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## **NVSO Announces New Events in 2023**

Synchronized diving, disc golf, advanced Sudoku and 9 hole, 3 par golf have been added to the roster of events in the 2023 Northern Virginia Senior Olympics to be held Sept 9-24. Herb Levitan, NVSO chair, announced the additions at a recent NVSO committee meeting. He also said that over 70 events will take place in 20 plus venues throughout Northern Virginia.

Registration for the 2023 events opens Thursday, July 6 and closes Thursday, Aug. 24. Registration is online only at [www.nvso.us](http://www.nvso.us). The registration fee is \$20 for unlimited events. There are additional fees for 10 pin bowling, cycling, golf and orienteering.

Most events are in five and 10 year age groups and by gender. Gold, silver and bronze medals are awarded after each event. Participants must live in a sponsoring jurisdiction and be 50 years of age by Dec. 31, 2023. Levitan is not only NVSO chair, but also a multi event participant. He said, “NVSO is possible primarily because of the eight sponsoring jurisdictions who supply 20 plus venues for the events and the dedication of the volunteers who serve as members of the NVSO committee.” NVSO also benefits from contributions from corporate Patrons who donate money and sometimes a venue, as well as donations from participants. The money is used for equipment, professional timers, referees, police to control traffic plus medals and volunteer T-shirts.

“It’s a mammoth undertaking each year” said Levitan. “However, the NVSO committee and our very dedicated volunteers, make it a rewarding endeavor for all involved,” concluded Levitan.

NVSO is sponsored by the cities of Alexandria, Fairfax, and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William. To date, 2023 Patrons are Advanced Hearing Services, Inc.; Aetna; Chesterbrook Residences; Elancé Luxury Living; Facial Plastic Surgery Center; Goodwin Living; Greenspring Village; Hunters Woods at Trails Edge; The Jefferson; Retirement Unlimited, Inc. and Sentara Health Plans.

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