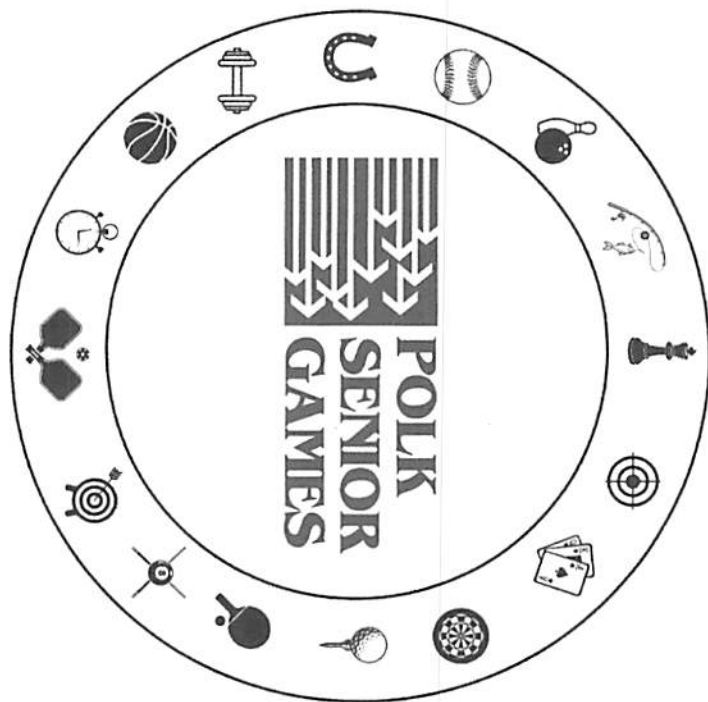


POLK SENIOR GAMES REGISTRATION AND RULE BOOK

Non-Profit
Organization
U.S. Postage
Paid
Permit No. 1
Lakeland, FL



February 22 - March 8, 2025

Entry **MUST BE RECEIVED** by Friday, February 7

Silver Sponsors

 **PUBLIX SUPER MARKETS** **Homer & Annette**
CHARITIES **Thompson Legacy**

Bronze Sponsors

James W. Sikes
Family

 **CPS** Investment
Advisors

In Honor of
Jamie Sikes



515 East Boulevard St
Bartow FL 33830

If you have a change of address, please let us know.
Bulk mail is not forwarded and we don't want you to miss out on the Games.

scan



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



SILVER SPONSOR



PUBLIX SUPER MARKETS CHARITIES

33 YEARS OF SUPPORT TO POLK SENIOR GAMES

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,
So, 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

POLK SENIOR GAMES BOARD OF DIRECTORS

President - Duane Hopkins
1st Vice President - Steve Miller
2nd Vice President - Mary Brooks
Secretary - Cheryl Orefice
Treasurer - Jim Turner

Past President - Frank Collins
Member at Large - Stevan Hill
Member at Large - Robin Wickman
Event Coordinator - Frank Brooks

Jennifer Banks
Theresa Bright
Dick Cheney
Dorothy Cheshire
Bob Clotfelter
Chery Dee
Cindi Edwards
Todd Eissman
Carol Gandolfo
Eric Jackson
Barbara Johnson
Janet Lamoureux
Dana Legendre
Beverly Mitchell
Phyllis Newton
Richard Newton
Gail Noland
Grace Page
Chris Sikes, In Memoriam
Trish Stark
Tracey Stephens
Jerry Welch
Howard Wiggs
Mark Williams



FINANCIAL ADVISOR - Michael Riskin, CPA
LEGAL COUNSEL - Darby Law Group, PA

EXECUTIVE DIRECTOR - Deena Wilbur

POLK SENIOR GAMES REGISTRATION & RULE BOOK

January 1, 2025

Issue 32

Published yearly by
Polk Senior Games, Inc.
515 East Boulevard Street
Bartow, FL 33830-3910

Phone: 863-533-0055 Email: polkseniorgames50@gmail.com

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 Polk Senior Games 2025, our 32nd 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. I am especially excited to announce the return of one of our most popular events – BAG TOSS. Our sincere thanks to Lake Region Village in Haines City for making this event available.

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 with us since the beginning when Publix founder “Mr. George” Jenkins became a fan of the Games. Homer and Annette Thompson joined us as a Silver Sponsor in 2017. The James W. Sikes Family is a 32-year Bronze Sponsor, joined by CPS Investment Advisors in 2002 and we are grateful for a new Bronze Sponsor, In Honor of Jamie Sikes. 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 every year – the event managers, the starters, the judges, the timers, the registration committee, and so many more. You will see them wearing the 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.

We look forward to another great year for the Games – and for you. We hope you will invite your senior friends and family to join you in the 2025 Games and to share your experience.

After the stresses of this past year – election, hurricanes, etc. – let's take time to enjoy life to the fullest. Here's to good sportsmanship, good health, good luck, and great fun in 2025.

Duane Hopkins, Board 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 22

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 2024 Outstanding Competitors
Janet Lamoureux and Gordon Wilson



Sponsored by

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

SCHEDULE OF EVENTS

Saturday, February 22

- 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, Debs Gym, Lakeland
- 1:00 PM Chess, The Estates At Carpenters, Lakeland

Sunday, February 23

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

Monday, February 24

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

Tuesday, February 25

- 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 26

- 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 27

- 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, February 28

- 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
- 2:00 PM Dancing, The Hamptons Golf & Country Club, Auburndale

Saturday, March 1

- 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

Sunday, March 2

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

Monday, March 3

- 8:30 AM Pickleball Women's Doubles, Solivita, Poinciana
- 9:00 AM Table Tennis, Haines City Community Center
- 9:00 AM Bag Toss, Women, Lake Region Village, Haines City
- 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, Lakeland
- 1:30 PM Billiards 8 Ball, All Women, Men 85-89, 90-94, 95-99
- 1:30 PM Bag Toss, Men, Lake Region Village, Haines City

Tuesday, March 4

- 8:30 AM Pickleball Men's Doubles, Solivita, Poinciana
- 9:00 AM Bowling, All Singles, Maple 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
- 1:30 PM Billiards 9 Ball, All Women, Men 85-89, 90-94, 95-99

Wednesday, March 5

- 8:30 AM Pickleball Mixed Doubles, Solivita, Poinciana
- 1:00 PM Bowling, All Doubles, Maple Lanes, Lakeland
- 1:00 PM Skeet Shooting, Imperial Polk Gun Club, Winter Haven

Thursday, March 6

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

Friday, March 7

- 9:00 AM Bowling, Mixed Doubles, Maple Lanes, Lakeland
- 9:00 AM Scrabble, Lake Morton Senior Living, Lakeland
- 12:00 PM Pepper, Sanlan RV & Golf Resort, Lakeland
- 1:30 PM Darts, Medulla Baptist Church, Lakeland

Saturday, March 8

- 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:

- Minimum age is 50 years on or before DECEMBER 31, 2025
- Age groups for individual determined by the age on DECEMBER 31, 2025
- Age groups for doubles, mixed doubles, and teams determined by the age of the youngest participant on DECEMBER 31, 2025
- Age groups in most events are five year increments (50-54, 55-59, etc.). See individual event information for exceptions.
- Age groups may be combined if the number of entries is not conducive for tournament play; however, medals awarded to each age group.

AGE CREDENTIALS:

- Questions about the opponent's age must be addressed at the event.
- Entrants must be able to provide age on a valid photo ID. If proof of age cannot be determined or if age is inaccurate, 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, WAIVERS AND FEES MUST BE RECEIVED BY FRIDAY, FEBRUARY 7, 5:00 PM. USE OVERNIGHT SERVICE IF NECESSARY.**
- 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 if you want to add an event or make a change.
- Participants may enter as many events as their schedule allows with the following exceptions: 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, pay fee and include partner's name.
- It is helpful if both partners' entry forms are received together.
- If one 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:

- Team Manager must submit the team fee and a completed Team Entry Form including each member's signature agreeing to Release of Liability.
- 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.

