

50+



CITY OF TALLAHASSEE

11<sup>th</sup> ANNUAL



# CAPITAL CITY *Senior Games*

TALLAHASSEE • FLORIDA

## MARCH 5-16, 2020

Torch Run • March 5 @ 6 p.m. • Cascades Park  
Celebration of Athletes • Tuesday, March 17

REGISTER ONLINE

# TALGOV.COM/SENIORGAMES



TALGOV.COM/PARKS | COTPARKS | 891-FUNN

# REGISTRATION FORM

This Local Senior Games is sanctioned by the Florida Sports Foundation and is a qualifier for the Florida Senior Games State Championships.

PLEASE USE ONE FORM PER PERSON

Name: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on 12/31/2020: \_\_\_\_\_ T-SHIRT SIZE: S M L XL XXL XXXL

Hotel Stay? YES \_\_\_\_\_ NO \_\_\_\_\_ If Yes, How Many Nights: \_\_\_\_\_ Name of Hotel: \_\_\_\_\_

**3 SPORT BONUS GIFT** REGISTER FOR 3 OR MORE SPORTS (NOT EVENTS) & RECEIVE A SENIOR GAMES DUFFEL BAG!

AGE DIVISIONS: 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

**ONLINE REGISTRATION**  
ENDS 2 DAYS PRIOR TO EVENT DATE

**\* QUALIFYING EVENT**  
Top 5 athletes advance to State Games.

**○ OPEN EVENT**  
All athletes can participate in State Games.

**△ LOCAL EVENT ONLY**  
These games are not part of the State Games.

**○ ARCHERY: Limit 1 event/person**

- Recurve - w/Sights
- Barebow Recurve - no Sights
- Barebow Compound
- Compound Finger Release - w/Sights
- Compound Release - w/Sights

**○ BAG TOSS**

- Traditional (Best 2 out of 3 games)

**\* BASKETBALL**

- Free Throw Shooting
- Spot Shooting
- Timed Shooting

**\* BOWLING**

- Singles
- Doubles Partner \_\_\_\_\_
- Mixed Partner \_\_\_\_\_

**\* CYCLING**

- 5K  5K Recumbent
- 10K  10K Recumbent

**\* GOLF**

- 18 Hole Scratch

**\* HORSESHOES**

- Traditional

**\* PICKLEBALL**

- Singles
- Doubles Partner \_\_\_\_\_
- Mixed Partner \_\_\_\_\_

**○ POWERLIFTING**

- Bench Press  Dead Lift

**○ RACQUETBALL**

- Singles

**\* SWIMMING: Limit 6 events/person**

- US MASTERS SWIM # \_\_\_\_\_
- Backstroke  50yd  100yd  200yd
  - Breaststroke  50yd  100yd  200yd
  - Butterfly  50yd  100yd
  - Freestyle  50yd  100yd  200yd  500yd
  - Individual Medley (Four (4) Strokes)  100yd  200yd  400yd

**\* TABLE TENNIS**

- Singles
- Doubles Partner \_\_\_\_\_
- Mixed Partner \_\_\_\_\_

**\* TENNIS**

- Doubles Partner \_\_\_\_\_
- Mixed Partner \_\_\_\_\_

**\* TRACK & FIELD**

- 100m  Discus
- 200m  High Jump
- 400m  Javelin
- 800m  Long Jump
- 1500m  Shot Put  Triple Jump

**△ FUN EVENTS**

- 1 Mile Fun Walk
- Water Aerobics

## REGISTRATION FEE

First Event: = \$15

# of Additional Events: \_\_\_\_ x \$3 = \_\_\_\_

## VENUE FEE

Archery: \$5 = \_\_\_\_

Bowling: \$10 = \_\_\_\_

Golf: \$10 = \_\_\_\_

Tennis: \$5 = \_\_\_\_

TOTAL: \$ \_\_\_\_

Registration fee includes  
The Celebration of Athletes Event

PLEASE MAKE CHECKS PAYABLE TO:



Visit [Talgov.com/SeniorGames](http://Talgov.com/SeniorGames) or  
call 891-3866 for more information.

