

POLK SENIOR GAMES REGISTRATION AND RULE BOOK



February 24 - March 9, 2024

Entry **MUST BE RECEIVED** by Friday, February 9

Silver Sponsors



**Homer & Annette Thompson
Legacy**

Bronze Sponsors

James W. Sikes
Family



Sanctioned as a Qualifier by the
Florida Senior Games, presented by Humana





Dear Polk Senior Games Competitors:

On behalf of Publix Super Markets Charities, we are delighted to support Polk Senior Games as a Silver Sponsor. Publix Charities was established by Publix's founder, George W. Jenkins, to improve life in our communities. We believe the Games exemplify that mission by promoting friendly competition, fellowship, health and wellness, active lifestyles and volunteerism for men and women in Polk County who are 50 years and over. We are proud to support the many dedicated seniors who participate.

Best of luck to all the competitors in the upcoming events. We salute you and hope you have a great time!

Sincerely,
Kelly Williams-Puccio, Executive Director

PO BOX 407 · LAKELAND, FLORIDA 33802-0407 · www.publixcharities.org

Established in 1966 by George W. Jenkins, Founder of Publix

POLK SENIOR GAMES THEME SONG

Polk Senior Games, a great way to have fun
Polk Senior Games, a great way to stay young
We're going for the gold in our golden years,
Winners all the way, hooray for
Polk Senior Games, come on out and play

We've got lots of wonderful games and sports,
Friendly competition and so much more,
What are you waiting for?

Polk Senior Games, a great way to have fun
Polk Senior Games, a great way to stay young
We're going for the gold in our golden years,
Winners all the way, hooray for
Polk Senior Games, come on out and play,
Come on out and play!

Music and Lyrics by Lisa Palas and Deena Wilbur

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POLK SENIOR GAMES REGISTRATION & RULE BOOK

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Website: www.polkseniorgames.org
Polk Senior Games is a private non-profit organization.

PRESIDENT'S WELCOME

It gives me great pleasure to welcome you to the 2024 Polk Senior Games, our 31st year of offering a two-week series of Olympic-style sports and games for seniors, 50 years of age and older. We have stayed true to our objectives of promoting friendly competition, creating an awareness of the abilities and capabilities of seniors, providing a safe and social opportunity for seniors, encouraging health and wellness, improving the quality of life for participants, and supporting the spirit of giving and volunteering in the community.

Over the years, we have expanded the number of events offered to try to provide opportunities for everyone – the serious competitor, the fun at heart, the seasoned athlete, and the physically challenged – and to respond to current interests with new events.

Polk Senior Games has always been supported by a generous community. Without that support, the Games are not possible. Silver Sponsor Publix Super Markets Charities has been a sponsor since the beginning when Publix founder "Mr. George" Jenkins became a fan of the Games. Homer and Annette Thompson joined as a Silver Sponsor in 2017. The James W. Sikes Family is a 31-year Bronze Sponsor and CPS Investment Advisors became a Bronze Sponsor in 2002. Look further in this booklet to see the many other businesses, organizations, and individuals that have provided support and be sure to avail yourself of those supporters as a means of thanks.

Likewise, the Games would not be possible without the help of more than 600 volunteers – the event managers, the starters, the judges, the timers, the registration helpers, and so many more. You will see them wearing the bright yellow shirts at all the events, so we hope you will thank them personally for their time and energy and for making your participation an enjoyable experience.

The health and safety of participants is paramount. We cannot guarantee a risk-free environment, but we encourage you to follow health and safety guidelines. Please take personal responsibility for your own health and the health of others when making decisions about your participation.

We look forward to another great year for Polk Senior Games – and for you. We hope you will invite your friends and family to join you and to share your experience.

Here's to good sportsmanship, good health, and good fun in 2024.

Duane Hopkins, President

Start your Games by Attending the **OPENING CEREMONY**

Renew Friendships - Visit and Thank

Sponsors - Pickup free Goody Bag,
Giveaways, Ticket to win Door Prize -

Watch Exciting Track Races -

Have Fun!

SATURDAY, FEBRUARY 24

8:45 AM Ceremony

9:00 AM Track Meet

ALL SAINTS ACADEMY STADIUM

5001 State Road 540 West, Winter Haven, FL 33880
North side of 540 between Thornhill Rd & Spirit Lake Rd

POLK SENIOR GAMES THEME SONG

Lisa Palas, Award Winning Songwriter

TORCH WALK

Featuring 2023 Outstanding Competitors
Janet Lamoureux and Ken Hickey



Sponsored by

The Estates
AT CARPENTERS
Perfectly Planned for a More Carefree and Confident Retirement

SCHEDULE OF EVENTS

Saturday, February 24

8:00 AM Softball, Southwest or Westside Complex, Lakeland
 8:45 AM Opening Ceremony, All Saints Academy, Winter Haven
 9:00 AM Track, All Saints Academy, Winter Haven
 9:00 AM Powerlifting, Lakes Church, Lakeland
 1:00 PM Chess, The Estates At Carpenters, Lakeland

Sunday, February 25

2:00 PM Senior Smarts, First Baptist Church, Bartow

Monday, February 26

8:00 AM Tennis Singles begins, Beerman Tennis Center, Lakeland
 9:00 AM Putt & Chip, Women, Highland Fairways, Lakeland
 1:00 PM Putt & Chip, Men, Highland Fairways, Lakeland
 1:00 PM Sporting Clays, Tenoroc Shooting Center, Lakeland

Tuesday, February 27

8:00 AM Tennis Doubles begins, Beerman Tennis Center, Lakeland
 8:00 AM Golf Mixed Doubles, Schalamar Creek Golf Club, Lakeland
 9:00 AM Shuffleboard Singles, Lake Parker Park, Lakeland
 9:00 AM Horseshoes, Rotary Park, Winter Haven
 2:00 PM Sudoku, First Baptist Church, Bartow

Wednesday, February 28

8:00 AM Tennis Doubles continues, Beerman Tennis Center, Lakeland
 8:30 AM Cribbage Doubles, Auburndale Civic Center
 9:00 AM Basketball Shooting, Kirkland Gymnasium, Lake Wales
 9:00 AM Shuffleboard Doubles, Lake Parker Park, Lakeland
 1:00 PM Trap Shooting, Imperial Polk Gun Club, Winter Haven
 1:00 PM Cribbage Singles, Auburndale Civic Center

Thursday, February 29

8:00 AM Tennis Mixed Doubles begins, Beerman Tennis Center
 8:30 AM Fishing, Tenoroc Fish Management Area, Lakeland
 1:00 PM Rifle Shooting, Lakeland Rifle & Pistol Club, Lakeland

Friday, March 1

8:00 AM Tennis Mixed Doubles continues, Beerman Tennis Center
 9:00 AM Bocce, Age Groups 50-54, 55-59, 60-64, 80-84, 85-89, 90-94, 95-99, Carefree Country Club, Winter Haven
 1:00 PM Bocce, Age Groups 65-69, 70-74, 75-79, Carefree Country Club, Winter Haven
 1:00 PM Bridge, Sanlan RV & Golf Resort, Lakeland

Saturday, March 2

9:00 AM Field Events and Punt Pass Kick, Bartow High School Stadium
 9:00 AM Basketball 3 on 3, Simpson Park Community Center, Lakeland
 1:00 PM Swimming, Lakeland Family YMCA
 2:00 PM Dancing, The Hamptons Golf & Country Club, Auburndale

Sunday, March 3

9:00 AM Swimming, Lakeland Family YMCA
 2:00 PM Euchre, Bartow Civic Center

Monday, March 4

8:30 AM Pickleball Women's Doubles, Solivita, Poinciana
 9:00 AM Table Tennis, Haines City Community Center
 10:00 AM Billiards 8 Ball, Men 50-54, 55-59, 60-64, 70-74, 75-79
 Brewlands North, Lakeland
 12:00 PM Billiards 8 Ball, Men 65-69, 80-84, Brewlands North
 2:00 PM Billiards 8 Ball, Women, Men 85-89, 90-94, 95-99, Brewlands

Tuesday, March 5

8:30 AM Pickleball Men's Doubles, Solivita, Poinciana
 9:00 AM Bowling, Women Singles, Orange Bowl Lanes, Lakeland
 10:00 AM Billiards 9 Ball, Men 50-54, 55-59, 60-64, 70-74, 75-79
 Brewlands North, Lakeland
 12:00 PM Billiards 9 Ball, Men 65-69, 80-84, Brewlands North
 1:00 PM Bowling Men Singles, Orange Bowl Lanes, Lakeland
 2:00 PM Billiards 9 Ball, Women, Men 85-89, 90-94, 95-99, Brewlands

Wednesday, March 6

8:30 AM Pickleball Mixed Doubles, Solivita, Poinciana
 9:00 AM Bowling, Men's Doubles, Orange Bowl Lanes, Lakeland
 1:00 PM Bowling, Women's Doubles, Orange Bowl Lanes, Lakeland
 1:00 PM Skeet Shooting, Imperial Polk Gun Club, Winter Haven

Thursday, March 7

8:00 AM Golf Singles, Schalamar Creek Golf Club, Lakeland
 9:00 AM Pistol Shooting, Shoot Straight, Lakeland
 1:00 PM Team Bowling, Orange Bowl Lanes, Lakeland

Friday, March 8

9:00 AM Bowling, Mixed Doubles, Orange Bowl Lanes, Lakeland
 9:00 AM Scrabble, Mulberry United Methodist Church
 12:00 PM Pepper, Sanlan RV & Golf Resort, Lakeland
 1:30 PM Darts, Medulla Baptist Church, Lakeland

Saturday, March 9

8:30 AM Road Race 5K, Bartow High School Stadium
 9:00 AM Archery, Central Florida Archers, Fort Meade
 10:00 AM Walking 5000 Meter, Bartow High School Stadium
 11:30 AM Walking 1500 Meter, Bartow High School Stadium

GENERAL RULES AND INFORMATION

AGE DETERMINATION: The minimum age for participation is 50 years on or before DECEMBER 31, 2024. Age groups for individual competition will be determined by the age of the participant on DECEMBER 31, 2024. Age groups for doubles, mixed doubles, and teams will be determined by the age of the youngest participant on DECEMBER 31, 2024. Age groups in most events are in five year increments for men and women (50-54, 55-59, etc.). See individual event information for exceptions. Age groups may be combined for competition if the number of entries is not conducive for tournament play; however, medals will be awarded to each age group.

AGE CREDENTIALS: Questions about an opponent's age must be addressed at the event with the Event Manager. Entrants must be able to provide their age on a valid photo ID if requested by an Event Manager. If proof of age cannot be determined or if age is inaccurate, the Event Manager will make final determination. False representation of age can result in actions ranging from ejection from an event to disqualification from participating in Polk Senior Games.

RESIDENCY: There is no residency requirement.

PROFESSIONALS: A person is not eligible to compete in a sport in which they were a professional until 20 years after the date they last competed as a professional. A professional is someone who competes for money as a primary source of income. Persons who compete for minor amounts of money given as prizes or teachers are not professionals.

ENTRIES & DEADLINE: Pre-registration is required.

ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 9, 2024, 5:00 PM, AT THE POLK SENIOR GAMES OFFICE IN BARTOW.

Polk Senior Games assumes no liability for incorrect entries or entries not received by the deadline. It is the responsibility of the entrant to assure that their entry is received by the deadline.

DO NOT SEND A SECOND ENTRY FORM. Call the PSG office at 863-533-0055 if you want to add an event or make a change.

Participants may enter as many events as their schedule allows with the following exception: Archery - only one of four events; **Pistol Shooting - only one of two categories**; Tennis – no more than two of three events. It is the responsibility of the participant to make sure that there are no schedule conflicts. Participants may compete once per event.

It is highly advised to be physically capable and familiar with a sport before competing. If a participant demonstrates inadequate skill or physical incapability for an event, for their safety or the safety of others, they will not be allowed to compete.

PARTNERS: Entrants may compete with only one partner per event. Each partner must complete an "Individual Entry Form" and pay fees. Each partner must include their partner's name in the designated space on the entry form. It will expedite registration if both partners' entry forms are received together. If one of the registered partners cannot attend the event, another eligible person may be substituted at the event with approval from the Event Manager. One player must be one of the original partners.

TEAMS: The Team Manager must submit the team fee and a completed Team Entry Form including each team member's signature on the Roster. Each team member **MUST** read and agree to the Release of Liability by signing the Roster on the Team Entry Form. Team members must submit an Individual Entry Form **ONLY** if they are entering events other than the team sport. Roster changes and additions (up to the limit) may be made at the event with the approval of the Event Manager.

FEES AND REFUNDS: The entry fee for the first event is **\$12**. Each additional event is **\$5**. Each event "checked" counts as an event. Participants may enter as many events as desired, avoiding conflicts and restrictions, and pay no more than **\$37** in entry fees. Additional facility fees are required for Archery - **\$15**, Bowling - **\$6** per event, Golf Singles - **\$30**, Golf Mixed Doubles - **\$30** per person; Pickleball - **\$10** per event; Pistol Shooting - **\$10**; Rifle Shooting - **\$15**, Skeet Shooting - **\$15**, Trap Shooting - **\$15**, Sporting Clays - **\$25**. Team fees are Softball **\$150**; Basketball 3 on 3 **\$60**; Bowling Team **\$48**. Additional fees and team fees are not included in the **\$37** maximum. Fees are non-refundable after the deadline.

CONFIRMATIONS: After an entry is processed, a confirmation letter will be sent to each participant/team manager. If confirmation has not been received within a week, call the Polk Senior Games office at 863-533-0055 or send an email to polkseniorgames50@gmail.com.

CANCELLATIONS AND SCHEDULE CHANGES: Call or email the Polk Senior Games office if cancellations are necessary. No-shows cause forfeits and delays. Polk Senior Games is not responsible for changes to the event program, postponements, or cancellations due to inclement weather or circumstances beyond our control. Polk Senior Games reserves the right to change the event schedule, competition format, and postpone or cancel events. No refunds will be given as a result of these circumstances.

T-SHIRTS: T-shirts will be distributed at the participant's first event. If a shirt is not picked up at the first event, it will not be at subsequent events. It can be picked up at the Polk Senior Games office after the Games are over. Please wear the Polk Senior Games T-shirts at events.

MEDALS AND AWARDS: An entrant must participate (and have a score if applicable) in an event to be eligible for medals and results. Gold, silver, and bronze medals will be awarded to the first, second and third place finishers in each age group at the conclusion of each event. Medals not received at the time of the event may be picked up at the Polk Senior Games office after the Games are over. Special awards for best of age group and outstanding male and female competitors (based on point system), most represented senior community (based on percentage system), outstanding volunteers, outstanding event managers, and the "Stretch" award (something special) will be compiled and awarded by mail after the Games are over.

PHOTOGRAPHS: Polk Senior Games takes photographs during events for use in the media, publications and presentations. It is not possible to take a photo of all medal winners. Please bring your own camera if you want "that perfect shot". Photos will not be available for sale.

