

32nd annual

# GULF COAST GAMES FOR LIFE

Jan. 16, Jan. 30-Feb. 7, 2021 | Registration deadline: Jan. 11, 2021



**Bag Toss (Corn Hole)**  
**Basketball Shooting**  
**Bocce Ball**  
**Bowling**  
**Cycling**  
**Golf**  
**Pickleball**  
**Race Walk  
and Power Walk**  
**Racquetball**  
**5K Road Race**  
**Rowing and Paddle**  
**Shuffleboard**  
**Swimming**  
**Table Tennis**  
**Target Shooting**  
**Track and Field**



Please follow the CDC's current guidelines. If you're ill, stay home. Practice social distancing. Face masks are encouraged when social distancing is not possible.

# GULF COAST GAMES FOR LIFE EVENTS

## SWIMMING

See entry form for individual events.

**Location:** Save Our Y (Evalyn Sadlier Jones Branch)

**Date:** Saturday, Feb. 6

**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. 4

**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. 2

**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.

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# GULF COAST GAMES FOR LIFE ELIGIBILITY

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## ELIGIBILITY

Events are open to amateur athletes 50 and older as of Dec. 31, 2021. 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 2021 Florida State Games if that event is offered.

## ENTRY DEADLINE

Entry form and payment are due by Monday, Jan. 11, 2021. 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](http://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 is a local qualifying site for the 2021 Florida Senior Games State Championships. The 2021 Florida Senior Games State Championships serve as a qualifier for the 2021 National Senior Games that will be held in November 2021 in Fort Lauderdale, Florida. For more information on these qualifiers, visit [flasports.com](http://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. 11, 2021

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

**Entry Fee:** \$3 per 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. 11, 2021**      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 \_\_\_\_\_

**Cycling \***

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

**Golf \***

Scratch                      \$3

**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 Open                      \$3  
 Olympic-Style Rowing 1000m                      \$3  
 Outrigger Canoe 500m                      \$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

**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.

**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.

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