3 mile walk

#### 10:30 am ..... Welcome and Opening Events

11 am ..... 60 meter dash

11:30 am ..... 800 meter walk

12:00 pm ..... Break

12:30 pm ..... 200 meter run

1:00 pm ..... 400 meter run

1:30 pm ..... 1600 meter walk

2:00 pm ..... 800 meter run

9:00 am ..... Health Fair

9:00 am ..... Traveling Bicycle Museum

3:00 pm ..... Diving (W&L Pool)

### MONDAY, SEPT. 20

Time	Event	Location
10 am	Team Line Dance	Lincolnia Senior Ctr.
10 am	Racquetball	Wakefield Park/Annan.
11 am	Ten Pin Bowling	Bowl America Shirley
1 pm	Eight Ball Pool (Women)	Lincolnia Senior Ctr.

### TUESDAY, SEPT. 21 (Rain Date: Tuesday, 9/28)

Time	Event	Location
10 am	Wii Bowling (50-79)	Greenspring Retirement Community
10 am	Eight Ball Pool (Men)	Lincolnia Senior Center
10 am	Bocce	City of Fairfax Senior Ctr.
10 am	Tennis - Singles 50 - 69	Wakefield Park/Annan.

### WEDNESDAY, SEPT. 22 (Rain Date: Wednesday, 9/29)

Time	Event	Location
8 am	Golf	Penderbrook Golf Club
10 am	Shuffleboard	Hollin Hall Senior Center
10 am	Wii Bowling (80-99)	Greenspring Retirement Community
10:30 am	Chess (Day 1)	Falls Church Senior Center
10 am	Tennis - Singles 70+	Wakefield Park/Annan.
10:30 am	Miniature Golf	Cameron Run Reg. Park
12:30 am	Bunco	Hollin Hall Senior Ctr.
1 pm	Horseshoes	Hollin Hall Senior Ctr.
1 pm	Softball Hit	Wakefield District Park
2 pm	Softball Throw	Wakefield District Park

### THURSDAY, SEPT. 23 (Rain Date: Thursday, 9/30)

Time	Event	Location
10 am	Tennis -Doubles All Ages	Wakefield Park/Annan.
10 am	Table Tennis	Walter Reed Comm. Ctr.

### THURSDAY, SEPT. 23 (continued)

10 am	Backgammon	Falls Church Senior Ctr.
10 am	Scrabble	Falls Church Senior Ctr.
10:30 am	Chess (Day 2)	Falls Church Senior Ctr.
11 am	Cribbage	Falls Church Senior Ctr.
11 am	YoYo	Falls Church Senior Ctr.
12 pm	Duplicate Bridge	Lincolnia Senior Ctr.

### FRIDAY, SEPT. 24 (Rain Date: Friday, 10/1)

Time	Event	Location
10 am	Tennis - Mixed Doubles All Ages	Wakefield Park/Annan.
<b>Swimming</b>		
10 am	Breaststroke	Claude Moore Rec. Ctr.
11 am	Freestyle	Claude Moore Rec. Ctr.
12 pm	Backstroke	Claude Moore Rec. Ctr.
1 pm	½ Mile (any style)	Claude Moore Rec. Ctr.

### SATURDAY, SEPT. 25

Time	Event	Location
10:00 am	Fencing	(Prince William Fencing Academy)
12:00 pm	Men's Basketball Free Throw	Walter Reed Comm. Ctr.
12:00 pm	Women's Basketball Free Throw	Walter Reed Comm. Ctr.
1:00 pm	Men's 3 vs. 3 Basketball	Walter Reed Comm. Ctr.

#### Field Events: (Rain date - Saturday 10/2)

9:00 am	Standing Long Jump	Wakefield High/Arl.
10:00 am	Running Long Jump	Wakefield High/Arl.
11:00 am	Mini Javelin Throw	Wakefield High/Arl.
11:00 am	Frisbee Throw	Wakefield High/Arl.
12:15 am	Shotput	Wakefield High/Arl.
1:15 pm	Discus	Wakefield High/Arl.

### MONDAY, SEPT. 27

Time	Event	Location
9:00 am	Pickleball-Mixed Doubles	TJ Community Ctr.

### TUESDAY, SEPT. 28

Time	Event	Location
9:00 am	Pickleball-Doubles	TJ Community Ctr.

### WEDNESDAY, SEPT. 29

Time	Event	Location
9:00 am	Pickleball (Singles)	TJ Community Ctr.

**PLEASE NOTE: All Tennis & Pickleball participants will be called with match time(s) 48 hours prior to play. There will be a 15-minute grace period from scheduled match play. Players not in attendance within the 15-minute grace period will forfeit all matches.**

**Photographer: Frank Ruth**  
**Order Pictures: [frankruth.smugmug.com](http://frankruth.smugmug.com)**