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 - \$35, Golf Mixed Doubles - \$35 per person; Pickleball - \$15 per event; Pistol Shooting - \$15; Rifle Shooting - \$15, Skeet Shooting - \$17, Trap Shooting - \$17, Sporting Clays - \$25.
- Team fees are Softball \$150; Basketball 3 on 3 \$60; Bowling Team \$44. Additional fees and team fees are not included in the \$37 maximum.
- Fees are non-refundable after the deadline.

CONFIRMATIONS:

- A confirmation letter will be sent to each entrant. If confirmation has not been received within a week, contact the office at 863-533-0055.

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, 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 entrant's first event.
- If 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 Games are over.
- Please wear 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 1st, 2nd and 3rd place finishers in each age group at the conclusion of each event.
- Medals not received at event may be picked up at office after Games.
- 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:

- Please bring your own camera for "that perfect shot". Polk Senior Games takes photos for its own use in media and publications.

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.

SMOKING/ALCOHOL:

- Smoking not allowed at indoor events, on golf carts or on school property.
- Alcohol is not allowed at events except where sold by a licensed venue.

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.

SAFETY AND HEALTH GUIDELINES:

- Participants must take personal responsibility by considering their own health risks when making decisions regarding participation and take actions to protect themselves.
- Guidelines are for all participants, spectators, volunteers, and staff:
 - Respect others' personal space.
 - You may choose to wear a mask indoors or at a time.
 - Participants should bring their own mask and hands sanitizer.
 - 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 reserves the right to alter these guidelines. Any updates will be posted on polkseniorgames.org and be shared with participants as possible.

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 PSG Executive Committee or designated representatives. The decision of the PSG 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).

FLORIDA SENIOR GAMES & NATIONAL SENIOR GAMES:

Polk Senior Games is sanctioned as a qualifier by the Florida Senior Games, presented by Humana. 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.polkseniorgames.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.

2025 FLORIDA SENIOR GAMES QUALIFIER SERIES

Dates Subject to Change

Delray Beach Senior Games	January 7 - 31
Gulf Coast Senior Games	January 18 - February 15
Lee County Senior Games	January 24 - March 9
Good Life Games	January 27 - April 22
Polk Senior Games	February 22 - March 8
Inverness Senior Games	February 1 - 28
Capital City Senior Games	February 26 - March 18
Port Orange Senior Games	TBD
The Villages Senior Games	April 18 - 27
Pensacola Senior Games	September 5 - 19
Gainesville Senior Games	September 19 - 28
Palm Coast & Flagler Beach Senior Games	September 12 - 24
Jacksonville Senior Games	TBD
Charlotte County Fit For Life Senior Games	October 1 - 31
Tampa Bay Active Life Games	October 6 - 17
Martin County Senior Games	October 17 - 25
Ormond Beach Senior Games	October 17 - 25
Golden Age Games	November 6 - 9
Villages of Pinecrest Senior Games	November 3 - 7
Cutler Bay Senior Games	November 13 - 21
Florida Senior Games	December 7 - 15

ARCHERY

Sponsored by The Frank and Mary Brooks Family

Date and Time: Saturday, March 8 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: Heath Baulac 863-370-2303

1. 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.
2. 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.
3. 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.
4. Tie breaker will be the highest number of "X" ring hits; then "10", then "9" etc.
5. Lawn chairs and bug repellent are suggested.
6. 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.
7. Archery is an "open" event at the Florida Senior Games. See page 8.

BAG TOSS (Cornhole)

Date and Time: Monday, March 3
Women 9:00 AM Men 1:30 PM
Parking, warm-up, check-in begins one hour before event
Limited parking within walking distance - remote parking requires golf cart shuttle
Site: Lake Region Village
31850 Highway 27, Haines City 33844
West side Hwy 27 between SR 544 and SR 542
Event Manager: Stevan Hill 330-808-1331

1. Tournament will be played on outdoor courts. Not wheelchair/walker accessible. Must walk through grass to courts. No seating available, bring lawn chairs.
2. Boards and bags will be provided and must be used by all participants.
3. All Women and Men 80 and over may throw from 25' or 27'. Men 50-79 must throw from 27'.
4. A double elimination tournament is planned. Everyone is guaranteed at least two games. A game will be a maximum of 8 frames or the first person to score 21 points. If the score is tied after 8 frames, an additional frame will be played to break the tie. The Event Manager reserves the right to change the format. Number of participants will be limited to 48 women and 48 men.
5. Additional rules will be mailed with confirmation letter.
6. Bag Toss is an "open" event at the Florida Senior Games. See page 8 for more information.

BASKETBALL SHOOTING

Sponsored by CORA - Physical Therapy

Date and Time: Wednesday, February 26 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: Shay Irvis 863-232-6419; Jennifer Nanek 863-678-4182 x 1254, 863-241-1016 Stephanie-Grace Lutton 863-589-2367

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.
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.
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 "qualifying" event for the Florida Senior Games. See page 8.

BASKETBALL 3 ON 3

Sponsored by Mas Verde Estates

Date and Time: Saturday, March 1 9:00 AM
Check-in 30 minutes before assigned game time
Site: Simpson Park Community Center
1725 Martin Luther King Jr Avenue, Lakeland 33805
Event Managers: Precious Greenidge 863-834-2574; Dave Queen 813-299-0410

1. Double elimination tournament is planned. Event Manager reserves the right to change format. If there is one team in age group, it will be combined with another age group and guaranteed two games. Teams receive medals in own age group.
2. Number of teams may be limited.
3. Games are played on half court. Competition balls will be provided.
4. Playing time is two 15 minutes halves with running clock & 5 minute intermission.
5. Team clothing must be of like design and color. Numbers on back are encouraged.
6. Teams must be one gender. Players may compete with only one team.
7. Age groups are 50+, 55+, 60+, 65+, 70+, 75+, and 80+ determined by the age of the youngest team player on December 31, 2025.
8. Team Manager must submit the team fee and completed "Team Entry Form" (page 24) including each member's signature agreeing to Release of Liability (page 28).
9. 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.
10. Registration and rules apply to non-playing personnel with the following exceptions: 1) Non-playing may represent more than one team in a sport, must be in different age divisions. 2) Non-playing not subject to age and gender requirements. 3) Players who compete on a team may serve as non-playing for additional teams provided the teams are in different age divisions.
11. The starting time of first game, bracket and Additional Rules will be sent to the team manager. NCAA rules apply (www.ncaa.org), except as modified.
12. Basketball 3 on 3 is an "open" event for Florida Senior Games. See page 8.

BILLIARDS

Sponsored by the Edward Jones office
of Greg West and Dylan Allen

Date and Time: Monday, March 3
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 1:30 PM
Tuesday, March 4
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 1:30 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, February 28
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, 2025 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 4 All Singles 9:00 AM
Wednesday, March 5 All Doubles 1:00 PM
Thursday, March 6 Mixed Team 1:00 PM
Friday, March 7 Mixed Doubles 9:00 AM
Check-in begins 45 minutes before start time
Site: Maple 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, 2025 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, 2025. 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

Sponsored by Westminster Lakeland

Date and Time: Friday, February 28 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 Managers: Carol Badley 863-666-8878
Ruth Robertson 705-641-9363

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, 2025 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 Commercial Services

Date and Time: Saturday, February 22 1:00 PM
Check-in between 12:00 PM and 12:30 PM
Site: The Estates At Carpenters
Chapel in Main Building
1001 Carpenters Way, Lakeland 33809
East of US Highway 98 N, north of I-4
Event Manager: 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

Date and Time: Wednesday, February 26
Doubles 8:30 AM
Singles 1:00 PM
Check-in begins 30 minutes before event
Site: Auburndale Civic Center
119 W Park St., Auburndale 33823
Downtown off Bartow Ave/Main St/SR 559
Event Manager: 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). In Doubles, partners are assigned and will change after each game.
3. Men and women are combined in five year age groups.
4. Age groups combine for play; however, medals are awarded in each age group.
5. 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: Friday, February 28 2:00 PM
Check-in and warm-up begins at 1:30 PM
Site: The Hamptons Golf & Country Club
1094 US Highway 92, Auburndale 33823
North side of Highway, west of Polk Parkway
Event Managers: 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, 2025 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 In Memory of Jean Eissman by the Eissman Family

Date and Time: Friday, March 7 1:30 PM
Check-in begins at 1:00 PM
Site: Medulla Baptist Church
3930 Old Road 37, Lakeland 33813
Corner of Old Road 37 and Terrace Way
Off South Florida, west of Wendy's Restaurant
Event Manager: 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 2 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 585-957-0386

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 1 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: Frank Brooks 863-293-5024, 863-512-1397
Terry Davis 863-344-2292

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 The Shupe Family

Date and Time: Thursday, February 27 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. **Tilapia may be taken home if desired (bring container) or they will be discarded at the event. Do not return tilapia to lake.**
8. Florida Fishing License Regulations apply. Florida residents under age 65 and all visitors are required to possess a Florida freshwater fishing license. Florida resident seniors age 65 or older are exempt from having a license with proof of age and residency. Complete information can be found on website <https://myfwc.com>.

