



**GENERAL SERVICES DEPT.
PARKS AND RECREATION**
115 Erskine
Detroit, MI 48201

PRSRT STD
U.S. POSTAGE
PAID
PERMIT #1182
DETROIT MI



REGISTER
Now-May 15, 2026
Persons ages 50 +
are welcome to compete:
(Individuals aged 49
must turn 50 by
December 31, 2026)

**DETROIT
PARKS & RECREATION**
**SENIOR
OLYMPICS**

JUNE 8-13

JUNE 8-13

2026 EVENT LIST

Events may be subject to change

REGISTRATION:

Athlete Registration: \$25
Spectator: \$5
Basketball (5 on 5)
Team registration fee: \$300
Athlete T-Shirt: \$12

ADDITIONAL FEES:

Bowling: +\$20
Golf (Walking): +\$15
Golf (Cart Rider): +20
Pickleball: +\$10
Souvenir T-Shirt: + \$12

AWARDS DINNER

DANCE: \$25
July 23, 2026

8-Ball Billiards 5 on 5 Basketball Tournament

Art & Crafts

- Ceramics
- Crochet/Knit
- Drawing/Painting
- Jewelry Making
- Quilting
- Sewing
- Other

Baking

- Breads/Rolls
- Cakes/Brownies
- Cookies/Scones
- Pies/Tarts
- Savory Dish/Casserole

Basketball Free Throw

Bid Whist (pairs)

Bounce Volleyball (co-ed team)

Bowling

Chess

Cornhole

- Single
- Pairs

Frisbee Toss

Golf

Horseshoes

Pickleball (Pairs)

Pinochle (Pairs)

Softball Hit

Softball Throw

Swim

- Backstroke (50yd:100yd)
- Breaststroke (50yd:100yd)
- Butterfly (50yd:100yd)
- Freestyle (50yd:100yd)
- Individual Medley
- Swim Medley Team
 - Male
 - Female
 - Co-ed (2 male; 2 female)
- Swim Walk

Track

- 50 Meter Dash
- 400 Meter Run
- 1500 Meter Race Walk
- 1500 Meter Walk

REGISTER

EVENT LOCATIONS

tinyurl.com/detroitseolympics



Parks & Recreation



Golf: Rouge Park Golf Course | 11701 Burt Road

Bowling: Garden Bowl | 4140 Woodward Ave

Pickleball: Palmer Park Pickleball Courts | Woodward Avenue
(near West McNichols)

ALL OTHER EVENTS

Joseph Walker Williams Recreation Center | 8431 Rosa Parks

Adams Butzel Recreation Complex | 10500 Lyndon

Northwest Activities Center | 18100 Meyers

AWARDS DINNER DANCE

Northwest Activities Center | 18100 Meyers

Seeking Other Opportunities: Resource Vendors (Senior Focus), Sponsors, Volunteers and Souvenir Journal Ads

ONLINE REGISTRATION: tinyurl.com/detroitseolympics

IN PERSON: 115 Erskine St. | Detroit or any Detroit Recreation Center

All Detroit Senior Olympics participants must register as an athlete or spectator

REGISTRATION DATES

Registration Dates: Now – May 15, 2026

Last Call Registration: May 16, 2026 – May 19, 2026

[NO changes to rosters or registrations will be accepted after May 30, 2025.]

On-Site Registration* June 8, 2026 – June 13, 2026

Accepted Payments: Cash, Visa, Mastercard, Discover, American Express, and Money Orders

All registration includes refreshments. Athlete registration include event bag, t-shirt.

ELIGIBILITY

Athlete: Person at least 50 years old. If 49 years old but will turn 50 by **December 31, 2026**, they may register to compete in the 50-54 age category, where applicable.

Spectator: Non-Athlete, Open to All Ages

RULES

Event times are subject to change (without notice). The Detroit Senior Olympics reserves the right to cancel or postpone individual events due to inclement weather.

All athletes must check in 10 minutes prior to the start of the event or forfeit.

No changes to rosters/registration will be accepted after May 30.



