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## **2023 NVSO, Sept. 9 – 24**

The 2023 Northern Virginia Senior Olympics will be held Saturday, Sept. 9 through Sunday, Sept. 24. Online registration will open Thursday, July 6 and close Thursday, Aug. 24. A record number of individuals ages 50 to 100 participated in 2022. NVSO chairman Herb Levitan said, “We are anticipating and even larger participation this year.” He also said, “The registration fee remains the same at \$20 which covers an unlimited number of events.” There are a few events that require an additional fee due to the venue, special personnel or equipment. “A number of events need volunteers to assist the event director,” said Levitan. If interested email, [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

Synchronized diving has been added to diving events, advanced Sudoku added to traditional Sudoku and 9 hole par 3 golf are all new events. To participate in NVSO, persons must be 50 years of age by Dec. 31 and live in a sponsoring jurisdiction. Past participants will receive an email in June with detailed information. Events are competed in 5, 10, 20 and no age groups and often by gender. Gold silver and bronze medals are awarded after each event. Registration is online only at [www.nvso.us](http://www.nvso.us). The website also has results from 2022, photos, event rules and a list of events. Additional information may be obtained by emailing, [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William.

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