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

Date and Time: Tuesday, February 25 Mixed Doubles 8:00 AM
Thursday, March 6 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 14 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, 2025.
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 \$35 per person per event must be paid when sending in entry form.
11. Participants may practice at Schalamar for the special rate of \$46 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 Smucker, In Memory of Larry Smucker & Dan DeRosa

Date and Time: Monday, February 24
Men 9:00 AM
Women 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 25 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 Shirt Shack

Date and Time: Friday, March 7 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

Date and Time: Monday, March 3 Doubles Women 8:30 AM
Tuesday, March 4 Doubles Men 8:30 AM
Wednesday, March 5 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 \$15 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, 2025 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 22 9:00 AM
Check-in and weigh-in between 7 and 8 AM
Site: Debs Gym
1128 East Main Street, Lakeland 33801
Corner of East Main and Lake Parker Avenue
Early Weigh-in: Friday, February 21, 4:00 - 6:00 PM
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)

Date and Time: Saturday, March 1 9:00 AM
Check-in begins at 8:00 AM
Site: Bartow High School Stadium
1270 South Broadway, Bartow 33830
Event Managers: Frank Brooks 863-293-5024, 863-512-1397
Terry Davis 863-344-2292

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

Date and Time: Saturday, March 8 8:30 AM
Check-in begins at 8:00 AM
Site: Bartow High School Stadium
1270 South Broadway Avenue, Bartow 33830
Event Managers: Jerry Welch 863-224-2613
Terry Davis 863-344-2292
Ralph Price 863-370-2821

1. Road Race 5K is a running race. There will be a 60 minute limit. Race clock will end at 60 minutes. The 5000 M Walk is available to enter on the same day.
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 was 18:55.95.

SCRABBLE
Sponsored by Lake Morton Senior Living

Date and Time: Friday, March 7 9:00 AM
Check-in between at 8:30 and 8:45 AM
Site: NEW VENUE
Lake Morton Senior Living
400 South Florida Ave, Lakeland 33801
Parking entrance is off Lime Street
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 23 2:00 PM
Check-in between 1:15 and 1:45 PM
Site: First Baptist Church, Bartow
410 East Church Street, Bartow 33830
Activity Center
Parking and Entrance at back of church off Boulevard St.
Event Managers: Ann Machold 863-255-0615
Julie Palas 304-549-5406

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 6 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: Hal Hare 863-583-4858

1. Shooters may enter one of two categories: With Optics or With Iron Sights.
2. A facility fee of \$15 must be paid when sending entry form and fees.
3. Notification of start time will be mailed. Call 863-583-4858 if notification is not received by Thursday, February 27. If unable to attend after receiving start time, call Event Manager, Hal Hare at 863-583-4858, 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. **Must have photo ID to participate at event.**
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 27 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 26 Trap 1:00 PM
Wednesday, March 5 Skeet 1:00 PM
Practice available between 9 am-12:30 pm; \$5 per round
Check-in begins 12:30 PM
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 \$17 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 - ONE TEAM PER FORM

Deadline - Must be RECEIVED at Polk Senior Games office by Friday, Feb 7, 5:00 PM

BASKETBALL - \$60 Roster - 3-10 Age group (circle): 50+ 55+ 60+ 65+ 70+ 75+ 80+

BOWLING - \$44 Roster - 4 Age group (circle) 50+ 60+ 70+ 80+

SOFTBALL - \$150 Roster - 11-20 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

	<u>Name</u>	<u>Age</u>	<u>Size</u>	<u>Read & Agree to Release of Liability Signature</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____
16.	_____	_____	_____	_____
17.	_____	_____	_____	_____
18.	_____	_____	_____	_____
19.	_____	_____	_____	_____
20.	_____	_____	_____	_____
21.	_____	_____	_____	_____
22.	_____	_____	_____	_____

ENTRY INSTRUCTIONS

Individual 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 7, 2025
Use overnight service if necessary.

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).

INDIVIDUAL ENTRY FORM - REMOVE ENTIRE SHEET FROM CENTER OF BOOK - ONE PERSON PER FORM - MUST BE RECEIVED BY FEBRUARY 7

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

First Name _____ MI _____ Last Name _____

Jan. Mailing Address _____

City _____ State _____ Zip _____

Phone _____ - _____ - _____ Email _____

Oct. Mailing Address _____

City _____ State _____ Zip _____

Birth Date (m/d/y) ____ / ____ / ____ Age you WILL BE on Dec 31, 2025 _____

Gender: Male Female T-Shirt (unisex): M L XL XXL XXXL

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

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

**DO NOT PROCEED WITH ENTRY BEFORE YOU READ & SIGN
RELEASE ON BACK OF FORM (OR PAGE 2)
ENTRY WILL NOT BE PROCESSED WITHOUT SIGNATURE AND FEE**

TEAM EVENTS - Include team name if entered on a team. Team Manager sends team form (pg 24)

BASKETBALL 3 ON 3 (see page 11)
Team Name _____

BOWLING MIXED TEAM (see page 13)
Team Name _____

SOFTBALL (see pages 30/31)
Team Name _____

ARCHERY - Choose only one event

_____ Barebow Recurve
_____ Compound Finger
_____ Compound Release
_____ Recurve

BAG TOSS

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

BILLIARDS

_____ Eight Ball
_____ Nine Ball

BOCCE

Partner _____

BOWLING

_____ Singles
_____ Doubles
Partner _____
_____ Mixed Doubles
Partner _____

BRIDGE, PARTY

Partner _____

CHESS

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

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

SHUFFLEBOARD

_____ Singles
_____ Doubles
Partner _____

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) CIRCLE # EVENTS AND FEE
Each event "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) MUST ADD FACILITY FEES

Archery	\$15	_____
Bowling	\$6 per event	_____
Golf Singles	\$35	_____
Golf Mixed Dbls	\$35	_____
Pickleball	\$15 per event	_____
Pistol Shooting	\$15	_____
Rifle Shooting	\$15	_____
Skeet Shooting	\$17	_____
Trap Shooting	\$17	_____
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 Central Florida Speech and Hearing Center**

Date and Time: Monday, February 24 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.polkseniorgames.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 25 Singles 9:00 AM
Wednesday, February 26 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, 2025 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 22 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, 2025.
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

Date and Time: Tuesday, February 25 2:00 PM
Check-in begins at 1:30 PM
Site: First Baptist Church, Bartow
Activity Center
410 East Church Street, Bartow 33830
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 1 1:00 PM
Sunday, March 2 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 3 and February 28 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 3 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, 2025 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 24 Singles begin
Tuesday, February 25 Doubles begin, Singles may continue
Wednesday, February 26 Doubles continue
Thursday, February 27 Mixed Doubles begin
Friday, February 28 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: Cy Smith 863-834-2374
Maureen Woodson 863-221-8019

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, 2025 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 863-834-2374 if notification is not received by Thursday, February 20 or if unable to attend after receiving start time 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 22
 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 8 (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
 Terry Davis 863-344-2292
 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.