CODE OF CONDUCT: Participants in Polk Senior Games, as players, non-playing managers, spectators, volunteers or officials, are responsible for knowing and must observe the standards of good sportsmanship and appropriate conduct as defined in this rule and the rules governing each individual sport. Prohibited behaviors include, but are not limited to:

Verbal, physical or visual harassment	Vulgar, abusive or derogatory language
Actual or threatened violence	Bullying or taking unfair advantage
Endangering the well-being of others	Improper use of alcohol and/or drugs
Destruction of property	False representation of age or eligibility.
Failing to cooperate with staff, volunteers or officials	

Failure to agree and adhere to the Code of Conduct or other rules and procedures can result in actions ranging from ejection from an event to disqualification from participating in Polk Senior Games. Participants recommended for disqualification will have the opportunity for a hearing before the Polk Senior Games Executive Committee or designated representatives. The decision of the Polk Senior Games Board of Directors will be final. Violent acts will result in immediate disqualification from participation in Polk Senior Games and may result in legal charges being brought against the individual(s).

PROTESTS, COMMENTS AND SUGGESTIONS: Protests regarding any aspect of an event must be made immediately to the Event Manager of the event in question. The decision of the Event Manager will be final. Comments and suggestions for improving the Games are appreciated.

MEDICAL INSURANCE AND LIABILITY WAIVER: Participants are responsible for any medical costs and should have insurance to cover hospitalization or further care from injuries associated with competing in the event. Have proof of insurance on hand at events. Each participant must read, sign, and date the Release of Liability.

SMOKING/ALCOHOL: Smoking is not allowed at indoor events, on golf carts or on Polk County school property. Alcohol is not allowed at events except where sold by a licensed venue.

FLORIDA SENIOR GAMES & NATIONAL SENIOR GAMES: Polk Senior Games is sanctioned as a qualifier by the Florida Senior Games, presented by Humana. Only some of Polk Senior Games events are qualifying events for the State Games (see individual event information). Polk Senior Games will submit the names of the top five in each age group. A list will be posted on the website www.polkseiniorgames.org by May 31.

Some events in Polk Senior Games are "open" events at the State Games, meaning they do not require qualification to enter. Some events in Polk Senior Games are not offered at the Florida Senior Games. See individual event information.

The Florida Senior Games, presented by Humana, will be held in December. The National Senior Games are held bi-annually during odd numbered years and participants qualify through competition at Polk Senior Games and the Florida Senior Games during even numbered years. The State Games toll-free phone number is 866-354-2637 and the website is www.floridaseniorgames.com.

SAFETY AND HEALTH GUIDELINES: Participants are asked to take personal responsibility by considering their own health risks when making decisions regarding participation and take actions to protect themselves.

The following guidelines are for all participants, spectators, volunteers, and staff attending the events.

- Respect others' personal space.
- Masks are optional but you may choose to wear a mask indoors or at a time.
- Participants should bring their own mask, but some will be available.
- Bring your own hand sanitizer to use after sharing equipment.
- Bring your own equipment, when allowed, to reduce sharing.
- Seating is limited at some events. You may want to bring a lawn chair.
- In the event of a lightning delay, find a safe shelter or vehicle.
- No person should come to the Games or participate in events if they are feeling unwell, experiencing symptoms of Covid or flu, waiting for Covid or flu test results, have been told to isolate, have tested positive for Covid or flu and are asymptomatic.

Health and safety issues continue to evolve, so Polk Senior Games will monitor recommendations and reserves the right to alter these guidelines. Any updates will be posted on polkseiniorgames.org and be shared with participants as possible.

2024 FLORIDA SENIOR GAMES QUALIFIER SERIES

Dates Subject to Change

Delray Beach Senior Games	January 8-31
Gulf Coast Games for Life	January 9 - February 3
Inverness Senior Games	February 9-17
Heartland Senior Games	TBD
Good Life Games of Pinellas County	TBD
Polk Senior Games	February 24 - March 9
Lee County Senior Games	January 26 - March 16
Capital City Senior Games	February 28 - March 19
Port Orange Senior Games	April 3-13
The Villages Senior Games	April 19-28
Pensacola Senior Games	September 6-12
Gainesville Senior Games	September 13-22
Palm Coast & Flagler Beach Senior Games	TBD
Jacksonville Senior Games	TBD
Tampa Bay Active Life Games	September 30 - October 11
Broward County Senior Games	October 1-31
Charlotte County Fit For Life Senior Games	October 1-31
Villages of Pinecrest Senior Games	November 4-8
Martin County Senior Games	October 18-26
Ormond Beach Senior Games	TBD
Golden Age Games	November 1-3
Cutler Bay Senior Games	November 14-22
Florida Senior Games	December 7-15

ARCHERY

Sponsored by The Frank and Mary Brooks Family

Date and Time: Saturday, March 9 9:00 AM
Check-in begins at 8:30 AM
Site: Central Florida Archers
5990 Highway 17, Fort Meade 33841
East side of Highway 17, 3 miles south of Highway 98
Must make U-turn if coming from the north
Event Manager: Henry Pierce 863-581-1232

1. Archers will not be assigned to a certain target. Competitors may group themselves, four to a target, to comply with their choice of being masked or unmasked while shooting in close proximity to other archers.
2. A facility fee of \$15 must be paid when sending entry form and fees. Participants choose one event: Compound Finger, Compound Release, Recurve, or Barebow Recurve. Events will run simultaneously. Total limited to 52 shooters.
3. Participants must provide their own bows and target arrows. Bows must conform to FITA rules in the Recurve event. Compound bows may not exceed 80 pounds draw weight and arrow speed may not exceed 300 feet per second plus or minus 3 percent. No broadheads will be permitted. Field glasses or scopes are permitted for spotting arrow hits.
4. A "600" round will be used for all competition. 60 arrows will be shot as follows: 20 arrows (4 ends of 5 arrows) from distances of 60, 50 & 40 yards.
5. Tie breaker will be the highest number of "X" ring hits; then "10", then "9" etc.
6. Lawn chairs and bug repellent are suggested.
7. National Archery Association (usarchery.org), National Field Archery Association (nfaa-archery.org) and Florida Archery Association (floridaarchery.org) rules apply, except as modified. Additional rules will be sent with confirmation letter.
8. Archery is an "open" event at the Florida Senior Games. See page 8.

BASKETBALL SHOOTING

Sponsored by CORA - Physical Therapy

Date and Time: Wednesday, February 28 9:00 AM
Free Throw Shooting, followed by Spot Field Goal Shooting,
followed by Timed Field Goal Shooting.
Check-in begins 30 minutes before start time
Site: Albert Kirkland Gymnasium, 409 North 3rd Street, Lake Wales 33853
Off Scenic Highway, turn east on Seminole Avenue
Event Managers: Jennifer Nanek 863-678-4182 ext 1254, 863-241-1016
Stephanie-Grace Lutton 863-589-2367
Shay Irvis 863-232-6419

1. Each event will be contested and awarded separately.
2. Basketballs for men and women will be provided, but participants may compete with their own ball. All balls must meet NCAA ball requirements and specifications. Balls are subject to inspection at any time.
3. Free Throw Shooting - Participants will shoot three rounds of 10 shots from the free throw line. The ball will be rebounded for the shooter.
4. Spot Field Goal Shooting - Participants will shoot three rounds of 5 shots, one shot from each designated spot. The ball will be rebounded for the shooter.

Continued on next page

5. Timed Field Goal Shooting - Participants will shoot three rounds of one minute each from 6 designated spots. Participants attempting a shot from all six spots will earn a 5-point bonus for that round. Participants must rebound their own shots.
6. Additional rules will be sent with confirmation letter.
7. Basketball Shooting is a "qualifying" event for the Florida Senior Games. See page 8 for more information

BASKETBALL 3 ON 3

Sponsored by Dee Oeters

Date and Time: Saturday, March 2 9:00 AM
Check-in 30 minutes before assigned game time
Site: Simpson Park Community Center
1725 Martin Luther King Jr Avenue, Lakeland 33805
Between West Bella Vista Street & Modest Street
Event Managers: Frank Lopez 863-838-8444, 863-589-2367
Precious Greenidge 863-834-2474

1. Games are played on half court. Competition balls will be provided.
2. A double elimination tournament is planned. The Event Manager reserves the right to change the format. If there is only one team in an age group, it will be combined with another age group and will be guaranteed at least two games. The combined teams will receive medals in their own age group.
3. Playing time shall be two halves of 15 minutes of continuously running clock with a 5 minute intermission. In the last 2 minutes of each half, the clock will stop in accordance with normal basketball rules.
4. Team clothing must be of like design and color.
5. Teams must be one gender. There are separate tournaments for each gender. Players may compete with only one team.
6. Age groups are 50+, 55+, 60+, 65+, 70+, 75+, 80+ and 85+ determined by the age of the youngest team player on December 31, 2024.
7. The Team Manager must submit the team fee and a completed "Team Entry Form" (page 24) including each team member's signature on the roster. Each team member MUST read and agree to the Release of Liability (page 28) by signing the roster on the Team Entry Form. Team members must submit an "Individual Entry Form" only if they are entering events other than the team sport.
8. Teams may have no less than 3 players and no more than 10. Roster changes and additions, up to the limit, may be made at the event with the approval of the Event Manager.
9. Registration and team rules apply to non-playing personnel with the following exceptions: 1) Non-playing personnel may represent more than one team in a sport, each of which must be in different age divisions. 2) Non-playing personnel are not subject to age and gender requirements. 3) Players who compete on a team may serve as non-playing personnel for additional teams provided the teams are in different age divisions.
10. An official roster of registered players will be sent to the Team Manager along with the starting time of their first game and tournament bracket.
11. If a registered player is unable to play, another qualified player may be substituted at the event with the approval of the Event Manager.
12. National Collegiate Athletic Association rules apply (www.ncaa.org), except as modified. Additional rules will be sent to Team Managers with confirmation letter.
13. Basketball 3 on 3 is an "open" event for Florida Senior Games. See page 8 for more information.

BILLIARDS

Date and Time: Monday, March 4
Eight Ball
Men 50-54, 55-59, 60-64, 70-74, 75-79 10:00 AM
Men 65-69, 80-84 12:00 PM
All Women, Men 85-89, 90-94, 95-99 2:00 PM
Tuesday, March 5
Nine Ball
Men 50-54, 55-59, 60-64, 70-74, 75-79 10:00 AM
Men 65-69, 80-84 12:00 PM
All Women, Men 85-89, 90-94, 95-99 2:00 PM
Check-in begins 30 minutes before start time
Site: Brewlands Bar & Billiards North
5161 US Highway 98 North, Lakeland 33809
1.5 miles north of I-4, Northtown Square Shopping Center
Event Manager: Frank Brooks 863-293-5024, 863-512-1397

1. Number of entrants may be limited.
2. No outside food or drinks allowed.
3. Participants are encouraged to bring their own cue sticks; however, cue sticks will be available.
4. Eight and nine-foot tables will be used. Everyone in an age group will play on the same size table.
5. A double elimination tournament is planned in 5 year age groups. A match is best of three games. The Event Manager reserves the right to change the format.
6. Billiards Congress of America (www.bca-pool.com) rules apply, except as modified.

BOCCE DOUBLES Sponsored by Kathleen Benn

Date and Time: Friday, March 1
Age Groups 50-54, 55-59, 60-64, 80 and over 9:00 AM
Age Groups 65-69, 70-74, 75-79 1:00 PM
Check-in begins 45 minutes before start time
Practice time begins 30 minutes before start time
Site: Carefree Country Club
9705 Lake Bess Road, Winter Haven 33884
South off Cypress Gardens Boulevard, east of Legoland
Event Managers: Chris Nease 724-516-5539
Janice Ferris 705-435-8396

1. Partners may be of same or opposite gender.
2. The age of the younger partner on December 31, 2024 determines the age group.
3. A single elimination tournament is planned. A match will be one game to 11 points. The Event Managers reserve the right to modify the format.
4. Balls will be provided.
5. There are no practice throws after competition begins.
6. Additional rules will be sent with confirmation letter.
7. Seating is limited. Bring lawn chair if desired.

BOWLING

Sponsored by Dr. Jay Mulaney, Central Florida Eye Associates

Date and Time: Tuesday, March 5
Singles, Women 9:00 AM
Singles, Men 1:00 PM
Wednesday, March 6
Doubles, Men 9:00 AM
Doubles, Women 1:00 PM
Thursday, March 7
Mixed Team 1:00 PM
Friday, March 8
Mixed Doubles 9:00 AM
Check-in begins 45 minutes before start time
Site: Orange Bowl Lanes (behind Wawa)
4318 US Highway 98 North, Lakeland 33809
Event Manager: Frank Collins 863-221-3386

1. Singles, Doubles, Mixed Doubles: A facility fee of \$6.00 per event must be paid when sending Individual Entry Form. The age of the younger partner on December 31, 2024 determines the age group. Age groups are in five-year increments.
2. Mixed Team: A team must be of two men and two women. Players may compete on only one team. Age groups are 50+, 60+, 70+, 80+, determined by the age of the youngest team member on December 31, 2024. The Team Manager must submit the team fee and a completed "Team Entry Form" (page 24). Each team member MUST read and agree to "Release of Liability" (page 28) by signing the "Roster" on the "Team Entry Form".
3. Participants are encouraged to bring their own balls and shoes; however, balls and shoes will be available at no extra cost.
4. Tournament will be based on scratch scores and the total score of three games will determine winners. State Games require scratch scores for qualification.
5. Ties broken by highest single game score.
6. U.S. Bowling Congress rules apply (www.bowl.com), except as modified.
7. Equipment must meet U.S. Bowling Congress specifications.
8. Bowling is a "qualifying" event for the Florida Senior Games. See page 8 for more information.

BRIDGE - PARTY

Date and Time: Friday, March 1 1:00 PM
Check-in begins at 12:15 PM
Site: Sanlan RV & Golf Resort Recreation Center
3929 US Highway 98 South, Lakeland 33812
South of Polk Parkway on west side of Highway
Event Manager: Carol Badley 863-666-8878

1. Entrants must know how to play Bridge to register for event.
2. Partners may be of same or opposite gender.
3. The age of the younger partner on December 31, 2024 determines age group.
4. Seating will be open and medals will be awarded in each age group based on the highest scores. Ties broken by high game score.
5. Play will consist of eight hands, three progressions, with Contract Bridge scoring.
6. Redoubling is not permitted.
7. American Contract Bridge League rules apply, except as modified.

CHESS Sponsored by Fire Pros

Date and Time: Saturday, February 24 1:00 PM
Site: Check-in between 12:00 PM and 12:30 PM
 The Estates At Carpenters
Event Manager: Moved to Building M
 1001 Carpenters Way, Lakeland 33809
 East of US Highway 98 N, north of I-4
 Mark Williams 863-899-5417

1. Men and women are combined in ten year age groups.
2. Age groups may be combined or overlapped during competition, but medals will be given by correct age group.
3. Three or four games will be played, depending on the number of entrants in an age group. Games will be no longer than 50 minutes each.
4. Chess clocks will be provided, but are optional. Clocks will be put on games not using a chess clock after 30 minutes, giving each player 10 minutes to finish the game.
5. US Chess Federation (uschess.org) rules apply, except as modified.

