

# POLK SENIOR GAMES

## REGISTRATION AND RULE BOOK



# February 28 - March 14, 2026

Register by paper entry in center of book or  
**NEW ONLINE REGISTRATION**  
at [www.polkseniorgames.org](http://www.polkseniorgames.org)  
Entry **MUST BE RECEIVED** by Friday, February 6

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



# SINCERE THANK YOU TO SILVER SPONSOR



## PUBLIX SUPER MARKETS **CHARITIES** 34 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**

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### **POLK SENIOR GAMES REGISTRATION & RULE BOOK**

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**Polk Senior Games, Inc.**

**515 East Boulevard Street**

**Bartow, FL 33830-3910**

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Email: [polkseniorgames50@gmail.com](mailto:polkseniorgames50@gmail.com)

Website: [www.polkseniorgames.org](http://www.polkseniorgames.org)

Polk Senior Games is a private non-profit organization.

## PRESIDENT'S WELCOME

Welcome to 2026 Polk Senior Games, our 33rd year of presenting a two-week series of Olympic-style sports and games for seniors age 50 and over. We remain steadfast in promoting friendly competition, highlighting the abilities of seniors, providing a safe and social opportunity for seniors, encouraging health and wellness, improving the quality of life, and supporting the spirit of giving and volunteering in our community.

*This year we are excited to introduce something **NEW - the ease and convenience of online registration**. I encourage you to take advantage of it to enhance your Games experience. Details can be found in the General Rules and Entry Instructions in this booklet or on the website [www.polk seniorgames.org](http://www.polk seniorgames.org). With this beneficial update - and continuing to provide the high-quality experience you expect - comes a modest increase in registration fees. We understand no one enjoys paying more, but we believe it will be worth it and not enough to diminish the opportunity to make new friendships, showcase your abilities and simply to have a good time. That's what the Games are all about!*

Please take a moment to look at the names of the **Sponsors** listed in this booklet. Without their generous support, the Games would not be possible. We hope you will use their services when you can - or simply reach out with a heartfelt "thank you."

And don't forget to thank your volunteers, easily recognized in their yellow shirts, at your events. Each year more than 600 volunteers - event managers, starters, judges, timers, registration staff, and many others - give their time and energy to make the Games a success. Their dedication ensures your experience is safe, organized, and enjoyable.

We look forward to another great year of the Games - and to sharing it with you. Invite your senior friends to join you in the 2026 Games and share this fun, friendly, and unforgettable experience.

**Thank you for being a part of the Polk Senior Games tradition.  
We can't wait to see you in action!**

**Duane Hopkins, Board President**

Start your Games by Attending the  
**OPENING CEREMONY**  
Renew Friendships - Visit and Thank  
Sponsors - Pick Up Free Goody Bag,  
Sponsor Giveaways, Ticket to Win Door  
Prize - Watch Exciting Track Races -  
Have Fun!

**SATURDAY, FEBRUARY 28**

**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 2025 Outstanding Competitors  
Linda Bradley and Robin Wickman



**Sponsored by**  
**The Estates at Carpenters**



# SCHEDULE OF EVENTS

## **Saturday, February 28**

- 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 Shuffleboard Singles, Lake Parker Park, Lakeland
- 9:00 AM Powerlifting, Debs Gym, Lakeland
- 1:00 PM Chess, The Estates at Carpenters, Lakeland

## **Sunday, March 1**

- 9:00 AM Shuffleboard Doubles, Lake Parker Park, Lakeland
- 2:00 PM Senior Smarts, First Baptist Church Bartow

## **Monday, March 2**

- 8:00 AM Tennis Singles begins, Beerman Tennis Center, Lakeland
- 10:00 AM Putt & Chip, Women, Highland Fairways, Lakeland
- 1:00 PM Putt & Chip, Men, Highland Fairways, Lakeland
- 1:00 PM Sporting Clays Shooting, Tenoroc Shooting Center, Lakeland
- 1:00 PM Bowling, Singles, Maple Lanes, Lakeland

## **Tuesday, March 3**

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

## **Wednesday, March 4**

- 8:00 AM Tennis Doubles continues, Beerman Tennis Center, Lakeland
- 8:30 AM Cribbage Doubles, Simpson Park Community Center, Lkland
- 9:00 AM Basketball Shooting, Kirkland Gymnasium, Lake Wales
- 1:00 PM Trap Shooting, Imperial Polk Gun Club, Winter Haven
- 1:00 PM Cribbage Singles, Simpson Park Community Center, Lkland