2024 SPECIAL AWARDS

Outstanding Competitors

Janet Lamoureux
 Gordon Wilson

Oldest Competitor
 Margie (Joan) Harman
 97 Years

Stretch Awards
 Remarkable Records
 Leslie Bennet, Track
 Peggy Peck, Field Events
 Steve Oliva, Swimming
 Linda Fulton, Swimming
 Thomas Gompf, Swimming
 Ethel Lehmann, Track & Field

Most Represented
Senior Community (by %)
 1-200 lots

Oak Hammock Retirement
 Community, Bartow
 201+ lots
 Highland Fairways, Lakeland

Outstanding Event Managers

Janice Ferris
 Bocce

Mark Williams
 Chess

Nancye Thornberry
Outstanding Volunteer
Awards
 Jim Turner

Pickleball Volunteers

Best of Age Group

50-54 Brigitte Imperato
 Benjamin Buchanan

55-59 Jodie Brown
 Jeff Slaten

60-64 Janet Lamoureux
 Bill Holcomb

65-69 Linda Bradley
 Steve Pepe

70-74 Julie Palas
 Ian Larrier

75-79 Geraldine Fabb
 Robin Wickman

80-84 Carolyn Bolander
 Marty Barlow-Beighley
 Leslie Bennett

85-89 Martha Jenkins
 Gordon Wilson

90-94 Shirley Carnahan
 Carol Nenno
 Bill Janssen

95-99 Ethel Lehmann
 Earl Teskey

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



HORSESHOES
Winter Haven Horseshoes Club



SOFTBALL
Southwest Softball Complex, Lakeland



TRAP SHOOTING
Imperial Polk Gun Club



PUNT PASS AND KICK
Bartow High School



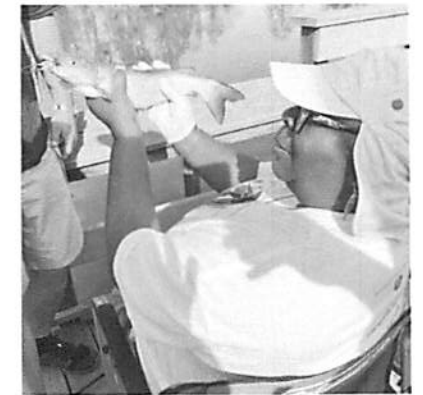
TRACK
All Saints Academy



SPORTING CLAYS
Tenoroc Shooting Center, Lakeland



PUBLIX VOLUNTEERS
AT FISHING



FISHING
Tenoroc Fish Management Area



TENNIS
Beerman Family Tennis Center



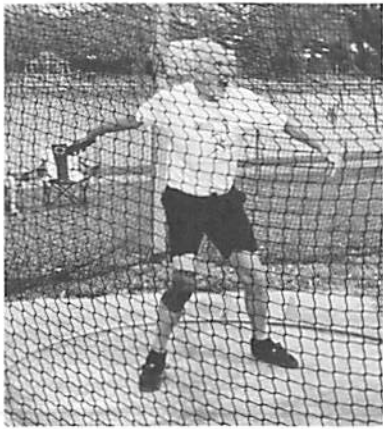
PICKLEBALL
Solivita Smashers Club



BOCCE
Carefree Country Club



SHUFFLEBOARD
Lake Parker Park, Lakeland



DISCUS AT FIELD EVENTS
Bartow High School



LONG JUMP AT FIELD EVENTS
Bartow High School



HIGH JUMP AT FIELD EVENTS
Bartow High School



JAVELIN AT FIELD EVENTS
Bartow High School



PUTT AND CHIP
Highland Fairways



GOLF
Schalamar Creek Golf Club

POLK SENIOR GAMES RECORDS

ARCHERY 600 Round			
Barebow Recurve , Women			
55-59	Gail Noland	28	2015
60-64	Gail Noland	40	2016
80-84	Anna Hartman	402	2018
85-89	Anna Hartman	266	2019
90-94	Anna Hartman	315	2024
Barebow Recurve, Men			
55-59	Gerald Nichols	340	2016
65-69	Gerald Nichols	429	2024
70-74	Lon Goodenow	393	2018
75-79	Frank Skvarek	445	2013
80-84	Roy Bowen	326	2019
85-89	Harry Lancaster	184	2017
Compound Finger, Men			
65-69	John Gauger	540	2013
70-74	John Gauger	529	2016
75-79	Carl Frank	506	2014
80-84	Roy Bowen	445	2016
Compound Release, Women			
50-54	Tressa Boyer	548	2019
55-59	Jacqueline Arthurs	528	2016
60-64	Rhonda Rex	541	2016
65-69	Rhonda Rex	553	2018
70-74	Hazel Grimes	538	2018
80-84	Barbara Steffens	84	2014
Compound Release, Men			
50-54	John Boyer	590	2019
55-59	Jeff Markey	581	2014
	James Powell	581	2017
60-64	Gary Rex	585	2014
	Jeff Markey	585	2017
65-69	Gary Rex	586	2015
70-74	Ronald Fulmer	577	2014
75-79	Richard Sokoloski	576	2013
80-84	Richard Sokoloski	568	2018
85-89	Jack Cason	544	2017
Recurve, Women			
60-64	Angie Olds	486	2013
65-69	Gail Noland	20	2024
70-74	Alice Prestin	19	2016
Recurve, Men			
50-54	Viatcheslav Oulianov	435	2018
55-59	Viatcheslav Oulianov	504	2019
60-64	Daniel Crawford	469	2024
65-69	Larry Michael	522	2013
70-74	Larry Michael	434	2018
75-79	Larry Michael	358	2024
85-89	Donald Noland	28	2018
BASKETBALL SHOOTING			
Free Throw Shooting, Women			
50-54	Diane Foli	22	2015
55-59	Cheryl McDermeit	24	2014
60-64	Patricia Ashby	28	2002
65-69	Chris Evans	28	2023
70-74	Charlotte Miller	25	2010
75-79	Claudette Braswell	26	2013
80-84	Claudette Braswell	21	2017
85-89	Dot VanFarowe	4	2018
Free Throw Shooting, Men			
50-54	Dennis Sweeney	28	2004
	Ronald Becton	28	2009
55-59	Dennis Sweeney	30	perfect 2006
60-64	Harry Carothers	30	perfect 2005
	William Oliver	30	perfect 2014
65-69	Harry Carothers	30	perfect 2011
	Garland Reynolds	30	perfect 2020
70-74	Peter Smith	29	2011
75-79	Andy McGuffin	29	2000
80-84	Andy McGuffin	30	perfect 2007
85-89	Andy McGuffin	27	2011
90-94	Andy McGuffin	28	2016