CRIBBAGE Sponsored by WoodmenLife Chapter 78 Lakeland

Date and Time: Wednesday, February 28
 Doubles 8:30 AM
 Singles 1:00 PM
Site: Check-in begins 30 minutes before event
 Auburndale Civic Center
 119 W Park St., Auburndale 33823
Event Manager: Downtown off Bartow Ave/Main St/SR 559
 Jim Turner 802-673-2777

1. Entrants must know how to play Cribbage to register for event.
2. Participants sign-up individually in Singles and Doubles (no partner needed).
3. In Doubles, partners are assigned and will change after each game.
4. Men and women are combined in five year age groups.
5. Age groups combine for play; however, medals are awarded in each age group. Winners are determined by points after seven games. Ties broken by games won, then spread points.
6. It is recommended that you bring a bag lunch if you are playing both sessions. The time to go out to lunch is limited.
7. American Cribbage Congress (cribbage.org) rules apply, except as modified.

POLK SENIOR GAMES
A GREAT WAY TO HAVE FUN.
A GREAT WAY TO STAY YOUNG.
COME ON OUT AND PLAY!

DANCING Sponsored by Grace Page Family

Date and Time: Saturday March 2 2:00 PM
Site: Check-in and warm-up begins at 1:30 PM
 The Hamptons Golf & Country Club
 1094 US Highway 92, Auburndale 33823
Event Managers: North side of Highway, west of Polk Parkway
 Kevin Rios 863-940-4701, 863-877-7807
 Dorothy Cheshire 863-877-5818

1. Age groups are in ten year increments determined by the age of the individual in individual dances and the younger partner on December 31, 2024 in all other dances.
2. Social dances: The Jitterbug, Polka, Country Two Step requires a partner. The Twist, Electric Slide, Boot Scootin' Boogie, Charleston and Freestyle are individual events and require no partner. The Freestyle will be danced to disco/party/nightclub music. Judges will be representatives of Polk Senior Games.
3. Ballroom dances: West Coast Swing, Swing, Cha-Cha, Waltz, Tango, Rumba and Foxtrot. Judges for Ballroom Events will be qualified dancers/instructors.
4. Dances will last approximately 1½ minutes.
5. Dance costumes will not be considered in determining winners; however, dresses, skirts, and long pants are the recommended attire. Shoes are required for safety.
6. Spectators are welcome to participate during general dancing intervals.

DARTS Sponsored by Home Instead - Lakeland

Date and Time: Friday, March 8 1:30 PM
Site: Check-in begins at 1:00 PM
 Medulla Baptist Church
 3930 Old Road 37, Lakeland 33813
Event Manager: Corner of Old Road 37 and Terrace Way
 Off South Florida, west of Wendy's Restaurant
 Deena Wilbur 863-838-1838

1. Steel tip darts will be used and will be provided. Competitors may bring their own darts if they comply with official dart rules.
2. A double elimination tournament is planned. Everyone is guaranteed at least two games. The Event Manager reserves the right to change the format.
3. Warm-up will be available before the competition begins.
4. A game consists of two players throwing 12 darts each - 3 in each of four rounds.
5. The points of each round will be added and the player with the higher score will be the winner.
6. A tiebreaker will be an additional 3 darts.
7. A player may lean as far over the line as they desire, as long as they are not standing with any part of their foot on the line.
8. Scorekeepers will call fouls. A foul will disqualify that throw.
9. The dart is scored where the point enters the board. The wires that divide the board determine where the dart entered the board, not the colors. If a dart bounces out of the board or is knocked out, the dart does not count nor can it be thrown again. If a dart falls out of the board before it is scored or pulled out by a player, it does not count.

EUCHRE
Sponsored by Floral Lakes Seniors

Date and Time Sunday, March 3 2:00 PM
Check-in between 1:15 and 1:45 PM
Site: Bartow Civic Center
2250 South Floral Avenue, Bartow 33830
There will be a detour around downtown due to Arts Festival.
Event Managers: Beverly Mitchell 863-533-8217
Trish Stark

1. The number of entries will be limited. Enter early to ensure your participation.
2. Entrants must know how to play Euchre to register for event.
3. Men and women are combined in five-year age groups.
4. Age groups are combined for competition; however, medals will be awarded in each age group.
5. Players will change partners after each game.
6. Winners will be determined by high score after eight games of eight hands.
7. If a tie occurs, the high game score will break the tie.
8. Additional rules will be sent with confirmation letter.

FIELD EVENTS (Punt, Pass, and Kick also on site)
Sponsored by Sage Aging ElderCare Guide,
In Honor of Hank Beacom

Date and Time: Saturday, March 2 9:00 AM
Check-in begins at 8:00 AM
Site: Bartow High School Stadium
1270 South Broadway Avenue, Bartow 33830
There will be a detour around downtown due to Arts Festival.
Event Managers: Alisha Glasscock 863-534-6911
Frank Brooks 863-293-5024, 863-512-1397
Jerry Welch 863-224-2613

1. Events will be Discus, High Jump, Javelin, Long Jump, Shot-put, Softball Throw, and Triple Jump. **Punt, Pass and Kick will also be held and run in the same format as Field Events. See page 20 for Punt Pass and Kick information.** Order of events will be provided at check-in.
2. Three attempts will be allowed in each field event.
3. Weights of implements:
Discus: Men 50-59 (1.5 kg); 60+ (1 kg)
Women 50-74 (1 kg); 75+ (.75 kg)
Javelin: Men 50-59 (700 g); 60-69 (600 g); 70-79 (500 g); 80+ (400 g)
Women 50-74 (500 g); 75+ (400 g)
Shot-put: Men 50-59 (6 kg); 60-69 (5 kg); 70-79 (4 kg); 80+ (3 kg)
Women 50-74 (3 kg); 75+ (2 kg)
4. Implements will be provided. Competitors bringing their own implements may be asked to verify the weight at the competition site.
5. USA Track & Field (www.usatf.org) rules apply, except as modified.
6. Additional rules will be sent with confirmation letter.
7. Field Events, except Softball Throw, are "qualifying" events for the Florida Senior Games. See page 8 for more information.

FISHING
Sponsored by AARP Florida

Date and Time: Thursday, February 29 8:30 AM
Check-in begins at 8:00 AM
Site: Tenoroc Fish Management Area, Derby Lake
3829 Tenoroc Mine Road, Lakeland 33805
East off Combee Road/SR 659
Event Manager: Steve Miller 863-608-0209

1. Seating is limited. Bring lawn chair if desired.
2. Men and women are combined in five-year age groups.
3. Tournament will be catch-and-release. Fishing will end at 11:00 AM
4. Medals awarded by age group for largest by length and most caught. Ties awarded.
5. Fishing will be allowed from the bank, docks, and boardwalks. Restricted bridge will be marked with caution tape. No wading is permitted.
6. Participants must provide their own rod/reel, pole, lures and/or live bait. Only one line, with one hook, may be used at a time. Chumming is not allowed.
7. Florida Fishing Regulations (www.myfwc.com) apply, except as modified.

GOLF
Singles Sponsored by Dick Cheney
Doubles Sponsored by Bartow Community Healthcare Foundation

Date and Time: Tuesday, February 27 Mixed Doubles 8:00 AM
Thursday, March 7 Singles 8:00 AM
Check-in begins 1 hour before start time
Site: Schalamar Creek Golf and Country Club
4500 US Highway 92 East, Lakeland 33801
North side of Hwy between Combee Rd & Polk Parkway
Event Manager: Don Mitchell 863-797-3895

1. Rain date for Mixed Doubles is **March 15**. Rain date for Singles is **March 21**.
2. Two people will be assigned to each cart.
3. Golfers must furnish their own clubs and balls. Golf carts will be provided.
4. Mixed Doubles format: scratch; best ball (holes 1-6), scramble (holes 7-12), alternate shot (holes 13-18). The number of participants will be limited.
Age group is determined by the age of the younger partner on December 31, 2024.
5. Singles format: scratch; 18-holes, shotgun start. State Games require scratch scores.
6. There is a limit of 120 per event. No foursome requests will be accepted.
7. Range finders will be permitted. Smoking is NOT allowed on carts.
8. Women use yellow tees. Men 50-74 use white tees. Men 75+ use green tees.
9. In the event of a tie in the 1st, 2nd and 3rd places, the USGA tie-breaking procedure of matching scorecards will be implemented.
10. A facility fee of \$30 per person per event must be paid when sending in entry form.
11. Participants may practice at Schalamar for the special rate of \$30 with proof of confirmation letter. For information contact Bryan Richard at 863-665-0185 ext 1.
12. United States Golf Association (www.usga.org) rules apply, except as modified. Local rules will also be in effect.
13. Golf is a "qualifying" event for Florida Senior Games. See page 8 for more info.

GOLF, PUTT & CHIP
Sponsored by Chiropractic Center of Lakeland
and Linda & Larry Smucker

Date and Time: Monday, February 26
Women 9:00 AM
Men 1:00 PM
 Check-in begins 45 minutes before start time

Site: Highland Fairways
 3222 Highland Fairways Boulevard, Lakeland 33810
 Off Griffin Road between US 98 N & Kathleen Road

Event Managers: Dawn Kling 810-531-6032
 Tom Kling 810-956-4222

1. Participants must provide their own clubs and at least three golf balls.
2. Three attempts will be allowed in each event.
3. Best single ball closest to the hole will determine winner. Ties broken by playoff.
4. Medals will be awarded by age groups in both Putting and Chipping.
5. United States Golf Association (usga.org) rules apply, except as modified.
 The decisions of the Event Manager are final.

HORSESHOES
Sponsored by Eye Specialists of Mid-Florida

Date and Time: Tuesday, February 27 9:00 AM
 Check-in begins at 8:30 AM

Site: Rotary Park, Winter Haven
 7th Street, between Ave B and C NE, Winter Haven 33881
 Courts on east side of park

Event Manager: Ken Keding 586-337-1270

1. Some bleacher seating is available. Bring lawn chairs if desired.
2. Competitors may bring their own horseshoes, gloves, hooks, towels; however, some horseshoes will be available. The Event Manager reserves the right to inspect equipment.
3. Pitching distances are:

Women 50-64	Not less than 30 feet
Women 65+	Not less than 20 feet
Men 50-64	Not less than 40 feet
Men 65+	Not less than 30 feet.
4. Handicapped players may pitch from a shorter distance with prior permission from the National Horseshoe Pitchers Association.
5. A double elimination tournament is planned. A match is one game to **21 points or 40 shoes**, whichever comes first. Cancellation scoring method will be used. Event Manager has right to change format.
6. National Horseshoe Pitchers Association (horseshoepitching.com) rules apply, except as modified.
7. Horseshoes is an "open" event for Florida Senior Games. See Page 8 for more information.

PEPPER
Sponsored by Love Chiropractic Center

Date and Time: Friday, March 8 12:00 PM
 Check-in between 11:15 and 11:45 AM

Site: Sanlan RV & Golf Resort, Recreation Center
 3929 US Hwy 98 South, Lakeland 33812
 West off US Hwy 98/Bartow Road, south of Polk Parkway

Event Manager: Cathy Badley 810-531-1977

1. Entrants must know how to play Pepper to register for event.
2. Men and women are combined in five-year age groups. Entries are limited.
3. Age groups are combined for play; however, medals will be awarded by age group.
4. Partners will change after each game.
5. Winners will be determined by the total score after six games of play. Ties will be determined by the highest individual game score.
6. Additional rules will be sent with confirmation letter.

PICKLEBALL
Sponsored by Solivita Club - Taylor Morrison

Date and Time: Monday, March 4 Doubles Women 8:30 AM
 Tuesday, March 5 Doubles Men 8:30 AM
 Wednesday, March 6 Mixed Doubles 8:30 AM
 Check-in begins at 8:00 AM

Site: Solivita, Freedom Park Pickleball Courts
 395 Village Drive, Poinciana 34759
 Off Solivita Boulevard, south of Cypress Parkway

Event Manager: Gene Burch 860-798-7024

1. A facility fee of \$10 per person per event must be paid when registering.
2. Watch for a "pickleballbrackets.com instruction sheet" that will be mailed to you with your confirmation letter after your entry is processed. Make sure to follow the "pickleballbracket.com instructions" as soon as received.
3. Some seating is available. Bring a lawn chair if desired.
4. Participants must provide their own paddles. Equipment must meet USAPA standards. USAPA balls (Franklin X-40) will be provided. Shirts may not be a color that approximates the color of the tournament ball.
5. A pooled, round robin tournament is planned. Entrants will play a minimum of 4 games to 15 points, win by 2. Top two winning teams (at minimum) in each pool will advance to single elimination medal round with format of first team to 15 points, win by 2. Non-skill level tournament; but indicate skill level, cell phone number and email on entry form for use in seeding and notification. The Event Manager reserves the right to change the format.
6. The age of the younger partner on December 31, 2024 determines the age group. Age groups may be combined for play; however medals will be given by age group.
7. USAPA /International Federation of Pickleball rules will apply except as modified.
8. Pickleball is a "qualifying" event at the Florida Senior Games. See page 8.

POWERLIFTING
Sponsored by Highland Park Dental

Date and Time: Saturday, February 24 9:00 AM
 Check-in and weigh-in between 7 and 8 AM
 Site: Lakes Church, 1010 E Memorial Blvd, Lakeland 33801
 Early Weigh-in: Friday, February 23, 4:00 - 6:00 PM
 Debs Gym, 712 N Ingraham Avenue, Lakeland 33801
 Corner of Ingraham and East Parker Street
 Event Manager: Deb Callahan 863-683-9300

1. Events are Bench Press-Raw/Unequipped and Dead Lift-Raw/Unequipped. Raw/Unequipped is defined as: Non-supportive singlet, wrist and knee wraps only.
2. Participants may enter one or both events, but must have recent experience in powerlifting for safety reasons.
3. A singlet (one-piece tight fitting uniform) is not required.
4. Age groups of five year increments will be divided into weights classes as follows:
 Men (lbs) 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
 Women (lbs) 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
5. Participants will be allowed three attempts.
6. Ties will be broken by the participant who weighs less.
7. USA Powerlifting (usapowerlifting.com) rules apply, except as modified.
8. Powerlifting is an "open" event at the Florida Senior Games. See page 8.

PUNT, PASS AND KICK (with Field Events)
Sponsored by Better Living for Seniors Polk County

Date and Time: Saturday, March 2 9:00 AM
 Check-in begins at 8:00 AM
 Site: Bartow High School Stadium - with Field Events
 1270 South Broadway, Bartow 33830
 Event Managers: Alisha Glasscock 863-534-6911
 Frank Brooks 863-293-5024, 863-512-1397
 Jerry Welch 863-224-2613

1. Punt Pass Kick will be held with Field Events and conducted in flights.
2. Practice time will be provided between 8:30 and 9:00 AM.
3. Participants compete in all three categories - punt, pass and kick.
4. Competition balls and kicking tee will be provided. Women use a junior size football. Men use an official size football.
5. A 3-4 step running approach may be used in pass and kick.
6. Two attempts will be allowed in each category. The best attempt will be used for scoring. **Competition will be held in flights.**
7. Winners determined by the total of three categories. Measurements calculated by distance the ball travels on the fly, minus distance to right or left of the centerline.
8. Fouls, which disqualify an attempt, include:
 - a. Stepping on or over the throw line before the ball is released/make contact with the ball. Exception: In kicking, a participant may go over the line provided the tee is placed on or behind the line.
 - b. Taking more than four steps on the approach to a pass or kick.
 - c. Dropping the ball or the ball travels backward during the act of throwing.
 - d. Using illegal device, including steel toed shoes or taping throwing hand.

