



# BASKETBALL 3-ON-3

One-Day Tournament

Sunday, May 26

12pm

The J in Chesterfield

314.442.3164

[stlouisseniorolympics.org](http://stlouisseniorolympics.org)

**Registration Deadline: May 8**



## 2024 EVENTS

Accuracy Plug Casting  
Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# BILLIARDS

## Eight Ball

Friday, May 24

11am

Teachers Billiards

314.442.3164

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Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# BOWLING

Singles and Doubles  
Tournaments

Saturday & Sunday

May 25 – 26

Olivette Lanes

314.442.3164

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**Registration Deadline: May 8**



## 2024 EVENTS

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Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# CYCLING

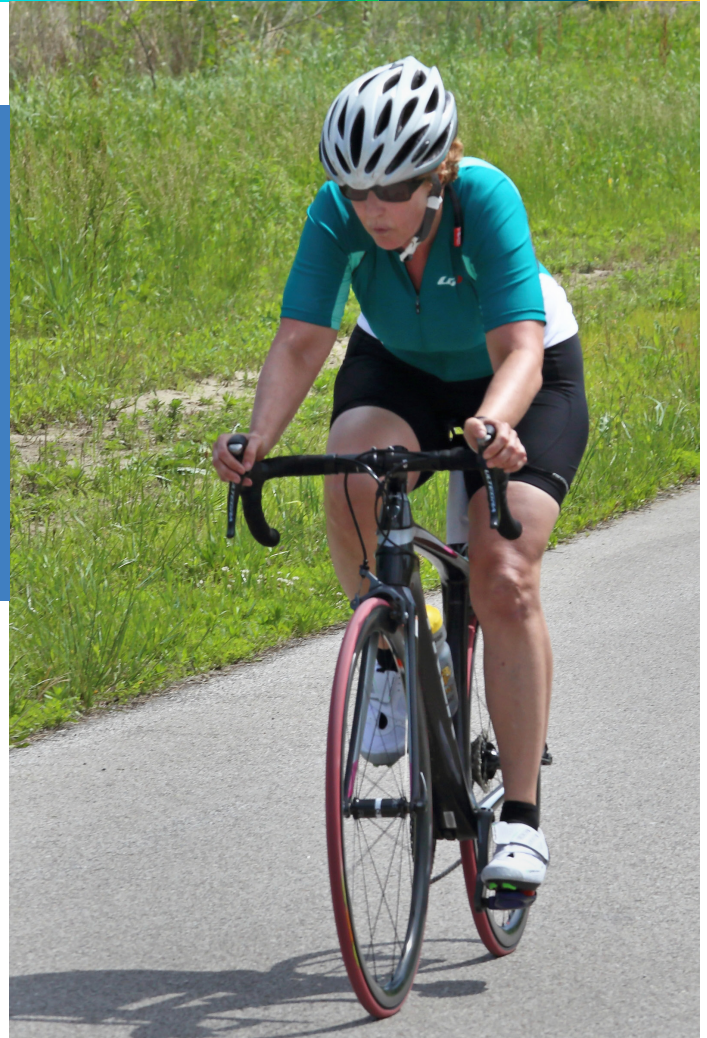
Four events:  
5 mile, 5k, 1 mile & 1/4 mile races

Saturday, May 25  
9am

Audubon Center Riverlands

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Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# DANCE

Exhibition: Friends  
Dancing with Friends

Friday, May 24  
1:30pm

The J in Creve Coeur

All  
Dance  
Styles!



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**Registration Deadline: May 8**

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Badminton  
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Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
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Darts  
Duplicate Bridge  
Football Punt & Kick  
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Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# DUPLICATE BRIDGE

Individual Tournament

Wednesday, May 22

1:30pm

St. Louis Bridge Center

314.442.3164

[stlouisseniorolympics.org](http://stlouisseniorolympics.org)

**Registration Deadline: May 8**



## 2024 EVENTS

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Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# MAH JONG

Individual Tournament  
Thursday, May 30

1pm

Mirowitz Center on the  
I.E. Millstone Campus

314.442.3164

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**Registration Deadline: May 8**



## **2024 EVENTS**

Accuracy Plug Casting  
Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
Racquetball  
Shuffleboard  
Soccer Kick Accuracy  
Soccer Kick Distance  
Soccer Kick Around the World

Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



# PICKLEBALL

Singles, Doubles &  
Mixed Doubles Tournaments

Friday – Sunday  
May 17 – 19  
The J in Creve Coeur

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**Registration Deadline: May 8**



## 2024 EVENTS

Accuracy Plug Casting  
Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
Horseshoes  
Mah Jong  
Pickleball  
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Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events





# SWIMMING

15 events covering  
Backstroke, Breaststroke,  
Butterfly and Freestyle

Saturday & Sunday  
May 25 – 26  
The J in Chesterfield

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**Registration Deadline: May 8**



## 2024 EVENTS

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Art Competition  
Badminton  
Baseball Homerun Derby  
Basketball 3-on-3  
Basketball Free Throws  
Billiards  
Bocce  
Bowling Singles & Doubles

Cornhole  
Cycling  
Dance  
Darts  
Duplicate Bridge  
Football Punt & Kick  
Football Throw Accuracy  
Football Throw Distance  
Frisbee Toss

Golf: 9-Holes & 18-Holes  
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Softball Homerun Derby  
Softball Throw Accuracy  
Softball Throw Distance  
Swimming – 15 events  
Table Tennis  
Track & Field – 16 events  
Washer Toss  
Water Volleyball  
Weightlifting – 5 events



**St. Louis Senior Olympics**

# WATER VOLLEYBALL

Coed by age groups  
 Friday  
 May 31  
 Meramec Bluffs



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**Registration Deadline: May 8**

## 2024 EVENTS

- |                           |                         |                              |                           |
|---------------------------|-------------------------|------------------------------|---------------------------|
| Accuracy Plug Casting     | Cornhole                | Golf: 9-Holes & 18-Holes     | Softball Homerun Derby    |
| Art Competition           | Cycling                 | Horseshoes                   | Softball Throw Accuracy   |
| Badminton                 | Dance                   | Mah Jong                     | Softball Throw Distance   |
| Baseball Homerun Derby    | Darts                   | Pickleball                   | Swimming – 15 events      |
| Basketball 3-on-3         | Duplicate Bridge        | Racquetball                  | Table Tennis              |
| Basketball Free Throws    | Football Punt & Kick    | Shuffleboard                 | Track & Field – 16 events |
| Billiards                 | Football Throw Accuracy | Soccer Kick Accuracy         | Washer Toss               |
| Bocce                     | Football Throw Distance | Soccer Kick Distance         | Water Volleyball          |
| Bowling Singles & Doubles | Frisbee Toss            | Soccer Kick Around the World | Weightlifting – 5 events  |