Spot Field Goal Shooting, Women			
50-54	Diane Foli	13	2017
55-59	Chris Evans	11	2015
60-64	Chris Evans	11	2019
65-69	Carol Waters	10	2013
70-74	Claudette Braswell	11	2010
75-79	Claudette Braswell	13	2015
80-84	Claudette Braswell	10	2018
85-89	Dot VanFarowe	2	2018
Spot Field Goal Shooting, Men			
50-54	Steve McDermeit	13	2006
55-59	Ronald Becton	14	2012
60-64	Harry Carothers	13	2006
65-69	Harry Carothers	13	2010
70-74	Harry Carothers	13	2015
	Thomas Smith	13	2024
75-79	Harry Carothers	12	2019
80-84	Andy McGuffin	13	2005
85-89	Andy McGuffin	13	2011
90-94	Andy McGuffin	14	2015
Timed Field Goal Shooting, Women			
50-54	Diane Foli	154	2015
55-59	Chris Evans	101	2015
60-64	Trish LeGros	86	2019
65-69	Carol Waters	114	2015
70-74	Claudette Braswell	111	2010
75-79	Claudette Braswell	101	2012
80-84	Claudette Braswell	87	2018
Timed Field Goal Shooting, Men			
50-54	Dennis Sweeney	111	2005
	Steve McDermeit	111	2005
55-59	Steve McDermeit	120	2014
60-64	Harry Carothers	127	2006
65-69	William Oliver	141	2015
70-74	Harry Carothers	110	2014
75-79	Harry Carothers	120	2019
80-84	Harry Carothers	145	2024
85-89	Andy McGuffin	120	2013
90-94	Andy McGuffin	125	2014
BOWLING Singles, Women			
50-54	Pamela Sprow	643	2011
55-59	Lisa McGraw	662	2016
60-64	Barbara Gnegy	713	2010
65-69	Barbara Gnegy	614	2012
70-74	Martha Evans	603	2011
75-79	Jo Wagner	551	2004
80-84	Machiko Gotsuco	539	2015
85-89	Betty Hall	502	2012
90-94	Lillian Webb	499	2007
95-99	Lillian Webb	426	2012
Singles, Men			
50-54	Salvador Trevino	741	2016
55-59	Stanley Sprow	803	2014
60-64	Bud Serletic	732	1996
65-69	Michael Moses	842	2023
70-74	Jimmy Coffman	768	2018
75-79	John Spencer	762	2014
80-84	Bruce Tohm	706	2013
85-89	Gil Rosenthal	625	2015
90-94	Garfield Sager	551	2011
95-99	Frank Farrington	474	2003
100-104	Frank Farrington	427	2008
Doubles, Women			
50-54	Pamela Sprow & Janis Caffee	1338	2013
55-59	Tina Peavy & Nadine Lewis	1249	2018
60-64	Barbara Gnegy & Carolyn Bass	1171	2009
65-69	Diane Downy & Barbara Gnegy	1199	2015
70-74	Terri Stein & Gloriann Dirkinson	1161	2018

75-79	Winnie Ball & Helen Weaver	1008	2001	80-84	David Chase	63' 10 1/2"	2010	90-94	Ethel Lehmann	32' 4"	2003
80-84	Irene Watson & Jo Ann Hamson	1111	2007	85-89	Ed Butters	3' 10"	2016	95-99	Lillian Webb	3' 10"	2016
85-89	Betty Hall & Irene Watson	879	2013	90-94	High Jump, Women		2013	95-99	Janet Lamoureux	3' 10"	2016
85-89	Betty Hall & Helen Snyder	734	2018	95-99	Barbara Cleveland	4' 2"	1989	95-99	Donald Winters	47.7%	2018
80-84	Irene Watson & Jo Ann Hamson	1111	2007	85-89	Ed Butters	3' 10"	2016	95-99	Donald Winters	47.7%	2018
60-64	Michael Turner & Chuck Thivierge	1334	2023	85-89	Ethel Lehmann	2' 10"	2018	85-89	Karlie Ezernis	33' 6 3/4"	2007
65-69	Chuck Thivierge	1334	2023	85-89	Ethel Lehmann	2' 10"	2018	85-89	Karlie Ezernis	33' 6 3/4"	2007
65-69	Chuck Cook & Charles Leak	1410	2004	80-84	Ethel Lehmann	2' 4"	2024	80-84	David Chase	27' 2"	2011
70-74	Fredrick Fronk & Clifford Beaumont	1340	2019	55-59	Adam Novak	5' 2"	2022	50-54	Karen Sapp	146' 3"	2003
75-79	Richard Coleman & Edward McNulty	1336	2024	60-64	Carlos Urrutia	5' 2"	2016	55-59	Sandy Chivares	144' 2"	2020
80-84	Gene Mabe & Peter Casella	1255	2018	70-74	Richard Lowery	4' 8"	2003	65-69	Erika Messner	126'	1988
85-89	Bruce Thom & Glenn Johnston	1078	2020	80-84	Richard Lowery	4' 7"	2010	75-79	Ethel Lehmann	120' 1"	2008
90-94	James Hunte & Gill Rosenthal	817	2018	80-84	David Chase	3' 2"	2010	80-84	Ethel Lehmann	75' 10"	2023
50-54	John Ramsey & Bruce DeVito	1357	2002	60-64	Peggy Peck	4' 2"	2019	60-64	Gary Winters	45' 6 1/2"	2003
55-59	Bud Sefatic & Tom Lee Burns	1329	2005	65-69	Peggy Peck	72' 10"	2019	60-64	Matt McGillion	213' 4"	2014
60-64	John Ramsey & Mary Ellen Wasley	1330	2004	70-74	Ethel Lehmann	68' 4 1/2"	2004	65-69	Howard Friedman	204' 8"	2024
65-69	Jo Ann Martinez & Richard Hill	1283	1986	80-84	Madelaine Cazel	69' 10' 1/4"	2017	75-79	Bill Karjane	159' 1"	2014
70-74	Teri Stein & Mel Lichtenberg	1334	2017	85-89	Ethel Lehmann	37' 9"	2024	80-84	Bill Karjane	147' 2"	2019
75-79	Rosa Schuler & Bruce Tohm	1179	2011	50-54	John Selesh	143' 7"	2001	95-99	Ed Butters	44' 5"	2003
80-84	Dolly Presh & Irene Watson	1102	2007	60-64	Rudy Viardingerbroek	141' 5 1/2"	2009	50-54	Janet Lamoureux	25' 1"	2016
85-89	Betty Hall & Everett Fleck	1055	2013	70-74	Matt McGillion	122' 8"	2024	60-64	Peggy Peck	25' 7"	2018
90-94	James Hunte & Betty Hall	913	2018	80-84	Don Miller	101' 10 1/2"	2018	70-74	Peggy Peck	24' 3 3/4"	2019
85-89	Evelyn Gregor & Carl Laubach	850	2008	80-84	David Chase	56' 3"	2014	80-84	Evelyn Whight	18' 10"	2012
Team Bowling	Just Rodin	2399	2017	50-54	Jodie Brown	12' 6"	2019	95-99	Ethel Lehmann	10' 8"	2020
50+	Cicero Carr Jr, Diane Downey			55-59	Barbara Cleveland	12' 9 1/2"	1989	Triple Jump, Men	Affred Leon	33' 10"	2015
60+	Lisa Potonczyk, Daniel Young			60-64	Barbara Cleveland	13' 3"	2003	Triple Jump, Men	Affred Leon	33' 10"	2015
60+	Bowling Bandits			65-69	Peggy Peck	10' 8 1/2"	2019	65-69	Affred Leon	36' 7"	2017
70+	Stanley Spro, Wanda Thomas	2428	2024	70-74	Peggy Peck	9' 10 1/2"	2024	60-64	Brian Hankerson	38' 1"	2023
	Peter Casella, Beverly Hines,			80-84	Ethel Lehmann	8' 4"	2006	65-69	Jose Ruiz	30' 2"	2020
	Gene Mabe, Monty Sours			85-89	Ethel Lehmann	6' 4"	2018	75-79	Bill Karjane	24' 8 3/4"	2008
				90-94	Lillian Webb	4' 8"	2008	80-84	Bill Karjane	22' 10 1/2"	2019
				95-99	Lillian Webb	4' 11"	2012	85-89	Bill Rothley	18' 4"	2018
				2003	Charles Jordan	16'	2010	90-94	David Chase	17'	2011
50-54	Karen Sapp	81' 8 1/2"	1984	50-54	Affred Leon	15' 6"	2016	FSHING			
55-59	Erika Messner	84' 8"	2022	60-64	Affred Leon	15' 6"	2022	50-54	Quandry		
60-64	Lisa Godin	84' 8"	2022	65-69	William Rothley	14' 1"	2000	55-59	Jeff Stalen	10	2019
65-69	Evelyn Whight	83' 7 1/2"	2010	70-74	Douglas Thomas	13' 5"	2019	55-59	Jeff Stalen	10	2019
75-79	Evelyn Whight	65' 8"	2012	75-79	William Rothley	12' 11"	2008	60-64	Rose Thornburgh	19	2008
80-84	Madelaine Cazel	63' 1"	2019	80-84	Bill Karjane	11'	2020	65-69	James Christan	62	2014
85-89	Madelaine Cazel	60' 1 1/2"	2024	85-89	Sid Duckman	9' 7"	2008	70-74	James Christan	35	2018
90-94	Ethel Lehmann	31' 3"	2020	90-94	David Chase	7' 9"	2012	75-79	Helen Gieshaber	23	2014
95-99	Ethel Lehmann	33' 11 1/2"	2024	Shot-put, Women				80-84	Tubby Hartson	10	2000
50-54	Gary Lane	139' 8"	1988	50-54	Diane Workum	30' 8"	2014	85-89	Bill Janssen	12	2019
55-59	Marc Volpe	134' 2 1/2"	2022	60-64	Erika Messner	31' 9 1/2"	1984	80-84	Bill Janssen	12	2019
60-64	Roland Jones	146' 1"	2018	60-64	Erika Messner	32' 8"	2000	95-99	Doris Jenkins	1	2019
65-69	Len Dirkin	157' 5 1/2"	1998	65-69	Erika Messner	28' 4"	2003	Length	Paul Dickey	1	2020
70-74	Guy Dirkin	133' 8"	2024	70-74	Peggy Peck	24' 10 1/2"	2024	60-64	Nancy Georges	80	2015
75-79	Donald Eagon	126' 3 1/2"	2022	80-84	Mibelaine Cazel	20' 5 1/2"	2019	60-64	Laure Schoepe	85	2018
80-84	Fred Weber	100' 2"	2022	85-89	Michel Lehmann	19' 7"	2018	60-64	Judy Parsons	80	2016
85-89	Don Miller	81' 2 1/2"	2022					60-64	Paul Dickey	80	2018