ROAD RACE 5K
Sponsored by Foot & Ankle Associates, Dr. Fazekas & Dr. Werd

Date and Time: Saturday, March 9 8:30 AM
 Check-in begins at 8:00 AM
 Site: Bartow High School Stadium
 1270 South Broadway Avenue, Bartow 33830
 Event Managers: Alisha Glasscock 863-534-6911
 Jerry Welch 863-224-2613
 Justin Martin 863-368-0507
 Ralph Price 863-370-2821

1. Road Race 5K is a running race.
2. All age groups will run simultaneously.
3. A 3.1 mile paved street course will be used. Additional rules and a map of the course will be sent with confirmation letter.
4. A second false start will result in the runner's disqualification from the race.
5. Race numbers will be issued at check-in and must be worn and visible at all times.
6. United States Track & Field (usatf.org) rules will apply, except as modified.
7. Road Race 5K is an "open" event at the Florida Senior Games. See page 8 for more information.

In 2023, Tom Prentice broke the last standing record
 from 1992, the first year of the Games.

The record was 20.24 held by Ray Larson
 in the Road Race 5K, Men's 60-64.

Tom's new record time is 18:55.95. Well done Tom!

SCRABBLE
Sponsored by Lake Morton Senior Living

Date and Time: Friday, March 8 9:00 AM
 Check-in between at 8:30 and 8:45 AM
 Site: NEW VENUE
 Mulberry United Methodist Church
 306 N Church Ave, Mulberry 33860
 On West Side of SR 37, look for parking sign
 Event Manager: Frank Brooks 863-293-5024, 863-512-1397

1. Men and women are combined in ten year age groups.
2. Format is three games of 45 minutes each.
3. Winners are determined by the total score after three games. Ties are broken by high game score.
4. Players should bring an official Scrabble game, if possible. Some games will be provided. Games must have 100 tiles.
5. An Official Scrabble Players Dictionary, 7th Edition, will be used.
6. The Event Manager will determine challenges.

SENIOR SMARTS
Sponsored In Memory of Nancye and Rudy Thornberry

Date and Time: Sunday, February 25 2:00 PM
 Check-in between 1:15 and 1:45 PM
Site: NEW VENUE
 First Baptist Church, Bartow
 410 East Church Street, Bartow 33830
 Activity Center
 Parking and Entrance at back of church off Boulevard St.
Event Manager: Ann Machold 863-255-0615

1. Men and women are combined in five year age groups.
2. Questions will be geared to the fun and familiar. Toss-up questions will be answered by the first player to activate a buzzer.
3. After being recognized as buzzing in first, a player will have 5 seconds to give an answer. If an answer is not given within 5 seconds, "time" will be called and another player may buzz in. If the first recognized player answers incorrectly, the moderator will call "incorrect" and another player may buzz in.
4. One point is scored for each correct answer and one point will be deducted for each incorrect answer. Medals awarded based on the net number of points. Ties will be broken by player with the most correct answers.

SHOOTING - PISTOL
Sponsored by Frank Collins, In Memory of Sandy Collins

Date and Time: Thursday, March 7 9:00 AM
 Check-in 30 minutes before notified start time
Site: Shoot Straight Lakeland
 230 North Lake Parker Avenue, Lakeland 33801
 West side of Lake Parker Avenue; corner of Oleander St
Event Manager: Mike Kirila 260-466-8622

1. Shooters may enter one of two categories: With Optics or With Iron Sights.
2. A facility fee of \$10 must be paid when sending entry form and fees.
3. Notification of start time will be mailed. Call 260-466-8622 if notification is not received by Thursday, February 29. If unable to attend after receiving start time, call Event Manager, Mike Kirila at 260-466-8622, so rounds can be adjusted.
4. Age groups for men and women are in ten year increments: 50-59, 60-69, etc.
5. Shooters must have previous experience. The event is limited to 48 shooters.
6. Practice will be available at Shoot Straight Lakeland. Call 863-937-8021 for available practice times. Must have photo ID and confirmation letter.
7. Shooters must provide their own ammunition and concealed carry type pistol of any center fire caliber. Firearms used for competition may not be shared.
8. Equipment may be inspected and participation denied if equipment is deemed not safe. Any unsafe behavior will be grounds for disqualification.
9. Eye and hearing protection is required when entering firing lines. Some loaner safety equipment will be available, if needed.
10. Each entrant must attend the MANDATORY safety and review meeting held 15 minutes before assigned competition time in order to enter the range and compete.
11. Match is three 10-shot rounds - Slow Fire at 10 yards in 5 minutes, one reload; Timed Fire at 5 yards, 2 separate 5-shot strings in 20 seconds; Rapid Fire at 5 yards, 2 separate 5-shot strings in 10 seconds. B-29 silhouette targets will be used.
12. One target per person will be available for practice before the competition rounds.
13. Additional rules will be mailed with confirmation letter. Shoot Straight rules will apply and will be reviewed before tournament.

SHOOTING - RIFLE
Sponsored by Lakeland Rifle and Pistol Club

Date and Time: Thursday, February 29 1:00 PM
 Check-in begins at 12:00 PM
Site: Lakeland Rifle and Pistol Club
 2000 Lasso Lane, Lakeland 33801
 Off Maine Avenue, east of Reynolds Road
Event Manager: John Syversen 863-224-1851

1. A facility fee of \$15 must be paid when sending entry form and fees. The facility fee is not included in the entry fee cap.
2. Firearms used for competition may not be shared. Equipment may be inspected and participation denied if equipment is deemed not safe.
3. All firearms must be sighted-in prior to competition. If determined that bullets are not impacting the sight-in target, shooter will not be allowed to continue.
4. Limit of 20 shooters.
5. Shooters must provide their own ammunition and rim fire rifles with any sights (.22LR caliber ONLY). Rifle can be single shot or magazine fed.
6. Format: rim fire bench rest at 50 yards. Shooters must provide their own rests.
7. Additional rules will be mailed with confirmation letter.

SHOOTING - SKEET & TRAP
Skeet and Trap Sponsored by Winter Haven Audiology

Date and Time: Wednesday, February 28 Trap 1:00 PM
 Wednesday, March 6 Skeet 1:00 PM
 Check-in/practice begins at 12:00 PM; practice \$5 per round
Site: Imperial Polk Gun Club
 151 Race Pit Road, Winter Haven 33880
 East off Spirit Lake Road
Event Manager: Stevan Hill 330-808-1331

1. A facility fee of \$15 each for Skeet and Trap must be paid when sending entry form and fees. The facility fee is not included in the entry fee cap.
2. Format for Skeet and Trap is two standard rounds of 25 shells (50 total).
3. Tiebreaker: Skeet - shooting doubles at stations 3, 4, and 5; miss and out by station. Trap - sudden death shoot off, single targets, each shooter starting on same post.
4. Shooter must provide shotgun (12 gauge maximum and no magnums) and shells (7 ½ shot max, 1 1/8 ounce of shot max). Gun with a release-type trigger is allowed, but must be visibly marked as such. Users of such guns shall notify referee/scorer.
5. Ammunition is available for sale at the Gun Club.
6. In Skeet, guns may be shared by participants on the same squad. In Trap, guns may not be shared by participants on the same squad.
7. Eye and hearing protection is required and must be provided by the participant.
8. Equipment may be inspected and use denied if equipment is deemed not safe.
9. National Skeet Shooting Association Rules and Amateur Trap Shooting Association Rules will be used, except as modified. Host club rules must be observed and obeyed. Additional rules will be mailed with confirmation letter.

TEAM ENTRY FORM (Print larger team form from website - polkseniorgames.org)

Deadline - Must be RECEIVED at Polk Senior Games office by Friday, Feb 9, 5:00 PM

BASKETBALL - \$60 Roster - 3-10 Age group (circle): 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+**BOWLING** - \$48 Roster - 4 Age group (circle) 50+ 60+ 70+ 80+**SOFTBALL** - \$150 Roster - 11-22 (20 players) Age group (circle): 50+ 55+ 60+ 65+ 70+ 75+

Team Name _____ Team's State of Residency _____

Manager Name _____ Team Gender M F

Address _____ City _____ St _____ Zip _____

Phone _____ - _____ Email _____

Emergency Contact _____ Phone _____ - _____

Manager will serve as Emergency Contact for all other members

Members must read Release of Liability and sign below to indicate agreement.

1. Print _____ 12. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

2. Print _____ 13. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

3. Print _____ 14. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

4. Print _____ 15. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

5. Print _____ 16. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

6. Print _____ 17. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

7. Print _____ 18. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

8. Print _____ 19. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

9. Print _____ 20. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

10. Print _____ 21. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

11. Print _____ 22. Print _____

Age on 12/31/24 _____ Shirt Size _____ Age on 12/31/24 _____ Shirt Size _____

Signature _____ Signature _____

ENTRY INSTRUCTIONSIndividual Entry Form and larger Team Entry Form may be printed from website
www.polkseniorgames.org

Make check or money order payable to POLK SENIOR GAMES

Send entry to: POLK SENIOR GAMES
515 EAST BOULEVARD STREET
BARTOW, FL 33830**Entries must be RECEIVED at the Polk Senior Games office in Bartow by
5:00 PM on Friday, February 9, 2024.**Polk Senior Games assumes no liability for incorrect entries or entries not received
by the deadline. It is the responsibility of the entrant to assure
that their entry is received by the deadline.If you have questions, need to make changes, or have not received your
confirmation letter within a week, call 863-533-0055.**INDIVIDUAL ENTRY INSTRUCTIONS**Remove entry form from book - entire center page - copies are OK but front and
back must be copied and submitted.

Each person must complete and submit an Individual Entry Form.

Complete all requested personal information.

Indicate name of team if entering Softball, Basketball 3 on 3 and/or Team Bowling.

Check events to enter; refer to daily schedule to avoid conflicts.

Indicate name of partner for each "partner event" entered.

Partners should send entry forms together, if possible.

Indicate entry fees in Fee Box according to the fee schedule.
Add additional facility fees if applicable (Archery, Bowling, Golf, Pickleball and
Shooting events).

Total all fees and include check or money order.

Read the Release of Liability and Assumption of Risk Agreement on back
of entry form and sign to indicate agreement. Agreement must be completed and
signed in order to compete.**TEAM ENTRY INSTRUCTIONS****Team Manager for Softball, Basketball 3 on 3 and Team Bowling**
Complete a Team Entry Form (page 24). A larger Team Entry Form (8.5" x 11") can
be printed from website - www.polkseniorgames.org.Make sure each member, playing or non-playing, reads the Release of Liability and
Assumption of Risk Agreement on page 28 and signs the Team Entry Form Roster
in agreement.Send the team fee and the Team Entry Form including all players' names,
signatures, ages and shirt sizes.**Team Members entering other events in Polk Senior Games**
If playing in other events as well as on a team, complete an Individual Entry Form
(see above instructions).

PLEASE PRINT AND WRITE LEGIBLY

Have you entered Polk Senior Games in previous years? Yes No

First Name _____ MI _____ Last Name _____

Jan. Address _____

City _____ State _____ Zip _____

Phone _____ - _____ - _____ Email _____

Oct. Address _____

City _____ State _____ Zip _____

Birth Date (m/d/y) ____ / ____ / ____ Age you WILL BE on Dec 31, 2024 ____

Gender: Male Female T-Shirt: M L XL XXL XXXL (If in doubt, go larger)

Emergency Contact (required - entry processing will be delayed without this information)

Name _____ Phone _____ - _____ - _____

Do you live in a "senior community"? Which one? _____

STOP - READ & SIGN RELEASE ON BACK OF FORM (cannot process without signature)

ARCHERY - Choose only one event

_____ Barebow Recurve
_____ Compound Finger
_____ Compound Release
_____ Recurve

BASKETBALL SHOOTING

_____ Free Throw Shooting
_____ Spot Field Goal Shooting
_____ Timed Field Goal Shooting

BASKETBALL 3 ON 3 (see page 11 & 24)

Name of Team _____
Team Manager must send Team Entry Form & Fee

BILLIARDS

_____ Eight Ball _____ Nine Ball

BOCCE

Partner _____

BOWLING

_____ Singles
_____ Doubles

Partner _____

_____ Mixed Doubles

Partner _____

BOWLING MIXED TEAM (see page 13 & 24)

Name of Team _____
Team Manager must send Team Entry Form & Fee

BRIDGE, PARTY

Partner _____

CHES

CRIBBAGE

_____ Singles
_____ Doubles (partners assigned)

DANCING

_____ Boot Scootin' Boogie (no partner)
_____ Charleston (no partner)
_____ Electric Slide (no partner)
_____ Freestyle (no partner)
_____ Twist (no partner)
_____ Cha Cha
_____ Country Two Step
_____ Foxtrot
_____ Jitterbug
_____ Polka
_____ Rumba
_____ Swing
_____ Tango
_____ Waltz
_____ West Coast Swing

Partner _____

DARTS

_____ EUCHRE (partners assigned)

FIELD EVENTS (Punt Pass Kick also on site)

_____ Discus _____ Shotput
_____ High Jump _____ Softball Throw
_____ Javelin _____ Triple Jump
_____ Long Jump

FISHING

GOLF

_____ 18 Hole, Singles
_____ 18 Hole, Mixed Doubles

Partner _____

_____ Putt & Chip

HORSESHOES

_____ PEPPER (partners assigned)

PICKLEBALL

Info required for seeding and notification

Skill Level _____

Cell Phone _____

Email _____

_____ Doubles

Partner _____

_____ Mixed Doubles

Partner _____

POWERLIFTING

_____ Bench Press
_____ Dead Lift

_____ PUNT PASS & KICK (w/ Field Events)

ROAD RACE 5K

SCRABBLE

SENIOR SMARTS

SHOOTING

Choose only 1 Pistol event

_____ Pistol Optics
_____ Pistol Iron Sights
_____ Rifle
_____ Skeet
_____ Sporting Clays
_____ Trap

SHUFFLEBOARD

_____ Singles
_____ Doubles

Partner _____

SOFTBALL (see page 24 & 30/31)

Name of Team _____
Team Manager must send Team Form & Fee

SUDOKU

SWIMMING Day 1

_____ 200 Yard Freestyle
_____ 50 Yard Backstroke
_____ 100 Yard Breaststroke
_____ 100 Yard Butterfly
_____ 100 Yard Individual Medley
_____ 50 Yard Breaststroke
_____ 500 Yard Freestyle - Time _____

Day 2

_____ 200 Yard Breaststroke
_____ 50 Yard Freestyle
_____ 100 Yard Backstroke
_____ 50 Yard Butterfly
_____ 200 Yard Individual Medley
_____ 100 Yard Freestyle
_____ 200 Yard Backstroke

TABLE TENNIS (not Tennis)

_____ Singles
_____ Doubles

Partner _____

_____ Mixed Doubles

Partner _____

TENNIS (not Table Tennis) Choose only 2 events

_____ Singles
_____ Doubles

Partner _____

_____ Mixed Doubles

Partner _____

TRACK

_____ 50 Meter _____ 400 Meter
_____ 100 Meter _____ 800 Meter
_____ 200 Meter _____ 1500 Meter

WALKING

_____ 1500 Meter _____ 5000 Meter

**1) ENTRY FEE - \$12 for one event,
\$5 for each additional event, \$37 maximum
Each item "checked" counts as an event.**

1 event - \$12 4 events - \$27
2 events - \$17 5 events - \$32
3 events - \$22 6+ events - \$37

ENTRY FEE

2) ADD FACILITY FEES

Archery \$15 _____
Bowling \$6 per event _____
Golf Singles \$30 _____
Golf Mixed Doubles \$30 _____
Pickleball \$10 per event _____
Pistol Shooting \$10 _____
Rifle Shooting \$15 _____
Skeet Shooting \$15 _____
Trap Shooting \$15 _____
Sporting Clays \$25 _____

3) TOTAL FEES

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
READ BEFORE SIGNING

In consideration of being allowed to participate in any way with Polk Senior Games and its related events and activities: I, the undersigned, **ACKNOWLEDGE, APPRECIATE AND AGREE THAT:**

(1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and

(2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and

(3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of Polk Senior Games or their representative immediately; and

(4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE POLK SENIOR GAMES, their officers, volunteers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I FURTHER AGREE THAT:

(5) I CONSENT TO ALL EMERGENCY MEDICAL TREATMENT as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with Polk Senior Games.