## **Thursday, March 5**

- 8:00 AM Tennis Mixed Doubles begins, Beerman Tennis Center
- 8:30 AM Fishing, Tenoroc Fish Management Area, Lakeland
- 9:00 AM 5-Stand Shooting, Tenoroc Shooting Center, Lakeland
- 1:00 PM Rifle Shooting, Lakeland Rifle & Pistol Club, Lakeland
- 1:00 PM Bowling, Doubles, Maple Lanes Lakeland

## **Friday, March 6**

- 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 7**

- 9:00 AM Field Events/Punt Pass Kick, Bartow High School Stadium
- 1:00 PM Swimming, Chain O' Lakes Complex, Winter Haven

### **Sunday, March 8 (Daylight Saving Time begins)**

- 9:00 AM Swimming, Chain O' Lakes Complex, Winter Haven
- 2:00 PM Euchre, Bartow Civic Center

### **Monday, March 9**

- 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,  
Brewlands North, Lakeland
- 1:30 PM Bag Toss, Men, Lake Region Village, Haines City

### **Tuesday, March 10**

- 8:30 AM Pickleball Mixed Doubles, Solivita, Poinciana
- 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, Lakeland
- 1:30 PM Billiards 9 Ball, All Women, Men 85-89, 90-94, 95-99  
Brewlands North, Lakeland

### **Wednesday, March 11**

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

### **Thursday, March 12**

- 8:30 AM Golf Singles, Schalamar Creek Golf Club, Lakeland
- 8:30 AM Pickleball Men's Doubles, Solivita, Poinciana
- 9:00 AM Pistol Shooting, Shoot Straight, Lakeland

### **Friday, March 13**

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

### **Saturday, March 14**

- 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, 2026
- Age groups for individual determined by the age on DECEMBER 31, 2026
- Age groups for doubles, mixed doubles, and teams determined by the age of the youngest participant on DECEMBER 31, 2026
- 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 will be awarded to each age group.

## AGE CREDENTIALS:

- Age challenges must be resolved at the event.
- Entrants must be able to show valid photo ID as proof of age.
- False or unverifiable age may result in ejection or disqualification.

**RESIDENCY:** There is no residency requirement.

**PROFESSIONAL ATHLETES:** A person is ineligible to compete in any sport in which they previously competed as a professional until 20 years have passed since their last professional competition. A professional is defined as someone who competes for money as their primary source of income. Individuals who earn only small cash prizes or who are Instructors/teachers are not considered professional athletes.

## REGISTRATION:

- Pre-registration required (online or paper).
- Participants may compete once per event.
- Participants may enter as many events as their schedule allows with the following exceptions: Archery - 1 of 5 events; Tennis - 2 of 3 events.  
Check schedule of events for conflicts.
- **NEW ONLINE REGISTRATION IS ENCOURAGED. Visit website [www.polkseniorgames.org](http://www.polkseniorgames.org). Read the instructions and follow steps.**
- Paper Individual Entry Form and the Softball Team Entry Form are in the middle of book. Do **not** send a second form - call for changes/additions.
- A confirmation and a receipt for payment **will be emailed once the entry process has been completed.** Contact Polk Senior Games at 863-533-0055 if the emails have not been received within a week.

## REGISTRATION DEADLINE:

- **FRIDAY, FEBRUARY 6**
- Online ends at 11:59 PM ET. Paper entry ends at 5 PM in Bartow office..
- No entries will be accepted after the deadline. USE ONLINE OR OVER NIGHT MAIL SERVICE IF NEEDED. Polk Senior Games assumes no liability for incorrect entries or entries not received by deadline. It is the responsibility of entrant to assure their entry is received by deadline.

## PARTNERS:

- Entrants may compete with only one partner per event. Each partner must submit an entry, pay fee and include partner's name and information.
- If using paper entry, it is helpful if both entry forms are mailed together.
- If one registered partner cannot attend, another eligible person may be substituted at the event with approval by the Event Manager and completing a Substitute Form. One player must be an original partner.

## **SOFTBALL AND BOWLING TEAM REGISTRATION:**

- **Softball: Final acceptance of an entry depends on the number of entries received in an age group.**

**Online or Paper** - The Team Manager must register the Team with a roster of 11 minimum players (18 max) and pay the team fee of **\$198**.

