



BASKETBALL FREE THROW



Date: Friday, October 2, 2009

Time: 7:45 a.m. (Time may need to be revised if necessitated by the number of entries.)

Venue: Hillcrest Community Center, 1800 SE 21st Street

1. Participants must use balls furnished by KSO.
2. The basket will be 10 feet in height.
3. Each shooter will get 3 practice and 15 official free throws.
4. The shooter must stand behind the free throw line. At no time will the shooter be able to touch or go beyond the free throw line, or the shot will be counted as a miss.
5. Each shooter will receive only one opportunity to shoot his practice shots and official free throws.

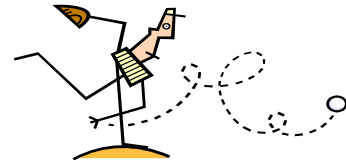
ATTENTION ATHLETES: Good sportsmanlike conduct is required of all participants in any KSO Fun Event at all times. Any participant displaying less-than-desirable conduct at any time towards another competitor, any meet official, any volunteer or any KSO staff member will be disqualified from KSO competition. The KSO Director and Event Coordinators will enforce this rule at all times.

PLEASE NOTE: KSO Fun Events will be conducted ONLY at the times indicated on the KSO Event Schedule. Please do not ask to be allowed to compete at any other time. Time and staff constraints do not allow us to give special consideration to any athlete.





SOFTBALL THROW



Date: Saturday, October 3, 2009

Time: 7:30am

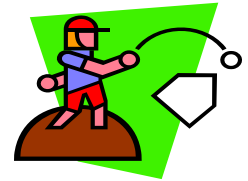
Venue: Rueger Park, 2801 S. Kansas

THROW FOR ACCURACY

- Five (5) consecutive throws will be made by each contestant from the following distances.
Men: 10 and 15 yards Women: 8 and 12 yards
- The target will be the opening in a 25 inch ring, the center of which will be 5 feet off the ground.
- Ten points will be awarded for each throw from the 8 and 10 yard line that goes through the target.
- Twenty points will be awarded for each throw from the 12 and 15 yard line that goes through the target.
- The object of the event is to score the highest possible number of points.
- A foot fault call by the official will automatically nullify that throw.
- One practice throw will be allowed from each distance. The player must announce beforehand if they are taking a practice throw or throwing for a score.
- In case of a tie, the participant with the most consecutive shots will be declared the winner. If a tie still remains, the player acquiring the most points in the longer distance will prevail.

THROW FOR DISTANCE

- Participants must use balls furnished by KSO.
- Each participant will get 3 practice throws and 5 official throws.
- Each participant must stay behind the throwing line
- Each participant will receive only one opportunity to make his practice and official throws.



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FOOTBALL THROW FOR ACCURACY



Date: Saturday, October 3, 2009

Time: 10:00am

Venue: Reuger Park, 2801 S. Kansas

1. **Five (5) consecutive throws** will be made by each contestant from each of the following distances.
Men: 10 and 12 yards Women: 7 and 11 yards
2. The target will be the opening of a 25 inch ring, the center of which will be 5 feet off the ground.
3. **Ten points** will be awarded for each throw from the 7 and 10 yard line that goes through the target.
4. **Twenty points** will be awarded for each throw from the 11 and 12 yard line that goes through the target.
5. The object of the event is to score the highest possible number of points.
6. A foot fault call by the official will automatically nullify that throw.
7. One practice throw will be allowed from each distance. The player must announce beforehand if they are taking a practice throw or throwing for a score.

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Baggo



Date: Saturday, October 3, 2009
Time: 11:00am
Venue: Rueger Park, 2801 S. Kansas

Baggo is a combination of the skills required in bowling, horseshoes, and softball. The two Baggo boards are placed on the ground facing each other. Players stand alongside the board and toss a small bag at the hole in the opposite facing board.

1. A bag in the hole is a "Baggo" or 3 points.
2. A bag that lands on the board but does not go in the hole is 1 point.
3. A bag toss of equal value thrown against an opponent cancels out the opponent's points.

Rules:

- ◆ The boards are placed approximately 20 feet apart.
- ◆ Players face each other from OPPOSITE BOARDS.
- ◆ Play starts at either board.
- ◆ Each player plays with a set of 4 bags.
- ◆ A player's toes must not project past the front edge of the board (foot foul line) when tossing the bag or a foot foul will occur.
- ◆ Opponents alternate toss until all 8 bags are played.
- ◆ The round is then scored. (See Scoring)
- ◆ Repeat play from the other board.
- ◆ The scoring player has the honor of tossing first in the next round.