(6) I will ALLOW my PHOTOGRAPH, PICTURE or LIKENESS and/or VOICE to APPEAR in any official documentary, promotional (including any and all advertising), television, radio, or film coverage of the Games, WITHOUT COMPENSATION.

(7) I HAVE READ THE POLK SENIOR GAMES CODE OF CONDUCT (page 8 of the Registration and Rule Book) and UNDERSTAND THAT I MAY BE REMOVED AS A PARTICIPANT IF I VIOLATE THE RULES OF THE CODE OF CONDUCT.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name Printed _____

Participant's Signature _____ Date _____

SHOOTING - SPORTING CLAYS
Sponsored by Lakeland Hearing Care

Date and Time: Monday, February 26 1:00 PM
Check-in begins at 12:00 PM
Site: Tenoroc Shooting Center
3755 Tenoroc Mine Road, Lakeland 33805
East off North Combee Road
Event Manager: Patricia Hill 863-837-8289

1. A facility fee of \$25 must be paid when sending entry form and fees.
2. Format is 50 shells over a designated number of stations.
3. Tiebreaker will be determined by shooting at a station selected by the Event Manager. This will be miss and out by station.
4. Shooter must provide shotgun (12 gauge maximum and no magnums) and shells (7 ½ shot max, 1 1/8 ounce of shot max). Gun with a release-type trigger is allowed, but must be visibly marked as such. Users of such guns shall notify referee/scorer.
5. Guns may be shared by participants on the same squad.
6. Practice, ammunition, hearing protection, shotgun rental and cart rental are available at the center and event check-in. **\$20 per cart.**
7. Call Tenoroc Shooting Center at 863-668-5795 for practice times/rates and information.
8. Eye and hearing protection is required and must be provided by the participant.
9. Equipment may be inspected and use denied if equipment is deemed not safe.
10. National Sporting Clays Association Rules will be used, except as modified. Host club rules must be observed and obeyed. Additional rules will be mailed with confirmation letter.

Polk Senior Games is a Non-Profit Organization.

Your support will help keep it going!

A donation of \$30 or more will be acknowledged on the 30/30 page of the website, www.polk seniorgames.org.

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

I wish to donate \$ _____ (check enclosed)

_____ Polk Senior Games may use my gift as needed

_____ Gift made in honor of _____
(person, birthday, anniversary, other occasion)

_____ Gift made in memory of _____

_____ Please send sponsor information for Polk Senior Games

Make payable to:

Polk Senior Games, 515 E Boulevard St, Bartow, FL 33830

OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Reg. # CH3366

SHUFFLEBOARD

Sponsored by WellMed / Optum

Date and Time: Tuesday, February 27 Singles 9:00 AM
 Wednesday, February 28 Doubles 9:00 AM
 Check-in between 8:00 and 8:30 AM

Site: Lake Parker Park Shuffleboard Courts
 820 East Robson Street, Lakeland 33805
 East off Lakeland Hills Boulevard

Event Manager: Glenn Monroe 863-398-5672

1. Participants are encouraged to bring their own cues, which may not be longer than 6' 3". Disks are provided and a limited number of cues will be available.
2. For safety reasons, open toe footwear is not permitted.
3. Doubles partners may be the same or opposite gender. The age of the younger partner on December 31, 2024 determines the age group.
4. Single elimination tournament is planned. Event Manager may change format if needed.
5. Singles match will be 12 frames. In case of a tie, 2 additional frames.
6. Doubles match will be 16 frames. In case of tie, 2 rounds (4 frames) will be played.
7. Players should bring a bag lunch as play may continue through the lunch hour.
8. Florida Shuffleboard Association and National Shuffleboard Association (national-shuffleboard-association.us) rules apply, except as modified.
9. Shuffleboard is an "open" event for the Florida Senior Games. See page 8.

SOFTBALL

Sponsored In Memory of Larry Powell by The Powell Family

Date and Time: Saturday, February 24 Games begin at 8:00 AM
 Check-in 30 minutes before assigned game time (will be notified)

Site: 1) Southwest Complex
 1444 West Highland Street, Lakeland 33815
 Greenwood Street W off Harden Blvd turns into Highland
 2) Westside Complex, if needed
 1800 W Josephine Street, Lakeland 33815
 West off Harden Blvd, one block north of Highlands Street

Event Manager: Nick Wilbur 863-838-6063

1. Bleacher and dugout seating is available. Bring lawn chairs if desired.
2. A double elimination tournament is planned. **Entries will be accepted on a first-come basis; however, the number of teams in an age division will be limited.**
3. If there is only one team in an age group, it will be combined with another age group and will be guaranteed at least two games. An equalizer will be used if needed. Teams will receive medals in their own age group.
4. Teams must be of one gender. Players may compete on only one team.
5. Age groups are 50+, 55+, 60+, 65+, 70+, 75+ determined by the age of the youngest player on December 31, 2024.
6. Team uniforms must be of like design and color. Metal cleats are not allowed.
7. Teams must provide bats, gloves, and practice balls. Game balls will be provided.

Continued on next page

8. The "Team Entry Form" is on page 24. The "Release of Liability" is on page 28. The Team Manager must submit the team fee and a completed "Team Entry Form" including each team member's signature on the "Roster". Each team member **MUST** read and agree to "Release of Liability" by signing the "Roster" on the "Team Entry Form". Team members must submit an "Individual Entry Form" only if they are entering events other than the team sport.
9. Team rosters must have at least 11 members and no more than 22, including non-playing personnel. No more than 20 may be players. Roster changes and additions, up to the limit, must be made prior to start of the team's first game.
10. Registration rules apply to non-playing personnel with the following exceptions:
 - 1) Non-playing coaches, non-playing captains or non-playing bench personnel may represent more than one team in the same sport, each of which must be in different age divisions.
 - 2) Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
 - 3) Players may compete with only one team. Players who compete on a team may serve as a non-playing coach, non-playing captain or non-playing bench personnel on additional teams, provided the teams are in different age groups.
11. If a player is unable to attend, another qualified player may be substituted at the event with the approval of the Event Manager.
12. Polk Senior Games T-shirts will be given only to team members whose names are on the roster at the time of the registration deadline.
13. First game time notification will be sent to the Manager before the event.
14. ISA/Senior Softball - USA (seniorsoftball.com) rules apply, except as modified. Additional rules will be sent to each registered player with confirmation letter.
15. Softball is an "open" event at the Florida Senior Games. See page 8 for more information.

SUDOKU

Sponsored by Senior Helpers - Polk County

Date and Time: Tuesday, February 27 2:00 PM
 Check-in begins at 1:30 PM

Site: First Baptist Church, Bartow
 410 East Church Street, Bartow 33830
 Activity Center
 Parking and entrance at back of church off Boulevard Street

Event Manager: Nancye Blair Black 863-825-5454

1. Men and women are combined in five-year age groups.
2. There will be three 40-minute sessions with 10-minute breaks in between.
3. Puzzles and pencils will be provided. Entrants may bring pencils, white-out, erasers, scratch paper, and pencil sharpeners.
4. Each entrant will receive a packet with 20 puzzles - 5 easy, 5 medium, 5 medium-hard, and 5 hard. Puzzles will have only one possible correct solution. Each correctly completed puzzle will be worth an assigned point value - easy for 3 points each, medium for 7 points each, medium-hard for 11 points each, and hard for 15 points each. Maximum total points is 180.
5. Winners will be determined by the total number of points. Ties will be broken by the player with the fewest number of correct puzzles.

SWIMMING

Sponsored by Robin Wickman, In Memory of Betty Wickman

Date and Time: Saturday, March 2 1:00 PM
Sunday, March 3 9:00 AM
Check-in and warm-up begins 30 minutes before start time
Site: Lakeland Family YMCA
3620 Cleveland Heights Boulevard, Lakeland 33803
Event Manager: Cheryl Orefice 585-259-1361

Events on Saturday

200 Yard Freestyle
50 Yard Backstroke
100 Yard Breaststroke
100 Yard Butterfly
100 Yard Individual Medley
50 Yard Breaststroke
500 Yard Freestyle *

Events on Sunday

200 Yard Breaststroke
50 Yard Freestyle
100 Yard Backstroke
50 Yard Butterfly
200 Yard Individual Medley
100 Yard Freestyle
200 Yard Backstroke

1. Swimmers must provide their own suits, caps, goggles and towels.
2. All events are timed finals in a 25-yard short course, indoor heated pool.
3. * The 500 Free will be limited to the first 36 entries received. Heats will be deck seeded. 500 Free swimmers should recruit their own lap counters.
4. Registered participants may practice at the YMCA with photo ID and confirmation letter between February 5 and March 1 from 1-4 pm, excluding weekends.
5. A false start will result in a DQ. Forward start may be from blocks, deck or push from wall. Breaststroke and Butterfly turns must be both hands touching simultaneously. Backstroke and Freestyle require some part of body to touch wall.
6. Warm-up time will be available in the diving well before and throughout the meet.
7. Seating is limited; bring chairs if desired.
8. United States Masters Swimming (usms.org) rules apply, except as modified.
9. Swimming is a "qualifying" event for the Florida Senior Games. See page 8 for more information.

LET'S BE FACEBOOK FRIENDS

- 1) Type Polk Senior Games in search line and go to PSG page
- 2) Click Like below the cover photo
- 3) Scroll through posts below and Like, Comment and Share
- 4) When you receive posts or notifications about Polk Senior Games, please Like, Comment and Share

THANKS FRIEND!

TABLE TENNIS

Sponsored by Jim's Labor of Love

Date and Time: Monday, March 4 9:00 AM
Singles at 9, followed by Doubles, followed by Mixed Doubles
Check-in begins 8:30 AM; Doubles & Mixed can check-in later
Site: Haines City Community Center
555 Ledwith Avenue, Haines City 33844
Three blocks south of US Highway 17-92 (Hinson Ave)
Corner 6th Street and Ledwith Avenue
Event Manager: Kevin Hopwood 863-268-3738

1. Equipment must meet USA Table Tennis standards. Participants are encouraged to bring their own paddles; however, some paddles will be available. Sandpaper paddles are not allowed.
2. The main color of a shirt, skirt or shorts, other than sleeves or collar shall be clearly different from that of ball in use. White balls will be used and provided.
3. Appropriate shoes for a gymnasium floor must be worn.
4. Double elimination for singles; single elimination for doubles and mixed doubles.
5. A match is best of five games. The first to score 11 points wins a game, unless both have scored 10 points. In that situation, the serve changes after each point and the winner is the first player to score a two-point advantage.
6. In doubles, age of younger partner on December 31, 2024 determines age group.
7. USA Table Tennis (www.usatt.org) rules apply, except as modified.
8. Table Tennis is a "qualifying" event for the Florida Senior Games. See page 8.

TENNIS

Sponsored by The Gandolfo Family

Date and Time: Monday, February 26 Singles begin
Tuesday, February 27 Doubles begin, Singles may continue
Wednesday, February 28 Doubles continue
Thursday, February 29 Mixed Doubles begin
Friday, March 1 Mixed Doubles may continue
Games start at 8:00 AM - notification will be mailed
Check-in 30 minutes before assigned start time
Site: Beerman Family Tennis Center
1000 East Edgewood Drive, Lakeland 33803
Event Managers: Dave Beerman 863-834-2374
Kathy Benn 863-860-8430

1. Players must provide their own racquets and practice balls. Game balls provided.
2. Participants may enter two of the three Tennis events.
3. The age of the younger partner on December 31, 2024 determines the age group.
4. Tournament format will be single elimination. Matches will be best of three sets. In the event of a third set, a 10-point Coman tie break will be played.
5. Some participants may have to play two or more matches in a given day.
6. Notification of start time will be mailed. Call 863-533-0055 if notification is not received by Thursday, February 22. If unable to attend after receiving start time, call Cy Smith at 863-834-2374 so brackets can be adjusted.
7. United States Tennis Association (usta.com) rules apply, except as modified.
8. Tennis is a "qualifying" event for the Florida Senior Games. See page 8.

TRACK with OPENING CEREMONY
Sponsored by The Estates at Carpenters

Date and Time: Saturday, February 24
 Opening Ceremony 8:45 AM
 Track Meet 9:00 AM
 Check-in begins at 8:15 AM
Site: All Saints Academy Stadium
 5001 State Road 540 West, Winter Haven 33880
 North side of 540, between Thornhill and Spirit Lake Road
Event Manager: Frank Brooks 863-293-5024, 863-512-1397

1. The six track events are running races. All races will be timed finals.
2. The order of events will be:
 800M 100M 400M 50M 1500M 200M
3. Track is synthetic. Flat running shoes or 1/8 inch spikes allowed. Shirts required.
4. **Start blocks will not be provided.** Competitors may bring and use their own start blocks.
5. United States Track and Field rules apply (usatf.org), except as modified.
6. Track is a "qualifying" event for the Florida Senior Games. See page 8 for more information.