- The Official Roster/Release Form (emailed to Team Manager after registering) must be submitted at check-in on the day of the Event with any changes and all member's signatures agreeing to Release of Liability
- Team members must register as an individual only if they are entering events other than Softball. It is helpful in processing, if the Individual Form is submitted after the Team Manager has submitted the team entry.

- **Bowling:**

**Online** - The Team Manager must register first and create the team including adding themselves to the team. Then the other members must register and join the created team. Each member pays their own fees.

**Paper - Each member must submit an Individual Entry form.**

Check Bowling Mixed Team (and any other events they wish to enter) and add the Team Name, Age Group and Team Manager name. Each member must pay their own fees and read/sign a Release of Liability. The Team Manager's entry must be processed before any member can be registered for the team. Turn in all four entries together, if possible.

## **FEES AND REFUNDS:**

- Base registration fee is \$13. Each event is \$6. Each event "checked" counts as an event.
- Participants may enter as many events as desired, avoiding conflicts and restrictions, and pay no more than \$55 in entry fees. Additional facility fees and softball team fees are not included in the \$55 maximum.
- Additional facility fees, are required for Archery - \$15, Bowling - **\$7.50 per event**, Golf Singles - **\$40**, Golf Mixed Doubles - **\$40** per person; Pickleball - \$15 per event; Pistol Shooting - \$15 **per event**; Rifle Shooting - \$15, Skeet Shooting - \$17, Trap Shooting - \$17, Sporting Clays - \$25, **5-Stand - \$25**. The Softball Team fee is **\$198**.
- **Polk Senior Games has a NO REFUND policy.**

## **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.**

**MEDALS:** Entrant must participate (and have a score if applicable) to be eligible for medals. 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 an event may be picked up at the Polk Senior Games office after the Games are over.

## **SPECIAL AWARDS:**

- Special awards for “best of age group” and “outstanding male and female Competitors” (based on a 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 only takes photos for its own use in media and publications.

## **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:**

- Insurance is the responsibility of each participant. Every participant should be sure to have proof of insurance at events.
- **Each participant must read, sign, and date the Release of Liability.**

## **SAFETY AND HEALTH GUIDELINES:**

- It is highly advised to be physically capable and experienced in a sport. Unsafe or unskilled participants may be denied competition.
- Participants are responsible for considering their own risks and taking steps to protect themselves.
- Applies to all: participants, spectators, volunteers, and staff.
  - Respect others' personal space.
  - Masks are optional; bring your own mask and hand sanitizer.
  - Bring your own equipment when possible.
  - Seating is limited - consider bringing a lawn chair.
  - In case of lightning, seek shelter or return to your vehicle.
  - Do not attend if you feel unwell, have covid/flu symptoms, are awaiting results, told to isolate, or have tested positive.
- Guidelines may change; updates will be posted at [polkseniorgames.org](http://polkseniorgames.org).

## **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).

## 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.

## 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.polk seniorgames.org](http://www.polk seniorgames.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](http://www.floridaseniorgames.com).

## 2026 FLORIDA SENIOR GAMES QUALIFIER SERIES

Dates Subject to Change

Delray Beach Senior Games	January
Gulf Coast Senior Games	January 17 - February 21
Lee County Senior Games	January 23 - March 29
Good Life Games	January 26 - April 21
Inverness Senior Games	February 7 - March 7
Capital City Senior Games	February 25 - March 17
<b>Polk Senior Games</b>	<b>February 28 - March 14</b>
Port Orange Senior Games	April
The Villages Senior Games	April 16 - 26
Pensacola Senior Games	September 11 - 25
Gainesville Senior Games	September
Palm Coast & Flagler Beach Senior Games	September
Jacksonville Senior Games	TBD
Charlotte County Fit For Life Senior Games	October 1 - November 2
Tampa Bay Active Life Games	October
Martin County Senior Games	October 16 - 23
Ormond Beach Senior Games	October
Golden Age Games	November 5 - 8
Villages of Pinecrest Senior Games	November 2 - 6
Cutler Bay Senior Games	November
<b>Florida Senior Games</b>	<b>December 6-14</b>

You may still register using the paper entry form  
in center of the booklet.

However, we encourage you to try the  
**NEW ONLINE REGISTRATION SYSTEM**  
at [www.polkseniorgames.org](http://www.polkseniorgames.org).

All entries **MUST BE RECEIVED** by Friday, February 6.  
Online registration ends at 11:59 PM ET, and paper  
entries must arrive at the Bartow office by 5 PM.  
No entries will be accepted after the deadline.