DETROIT SENIOR OLYMPICS (DSO) is the local games for individuals at least 50 years old to compete in an array of athletic and social events. DSO also offer resources opportunity in the areas of health & wellness, housing, finance, and networking for the senior population.

Detroit Senior Olympics started in 1984, with the vision that the ability to compete in athletic sports was ageless and that your social activities could be fun competition. Today, DSO host 400 diverse seniors over a three-day period.

REGISTRATION FORM

OFFICIAL RULES for the Detroit Senior Olympics are governed by the Detroit Senior Olympics Organizing Committee.

Age categories: 50 - 54, 55 - 59, 60 - 64, 65- 69, 70 - 74, 75+ except where noted

- All athletes and spectators of the Detroit Senior Olympics must complete and sign the Official Registration Application.
- Athletes may enter in no more than six (6) events.
- All **Athletes registered by May 19, 2025**, will receive the official Detroit Senior Olympics T-Shirt.
- Athletes shall dress according to events entered i.e., comfortable shoes, loose fitting clothes.
- Detroit Senior Olympics, City of Detroit and its representatives shall not be responsible for lost or stolen personal items.
- No DSO Registration Packets will be mailed or held after June 30.
- Detroit Parks & Recreation / Detroit Senior Olympics Committee reserve the right to cancel, modify, or change events or categories without prior notice.
- Medals will be awarded to 1st, 2nd, and 3rd place winners in events with age categories and non-age categories, unless a rule violation has occurred.
Age categories: 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75+ except where noted.
- Detroit Senior Olympics will provide all event equipment unless where noted.
- **NO REFUNDS (unless the Detroit Senior Olympics is cancelled)**
- Events with less than two (2) participants for designated age/gender grouping or team, the event will be canceled without prior notice.

- **Arts & Crafts** – Contestant may enter one (1) original project in up to three (3) categories. Provide label describing the item entered for judging.
SUBMISSION CAN NOT CONTAIN ATHLETE'S NAME OR DSO NUMBER.

EXAMPLES OF LABEL DESCRIPTIONS:

- **Ceramic:** Title of the piece "The King's men," A ceramic chess set, with matching chessboard, pearl glazed, gold luster glazed
- **Crochet/Knit:** Single-breasted reversable jacket, wool yarn, two-button closure, 2 patch pockets
- **Drawing/Painting:** The title of the piece is "Mornings: A city streetscape, on a 16x20 canvas, created with Faber-Castell sketch pencils or Rembrandt watercolor paints.
- **Jewelry Making:** 12" brass, abstract face statement necklace, on natural fiber cord, with lobster clasp
- **Quilting:** Title of Piece "setter with Friends" A three-layered decorative quilt with a middle layer made of insulating batting and a solid backing; size 90" x 108" (queen-size); hand-sewn or machine-sewn.
- **Sewing:** Men's Double-Breasted Suit Slim Fit Solid Suit Jacket and Dress Pants
- **Other:** hand-painted papier-mache Christmas tree.

- **Baking** – Contestant may enter one (1) baked item in up to three (3) categories. Provide label identifying the item and ingredients entered for judging.
SUBMISSION CAN NOT CONTAIN ATHLETE'S NAME OR DSO NUMBER

EXAMPLES OF LABEL DESCRIPTIONS:

- **Bread/rolls:** gluten-free pumpkin bread or whole wheat yeast rolls
- **Cakes/Brownies:** five-layer pound cake. Cream cheese icing, fresh coconut flakes, and candied orange peel topping
- **Cookies/scones:** salted caramel chocolate chip cookie or cranberry orange Irish scones
- **Pies/Tarts:** Peach apple cobbler with filo crust or kiwi, strawberry, mango, and blackberry tart on graham cracker crust
- **Savory Dish/Casserole:** 6-cheese macaroni & cheese or shepherd's pie made with turkey and all organic ingredients