WALKING
Sponsored by Comfort Keepers

Date and Time: Saturday, March 9 (after Road Race 5K)
 5000 Meter 10:00 AM
 Check-in between 9:15 - 9:45 AM
 1500 Meter 11:30 AM
 Check-in by 11:15 AM
Site: Bartow High School Stadium
 1270 South Broadway, Bartow 33830
Event Managers: Jerry Welch 863-224-2613
 Alisha Glasscock 863-534-6911
 Justin Martin 863-368-0507
 Ralph Price 863-370-2821

1. Walkers may not use the official race walk stride. A power walk or normal walking stride must be used.
2. A map of 5000M street course and additional rules will be sent with confirmation.
3. Power Walking is an "open" event at the Florida Senior Games. See page 8 for more information.

**WE'RE GOING FOR THE GOLD
 IN OUR GOLDEN YEARS!**

2023 SPECIAL AWARDS

Outstanding Competitors

Janet Lamoureux
 Ken Hickey

Oldest Competitor

Joseph Schaefer
 98 Years

Stretch Awards

Tom Prentice

Broke last record from first year
 of the Games, 1992
 Road Race 5K, 60-64, 18:55.95

Michael Moses

Bowling Singles, Men 65-59,
 842 series, also new record

Frank and Mary Brooks
 Volunteers who went above and
 beyond for the good of the
 Games

**Most Represented
 Senior Community (by %)**

1-200 lots

Oak Hammock Retirement
 Community, Bartow

201+ lots

Highland Fairways, Lakeland

Outstanding Event Managers

Dawn and Tom Kling
 Putt & Chip

Cheryl Orefice
 Swimming

Outstanding Volunteers

Beverly Mitchell
 Trish Stark

Best of Age Group

50-54 Becky Harrelson
 John Doherty

55-59 Janet Lamoureux
 Kendal Shaw

60-64 Cynthia Aycock
 Viatcheslav Oulianov

65-69 Gail Noland
 Allen Sale

70-74 Linda Fulton
 Ian Larrier
 Jimmy Waybright

75-79 Linda Caplan
 Ken Hickey

80-84 Carolyn Bolander
 Lionel Pepin

85-89 Peggy Ostrander
 Gordon Wilson

90-94 Ethel Lehmann
 Dick Cheney

95-99 Diana Moilanen
 Joseph Schaefer



EUCHRE
Bartow Civic Center



SCRABBLE
Mulberry United Methodist Church



DARTS
Medulla Baptist Church



POWERLIFTING
Debs Gym - Lakes Church



BOWLING
Orange Bowl Lanes



PISTOL SHOOTING
Shoot Straight Lakeland



SENIOR SMARTS
First Baptist Church, Bartow



WALKING
Bartow High School



DANCING
The Hamptons Golf & Country Club



BILLIARDS
Brewlands North, Lakeland



BRIDGE
Sanlan RV & Golf Resort



CHESS
The Estates At Carpenters



TABLE TENNIS
Haines City Community Center



SWIMMING
Lakeland Family YMCA



BASKETBALL SHOOTING
Lake Wales Kirkland Gymnasium



PEPPER
Sanlan RV & Golf Resort



OPENING CEREMONY
All Saints Academy



BASKETBALL 3 ON 3
Simpson Park Community Center

POLK SENIOR GAMES RECORDS

ARCHERY 600 Round				60-64	Chris Evans	11	2019
Barebow Recurve, Women				65-69	Carol Waters	10	2013
55-59	Gail Noland	28	2015	70-74	Claudette Braswell	11	2010
60-64	Gail Noland	40	2016	75-79	Claudette Braswell	13	2015
80-84	Anna Hartman	402	2018	80-84	Claudette Braswell	10	2018
85-89	Anna Hartman	266	2019	85-89	Dot VanFarowe	2	2018
Barebow Recurve, Men				Spot Field Goal Shooting, Men			
55-59	Gerald Nichols	340	2016	50-54	Steve McDermeit	13	2006
65-69	Norman Sosin	399	2019	55-59	Ronald Becton	14	2012
70-74	Lon Goodenow	393	2018	60-64	Harry Carothers	13	2006
75-79	Frank Skvarek	445	2013	65-69	Harry Carothers	13	2010
80-84	Roy Bowen	326	2019	70-74	Harry Carothers	13	2015
85-89	Harry Lancaster	184	2017	75-79	Harry Carothers	12	2019
Compound Finger, Men				80-84	Andy McGuffin	13	2005
65-69	John Gauger	540	2013	85-89	Andy McGuffin	13	2011
70-74	John Gauger	529	2016	90-94	Andy McGuffin	14	2015
75-79	Carl Frank	506	2014	Timed Field Goal Shooting, Women			
80-84	Roy Bowen	445	2016	50-54	Diane Foli	154	2015
Compound Release, Women				55-59	Chris Evans	101	2015
50-54	Tressa Boyer	548	2019	60-64	Trish LeGros	86	2019
55-59	Jacqueline Arthurs	528	2016	65-69	Carol Waters	114	2015
60-64	Rhonda Rex	541	2016	70-74	Claudette Braswell	111	2010
65-69	Rhonda Rex	553	2018	75-79	Claudette Braswell	101	2012
70-74	Hazel Grimes	538	2018	80-84	Claudette Braswell	87	2018
80-84	Barbara Steffens	84	2014	Timed Field Goal Shooting, Men			
Compound Release, Men				50-54	Dennis Sweeney	111	2005
50-54	John Boyer	590	2019	55-59	Steve McDermeit	111	2005
55-59	Jeff Markey	581	2014	60-64	Harry Carothers	127	2006
60-64	James Powell	581	2017	65-69	William Oliver	141	2015
65-69	Gary Rex	585	2014	70-74	Harry Carothers	110	2014
70-74	Jeff Markey	585	2017	75-79	Harry Carothers	120	2019
75-79	Gary Rex	586	2015	80-84	Harry Carothers	107	2023
80-84	Ronald Fulmer	577	2014	85-89	Andy McGuffin	120	2013
85-89	Richard Sokoloski	576	2013	90-94	Andy McGuffin	125	2014
Recurve, Women				BOWLING Singles, Women			
60-64	Jack Cason	544	2017	50-54	Pamela Sprow	643	2011
65-69	Angie Olds	466	2013	55-59	Lisa McGraw	662	2016
70-74	Alice Prestin	12	2015	60-64	Barbara Gnegy	713	2010
75-79	Alice Prestin	19	2016	65-69	Barbara Gnegy	614	2012
Recurve, Men				70-74	Martha Evans	603	2011
50-54	Viatcheslav Oulianov	435	2018	75-79	Jo Wagner	551	2004
55-59	Viatcheslav Oulianov	504	2019	80-84	Machiko Gotsuco	539	2015
60-64	Larry Michael	522	2013	85-89	Betty Hall	502	2012
65-69	Larry Michael	434	2018	90-94	Lillian Webb	499	2007
70-74	Larry Michael	434	2018	95-99	Lillian Webb	426	2012
75-89	Donald Noland	28	2018	Singles, Men			
BASKETBALL SHOOTING				50-54	Salvador Trevino	741	2016
Free Throw Shooting, Women				55-59	Stanley Sprow	803	2014
50-54	Diane Foli	22	2015	60-64	Bud Serletic	732	1996
55-59	Cheryl McDermeit	24	2014	65-69	Michael Moses	842	2023
60-64	Patricia Ashby	28	2002	70-74	Jimmy Coffman	768	2018
65-69	Chris Evans	28	2023	75-79	John Spencer	762	2014
70-74	Charlotte Miller	25	2010	80-84	Bruce Tohm	706	2013
75-79	Claudette Braswell	26	2013	85-89	Gil Rosenthal	625	2015
80-84	Claudette Braswell	21	2017	90-94	Garfield Sager	551	2011
85-89	Dot VanFarowe	4	2018	95-99	Frank Farrington	474	2003
Free Throw Shooting, Men				100-104	Frank Farrington	427	2008
50-54	Dennis Sweeney	28	2004	Doubles, Women			
55-59	Ronald Becton	28	2009	50-54	Pamela Sprow & Janis Caffee	1338	2013
60-64	Dennis Sweeney	30 perfect	2006	55-59	Tina Peavy & Nadine Lewis	1249	2018
65-69	Harry Carothers	30 perfect	2005	60-64	Barbara Gnegy & Carolyn Bass	1171	2009
70-74	William Oliver	30 perfect	2014	65-69	Diane Downy & Barbara Gnegy	1199	2015
75-79	Harry Carothers	30 perfect	2011	70-74	Terri Stein & Gloriann Dickinson	1161	2018
80-84	Garland Reynolds	30 perfect	2020	75-79	Winnie Ball & Helen Weaver	1006	2001
85-89	Peter Smith	29	2011	80-84	Irene Watson & Jo Ann Harrison	1111	2007
90-94	Andy McGuffin	29	2000				
Spot Field Goal Shooting, Women							
50-54	Diane Foli	13	2017				
55-59	Chris Evans	11	2015				

