

GULF COAST GAMES FOR LIFE EVENTS

SWIMMING

See entry form for individual events.

Location: Save Our Y (Evalyn Sadlier Jones Branch)

Date: Saturday, Feb. 1

Time: 10 a.m. warm-ups, 11 a.m. start

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Swimmers are limited to five events.
- Please provide seed times if available.
- The pool is a heated outdoor facility.

Format

- Event sanctioned through U.S. Masters Swimming.
- All swimming will be timed finals.
- Events will be in yards and in a short course format.

TABLE TENNIS

Singles/Doubles/Mixed Doubles

Location: Colonial Oaks Park

Date: Thursday, Feb. 6

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Players must provide their own paddles. Balls will be provided.

Format

- Double-elimination tournament planned for singles. A single-elimination draw for doubles.
- Schedule:
 - Singles 9 a.m.
 - Doubles 11 a.m.
 - Mixed Doubles Noon



TARGET SHOOTING

50 yard

Location: Knight Trail Park

Date: Tuesday, Feb. 4

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Participants must provide their own 22 rimfire rifles and ammunition.
- Targets and cardboard will be provided.

Format

- Single-elimination tournament.
- There will be two classes:
 - Open/Iron sight
 - Telescopic sight
- Competition will be offered at 50 yard.
- The winner will be decided upon the best of three, 10 shot iterations with a 10-minute time limit.
- In case of a tie, winner will be closest to the X.

TRACK AND FIELD

See entry form for individual events.

Location: St. Stephens Episcopal School

Date: Sunday, Feb. 2

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Check-in time is 8:30 a.m.
- Entry is limited to five events.
- Discus and shots will be provided. Must provide own javelin.
- Please provide seed times, if available.

Format

- All track events are timed finals.
- Field events will allow three attempts at each event.

GULF COAST GAMES FOR LIFE ELIGIBILITY

ELIGIBILITY

Events are open to amateur athletes 50 and older as of Dec. 31, 2020. Keep in mind that this cut-off date applies to our local Gulf Coast Games for Life only. Other Senior Games throughout the state will have their own cut-off date.

AGE DIVISIONS

50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. The age of the youngest member of a doubles or mixed doubles team will determine the age division of the team.

REGISTRATION FEE

Apply online or by mail. A one-time registration fee of \$12 entitles each participant to a T-shirt. There is an additional \$3 fee for each event (including your first event).

Divisions or categories within a sport count as individual events. For example: if you register for Basketball Shooting and want to participate in all three events (Free Throw, Spot Field Goal, Timed Field Goal), you will pay a \$12 registration fee and a \$9 event fee (\$3 per event), resulting in a total fee of \$21.

FACILITY FEES

An additional facility fee will be charged for the following events:

- Bowling: \$9 (tax included) for three games
- Golf: \$45+tax includes cart, green fee, bucket of range balls and lunch

The above fees are payable the day of the event at the designated facility.

- 5K Road Race: \$20

The road race fee is payable at the time of registration.

REFUNDS

All refunds may be subject to a \$25 administrative fee.

SCHEDULE/TIME CONFLICTS

Gulf Coast Games for Life officials highly recommend that participants choose their events carefully so as not to create scheduling conflicts. Keep in mind that event directors reserve the right to combine, modify, delay, postpone or cancel any event due to inclement weather.

AWARDS

Medals are awarded to first, second and third place finishers in each age division. If you do not receive your medal(s) at the end of your competition, you may pick them up at the G.T. Bray Park Recreation Center (Bradenton) or Twin Lakes Park (Sarasota). The top five finishers per age group qualify to participate at the 2020 Florida State Games if that event is offered.

ENTRY DEADLINE

Entry form and payment are due by Monday, Jan. 13, 2020. No late registrations will be accepted after this date. Entry fees are payable in advance by check, cash, money order or credit card. You may register by mail or online.

MAIL OR DROP-OFF REGISTRATION

Gulf Coast Games for Life
c/o Sarasota County Parks, Recreation and
Natural Resources
Twin Lakes Park
6700 Clark Road
Sarasota, FL 34241

Please make checks payable to Sarasota County Parks, Recreation and Natural Resources.

ONLINE REGISTRATION

Register online at scgov.net/parks.

- On the left side of the page, click Registration and Reservations.
- In the middle of the page, click Account Creation and Log in.
- Use keywords "Gulf Coast Games for Life."
- Click on the plus sign on the left hand side to select the events you want.
- Be sure to select "Games for Life Registration" in addition to your individual event(s).
- Click "Add To Cart" at the bottom of the screen to add the selected events to your cart.
- Check out and pay.
- For any questions regarding online registration, please call 941-861-PARK (7275).

PHONE REGISTRATION

To register by phone, please call 941-861-PARK (7275).