- **Swim: Individual Medley** - A 100-yard IM competition swam in a specified order of butterfly, backstroke, breaststroke, and freestyle. Athlete must swim one lap of each stroke
- **Swim: Team Medley Relay** • Each swimmer swims a different stroke: butterfly, backstroke, breaststroke, and freestyle.
- **5 on 5 Basketball** - Teams must be of one gender and have a minimum of five (5) players and not more than 12 players on the roster.
Age categories 50-54, 55-59, 60-69, 70+
- **Bounce Volleyball** - Teams must have at least one gender of the opposite sex. Not more than 10 players on a roster.
- **Bid Whist** - Play will follow the rules compiled from Card Sharks Inc. - Official Rules for Bid Whist Tournament and National Bid Whist Association-Tournament Rules.
- **Pinochle:** Play will follow the rules compiled from Card Sharks Inc.- Official Rules for Pinochle Tournament and National Pinochle Association Tournament Rules

For the full list rules see the Detroit Senior Olympics Official Rules Manual.



REGISTRATION FORM

JUDGING

Events are judged based on gender determination (male/female) and age categories: 50-54, 55-59, 60-64, 65-69, 70-74, 75+ except 8-Ball Billiards, Arts & Crafts, Baking, Bid Whist, Bounce Volleyball, Chess, Cornhole, and Pinochle.

Arts & Crafts – Will be judged in category designation only. Each entry will be judged on creativity and originality (its uniqueness), material, presentation, technical/quality of workmanship. *See Detroit Senior Olympics Official Rules for more information.*

Baking – Will be judged in category designation only. Each entry will be judge on Execution (Creativity and Originality), Appearance and Taste. The judges will give a score out of five for each criterion, 1 being inedible, 5 being excellent.
SUBMISSION CAN NOT CONTAIN ATHLETE'S NAME OR DSO NUMBER.

See Detroit Senior Olympics Official Rules for more information.

AWARD CEREMONY

This year's award ceremony will be a dinner dance held on Thursday, July 24, 2025, from 4 pm to 9 pm. The event is free for all medal winners. Non-Medal Winners, spectators, family, friends, guests, and public ticket cost is \$25.00 per person.

*** Additional cost; Does not guarantee promotional items, DSO official T-Shirt, and refreshments will be on first come first serve basis.**

Vendor, exhibitor, sponsorship, and souvenir journal ad placement opportunities are available.
See the Official Detroit Senior Olympics Registration Applications.



Athlete Name _____

Membership # _____ Center _____

REGISTRATION FORM

MONDAY, JUNE 8

- Bowling** (Additional Fee Required)
- Golf** (Additional Fee Required)

TUESDAY, JUNE 9

- Bounce Volleyball** Team Name: _____
- Pickleball Pairs** (additional fee required) Men Women Mixed Doubles
- Swim** Backstroke 50 yard Backstroke 100 yard Breaststroke 50 yard Breaststroke 50 yard
 Butterfly 50 yard Butterfly 100 yard Freestyle 50 Freestyle 100 Individual Medley Relay
- Swim Walk**
- Swim Team Medley Relay** (4 max) Men Women Co-Ed (2 male; 2 Female) Team Name: _____
- Table Tournament:** **8-Ball Billiards** **Bid Whist** **Chess** **Pinochle**

WEDNESDAY, JUNE 10

- Arts & Crafts** (3 Entries max) Crochet Ceramics Drawing/Painting Jewelry Making Quilting Sewing Other
- Baking** (3 Entries max) Bread/Rolls Pies/Tarts Cookies/Scones Cake/Brownies Savory dish/Casserole
- Basketball Free Throw**
- Frisbee Toss**
- Horsehoes**
- Softball** Hit Throw
- Track** 50 Meter Dash 400 meter Run 1500 Meter Race Walk 1500 Meter Walk

THURSDAY, JUNE 11

- Cornhole Singles** Men Women
- Cornhole Pairs**

5 - ON - 5 BASKETBALL: :JUNE 11-13

- Team Name:** _____

Certified Check, Business Check, or Money Order accepted
Make Payable to: City of Detroit **Memo:** Recreation Activity Fund

Credit card payments: Accepted through detroitmi.gov/recreation
For more information call **313-224-1100**

Detroit Parks & Recreation Division
c/o Detroit Senior Olympics
115 Erskine St
Detroit, MI 48201