65-69 wt 105	Arlene Coulter	90 lb	2015	65-69 wt 165	Tony Conyers	360 lb	2023	70-74 wt 105	Patricia Ashby	115 lb	2012	75-79 wt 220	Sherwood Ellis	400 lb	2018
	Nancy Georges	90 lb	2020	65-69 wt 181	Douglas Rozon	270 lb	2019	70-74 wt 114	Suzette Karelis	225 lb	2023	75-79 wt 242	Richard Mintken	340 lb	2020
65-69 wt 114	Nancy Georges	90 lb	2016	65-69 wt 198	Brian Hart	325 lb	2023	70-74 wt 123	Lana Marcine	210 lb	2018	75-79 wt 275	Cicero Carr	305 lb	2016
65-69 wt 132	Patricia Greenberg	70 lb	2018	65-69 wt 220	Randy Willott	300 lb	2011	70-74 wt 132	Lois Hall	170 lb	2019	80-84 wt 123	Harry Sears	85 lb	2023
	Randa Berger	75 lb	2020	65-69 wt 242	Mike Wood	330 lb	2016	70-74 wt 148	Carmen Gutwirth	200 lb	2015	80-84 wt 132	Dillon Maier	265 lb	2015
65-69 wt 148	Lois Hall	100 lb	2016	65-69 wt 275	George Anthony	325 lb	2023	70-74 wt 165	Joan Mann	230 lb	2017	80-84 wt 148	James Morgan	270 lb	2019
65-69 wt 165	Jean Flesher	115 lb	2023	65-69 wt SHW	Joseph Abal	250 lb	2016	70-74 wt 181	Martha Scott	155 lb	2023	80-84 wt 165	Bill Tinkler	350 lb	2014
65-69 wt 181	Helen Hankerson	285 lb	2018	70-74 wt 132	David Surratt	150 lb	2016	70-74 wt 195	Carolyn Bolander	150 lb	2012	80-84 wt 181	Jacque Weaver	295 lb	2023
65-69 wt 198	Virginia Brown	75 lb	2015	70-74 wt 148	Cliff Jackson	210 lb	2015	70-74 wt 198	Paula Winans	210 lb	2023	80-84 wt 198	Sherwood Ellis	315 lb	2023
	Paula Winans	75 lb	2020	70-74 wt 165	Sherman Johnson	235 lb	2020	70-74 wt 198+	Beatrice Temple	305 lb	2023	80-84 wt 220	Ralph Price	240 lb	2019
	Gail Noland	75 lb	2023	70-74 wt 181	Kelley Collier	245 lb	2020	75-79 wt 97	Susan Bohling	135 lb	2020	80-84 wt 242	Jim Partain	190 lb	2020
65-69 wt 198	Magda Santos	110 lb	2023	70-74 wt 198	Marc Hamburg	250 lb	2023	75-79 wt 105	Patricia Ashby	135 lb	2016	80-84 wt 275	Cicero Carr	240 lb	2019
65-69 wt 199+	Carolyn Bolander	45 lb	2010	70-74 wt 220	John Yong	270 lb	2010		Susan Bohling	135 lb	2019	80-84 wt 308	Cicero Carr	225 lb	2020
70-74 wt 97	Patricia Ashby	50 lb	2013	70-74 wt 242	Walter Robinson	325 lb	2016	75-79 wt 114	Patricia Ashby	150 lb	2015	85-89 wt 132	Chuck Tosch	70 lb	2023
70-74 wt 105	Patricia Ashby	45 lb	2012	70-74 wt 275	Leroy Ford	325 lb	2017	75-79 wt 148	Janet Reynolds	205 lb	2017	85-89 wt 148	Gerald Foster	185 lb	2020
70-74 wt 114	Suzette Karelis	110 lb	2020	70-74 wt SHW	William Barnickel	330 lb	2011	75-79 wt 165	Bonnie Thurston	190 lb	2018	85-89 wt 165	Gerald Foster	155 lb	2019
70-74 wt 123	Lois Hall	75 lb	2020	75-79 wt 123	Ronald Crawford	145 lb	2012	75-79 wt 198	Kathleen Keen	100 lb	2023	85-89 wt 181	Joseph Jackson	140 lb	2023
70-74 wt 132	Lois Hall	95 lb	2019	75-79 wt 132	Edward Perez Jr	155 lb	2019	80-84 wt 97	Susan Bohling	120 lb	2023	85-89 wt 198	John Wardner	200 lb	2023
70-74 wt 148	Janet Bremer	140 lb	2020	75-79 wt 148	Paul Downes	80 lb	2023	80-84 wt 105	Patricia Ashby	80 lb	2019	85-89 wt 220	Donald Noland	55 lb	2017
70-74 wt 165	Joan Mann	85 lb	2015	75-79 wt 165	Bill Tinkler	205 lb	2013	80-84 wt 123	Imogene Northern	45 lb	2011	85-89 wt 242	Donald Noland	120 lb	2018
	Carol Lamb	85 lb	2023	75-79 wt 181	Jacques Weaver	245 lb	2017	80-84 wt 148	Janet Reynolds	210 lb	2023	PUNT PASS AND KICK			
70-74 wt 198	Beatrice Temple	110 lb	2023	75-79 wt 198	Bob Mount	250 lb	2023	80-84 wt 198+	Carolyn Bolander	75 lb	2023	Women			
70-74 wt 198+	Kathleen Keen	50 lb	2020	75-79 wt 220	John Yong	250 lb	2011	85-89 wt 165	Trudy Daxon	155 lb	2015	50-54	Jennifer Banks	273' 3"	2020
75-79 wt 97	Susan Bohling	50 lb	2020	75-79 wt 242	Michael Brace	225 lb	2019	90-94 wt 148	Edith Traina	130 lb	2015	55-59	Sandy Civitarese	268' 7"	2020
75-79 wt 105	Patricia Ashby	50 lb	2016	75-79 wt 275	Leroy Ford	255 lb	2023	90-94 wt 165	Trudy Dixon	145 lb	2020	60-64	Peggy Peck	223' 5 1/2"	2018
75-79 wt 114	Patricia Ashby	55 lb	2015	80-84 wt 123	Harry Sears	75 lb	2023	95-99 wt 165	Edith Traina	145 lb	2017	65-69	Ethel Lehmann	199'	1999
75-79 wt 148	Janet Bremer	130 lb	2023	80-84 wt 132	Ronald Crawford	140 lb	2014	Deadlift, Men				70-74	Ethel Lehmann	245' 10"	2000
75-79 wt 165	Bonnie Thurston	82 lb	2018	80-84 wt 148	James Morgan	140 lb	2018	50-54 wt 148	Edward Perez III	400 lb	2018	75-79	Ethel Lehmann	184' 6"	2005
75-79 wt 198	Kathleen Keen	30 lb	2023	80-84 wt 165	Bill Tinkler	205 lb	2014	50-54 wt 165	Greg Harrelson	330 lb	2018	80-84	Ethel Lehmann	195' 10"	2010
75-79 wt 198+	Carolyn Bolander	55 lb	2019	80-84 wt 181	Jacques Weaver	180 lb	2023	50-54 wt 181	Jon Wisenbaker	505 lb	2023	85-89	Ethel Lehmann	171' 1"	2016
80-84 wt 97	Susan Bohling	45 lb	2023	80-84 wt 198	Alfred Smith	140 lb	2016	50-54 wt 198	Keith Mason	650 lb	2017	90-94	Ethel Lehmann	122' 8"	2020
80-84 wt 105	Patricia Ashby	50 lb	2019	80-84 wt 220	Vito Lombardo	200 lb	2014	50-54 wt 220	Ted Sealey	485 lb	2017	Men			
80-84 wt 123	Imogene Northern	7 lb	2011	80-84 wt 242	Michael Brace	160 lb	2023	50-54 wt 242	Larry Grim	370 lb	2020	50-54	Kendal Shaw	404' 2"	2018
80-84 wt 148	Janet Reynolds	105 lb	2023	80-84 wt 275	Cicero Carr	150 lb	2019	50-54 wt 275	Scott Hane	445 lb	2016	55-59	Matt McGillen	420' 1"	2010
80-84 wt 165	Mary Wilson	85 lb	2019	80-84 wt 308	Cicero Carr	200 lb	2020	50-54 wt 308	William Davis	435 lb	2023	60-64	Matt McGillen	416' 1/2"	2017
80-84 wt 198	Linda Diller	45 lb	2023	85-89 wt 148	Gerald Foster	115 lb	2020	50-54 wt SHW	Viatcheslav Oulianov	540 lb	2017	65-69	Matt McGillen	365' 0"	2019
	Carolyn Bolander	45 lb	2023	85-89 wt 165	Carmine Maggione	175 lb	2016	55-59 wt 165	Jerry Mobley	400 lb	2016	70-74	Bud Hollowell	337' 4"	2013
85-89 wt 132	Carol Miles	55 lb	2017	85-89 wt 181	Robert Cseh	190 lb	2020	55-59 wt 181	Stephen Mann	425 lb	2010	75-79	Bill Karjane	307' 7"	2018
85-89 wt 148	Mary Wilson	55 lb	2023	85-89 wt 198	Carmine Maggione	165 lb	2017	55-59 wt 198	Jerry Mobley	425 lb	2017	80-84	Bill Karjane	296' 6"	2020
85-89 wt 165	Mary Wilson	65 lb	2020	85-89 wt 220	Carmine Maggione	160 lb	2018	55-59 wt 220	Barrie Bennette	465 lb	2012	85-89	Ross Stauffer	218' 4"	2010
90-94 wt 148	Edith Traina	55 lb	2015	85-89 wt 242	Carmine Maggione	160 lb	2018	55-59 wt 242	James Jacobs	600 lb	2023	90-94	Dick Chaney	127' 9"	2019
90-94 wt 165	Leona Senyk	65 lb	2017	Deadlift, Women	Donald Noland	70 lb	2018	55-59 wt 275	George Anthony	405 lb	2015	95-99	Dick Chaney	127' 9"	2019
95-99 wt 165	Edith Traina	65 lb	2017	50-54 wt 123	Becky Harrelson	195 lb	2023	55-59 wt 308	Sam Beckwith	635 lb	2023		Arland Meade	68' 4"	2011
Bench Press, Men				50-54 wt 132	Lynn Cook	280 lb	2016	55-59 wt SHW	Viatcheslav Oulianov	410 lb	2020	ROAD RACE 5K			
50-54 wt 142	Michael Libys	160 lb	2014	50-54 wt 145	Lynn Cook	280 lb	2016	55-59 wt SHW	Viatcheslav Oulianov	405 lb	2019	Women			
50-54 wt 148	Edward Perez III	280 lb	2018	50-54 wt 165	Lenore Devore	205 lb	2013	60-64 wt 132	Frank Scianimanico	250 lb	2017	50-54	Dee Bays	19:37.00	1997
50-54 wt 165	Greg Harrelson	245 lb	2018	50-54 wt 181	Eberle Funches	300 lb	2019	60-64 wt 148	Frank Scianimanico	300 lb	2018	55-59	Barbara Cahalan	22:43.56	2011
50-54 wt 181	William Devore	345 lb	2015	50-54 wt 198	Lenore Devore	255 lb	2016	60-64 wt 165	Harry Carl	325 lb	2018	60-64	Georgia Gillis	23:40.69	2008
50-54 wt 198	William Devore	350 lb	2016	55-59 wt 105	Ronda Bouie	275 lb	2023	60-64 wt 181	Kelley Collier	470 lb	2013	65-69	Georgia Gillis	24:29.48	2011
50-54 wt 220	Ted Sealey	385 lb	2017	55-59 wt 114	Janet Wickman	60 lb	2017	60-64 wt 198	Stephen Mann	480 lb	2017	70-74	Rhonda Fosse	24:31.00	2023
50-54 wt 242	Daniel Jonas	325 lb	2012	55-59 wt 123	Nancy Georges	185 lb	2010	60-64 wt 220	William Beckley	500 lb	2023	75-79	Ann Sinkinson	32:30.74	2023
50-54 wt 275	Tony Parker	350 lb	2013	55-59 wt 132	Yvette Fox	235 lb	2017	60-64 wt 242	William Beckley	475 lb	2019	80-84	Patricia Holmes	41:42.54	2023
50-54 wt 308	William Davis	315 lb	2023	55-59 wt 148	Paula Jager	225 lb	2019	60-64 wt 275	John Callahan	400 lb	2015	Men			
50-54 wt SHW	Miguel Rodriguez	535 lb	2012	55-59 wt 165	Joanne Scianimanico	220 lb	2020	65-69 wt 132	Frank Scianimanico	240 lb	2023	50-54	Tri Thornhill	17:37.24	2019
55-59 wt 148	Michael Libys	190 lb	2017	55-59 wt 181	Karen Hurban	260 lb	2017	65-69 wt 148	Marvin Villard	330 lb	2023	55-59	Jarrett Slaven	19:08.50	2000
55-59 wt 165	Jerry Mobley	275 lb	2015	55-59 wt 198	Gail Noland	150 lb	2014	65-69 wt 165	Tony Conyers	605 lb	2023	60-64	Tom Prentice	18:55.95	2023
55-59 wt 181	Dennis Folds	245 lb	2014	55-59 wt 198	Gail Noland	155 lb	2015	65-69 wt 181	Kelley Collier	480 lb	2014	65-69	Frank Brume	21:12.55	2005
55-59 wt 198	Keith Grimes	270 lb	2012	55-59 wt 199+	Janet Wickman	80 lb	2020	65-69 wt 198	Kelley Collier	500 lb	2015	70-74	Frank Brume	22:19.59	2010
55-59 wt 220	James Jacobs	350 lb	2023	6											

80-89	William Metcalf	289	2019	75-79	Gary Odell	47	2011	65-69	Jeanne Hackett	45.15	2011	85-89	Frank Tillotson	1:31.48	2000
90-99	Robert Westgate	289	2023		Terry Ball	47	2019	70-74	Jeanne Hackett	47.03	2013	100 Yard	Butterfly, Women		
Rifle, Women	Paul O'Neill	284	2023		James Hulsekottter	47	2022	75-79	Beverly Myers	51.39	2010	50-54	Karen Westerman	1:09.94	2020
50-54	Naomi Tilliet	600 58X	2016	80-84	Gene Regnier	49	2015	80-84	Florence Dunbar	54.15	1993	55-59	Pat Sargeant	1:07.51	2012
60-64	Linda Hoyer	600 56X	2023	85-89	Gene Regnier	47	2019	85-89	Beverly Myers	1:03.92	2020	60-64	Patricia Bond	1:43.66	2002
65-69	Margaret Clark	600 53X	2023					90-94	Joyce Stipanuk	1:54.16	2018	65-69	Linda Fulton	1:27.64	2020
70-74	Donna Hunt	574 8X	2015					95-99	Dorothy Freed	2:49.03	2015	70-74	Linda Fulton	1:33.67	2023
75-79	Beverly Lyon	597 32X	2015					80 Yard	Breaststroke, Men			75-79	Jean Troy	1:55.59	2006
80-84	Beverly Lyon	598 42X	2016					80 Yard	Breaststroke, Men			80-84	Jean Troy	1:58.84	2007
Rifle, Men								50-54	Stephan Oliva	29.76	2019	100 Yard	Butterfly, Men		
50-54	Martin Myer	600 57X	2019					55-59	Nathan Leech	33.09	2007	50-54	Brian Voisard	1:05.32	2005
55-59	Michael Brown	597 42X	2019					60-64	Peter Turner	37.18	2020	55-59	Brian Voisard	1:04.68	2006
60-64	Conley Whiddon	600 56X	2022					70-74	Blake Stichter	36.77	2020	60-64	Brian Voisard	1:05.87	2012
65-69	Lee Methvin	600 59X	2016					75-79	Dave Jarvis	35.69	2020	65-69	Robert Heacock	1:14.87	2018
70-74	William Ruth	600 60X	2016					80-84	Charles Schlegel	48.55	2010	70-74	Robert Heacock	1:11.85	2019
75-79	Thomas Walsh	600 60X	2019					85-89	Ross Stauffer	1:09.19	2009	75-79	Charles Weatherbee	1:39.36	2007
80-84	Edward Hess	600 60X	2023					90-94	Arland Meade	1:57.79	2006	80-84	Craig Walker	4:04.90	2020
85-89	Eugene Lyon	600 55X	2015					95-99	Arland Meade	2:23.04	2010	80 Yard	Freestyle, Women		
Skiest, Women								100-104	Arland Meade	2:58.41	2015	50-54	Christine Germain	29.28	2015
50-54	Jen Saffer	45	2023					50-54	Paula Cunio	1:25.21	2015	55-59	Pat Sargeant	27.04	2012
60-64	Tina Smiley	35	2023					55-59	Paula Cunio	1:24.87	2018	60-64	Susan Tokayer	28.12	2020
65-69	Peggy DeVivo	31	2020					60-64	Doris Prokopi	1:38.77	1998	65-69	Linda Fulton	31.72	2020
70-74	Peggy Ramirez	34	2022					65-69	Jeanne Hackett	1:40.53	2011	70-74	Linda Fulton	33.19	2023
75-79	Nancy Ramirez	28	2023					70-74	Jeanne Hackett	1:41.61	2013	75-79	Jean Troy	37.00	2005
Skiest, Men								75-79	Jean Troy	1:57.72	2005	80-84	Jean Troy	38.95	2008
50-54	Peter Golotko	26	2020					80-84	Jean Troy	2:00.77	2007	90-94	Beverly Myers	47.87	2020
55-59	Gary Brown	47	2014					85-89	Doris Prokopi	3:14.06	2020	80 Yard	Freestyle, Men	1:14.40	2018
60-64	Michael Brown	47	2017					90-94	Joyce Stipanuk	3:57.31	2019	50-54	Steve Oliva	22.98	2019
65-69	Bruce Stobbe	49	2022					100-104	Arland Meade			55-59	Ed Laderer	25.42	2015
70-74	Terry Ball	49	2017					50-54	Stephan Oliva	1:05.46	2009	60-64	Brian Voisard	28.52	2011
75-79	Terry Ball	49	2023					55-59	Nathan Leech	1:14.58	2007	65-69	Brian Voisard	26.85	2016
80-84	George Hotchkiss	47	2017					60-64	Peter Turner	1:21.29	2019	70-74	Robert Heacock	27.62	2019
85-89	Elmer Dobner	47	2019					65-69	Allen Sale	1:24.78	2023	75-79	James Pitts	31.85	2005
90-94	Marshall Smith	47	2017					70-74	Dave Jarvis	1:20.41	2017	80-84	Mike Freshley	32.33	2023
Sporting Clays, Women	Ralph Clements	36	2019					75-79	Robin Wickman	1:33.97	2020	85-89	John Cornell	41.58	2012
55-59	Janet Wickman	46	2020					80-84	Mike Freshley	1:31.96	2023	90-94	Harrison Homans	1:19.02	2018
60-64	Tina Smiley	40	2020					85-89	Herman Granda	2:26.90	2011	100 Yard	Freestyle, Women	1:21.26	2018
65-69	Deborah Wroten	27	2023					90-94	Arland Meade	4:11.00	2005	50-54	Christine Germain		
75-79	Nancy Ramirez	27	2023					95-99	Arland Meade	5:03.23	2010	55-59	Pat Sargeant	1:05.13	2015
Sporting Clays, Men								100 Yard	Breaststroke, Women			60-64	Susan Tokayer	1:01.06	2012
50-54	Ruben Garcia	47	2017					50-54	Paula Cunio	2:58.94	2015	65-69	Linda Fulton	1:04.01	2020
55-59	Gilbert Faulkner	48	2020					55-59	Jan Smith	3:00.68	2018	70-74	Patricia Bond	1:14.70	2020
60-64	Lonnie Cox	49	2023					60-64	Donalda Horne	3:47.09	2014	75-79	Jean Troy	1:23.66	2009
65-69	Edward Arnold	48	2017					65-69	Jeanne Hackett	3:57.88	2009	80-84	Jean Troy	1:25.00	2008
70-74	Edward Arnold	48	2020					70-74	Shirley Fishlock	4:32.55	2011	85-89	Jean Troy	1:27.83	2007
75-79	Jeffrey Walker	48	2023					75-79	Shirley Fishlock	4:27.58	2008	90-94	Joyce Stipanuk	1:54.94	2020
80-84	Ronald Kerr	44	2015					80-84	Ellen Brown	7:32.73	2012	100 Yard	Freestyle, Men	2:44.57	2017
85-89	Charles Loomis	44	2020					85-89	Ellen Brown			50-54	Steve Oliva	51.06	2019
90-94	William Powell	44	2023					90-94	Ellen Brown			55-59	Brian Voisard	56.54	2009
95-99	Marshall Smith	40	2020					100 Yard	Breaststroke, Men			60-64	Brian Voisard	58.72	2011
Trap, Women								50-54	Peter Turner	2:44.28	2009	65-69	Gaylord Hopkins	59.61	2008
50-54	Janet Wickman	31	2016					55-59	Allen Sale	2:46.98	2013	70-74	Robert Heacock	1:00.41	2019
55-59	Janet Wickman	31	2016					60-64	William Stephens	3:08.32	2008	75-79	James Pitts	1:13.81	2005
60-64	Roseann Cerovac	43	2016					65-69	Allen Sale	3:08.55	2023	80-84	Tom Whiteleather	1:26.84	2010
65-69	Patricia Hill	42	2020					70-74	David Jarvis	3:15.12	2019	90-94	John Cornell	1:39.64	2012
70-74	Patricia Hill	45	2020					75-79	Martin Schenk	3:17.15	2023	95-99	Jerome Burke	3:38.96	2018
75-79	Chris Sikes	30	2013					80-84	Mike Freshley	3:47.38	2023	100 Yard	Freestyle, Women		
80-84	Chris Sikes	33	2017					85-89	Arland Meade	12:13.13	2012	50-54	Christine Germain	2:25.38	2015
85-89	Chris Sikes	24	2022					90-94	Butterfly, Women			55-59	Paula Cunio	2:29.16	2018
Trap, Men								50-54	Karen Westerman	30.22	2020	60-64	Patricia Bond	2:54.10	2000
50-54	Ruben Garcia	48	2017					55-59	Pat Sargeant	30.03	2012	65-69	Linda Fulton	2:40.52	2020
55-59	Ruben Garcia	48	2020					60-64	Susan Tokayer	35.77	2020	70-74	Patricia Bond	2:55.49	2008
60-64	Robert DeLong	48	2022					65-69	Linda Fulton	38.45	2023	75-79	Jean Troy	3:01.89	2006
65-69	Robert DeLong	47	2011					70-74	Jean Troy	51.22	2007	80-84	Mary Tusa	3:43.88	2013
70-74	David Wright	47	2023					75-79	Ellen Brown	1:45.91	2011	90-94	Joyce Stipanuk	4:02.02	2020
75-79	Marvin Backus	49	2011					80-84	Butterfly, Men			100 Yard	Freestyle, Men	5:43.67	2017
80-84	Janey Wright	49	2022					85-89	John Lederer	26.49	2016	50-54	Stephan Oliva	2:03.84	2017
								90-94	John Lederer	29.06	2008	55-59	Brian Voisard	2:04.43	2009
								95-99	Brian Voisard	30.60	2020	60-64	Brian Voisard	2:08.54	2003
								100 Yard	Breaststroke, Women			65-69	Gaylord Hopkins	2:11.17	2008
								50-54	Bradley Brown	30.73	2013	70-74	Gaylord Hopkins	2:20.98	2011
								55-59	Paul Polgar	36.04	2019	75-79	Gaylord Hopkins		
								60-64	Martin Schenk	1:08.38	2014	80-84	Gaylord Hopkins		
								65-69	Duane Peacock						

