

40th Annual Quincy Senior Olympics

May 6, 2024 to May 23, 2024

GENERAL INFORMATION

Open to Active Adults ages 55 and over.

REGISTRATION:

- **\$20.00 Fee Includes:**
 - 2024 Olympic T-Shirt
 - Entrance to the Sportsmanship Luncheon Hosted by Brookdale
 - The Awards Collation
- Additional fees apply for pickleball, cornhole, bowling, and golf.
- Registration Deadline: **May 1, 2024.**
- Registrations can be done online at QuincyRec.com, mailed, or dropped off:
Quincy Recreation Department
One Merrymount Parkway
Quincy, MA 02170
- Checks made payable to: **Quincy Recreation Department**

AGE GROUPING & MEDAL POLICY

Individual competitions will be judged by age categories in **5-year increments:**
55-59, 60-64, 65-69, 70-74, and so on.

- **7 or More Competitors** in an age group:
3 Medals will be awarded: Gold, Silver, Bronze
- **4 to 6 Competitors** in an age group:
2 Medals awarded: Gold and Silver
- **3 or Fewer Competitors** in an age group:
1 Medal awarded: Gold

EVENTS: LISTED BY DATE

MONDAY, MAY 6, 2024

One Mile Walk – 6:00 PM
Opening Ceremony – 6:45 PM
Volleyball Game – 7:15 PM
Kennedy Center, 440 E. Squantum St.

TUESDAY, MAY 7, 2024

Billiards - 8 Ball – 1:00 PM
Olindy's Lanes, 170 Quincy Ave.

WEDNESDAY, MAY 8, 2024

Darts – 10:00 AM
Kennedy Center, 440 E. Squantum St.

THURSDAY, MAY 9, 2024

Cornhole Tournament
Men's Doubles, Women's Doubles, Mixed Doubles
\$5 Fee per player, Enter one Draw
10:00 AM – 1:00 PM
Pageant Field, Merrymount Parkway

FRIDAY, MAY 10, 2024

Sportsmanship Luncheon – 1:00 PM
Kennedy Center, 440 E. Squantum St.

MONDAY, MAY 13, 2024

Track & Field Events
Faxon Field Track, 102 Coddington St.
One Mile Run – 10:00 AM
Half Mile Walk – 10:15 AM
Rotation Events – 10:30 AM
➤ **Softball Throw, Discus, Javelin, Shot Put**

TUESDAY, MAY 14, 2024

Men's Bowling – 10:00 AM \$5 Fee
Olindy's Lanes, 170 Quincy Ave.

WEDNESDAY, MAY 15, 2024

Women's Bowling – 10:00 AM \$5 Fee
Olindy's Lanes, 170 Quincy Ave.

THURSDAY, MAY 16, 2024

Men's Bocce from 8:30 AM – 11:30 AM
Women's Bocce from 11:30 AM – 3:30 PM
Torre Dei Passeri Club, 252 Washington St.

FRIDAY, MAY 17, 2024

9- Hole Golf Tournament –
\$10 Fee, T-times begin at 9:00 AM
Furnace Brook Golf Club, 20 Reservoir Road

Rotation Events – 1:00 PM

Pageant Field, Merrymount Parkway
➤ **Horseshoe Pitching**
➤ **Basketball Free Throw**

Saturday, MAY 18, 2024

Pickleball Tournament
Men's Doubles, Women's Doubles, Mixed Doubles
\$10 Fee per player, Enter one Draw
9:30 AM – 1:30 PM
Broad Meadows Middle School, 50 Calvin Road

MONDAY, MAY 20, 2024

Two Mile Walk 10:00 AM
Pageant Field, One Merrymount Parkway

Swimming – 6:30 PM

Lincoln Hancock School Pool, 316 Water Street
➤ Free-Style, Breaststroke, Backstroke
➤ Ages 55-69 Swim 100-yard events
➤ Ages 70+ Swim 50-yard events
➤ Distance Free Style – 500 yards

THURSDAY, MAY 23, 2024

Closing Ceremony & Awards Night
6:00 p.m. - Kennedy Center, 440 E. Squantum St.
➤ **Refreshments – 6:00 PM**
➤ **Awards Ceremony – 6:30 PM**

The Olympic Creed

*The most important thing in the
Olympic games, is not to win,
But to take part:*

*Just as the most important thing
In life is not the triumph,
But the struggle:*

*The essential thing is not to have
Conquered,
But to have fought well.*



For additional information,
Please contact:

**Quincy Council on Aging,
Department of Elder Services
(617) 376-1506**

**Quincy Recreation Department
(617) 376-1394**

**Quincy on the Go...
A Healthy Place to live!**

40th Annual Quincy Senior Olympics

May 6, 2024 to May 23, 2024

**Thomas F. Clasby, Jr.
Director of Elder Services**

**Michelle Hanly
Director of Recreation**

Presented By:

The City of Quincy

Sponsored By:



Supported By:

Quincy Foundation



40th Annual Quincy Senior Olympics



**May 6, 2024
to**

May 23, 2024

**Thomas P. Koch
Mayor**