Baggo Scoring:

- ◆ A game = 21 points.
- ◆ 3 points for each bag in the hole is a Baggo!
- ◆ 1 point for each bag on the board.
- ◆ Score is the difference in the team totals. For example: After 1 round or 8 bags played; #1 Team with 1 bag in the hole = 3 points. #2 Team with 2 bags on board = 2 points. Score 1st round for #1 team = 1 point.
- ◆ Bags pushed in by an opponent's toss count.

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Washers

Date: Saturday, October 3, 2009
Time: 1:00pm
Venue: Rueger Park, 2801 S. Kansas



The Game:

Washers is a contest between two (2) opponents to determine who is the most accurate at tossing two inch flat metal washers into a target from a distance of fifteen (15) feet.

Equipment:

1. The target box shall consist of a 15 inch square base with sides 4 inches in height. Centered in the box is a cup (PVC Pipe) 4 inches in diameter and 5.5 inches in height.
2. Each player will have three flat metal washers (2 inches in diameter).

Rules:

1. The distance between the center of one cup and the center of the other shall be fifteen (15) feet.
2. The toss lines shall be the back edge of each target box extended. A player must maintain contact with the floor behind the toss line with at least one foot until the washer is released.
3. A coin flip will determine which player starts the game. Participants shall alternate first pitch each subsequent inning.
4. Washers shall be tossed underhand.
5. Each participant shall toss his/her three washers in succession followed by the opponent tossing his/her three washers.
6. A game is divided into innings. Each inning shall consist of six pitched washers, three by each contestant.
7. **BOUNCE RULE:** A washer that first contacts the floor or ground outside the target box shall not be scored even though it might bounce into the scoring box or cup. In such cases, the washer shall be considered “out of count” and shall be removed from the scoring box or cup before the next washer is tossed.
8. **RIM RULE:** A washer that comes to rest on the rim of the scoring box and has not bounced on the floor or ground does not count UNLESS it subsequently gets knocked into the scoring box or cup by another washer.
9. **SCORING:** Scoring will be based on the “count-all” method. Both contestants receive credit for the number of points their own washers are worth in each inning. (All washers in the cup or box count towards score).
 - a. Each washer in the box scores one (1) point.
 - b. Each washer in the cup scores three (3) points.
 - c. Example: Player A has 2 washers in the box – this results in 2 points for Player A
Player B has 2 washers in the box and 1 in the cup – this results in 5 points for Player B.
10. **LENGTH OF GAME:** The first competitor to reach twenty-one (21) points at the end of any inning OR the competitor with the highest score after twelve (12) innings of play (whichever occurs first) shall be the winner.

- a. If the above results in a tie score, a two inning tie-breaker shall be played. This tie-breaker procedure shall continue until the tie is broken.
11. **SCOREKEEPING:** Once all six washers are tossed both players shall go to the target to determine their scores for the inning. Each contestant shall record both his inning score and his running score on the official score card provided.

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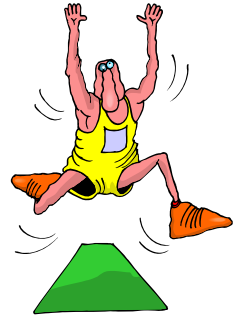
Kansas Senior Olympics

Track and Field Fun Events

STANDING LONG JUMP

Date: Saturday, September 26, 2009
Time: TBD
Venue: Hummer Sports Park, 530 Sports Park Drive

The Standing Long Jump will be offered in all age categories. Winners in each age category will be determined by distances jumped. Athletes may be responsible for event administration



50 METER DASH

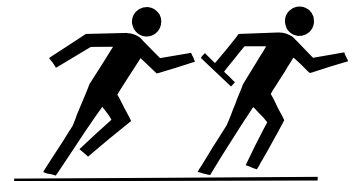
Date: Sunday, September 27, 2009
Time: Following completion of track competition at approximately 2:30pm
Venue: Hummer Sports Park, 530 Sports Park Drive

The 50 Meter Dash will be offered in all age categories. Different age categories may run simultaneously depending on entry numbers. Winners will be determined in each age category using timed results.



CO-ED 400 METER RELAY

Date: Sunday, September 27, 2009
Time: Following completion of track competition at approximately 2:45pm
Venue: Hummer Sports Park, 530 Sports Park Drive



The Co-Ed 400 Meter Relay will consist of mixed teams with each team running a 100 meter leg. Relay teams will be drawn by lot at the track. Numbers of men and women will be divided as equally as possible. No preference will be given to age. Teams will be announced prior to race time.