200 Yard Freestyle, Women		
50-54	Christine Germain	2:25.36 2015
55-59	Karen Westerman	2:17.90 2024
60-64	Patricia Bond	2:54:10 2000
65-69	Linda Fulton	2:40.52 2020
70-74	Linda Fulton	2:43.22 2024
75-79	Jean Troy	3:01.89 2006
80-84	Mary Tusa	3:43.68 2013
85-89	Beverly Myers	4:02.02 2020
90-94	Joyce Stipanuk	5:43.67 2017
200 Yard Freestyle, Men		
50-54	Stepan Oliva	2:03.84 2017
55-59	Brian Voisard	2:04.43 2009
60-64	Gaylord Hopkins	2:08.54 2003
65-69	Gaylord Hopkins	2:11.17 2006
70-74	Gaylord Hopkins	2:20.98 2011
75-79	Martin Schenk	2:48.23 2017
80-84	Mike Freshley	2:48.06 2023
85-89	John Cornell	3:46.16 2012
90-94	Lowell Heneveld	6:14.10 2013
95-99	Arland Meade	8:55.28 2010
500 Yard Freestyle, Women		
50-54	Karen Westerman	6:01.86 2020
55-59	Karen Westerman	6:02.78 2023
60-64	Patricia Bond	7:50.84 2002
65-69	Roxanne Olmsted	7:18.87 2016
70-74	Patricia Bond	7:40.60 2008
75-79	Jean Troy	8:30.40 2006
80-84	Mary Tusa	9:53.49 2013
85-89	Phyllis Goodlad	10:47.70 2017
500 Yard Freestyle, Men		
50-54	Brian Voisard	5:51.16 2005
55-59	Brian Voisard	5:36.18 2009
60-64	Brian Voisard	5:52.09 2011
65-69	Gaylord Hopkins	6:04.76 2006
70-74	Gaylord Hopkins	6:16.54 2011
75-79	Gaylord Hopkins	7:35.76 2017
80-84	Mike Freshley	7:54.67 2023
85-89	John Cornell	10:20.34 2012
90-94	Lowell Heneveld	16:28.76 2013
100 Yard Individual Medley, Women		
50-54	Karen Westerman	1:11.49 2020
55-59	Karen Westerman	1:12.81 2023
60-64	Wendy Duck	1:33.42 2005
65-69	Ann Guins	1:31.19 2020
70-74	Patricia Bond	1:35.01 2008
75-79	Jean Troy	1:41.29 2006
80-84	Jean Troy	1:49.52 2007
85-89	Beverly Myers	2:10.76 2020
100 Yard Individual Medley, Men		
50-54	Stepan Oliva	59.90 2019
55-59	Stepan Oliva	1:03.79 2024
60-64	Brian Voisard	1:08.66 2011
65-69	Brian Voisard	1:09.68 2019
70-74	David Jarvis	1:10.84 2018
75-79	Charles Weatherbee	1:27.69 2007
80-84	John Cornell	1:43.00 2008
85-89	Thomas Gompf	1:51.87 2024
200 Yard Individual Medley, Women		
50-54	Karen Westerman	2:35.93 2020
55-59	Karen Westerman	2:36.03 2023
60-64	Patricia Bond	3:23.19 2002
65-69	Wendy Duck	3:43.64 2011
70-74	Patricia Bond	3:27.05 2009
75-79	Beverly Myers	3:46.85 2010
80-84	Doris Prokopi	5:29.33 2015
200 Yard Individual Medley, Men		
50-54	Allen Sale	2:26.67 2012
55-59	Brian Voisard	2:25.61 2010
60-64	Brian Voisard	2:28.37 2011
65-69	Brian Voisard	2:33.45 2019
70-74	David Jarvis	2:56.75 2019
75-79	Thomas Gompf	3:32.19 2015
80-84	Mike Freshley	3:20.59 2023
85-89	Frank Tillotson	5:33.97 2000

TRACK

50 Meters, Women		
50-54	Andrea Collier	7.68 2018
55-59	Andrea Collier	7.49 2024
60-64	Johnnie Reid	7.29 2024
65-69	Carol Robertson	7.94 2023
70-74	Ethel Lehmann	9.51 2000
75-79	Ella Redpath	10.03 2024
80-84	Ethel Lehmann	10.34 2012
85-89	Ethel Lehmann	11.00 2015
90-94	Ethel Lehmann	12.58 2020
95-99	Ethel Lehmann	13.95 2024
50 Meters, Men		
50-54	Dian Edwards	6.76 2015
55-59	Jim Daniels	6.85 2024
60-64	Donald Amery	7.03 1997
65-69	Rod Lehman	7.31 2017
70-74	Rod Lehman	7.44 2022
75-79	Howie Sampson	7.96 2013
80-84	Leslie Bennett	8.47 2024
85-89	John Anoka	9.52 2004
90-94	John Anoka	10.85 2009
95-99	Ervin Szewczuga	15.74 2017
100-104	Arland Meade	27.39 2015
100 Meters, Women		
50-54	Ree Hawkins	13.76 2020
55-59	Andrea Collier	13.74 2024
60-64	Johnnie Reid	13.58 2024
65-69	Yvette Fox	14.90 2023
70-74	Ella Redpath	18.56 2017
75-79	Ethel Lehmann	18.74 2004
80-84	Ethel Lehmann	18.29 2012
85-89	Ethel Lehmann	21.50 2016
90-94	Ethel Lehmann	24.54 2020
95-99	Ethel Lehmann	28.63 2024
100 Meters, Men		
50-54	Oscar Fabra	12.35 2015
55-59	Oscar Fabra	12.23 2020
60-64	Rudy Briscoe	12.92 2017
65-69	Rudy Briscoe	13.28 2022
70-74	Douglas Thomas	14.03 2016
75-79	Howie Sampson	14.98 2014
80-84	Leslie Bennett	15.80 2024
85-89	John Anoka	17.85 2004
90-94	John Anoka	20.84 2009
95-99	Edwin Butters	46.38 2003
200 Meters, Women		
50-54	Ree Hawkins	28.76 2020
55-59	Sonder Hawkins	28.70 2022
60-64	Johnnie Reid	30.18 2023
65-69	Elizabeth Appleby	34.93 2024
70-74	Ethel Lehmann	38.59 2000
75-79	Ethel Lehmann	35.72 2005
80-84	Ethel Lehmann	43.57 2010
85-89	Ethel Lehmann	48.92 2016
90-94	Ethel Lehmann	55.94 2020
95-99	Ethel Lehmann	1:07.27 2024
200 Meters, Men		
50-54	Bobby Terrell	26.10 2004
55-59	Jim Daniels	27.11 2024
60-64	Rudy Briscoe	26.43 2017
65-69	Rod Lehman	27.76 2016
70-74	Rod Lehman	29.99 2022
75-79	Howie Sampson	32.12 2013
80-84	Leslie Bennett	33.68 2024
85-89	John Anoka	39.95 2004
90-94	John Anoka	44.17 2009
400 Meters, Women		
50-54	Andrea Collier	1:09.52 2018
55-59	Jocelyn Lowther	1:11.41 2013
60-64	Jocelyn Lowther	1:16.97 2015
65-69	Georgie Gillis	1:25.70 2011
70-74	Georgie Gillis	1:27.10 2017
75-79	Georgie Gillis	1:35.67 2022
80-84	Ethel Lehmann	1:48.83 2009

