

5-1-1986

05/1986 - Senior olympics

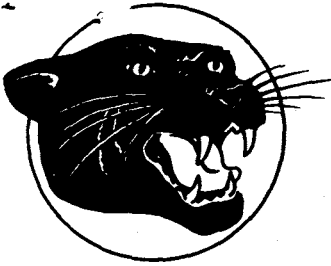
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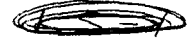
Panther Sports News

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FOR IMMEDIATE RELEASE

CHARLESTON, IL--The 6th annual Senior Olympics for citizens of east central Illinois 55 years and older will be held at Eastern Illinois University on Friday and Saturday, June 20 and 21, according to Marilyn Morrow, meet director and EIU Health Education Department faculty member.

First begun in 1977 as the Illinois Senior Olympics in Springfield, the program has expanded to include regional competition.

There will be participation in 12 sports: basketball, free throws, bowling, spin casting, horseshoes, shuffleboard, swimming, table tennis, track and field, golf, tennis, 8-ball and a two-mile non-competitive walk.

Rogala Public Links Golf Course and Charleston Lanes will be the site of the golf and bowling activities with the remainder on EIU's campus.

The EIU Regional competition is open to any citizen 55 years or older who resides in Christian, Clark, Clay, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Fayette, Jasper, Lawrence, Marion, Moultrie, Richland and Shelby counties.

A \$3 entry fee will cover all events except where facility fees are required. All entries must be received no later than June 15, 1986.

Residence hall space is available on Friday for a cost of \$10.00 per night which includes linens and towels.

Further information may be obtained by contacting Director, Senior Olympics, Lantz Building, Health Education Department, EIU, Charleston, Illinois 61920, (217) 581-5761.

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

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

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"Whether the individual is interested in predominantly fitness events or skill events or just wants to be active, Eastern is offering the time, space and facilities for people to take part in these activities. Participation is being stressed over competition," Morrow explained.