RETURN THE PAGE ALONG WITH PAYMENT



REGISTRATION FORM

Name: Last _____ First _____ MI _____ Birthday _____ Gender _____

Address _____ City, Zip Code _____ Email _____

Detroit Parks & Recreation Senior Program Member? Yes No Center: _____ Member # _____

ATHLETE SECTION

Athlete \$25 <input type="checkbox"/>	Onsite \$30 <input type="checkbox"/>	Basketball Team + 175 <input type="checkbox"/>	Bowling +\$20 <input type="checkbox"/>	Golf (Cart) +20 <input type="checkbox"/>	Golf (Walk) +15 <input type="checkbox"/>	Pickleball +\$10 <input type="checkbox"/>	Athlete T-Shirt + add'l \$12 <input type="checkbox"/>	Souvenir T-shirt +add'l \$12 <input type="checkbox"/>
Athlete T-Shirt Size		<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL	<input type="checkbox"/> XXL	<input type="checkbox"/> XXXL	<input type="checkbox"/> XXXXL

SPECTATOR SECTION

Spectator Souvenir T-Shirt S M L XL XXL XXXL XXXXL
 \$5 \$12
 (If purchasing a shirt ala carte)

ADD-ON SECTION (NON-MEDAL WINNERS, GUESTS, SPECTATORS, FAMILY AND FRIENDS)

Award Dinner Dance \$25 x # of Tickets _____

TOTAL ENCLOSED \$ _____ Money Orders, Visa, Master Card, Discover accepted, No Personal Checks or American Express

Detroit Senior Olympics Photo Release & Waiver Liability:

All participants are advised to consult with their doctor before competing in the Detroit Senior Olympics (DSO).

My signature below indicates I have read this form in its entirety and understand that my participation in the Detroit Senior Olympics events and activities is totally voluntary. Additionally, I acknowledge and agree to the following:

1. My participation in the Detroit Senior Olympics events and activities, including athletic competition, may result in injury. While rules, equipment and personal disciplines are put in place to reduce injury, the risk of injury still exist.
2. I knowingly and freely assume all such risks and agree to hold harmless the City of Detroit, the Detroit Parks & Recreation, their officials, agents, and /or employees, other participants, sponsors, advertisers, owners, and lessees of premises and / or equipment used to conduct the Detroit Senior Olympics.
3. I hereby grant the Detroit Senior Olympics Organizing Committee, my permission to contact the person listed below in the event of an emergency, as well as authorize a medical doctor to attend to me if it is necessary.
4. I give permission for any photograph, video tape reference or any other form of audio-visual record of my participation in the Detroit Senior Olympics, to be use by Detroit Senior Olympics, Detroit Parks & Recreation (DPRD), and its sponsors.
5. In providing my email address I agree to receive periodical notification of Detroit Parks & Recreation program information.

I have read this Waiver and Release of Liability and Assumption of Risk agreement and fully understand its terms and sign it freely and voluntarily without inducement.

EMERGENCY CONTACT

Name _____ Phone _____ Relationship _____

Signature _____ Date _____

RETURN THE PAGE ALONG WITH PAYMENT



REGISTRATION FORM

SWIM TEAM MEDLEY RELAY (TUESDAY, JUNE 9) 4 MAX

All team members must be registered individually as athletes for the Detroit Senior Olympics
Athlete T-Shirt additional cost

TEAM ROSTER (PLEASE PRINT)

Team Name: _____

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4.

BOUNCE VOLLEYBALL TEAM (TUESDAY, JUNE 9) 10 MAX

All team members must be registered individually as athletes for the Detroit Senior Olympics
Athlete T-Shirt additional cost

TEAM ROSTER (PLEASE PRINT)

Team Name: _____

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5.	10.

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REGISTRATION FORM

5-ON-5 BASKETBALL TOURNAMENT (JUNE 11-13) 12 MAX

All team members must be registered individually as athletes for the Detroit Senior Olympics
Athlete T-Shirt additional cost

TEAM ROSTER (PLEASE PRINT)

Age Bracket: 50-54 55-59 60-69 70+

Team Name: _____

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