85-89	Ethel Lehmann	2:09.32 2016
90-94	Ethel Lehmann	2:20.50 2023
95-99	Ethel Lehmann	3:19.77 2024
400 Meters, Men		
50-54	Chris Scotto Divetta	58.97 2008
55-59	Oscar Fabra	1:00.68 2018
60-64	Rudy Briscoe	59.31 2018
65-69	Rod Lehman	1:05.63 2017
70-74	Leslie Bennett	1:09.17 2017
75-79	Leslie Bennett	1:12.05 2019
80-84	Leslie Bennett	1:16.69 2024
85-89	John Anoka	1:41.06 2005
90-94	John Anoka	2:01.61 2009
800 Meters, Women		
50-54	Julie Sands	2:51.02 2008
55-59	Julie Sands	2:53.70 2015
60-64	Leigh Barreto	3:00.97 2023
65-69	Georgie Gillis	3:15.31 2013
70-74	Georgie Gillis	3:18.63 2015
75-79	Georgie Gillis	3:40.81 2020
80-84	Ethel Lehmann	4:21.00 2009
85-89	Ethel Lehmann	3:51.03 2015
90-94	Ethel Lehmann	5:59.26 2020
95-99	Ethel Lehmann	7:03.12 2024
800 Meters, Men		
50-54	Dan Bergeson	2:19.20 2015
55-59	Jarrett Slaven	2:28.13 2000
60-64	Roger Chapman	2:30.40 2023
65-69	William Cason	2:40.34 2019
70-74	Leslie Bennett	2:47.51 2018
75-79	Leslie Bennett	2:55.97 2019
80-84	Leslie Bennett	3:05.56 2024
85-89	Gordon Johnson	4:33.73 2003
90-94	Jerome Burke	4:59.17 2013
1500 Meters, Women		
50-54	Julie Sands	5:49.19 2008
55-59	Mary Beth Freeman	6:24.00 2013
60-64	Janet Lamoureux	6:24.78 2024
65-69	Georgie Gillis	6:40.88 2011
70-74	Georgie Gillis	6:51.75 2017
75-79	Georgie Gillis	7:42.07 2022
80-84	Patricia Knudstrup	10:54.95 2020
85-89	Ethel Lehmann	11:15.79 2017
90-94	Ethel Lehmann	13:26.29 2022
1500 Meters, Men		
50-54	Tri Thornhill	5:00.34 2019
55-59	Jarrett Slaven	5:16.28 2000
60-64	Tom Prentice	5:21.09 2020
65-69	Tom Prentice	5:28.72 2024
70-74	Frank Brume	6:01.22 2011
75-79	Gordon Johnson	6:07.56 1994
80-84	Gordon Johnson	7:32.96 2000
85-89	Gordon Johnson	9:23.90 2003
90-94	Gordon Johnson	12:54.24 2008
WALKING, 1500 Meter, Women		
50-54	Marguerite Muller	10:46.92 2002
55-59	Janet Lamoureux	9:34.80 2023
60-64	Janet Lamoureux	9:54.17 2024
65-69	Sandy Gill	10:30.41 2011
70-74	Susan Bonzey	10:50.08 2024
75-79	Phyllis Goodlad	11:03.41 2003
80-84	Dorothy Johnson	12:04.00 2024
85-89	Alice Segar	11:55.83 2006
90-94	Alice Segar	12:44.37 2010
1500 Meters, Men		
50-54	Charles Ripstra	8:23.91 2003
55-59	Gus Ormrod Jr	8:29.73 2013
60-64	James Corbeil	8:52.38 2005
65-69	James Corbeil	8:25.21 2007
70-74	James Corbeil	9:09.30 2011
75-79	Gus Ormrod Sr	9:36.12 2005
80-84	Gus Ormrod Sr	9:30.00 2009
85-89	Gilbert Fair	12:35.59 2001
90-94	Gus Ormrod Sr	12:32.82 2019
95-99	Ervin Szewczuga	16:33.53 2017
5000 Meters, Women		
50-54	Janet Lamoureux	38:00.92 2018
55-59	Janet Lamoureux	32:12.28 2023
60-64	Janet Lamoureux	32:36.89 2024
65-69	Avis Pixley	36:40.30 2000
70-74	Patricia Priest	37:21.38 2008
75-79	Marlene Swartzfager	38:39.78 2016
80-84	Peggy Ostrander	41:33.35 2017
85-89	Alice Segar	40:11.45 2006
90-94	Alice Segar	42:11.28 2010
5000 Meters, Men		
50-54	Joseph Woznicki	31:51.61 2010
55-59	Gus Ormrod Jr	29:35.45 2013
60-64	James Corbeil	31:02.91 2005
65-69	James Corbeil	28:49.08 2007
70-74	James Corbeil	29:47.99 2011
75-79	Gus Ormrod Sr	33:16.43 2005
80-84	Gus Ormrod Sr	33:09.00 2009
85-89	Gordon Johnson	38:58.17 2005
90-94	Gus Ormrod Sr	44:05.43 2019
95-99	Oluf Jensen	1:01:50.0 1999

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!

SINCERE THANKS TO OUR MANY COMMUNITY PARTNERS

Advanced Spinal Care
All Saints Academy
American Legion Unit 8
American Online Giving
Patricia Ashby
Auburndale Civic Center
Auburndale Parks & Recreation
Avansa Insurance & Financial Services
Terry Ball
Bartow Chamber of Commerce
Bartow Civic Center
Bartow Community Healthcare Foundation
Bartow High School
Bartow Insurance Center
Bartow Parks, Recreation & Cultural Arts
Bartow Police Department
Beef O Brady
Beerman Family Tennis Center
Belton Hearing Aid Center
Kathleen Benn
Better Living for Seniors
Helen Borgwardt
Linda & Wally Bradley
Claudette Braswell
Brewlands Bar & Billiards North
Thomas Block
Frank and Mary Brooks
Adam Butler, WH Aquatics Supervisor II
Carefree Country Club
CarePlus Health Plans
Central Florida Archers
Dr Jay Mulaney, Central FL Eye Associates
Central Florida Health News
Central Florida Media Group
Central Florida Speech and Hearing Center
Dick Cheney
Chiropractic Center of Lakeland
Lisa Fellows-Coffey
Chuck Collier
Frank Collins
Comfort Keepers
Christine Coote
CORA Physical Therapy
CPS Group CPA's, PA
CPS Investment Advisors
Crowder Brothers Ace Hardware
Crown Awards
CVST - Carrollwood Village Swim Team
DailyRidge.com
Brad Dantzler & Andrew Stroud,
Raymond James & Associates
Ben Darby, Darby Law Group, PA
Debs Gym
Linda Diller
D-R Media
Edward Jones, Greg West & Dylan Allen
Eissman Family