# Celebration of ATHLETES

**TUESDAY, MARCH 17, 2020 · 5:30PM**

**DINNER FOR ATHLETE & GUEST · 2020 SENIOR GAMES HIGHLIGHTS**

**SPECIAL AWARDS CEREMONY**

**TALLAHASSEE SENIOR CENTER**

**1400 N. MONROE ST. TALLAHASSEE FL 32303 · 850 891-4000**

**FREE VALET PARKING**

## SCHEDULE OF EVENTS

SAT. 2/29	THURS. 3/5	FRI. 3/6	SAT. 3/7	SUN. 3/8	MON. 3/9
Archery 9am	Torch Run 6pm	Bowling (S) 1pm	Track & Field 10am Fun Walk 9:30am	Horseshoes 2pm	Bag Toss 11:30am
TUE. 3/10	WED. 3/11	THU. 3/12	FRI. 3/13	SAT. 3/14	SUN. 3/15
Pickleball (S) 9am	Pickleball (D) 9am Swimming 6pm	Pickleball (M) 9am Powerlifting 2pm	Tennis (D) 9am Bowling (D) 1pm Bowling (M) 4pm	Basketball 9am Table Tennis 9am Racquetball 1pm	Cycling 10am Tennis (M) 1pm Water Aerobics 3pm
MON. 3/16	TUES. 3/17	<h3>VOLUNTEER OPPORTUNITIES</h3> <p>Interested in volunteering during the Senior Games? Please contact Cheri Howe at 850-891-3866</p>			
Golf 9am	Celebration of Athletes 5:30pm				

## HOW TO REGISTER · REGISTRATION ENDS 2 DAYS PRIOR TO EVENT DATE

### MAIL IN

Senior Games  
1201 Myers Park Dr.  
Tallahassee FL 32301

### REGISTER ONLINE

**Tal.gov.com/SeniorGames**

### DROP OFF

PRNA Admin Offices / Senior Center  
1201 Myers Park Dr. / 1400 N. Monroe St.  
Tallahassee FL 32301 / Tallahassee FL 32303

# Senior Games Directory

ARCHERY

**Saturday, 2/29 • 9am**  
Tallahassee Archery Club • 7268 Blountstown Hwy. 32310  
Tracy Davis • 850-891-3946

BAG TOSS

**Monday, 3/9 • 11:30am (specific start times will be emailed)**  
Jake Gaither Community Center • 801 Bragg Rd. 32305  
Toni McDonald • 850-891-3835

BASKETBALL

**Saturday, 3/14 • 9am**  
Sue McCollum Community Center • 501 Ingleside Dr. 32303  
Scott Sears/Kim Speight • 850-891-3946

BOWLING

**(S) Friday, 3/6 • 1pm / (D) Friday, 3/13 • 1pm / (M) Friday, 3/13 • 4pm**  
Capital Lanes • 820 Capital Circle NE 32301  
Nick Farmer • 850-891-3910

CYCLING

**Sunday, 3/15 • 10am**  
Apalachicola National Forest • 10714 Bloxham Cutoff 32305  
Mario Palmentieri • 850-891-3879

GOLF

**Monday 3/16 • 9am**  
Hilaman Golf Course • 2737 Blair Stone Rd. 32301  
Jan Auger • 850-891-2563

HORSESHOES

**Sunday, 3/8 • 2pm**  
Forestmeadows Complex • 4750 N. Meridian Rd. 32312  
Ameer Hart • 850-891-3910

PICKLEBALL

**(S) Tuesday, 3/10 • 9am / (D) Wednesday, 3/11 • 9am / (M) Thursday, 3/12 • 9am**  
Jack McLean Community Center • 700 Paul Russell Rd. 32301  
Lenin Mongerie • 850 891-4979

POWERLIFTING

**Thursday, 3/12 • 2pm**  
Premier Health & Fitness Center • 3521 Maclay Blvd. 32312  
Len Harvey • 850-431-2348

RACQUETBALL

**Saturday, 3/14 • 1pm**  
Forestmeadows Complex • 4750 N. Meridian Rd. 32312  
Glen Howe • 850-891-4979

SWIMMING

**Wednesday, 3/11 • 6pm**  
Wade Wehunt Pool at Myers Park • 1206 Myers Park Dr. 32301  
Leslie Adams • 850-891-4904

TABLE TENNIS

**Saturday, 3/14 • 9am**  
Jack McLean Community Center • 700 Paul Russell Rd. 32301  
John Doherty • 850-891-2505

TENNIS

**(D) Friday 3/13 • 9am / (M) Sunday, 3/15 • 1pm**  
Forestmeadows Complex • 4750 N. Meridian Rd. 32312  
Steve Leroy • 850-891-4979

TRACK AND FIELD  
FUN WALK

**Saturday, 3/7 • 10am / Javelin 9am & Fun Walk 9:30am**  
Godby High School • 1717 W. Tharpe St. 32303  
Lucas Williams • 850-891-3825

WATER AEROBICS

**Sunday, 3/15 • 3pm**  
Wade Wehunt Pool at Myers Park • 1206 Myers Park Dr. 32301  
Leslie Adams • 850-891-4904

(S) = SINGLES; (D) = DOUBLES; (M) = MIXED DOUBLES