

Activity	Events	Venue	Date	Register By	Contact
Badminton	Men's, Women's and Mixed Doubles - 55+ 65+, 75+. (Men's and Women's Doubles players can also play in Mixed Doubles)	Westlock Spirit Center	June 10, 2017	May 24, 2017	George Oko 780 - 348 - 5672 oko4@ccewireless.ca
Cycling	M & W - 55+, 65+, 70+ Recreational - 10 km time trials & 20 km road race Competitive - 20 km time trials & 40 km road race	Hawrelak Park Edmonton	May 27, 2017 8:30 AM	May 17, 2017	George Oko 780 - 348 - 5672 oko4@ccewireless.ca
5 - Pin Bowling	M & W - Singles Scratch 55+, 65+, 75+ POA - Mixed Teams of 4, 55+, 65+, 75+ (Winter League Average)	Blue Heron Bowl Barrhead	May 7, 2017 11:00 AM	May 1, 2017	Bessie Stevens 780 - 584 - 2536 780- 584 - 3939
Golf	M & W - 55+, 65+, 75+, 80+, 85+, Gross M & W - 55+, 65+, 75+, 80+, 85+, Calloway	Westlock Golf Course	June 15, 2017 10:00 AM \$32 / 18 holes	May 25, 2017	Marg Wintonyk 780 - 349 - 2493 mwinto@telus.net
Horseshoes	M & W - 55+, 65+, "A" Class- Over 50%; "B" Class 35 - 50%; "C" Class 20 - 35%, "D" Class- 0 - 20%	Royal Canadian Legion 9964 - 93 Ave Fort Saskatchewan	May 16, 2017, 1:00 PM	April 14, 2017	Barry Crombie 780 - 992 - 0154 hcrombie@telus.net
Ice Hockey	Men's Teams - 55+, 60+, 65+, 70+, 75+ Women's Team - 55+ Roster of 18 players	TBA	TBA	April 15, 2017	George Oko 780 - 348 - 5672 oko4@ccewireless.ca
Pickleball	Men's, Women's and Mixed 55+, 65+, 70+ (Men's & Women's Doubles Players can also play in Mixed Doubles.)	Westlock Spirit Center	June 3, 2017	May 17, 2017	George Oko 780 - 348 - 5672 oko4@ccewireless.ca
Slo-pitch	Men's - 55+, 65+, 70+, Women's - 55+ Mixed- 55+ (6 M + 4 W) (16 per team)	Sangudo	June 17 or 24	June 7, 2017	George Richardson 780 - 892 - 2457 edie.richie@yahoo.ca
Swimming	M & W - 55+, 60+, 65+, 70+, 75+, 80+ 85+- Max of 4 events- 50 free, 100 free 50 back, 100 back, 50 breast, 100 breast 50 butterfly - Predicted Swim 55+ - no other event - either 2 x 100 m or 2 x 200 m	Westlock Aquadic Center	June 11, 2017 10:00 AM	June 1, 2017	Joyce Goerz 780 - 339 - 2412 wejeg@telus.net
Track And Field	M & W - 55+, 60+, 65+, 70+, 75+, 80+, 85+ Maximun 4 Events - 100m, 200m, 800m, 1500m, 3000m, javelin, discus, shot put, long jump - Predicted Walk - no other event either 2 x 400m or 2 x 1000m	TBA	TBA	May 17, 2017	Charlotte Hamel 780 - 589 -3296 charlottehamel@shaw.ca
Tennis	Men's, Women's and Mixed Doubles- 55+, 65+ 75+. (Men's and Women's Doubles Players can also play in Mixed Doubles)	TBA	TBA	May 17, 2017	George Oko 780 - 348 - 5672 oko4@ccewireless.ca

Participants must be a member of Alberta 55 plus. Visit [www.alberta55plus.ca](http://www.alberta55plus.ca) to become a member.

