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University Marketing and Communications, "05/16/1984 - 4th Senior Olympics to be Held" (1984). 1984. 530.

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Panther Sports News

EASTERN ILLINOIS UNIVERSITY, Charleston, IL 61920

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May 16, 1984

Select 77

FOR IMMEDIATE RELEASE

CHARLESTON, IL--The fourth Senior Olympics for citizens of east central Illinois 55 years and older will be held at Eastern Illinois University on Friday and Saturday, June 22-23.

Competition was first begun in 1977 as the Illinois Senior Olympics but the program has expanded to include regional competition.

There will be participation in 14 sports beginning at 1 p.m. on Friday, June 22 and then all day Saturday, June 23. The events are badminton, basketball, bowling, fly casting, horseshoes, racquetball, rope jumping, shuffleboard, swimming, table tennis, tennis, track and field, golf and two-mile walk.

EIU's regional competition is open to any senior citizen residing in Christian, Clark, Clay, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Fayette, Jasper, Lawrence, Marion, Moultrie, Richland and Shelby counties.

Most of the events will be held on EIU's campus at O'Brien Stadium, Lantz Gym and Fieldhouse and surrounding athletic fields. The golf will be at Rogala Golf Course near Mattoon and bowling at Charleston's Bel-Aire Lanes.

A \$3.00 entry fee will cover all events except where facility fees are required. All entries must be received no later than June 15, 1984. EIU residence hall space is available on Friday evening for a cost of \$12 per night which includes linens and towels.

Further information may be obtained by contacting Marilyn Morrow, director of the Senior Olympics, at the Health Education Department, EIU, Charleston, IL 61920 (217-581-5761).

"The purpose of the Senior Olympics movement is to encourage frequent and regular physical activity among senior citizens," said Morrow. "The type of activity should be appropriate to the interest at the varying stages of life. Our activities are not patterned after regular Olympic events."

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SENIOR OLYMPICS

There will be five age divisions for men and women in each event. Winners of the first three places in each event will receive awards.

"Whether the individual is interested in predominantly fitness or skill events or just wants to be active, we want to emphasize that we stress participation over competition," Morrow explained.