



9th
Annual

CAPITAL CITY Senior Games

TALLAHASSEE FLORIDA

MARCH 2-12, 2018

Kick-Off TORCH RUN • January 30, 2018 • 10:30am • Lake Ella

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 12/31/2018: _____ T-SHIRT SIZE: S M L XL XXL XXXL
(included with registration)

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 DEADLINE

*** 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 × 3/1

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

○ BAG TOSS × 3/1

- ☐ Traditional (Best 2 out of 3 games)

*** BASKETBALL × 3/8**

- ☐ Free Throw Shooting
- ☐ Spot Shooting
- ☐ Timed Shooting

*** BOWLING × 2/28-S × 3/7-D,M**

- ☐ Singles
- ☐ Doubles Partner _____
- ☐ Mixed Partner _____

*** CYCLING × 3/8**

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

△ FUN WALK × 3/1

- ☐ 1 Mile Fun Walk

*** GOLF × 3/8**

- ☐ 18 Hole Scratch

*** HORSESHOES × 3/1**

- ☐ Traditional

*** PICKLEBALL × 3/4-S × 3/5-D × 3/6-M**

- ☐ Singles
- ☐ Doubles Partner _____
- ☐ Mixed Partner _____

○ POWERLIFTING × 3/6

- ☐ Bench Press ☐ Dead Lift

*** SWIMMING: Limit 6 events/person × 3/5**

US MASTERS SWIM # _____

Backstroke Breaststroke

- ☐ 50yd ☐ 50yd
- ☐ 100yd ☐ 100yd
- ☐ 200yd ☐ 200yd

Butterfly Freestyle

- ☐ 50yd ☐ 50yd
- ☐ 100yd ☐ 100yd
- ☐ 200yd ☐ 200yd
- ☐ 500yd ☐ 500yd

Individual Medley (Four (4) Strokes)

- ☐ 100yd ☐ 200yd ☐ 400yd

*** TABLE TENNIS × 3/8**

- ☐ Singles
- ☐ Doubles Partner _____
- ☐ Mixed Partner _____

*** TENNIS × 3/7-D × 3/8-M**

- ☐ Doubles Partner _____
- ☐ Mixed Partner _____

*** TRACK & FIELD × 3/1**

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

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:



While online registration closes on the date specified, some events will accept registrations up to, and including, the day of the event.

Visit Talgov.com/SeniorGames or call 891-3866 for more information.

Celebration of ATHLETES

MONDAY, MARCH 12, 2018 • 5:30PM

DINNER FOR ATHLETE & GUEST • 2018 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

TUE. 1/30	FRI. 3/2	SAT. 3/3	SUN. 3/4	MON. 3/5
TORCH RUN 10:30am <i>Help Kick Off the 2018 Senior Games with the Annual Torch Run at Lake Ella</i>	Bowling (S) 1pm	Archery 9am Track & Field 10am Javelin 9am Fun Walk 9:30am	Horseshoes 2pm	Bag Toss 11:30am
TUE. 3/6	WED. 3/7	THU. 3/8	FRI. 3/9	SAT. 3/10
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
SUN. 3/11	MON. 3/12	See Senior Games Directory (on back) for Event Locations and Contact Information		
Cycling 10am Tennis (M) 1pm	Golf 9am Celebration of Athletes 5:30pm			

HOW TO REGISTER

MAIL IN

Senior Games
912 Myers Park Dr.
Tallahassee FL 32301

REGISTER ONLINE

Talgov.com/SeniorGames

DROPOFF

Senior Center / PRNA Admin Offices
1400 N. Monroe St / 912 Myers Park Dr.
Tallahassee FL 32303 / Tallahassee FL 32301

SENIOR GAMES DIRECTORY

ARCHERY

SATURDAY, 3/3 • 9AM

BAG TOSS

MONDAY, 3/5 • 11:30AM
SPECIFIC START TIMES WILL BE EMAILED

BASKETBALL

SATURDAY, 3/10 • 9AM

BOWLING

(S) FRIDAY, 3/2 • 1PM

(D) FRIDAY, 3/9 • 1PM

(M) FRIDAY, 3/9 • 4PM

CYCLING

SUNDAY, 3/11 • 10AM

GOLF

MONDAY, 3/12 • 9AM

HORSESHOES

SUNDAY, 3/4 • 2PM

PICKLEBALL

(S) TUESDAY, 3/6 • 9AM

(D) WEDNESDAY, 3/7 • 9AM

(M) THURSDAY, 3/8 • 9AM

POWERLIFTING

THURSDAY, 3/8 • 2PM

SWIMMING

WEDNESDAY, 3/7 • 6PM

TABLE TENNIS

SATURDAY, 3/10 • 9AM

TENNIS

(D) FRIDAY 3/9 • 9AM

(M) SUNDAY, 3/11 • 1PM

TRACK & FIELD

AND 1 MILE FUN WALK

SATURDAY, 3/3 • 10AM

(Javelin 9AM & Fun Walk 9:30AM)

Beau Turner Youth Center • 9194 S. Jefferson Hwy., Lamont, FL
Tracy Davis • 850 891-3946

Jake Gaither Community Center • 801 Bragg Rd. 32305
Brian Smatt • 850 891-8526

Sue McCollum Community Center • 501 Ingleside Dr. 32303
Scott Sears/Kim Speight • 850 891-3946

Capital Lanes • 820 Capital Circle NE 32301
Janet Lucas • 850 891-3835

Apalachicola National Forest • 10714 Bloxham Cutoff. 32305
Mario Palmentieri • 850 891-3879

Hilaman Golf Course • 2737 Blair Stone Rd. 32301
Rosie Keween • 850 891-3942

Forestmeadows Complex • 4750 N. Meridian Rd. 32312
Ameer Hart • 850 891-3910

Jack McLean Community Center • 700 Paul Russell Rd. 32301
Glen Howe • 850 891-4979

Premier Health & Fitness Center • 3521 Maclay Blvd. 32312
Len Harvey • 850 431-2348

Wade Wehunt Pool at Myers Park • 907 Myers Park Dr. 32301
Leslie Adams • 850 891-4904

Jack McLean Community Center • 700 Paul Russell Rd. 32301
John Doherty • 850 891-2505

Forestmeadows Complex • 4750 N. Meridian Rd. 32312
Steve Leroy • 850 891-4979

Godby High School • 1717 W. Tharpe St. 32303
Lucas Williams • 850 891-3825

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

VOLUNTEER OPPORTUNITIES

Interested in volunteering during the Senior Games?

Please contact Ruth Nickens at 850-891-4042