75-79	Martin Schenk	2:48.23	2017	65-69	Rod Lehman	7:31	2017	70-74	Georgie Gillis	3:18.63	2015	65-69	Sandy Gill	10:30.41	2011
80-84	Mike Freshley	2:48.06	2023	70-74	Rod Lehman	7.44	2022	75-79	Georgie Gillis	3:40.81	2020	70-74	Sue Piechota	10:57.95	2023
85-89	John Cornell	3:46.16	2013	75-79	Howie Sampson	7.96	2013	80-84	Ethel Lehmann	4:21.00	2009	75-79	Phyllis Goodlad	11:03.41	2003
90-94	Lowell Heneveld	6:14.10	2010	80-84	Blair McFarlane	8.70	2003	85-89	Ethel Lehmann	3:51.03	2015	80-84	Peggy Ostrander	12:19.84	2017
95-99	Arland Meade	8:55.28	2010	85-89	John Anoka	9.52	2004	90-94	Ethel Lehmann	5:59.26	2020	85-89	Alice Segar	11:55.83	2006
100 Yard Freestyle, Women				90-94	John Anoka	10.85	2009	800 Meters, Men				90-94	Alice Segar	12:44.37	2010
50-54	Karen Westerman	6:01.86	2020	95-99	Ervin Szewczuga	15.74	2017	50-54	Den Bergeson	2:19.20	2015	1500 Meters, Men			
55-59	Karen Westerman	6:02.78	2023	100-104	Arland Meade	27.39	2015	55-59	Jarrett Slaven	2:28.13	2000	50-54	Charles Ripstra	8:23.91	2003
60-64	Patricia Bond	7:50.84	2002	100 Meters, Women				55-59	Roger Chapman	2:30.40	2023	55-59	Gus Ormrod Jr	8:29.73	2013
65-69	Roxanne Ormsted	7:18.87	2016	50-54	Ree Hawkins	13.76	2020	65-69	William Cason	2:40.34	2019	60-64	James Corbell	8:52.38	2005
70-74	Patricia Bond	7:40.60	2008	55-59	Sonder Hawkins	14.15	2022	70-74	Jocelyn Lowther	15.16	2016	65-69	James Corbell	8:25.21	2007
75-79	Jean Troy	8:30.40	2006	60-64	Jocelyn Lowther	15.16	2016	80-84	Yvette Fox	14.90	2023	70-74	James Corbell	9:09.30	2011
80-84	Mary Tusa	9:53.49	2013	65-69	Yvette Fox	15.90	2023	85-89	Ella Redpath	18.56	2017	75-79	Gus Ormrod Sr	9:36.12	2005
85-89	Phyllis Goodlad	10:47.70	2017	70-74	Ella Redpath	18.74	2004	90-94	Ethel Lehmann	18.74	2017	85-89	Gilbert Fair	12:35.59	2009
500 Yard Freestyle, Men				75-79	Ethel Lehmann	18.29	2012	1500 Meters, Women				90-94	Gus Ormrod Sr	12:32.82	2019
50-54	Brian Voisard	5:51.16	2005	80-84	Ethel Lehmann	21.50	2016	50-54	Julie Sands	5:49.19	2008	5000 Meters, Women			
55-59	Brian Voisard	5:36.18	2009	85-89	Ethel Lehmann	21.50	2016	55-59	Mary Beth Freeman	6:24.00	2013	50-54	Ervin Szewczuga	16:33.53	2017
60-64	Brian Voisard	5:52.09	2011	90-94	Ethel Lehmann	24.54	2020	60-64	Estella Medina	6:29.70	2023	55-59	Janet Lamoureux	38:00.92	2018
65-69	Gaylord Hopkins	6:04.76	2006	95-99	Lillian Webb	33.00	2012	65-69	Georgie Gillis	6:40.88	2011	55-59	Janet Lamoureux	32:12.28	2023
70-74	Gaylord Hopkins	6:16.54	2011	100 Meters, Men				70-74	Georgie Gillis	6:51.75	2017	60-64	Avis Pixley	34:58.00	1999
75-79	Gaylord Hopkins	7:35.76	2017	50-54	Oscar Fabra	12.35	2015	75-79	Georgie Gillis	7:42.07	2022	65-69	Avis Pixley	36:40.30	2000
80-84	Mike Freshley	7:54.67	2023	55-59	Oscar Fabra	12.23	2020	80-84	Patricia Knudstrup	10:54.95	2020	70-74	Patricia Priest	37:21.38	2008
85-89	John Cornell	10:20.34	2012	60-64	Rudy Briscoe	12.92	2017	85-89	Ethel Lehmann	11:15.79	2017	75-79	Marlene Swartzlager	38:39.78	2016
90-94	Lowell Heneveld	16:28.76	2013	65-69	Rudy Briscoe	13.28	2022	90-94	Ethel Lehmann	13:26.29	2022	85-89	Peggy Ostrander	41:33.35	2017
100 Yard Individual Medley, Women				70-74	Howie Sampson	14.03	2016	1500 Meters, Men				90-94	Alice Segar	40:11.45	2006
50-54	Karen Westerman	1:11.49	2020	75-79	Howie Sampson	14.98	2014	50-54	Tri Thornhill	5:00.34	2019	5000 Meters, Men			
55-59	Karen Westerman	1:12.81	2023	80-84	Howie Sampson	16.53	2019	55-59	Jarrett Slaven	5:16.28	2000	50-54	Joseph Woznicki	31:51.61	2010
60-64	Wendy Duck	1:33.42	2005	85-89	John Anoka	17.85	2004	60-64	Tom Prentice	5:21.09	2020	55-59	Gus Ormrod Jr	29:35.45	2013
65-69	Ann Guins	1:31.19	2020	90-94	John Anoka	20.84	2009	65-69	William Morrell	5:36.50	2016	60-64	James Corbell	31:02.91	2005
70-74	Patricia Bond	1:35.01	2008	95-99	Edwin Butters	46.38	2003	70-74	Frank Brume	6:01.22	2011	70-74	James Corbell	28:49.08	2007
75-79	Jean Troy	1:41.29	2006	200 Meters, Women				75-79	Gordon Johnson	6:07.56	1994	75-79	Gus Ormrod Sr	29:47.99	2011
80-84	Jean Troy	1:49.52	2007	50-54	Ree Hawkins	28.76	2020	80-84	Gordon Johnson	7:32.96	1994	80-84	Gus Ormrod Sr	33:16.43	2005
85-89	Beverly Myers	2:10.76	2020	55-59	Sonder Hawkins	30.18	2023	85-89	Gordon Johnson	9:23.90	2003	85-89	Gordon Johnson	33:09.00	2009
100 Yard Individual Medley, Men				60-64	Johnnie Reid	37.41	1999	90-94	Gordon Johnson	12:54.24	2008	90-94	Gus Ormrod Sr	38:58.17	2005
50-54	Stepan Oliva	59.90	2019	65-69	Ethel Lehmann	38.59	2000	WALKING, 1500 Meter, Women				95-99	Oluf Jensen	44:05.43	2019
55-59	Nathan Leech	1:05.14	2007	70-74	Ethel Lehmann	35.72	2005	50-54	Marguerite Muller	10:46.92	2002	95-99		1:01:50.0	1999
60-64	Brian Voisard	1:08.68	2011	75-79	Ethel Lehmann	43.57	2010	55-59	Janet Lamoureux	9:34.80	2023				
65-69	Brian Voisard	1:09.68	2019	80-84	Ethel Lehmann	48.92	2016	60-64	Avis Pixley	9:59.00	1998				
70-74	David Jarvis	1:10.84	2018	85-89	Ethel Lehmann	55.94	2020								
75-79	Charles Weatherbee	1:27.69	2007	90-94	Ethel Lehmann										
80-84	John Cornell	1:43.00	2008	200 Meters, Men											
85-89	John Cornell	1:52.46	2012	50-54	Bobby Terrell	26.10	2004								
200 Yard Individual Medley, Women				55-59	Rob West	30.67	2023								
50-54	Karen Westerman	2:35.93	2020	60-64	Rudy Briscoe	26.43	2017								
55-59	Karen Westerman	2:36.03	2023	65-69	Rod Lehman	27.76	2016								
60-64	Patricia Bond	3:23.19	2002	70-74	Rod Lehman	29.99	2022								
65-69	Wendy Duck	3:43.64	2011	75-79	Howie Sampson	32.12	2013								
70-74	Patricia Bond	3:27.05	2009	80-84	Raymond Jansco	34.43	2023								
75-79	Beverly Myers	3:46.85	2010	85-89	John Anoka	39.95	2004								
80-84	Doris Prokopi	5:29.33	2015	90-94	John Anoka	44.17	2009								
200 Yard Individual Medley, Men				400 Meters, Women											
50-54	Allen Sale	2:26.67	2012	50-54	Andrea Collier	1:09.52	2018								
55-59	Brian Voisard	2:25.61	2010	55-59	Jocelyn Lowther	1:11.41	2013								
60-64	Brian Voisard	2:28.37	2011	60-64	Jocelyn Lowther	1:16.97	2015								
65-69	Brian Voisard	2:33.45	2019	65-69	Georgie Gillis	1:25.70	2011								
70-74	David Jarvis	2:56.75	2019	70-74	Georgie Gillis	1:27.10	2017								
75-79	Thomas Gompf	3:32.19	2015	75-79	Georgie Gillis	1:35.67	2022								
80-84	Mike Freshley	3:20.59	2023	80-84	Ethel Lehmann	1:48.83	2009								
85-89	Frank Tillotson	5:33.97	2000	85-89	Ethel Lehmann	2:09.32	2016								
400 Meters, Men				90-94	Ethel Lehmann	2:20.50	2023								
50 Meters, Women				400 Meters, Men											
50-54	Andrea Collier	7.68	2018	50-54	Chris Scotto Divetta	58.97	2008								
55-59	Sonder Hawkins	7.62	2022	55-59	Oscar Fabra	1:00.68	2018								
60-64	Johnnie Reid	7.67	2023	60-64	Rudy Briscoe	59.31	2018								
65-69	Carol Robertson	7.94	2023	65-69	Rod Lehman	1:05.63	2017								
70-74	Ethel Lehmann	9.51	2000	70-74	Leslie Bennett	1:09.17	2017								
75-79	Marty Barlow Beighley	10.04	2018	75-79	Leslie Bennett	1:12.05	2019								
80-84	Ethel Lehmann	10.34	2012	80-84	John Anoka	1:26.24	2000								
85-89	Ethel Lehmann	11.00	2015	85-89	John Anoka	1:41.06	2005								
90-94	Ethel Lehmann	12.58	2020	90-94	John Anoka	2:01.61	2009								
95-99	Lillian Webb	16.85	2012	800 Meters, Women											
50 Meters, Men				50-54	Julie Sands	2:51.02	2008								
50-54	Dian Edwards	6.76	2015	55-59	Julie Sands	2:53.70	2015								
55-59	Jim Daniels	6.90	2023	60-64	Leigh Barreto	3:00.97	2023								
	Danial Anany	7.03	1997												

THE SENIOR GAMES CREED

If you think you're beaten, you are
If you think you dare not, you don't
If you'd like to win, but you think you can't
It's almost a cinch that you won't

If you think you'll lose, you've lost
For out in the world we find
Success begins with a person's will
It's all in the state of mind

If you think you're outclassed, you are
You've got to think high to rise
You've got to have faith in yourself before
You can ever win the prize

Life's battles don't always go
To the strongest and fastest man
For sooner or later, the one who wins
Is the one who thinks they can!

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 FM (Boss Hogg Radio)
 WLKF - 1430 AM, WONN - 1230
 AM/107.1 FM, WPCV - 97.5 FM, WWRZ
 - 98.3 FM (Hall Communications)
 WIPC - 1280 AM
 WLVE - 90.3 FM
 WTWB - 1570 AM
 WWBF - 1130 AM/102.9 FM
 Yoga Pointe



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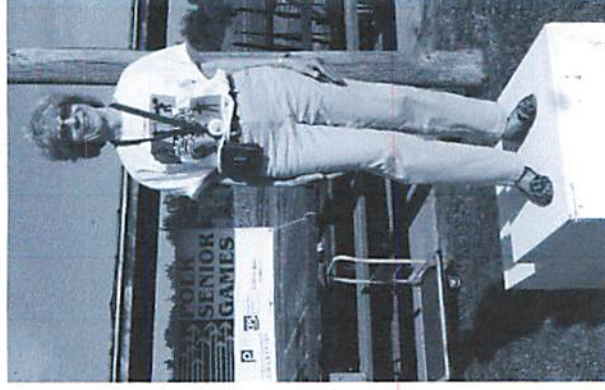
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