GENERAL INFORMATION



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Gulf Coast Games for Life, presented by Humana/EliteHealth, is a local qualifying site for the 2020 Florida Senior Games State Championships. The 2020 Florida Senior Games State Championships serve as a qualifier for the 2021 National Senior Games that will be held in June 2021 in Fort Lauderdale, Florida. For more information on these qualifiers, visit flasports.com.

To enter:

- Please check event(s) on the next page that you wish to enter. We recommend you make a copy of your entry form for future reference.
- Check the event schedule carefully to avoid any conflicts.
- Individual entry is required by all. If you are entering a doubles event, both players need to register individually. Please be sure that you include your partner's name(s) in the designated space on your form.
- **DEADLINE FOR ENTRY:** Monday, Jan. 13, 2020

Registration Fee: \$12 includes event T-shirt (does not include any events)

Entry Fee: \$3 each event (including first event)

Example: A participant who enters one event will pay \$15 (registration fee of \$12 and a \$3 event fee).

Facility Fees

The following are additional fees due to the facility at which you will be participating. Do not send money for these events with your registration.* These fees are considered separate from your registration and payable to the facilities listed below. Payment is due at check-in or before your first game(s) or match.

* For the 5K Road Race, there is an additional \$20 fee that is due with the registration fee, not separately.

Event	Payment Site	Amount
Bowling	Bowlero Bradenton	\$9
Golf	Links at Greenfield Plantation	\$45+tax
5K Road Race	Payment due with registration fee	\$20

GULF COAST GAMES FOR LIFE REGISTRATION FORM

REGISTRATION DEADLINE: JAN. 13, 2020 Mail to: Gulf Coast Games for Life, Twin Lakes Park, 6700 Clark Road, Sarasota, FL 34241

Please **PRINT** clearly.

All participants must fill out a registration form.

Name: _____ Date of Birth: ____/____/____ Gender: M / F
 Address: _____ Apt. #: _____ Phone: _____
 City: _____ State: _____ Zip: _____ Email: _____
 Emergency Contact: _____ Phone: _____ Relationship: _____
 T-shirt Size: Small Medium Large XL 2XL 3XL

Please check registration fee and the events you wish to enter.

Registration Fee

Does not include any events
 Per person \$12

Bag Toss (Corn Hole)

Singles \$3

Basketball Shooting

Free Throw \$3
 Spot Field Goal \$3
 Timed Field Goal \$3

Bocce Ball

Doubles \$3
 Partner _____ Age _____

Bowling *

Singles \$3
 Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Cribbage

 \$3

Cycling *

5K \$3
 10K \$3
 Recumbent 5K \$3
 Recumbent 10K \$3

Golf *

Scratch \$3

Horseshoes *

Singles \$3

Registration Final Checklist

- I have properly added up all of my event(s) and have completed the fee section of the official registration form.
- I have included a check or money order for the total amount.
- I have indicated who my playing partner is, where applicable.

Pickleball *

Men's Doubles \$3
 Women's Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Race Walk and Power Walk *

5000M (5K) Power Walk \$3
 5000M (5K) Race Walk \$3
 1500M Race Walk \$3

Racquetball *

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

5K Road Race *

5K Road Race \$23

Rowing and Paddle

Coastal Rowing 500m Novice \$3
 Coastal Rowing 500m Open \$3
 Olympic-Style Rowing 1000m \$3
 Sit-on-Top Kayak 600m \$3
 Sit-on-Top Kayak 1000m \$3
 Standup Paddle 2000m \$3

Shuffleboard *

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

Swimming * (maximum five events)

100Y Freestyle \$3
 200Y Individual Medley \$3
 200Y Backstroke \$3
 50Y Butterfly \$3
 100Y Breaststroke \$3
 50Y Freestyle \$3
 100Y Individual Medley \$3
 50Y Breaststroke \$3
 100Y Backstroke \$3
 200Y Freestyle \$3
 100Y Butterfly \$3
 50Y Backstroke \$3
 500Y Freestyle \$3

Swimming Seed Times

Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____

Table Tennis *

Singles \$3
 Doubles \$3
 Mixed Doubles \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Target Shooting

50 yard Open/Iron Sight \$3
 50 yard Telescopic Sight \$3

Track and Field * (maximum five events)

50M Dash \$3
 100M Dash \$3
 400M Dash \$3
 1500M Run \$3
 200M Dash \$3
 800M Run \$3
 Shot Put \$3
 Discus \$3
 Javelin \$3
 Long Jump \$3

Volleyball **

Men's \$3
 Women's \$3

** Team name (if applicable)

Fee Section

Registration Fee (per person) \$12
 # of Events _____ x \$3 = \$ _____

Become a Friend of GCGFL
 Contribute \$10 or more \$ _____

Total \$ _____

* Note: The sports with an asterisk are sports of the National Senior Games.