John Ellis
Empath Hospice
Enterprise Florida
The Estates At Carpenters
Eye Specialists of Mid Florida
Fire Pros Commercial Services
First Baptist Church, Bartow
First Presbyterian Church, Lakeland
Bob Fitzgerald
Fleet Feet
Floral Lakes Social Club, Bartow
Carl Flores
Florida Health Insurance Exchange
Florida Southern College
Florida Sports Foundation
Foot & Ankle Associates
Four Corners News Sun
Linda Fulton
GFWC Jr Woman's Club of Lakeland
Carol Gandolfo
Peter Gebert
George W. Jenkins Fund, GiveWell
Nancy Georges
Githens State Farm Insurance
GiveWell Community Foundation Lakeland
John Glennon
Tonya & Drew Gold
Golf Etc
Good Shepherd and Cornerstone Hospice
Robert Hagenmaier
Haines City Parks & Recreation
Hall Communications
The Hamptons Golf & Country Club
Haven LKLD Magazine
Heath Funeral Chapel and Crematory
Highland Fairways
Highland Park Dental
Judy and Duane Hopkins
Imperial Polk Gun Club
Incredibowl Entertainment
Innovative Ink
Louis Irwin
J7 Sports Management, Joe Laughlin
Jim Williams Fence Company
Jim's Labor of Love
Kathleen Keen
Shannon Sikes Knapp and Richard Knapp
Jean Koch
Richard Kujan
Lake Gibson Village
Lake Hunter Herald
Lake Morton Senior Living
Lake Parker Park, Lakeland
Lake Wales Chamber of Commerce
Lake Wales Kirkland Gymnasium
Lake Wales News
Lakeland Chamber of Commerce

Lakeland Community Theater
Lakeland Family YMCA
Lakeland Parks, Recreation & Cultural Arts
Lakeland Rifle and Pistol Club
Lakeland Runners Club
Lakeland Shuffleboard Club
Lakeland Symphony Orchestra
The Ledger
Little Caesars
Lone Palm Golf Club
Magnolia Popcorn Company
Maple Lanes Lakeland
Mas Verde Estates
Melissa Maiel
Mail Processing
Kristy Matthews
Lorraine McAdams
McBroom's Stamps, Awards & Gifts
Medulla Baptist Church
Peter Mercado
Messiah Orthopedic Clinic
Mid Florida Community Services
Mid Florida Credit Union
Lawrence Milford
Beverly & Rich Mitchell
Cora Monroe
Mulberry Chamber of Commerce
News Chief
Paul O'Neill
Cheryl and Jim Orefice
Gus Ommrod
Lisa Palas
Julie Palas
Gus & Lisa Palas
Grace Page
PCF&D
Peggy Peck
Pelican's Nest Mobile Homes Sales
Edward Perez Jr
Pitch Perfect Roofing
Polk County Board of Commissioners
Polk County Communications Department
Polk County EMS
Polk County Parks & Recreation
Polk County PG-TV
Polk County Real Estate Services
Polk County School Board
Polk County Sports Marketing
Polk Theatre
Cecile Poulin
Janey Powell Family
Susan Prevatt
Frederick Pronk
Publix Super Markets
Publix Super Markets Charities
QualiMed Respiratory & Mobility
Rezilyent
Susan Riddle
Michael Riskin, CPA/PFS, CFP

Craig Roberts
Rotary Park, Winter Haven
RP Funding Center
RSVP - Retired Senior Volunteers
Sage Aging ElderCare Guide
Sanlan RV & Golf Resort
Schalamar Creek Golf & Country Club
Senior Fitness
Senior Helpers
Larry Sharpe
Shirt Shack
Shoot Straight Lakeland
The Shupe Family, Nancy and Ellen
Chris Sikes, In Memorial
James W Sikes Family
Simpson Park Community Center
Cy Smith
Linda Smucker
Solivita Club
Solivita Smashers Pickleball Club
Subaru Lakeland
SW & Westside Softball Complexes
Ralph Swiger
Trish Stark
Tenoroc Fish Management Area
Tenoroc Shooting Center
Linda Thacker
Homer & Annette Thompson Legacy
Town & Country Real Estate
Peter Turner
VIPcare
John Wardner
Water's Carwash
WellMed / Optum
Wendy's
Allen Westerman
Westminster Lakeland
Robin Wickman
Howard Wiggs
Deena Wilbur
Mark and Beverly Williams
Winter Haven Audiology
Winter Haven Chamber of Commerce
Winter Haven Dermatology
Winter Haven Horseshoe Club
Winter Haven Parks, Recreation & Culture
Winter Haven Sun
WoodmenLife
WHNR - 1360 AM, WKFL - 1170 AM,
WWAB - 1330 AM, WAVP - 1390
AM/107.5 FM, WZHR - 1400 AM/104.3
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
WLWF - 90.3 FM
WTWB - 1570 AM
WWBF - 1130 AM/102.9 FM

THANK YOU VOLUNTEERS - HEART OF THE GAMES



THANK YOU FOR 2024 IMPACT POLK GRANT

Keeping Our Seniors Active and Healthy

This project is funded through a grant from George W. Jenkins Fund within GiveWell Community Foundation.

THANK YOU FOR DONATIONS GIVEN IN MEMORY

Bruce Borgwardt
Elaine Chipman,
Mother of Linda Fulton
Francine Milford
Mary Jo Smith
Donnie Thacker
Linda VandenBosch
Rhoda, Sidney, Doris, Nancy, Ellie, Claudine, Frank

Maggie Chiarini
Jack Gebert
Sarah McKay
Chris Sikes
Larry Smucker
Edith Traina
Glynnie Wheeler

THANK YOU FOR DONATIONS GIVEN IN HONOR

Tonya & Drew Gold's 20th Anniversary
Kriselle Smikle, Daughter of Kristy Matthews
Deena Wilbur by Terry Ball

HOSPITALITY SPONSORS



LAKE GIBSON
VILLAGE
SENIOR LIVING COMMUNITY

vipcare 

empath
HOSPICE



MIDFLORIDA
Florida's community credit union

SUBARU
LAKELAND



FRIENDS OF THE GAMES SPONSORS

Better Living for Seniors
CarePlus Health Plans
In Memory of Frederick & Helen Pronk
Frank Collins
Little Caesars
Beltone Hearing Aid Center

SPIRIT OF THE GAMES SPONSORS

Jim Williams Fence Company
Lakeland Rifle & Pistol Club
Winter Haven Dermatology
Brad Dantzler & Andrew Stroud, Raymond James & Associates
Messieh Orthopedic Clinic
Howard Wiggs
Linda Diller
Good Shepherd and Cornerstone Hospice
QualiMed Respiratory and Mobility
Jonathan P. Mercado Annual Pickleball Tournament
Pitch Perfect Roofing
Town & Country Real Estate
Avansa Insurance & Financial Services

SPECIAL EVENTS SPONSORS

The Estates
AT CARPENTERS

Perfectly Planned for a More Carefree and Confident Retirement

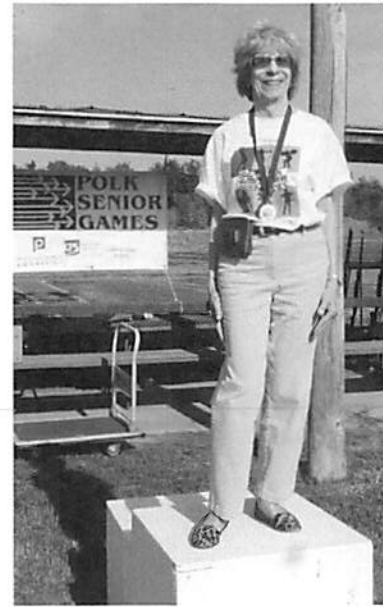
**Winter Haven
Audiology**



Westminster
Lakeland

Mas Verde
MOBILE HOME ESTATES, INC.

BRONZE SPONSOR



Chris Sikes
Lovingly Remembered
Dearly Missed

THE JAMES W. SIKES FAMILY

BRONZE SPONSOR

In Honor of Jamie Sikes



BRONZE SPONSOR



Investment Advisors