

BASKETBALL SHOOTING
Sponsored by CORA - Physical Therapy

Date and Time: Wednesday, March 4 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

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. **Basketball Shooting Additional Rules are available at www.polkseniorgames.org/sports.**
7. Basketball Shooting is "qualifying" event for the Florida Senior Games. See page 9.