### ARCHERY

**Sponsored by The Frank and Mary Brooks Family**

Date and Time: Saturday, March 14 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 registering. Participants choose one event: Compound Finger, Compound Release, Recurve, Barebow Recurve, or **3D**. Events will run simultaneously.
2. There is a limit of 50 shooters in the **600 round** Target event. Categories are Compound Finger, Compound Release, Recurve, Barebow Recurve. 60 arrows will be shot as follows: 20 arrows (4 ends of 5 arrows) from distances of 60, 50 & 40 yards. Tie breaker is highest number of "X" ring hits; then "10", then "9" etc.
3. **New Event: 3D Archery - There will be a limit of 50 shooters in 3D Archery. Compound shooters will have a max distance of 40 yards. Recurve/Barebow shooters will have a max of distance of 25 yards. Ties will be broken by the numbers of "12s" shot. Categories, determined at check-in, are: Compound Finger, Compound Release, Recurve, Barebow Recurve. Events will run simultaneously.**
4. 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.
5. Lawn chairs and bug repellent are suggested.
6. National Archery Association ([usarchery.org](http://usarchery.org)), National Field Archery Association ([nfaa-archery.org](http://nfaa-archery.org)) and Florida Archery Association ([floridaarchery.org](http://floridaarchery.org)) rules apply, except as modified.
7. **Archery Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**
8. Archery is an "open" event at the Florida Senior Games. See page 9.

**BAG TOSS (Cornhole)**  
**Sponsored by Phyllis and Richard Newton**

Date and Time: Monday, March 9  
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. **Lunch concession will be available.**
2. Tournament will be played on outdoor courts. Not wheelchair/walker accessible. Must walk through grass to courts. No seating available, bring lawn chairs.
3. Boards and bags will be provided and must be used by all participants.
4. All Women and Men 80 and over may throw from 25' or 27'. Men 50-79 must throw from 27'.
5. 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.
6. **Bag Toss Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**
7. Bag Toss is an "open" event at the Florida Senior Games. See page 9.

**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](http://www.polkseniorgames.org/sports).**
7. Basketball Shooting is "qualifying" event for the Florida Senior Games. See page 9.

## BILLIARDS

Sponsored by Edward Jones office of Greg West and Dylan Allen

Date and Time: Monday, March 9  
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 10  
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 will be limited to 16 per age group.**
2. No outside food or drinks allowed. Food and drink available for purchase.
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](http://www.bca-pool.com)) rules apply, except as modified.

## BOCCE DOUBLES

Sponsored by Kathleen Benn

Date and Time: Friday, March 6  
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, 2026 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. Seating is limited. Bring lawn chair if desired.
7. **Bocce Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**

## BOWLING

### Sponsored by Jay Mulaney, MD, Central Florida Eye Associates

Date and Time: Monday, March 2 Singles 1:00 PM  
Thursday, March 5 Doubles 1:00 PM  
Wednesday, March 11 Mixed Doubles 1:00 PM  
Friday, March 13 Mixed Team 1:00 PM  
Check-in begins 45 minutes before start time

Site: Maple Lanes Lakeland  
4318 US Highway 98 North, Lakeland 33809  
Behind Wawa

Event Manager: Frank Collins 863-221-3386

1. A facility fee of **\$7.50** per event must be paid when registering.
2. Singles, Doubles, Mixed Doubles: The age of the younger partner on December 31, 2026 determines the age group. Age groups are in five-year increments.
3. Mixed Team: A team must be 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, 2026.
4. **Online entry:** The Team Manager must register first and create the team including adding themselves to the team. Then the other members must register and join the created team. Each member pays their own fees.  
**Paper entry:** Each member of the team must submit an Individual Entry form and Check Bowling Mixed Team (and any other events they wish to enter) and add the Team Name, Age Group and Team Manager name. Each member must pay their own fees and sign a Release of Liability. The Team Manager's entry must be processed before any member can be registered. Turn in all four entries together, if possible.
5. Participants are encouraged to bring their own balls and shoes; however, balls and shoes will be available at no extra cost.
6. Tournament will be based on scratch scores and the total score of three games will determine winners. State Games require scratch scores for qualification.
7. Ties broken by highest single game score.
8. U.S. Bowling Congress rules apply ([www.bowl.com](http://www.bowl.com)), except as modified.
9. Equipment must meet U.S. Bowling Congress specifications.
10. Bowling is a "qualifying" event for the Florida Senior Games. See page 9.

## BRIDGE - PARTY

Date and Time: Friday, March 6 1:00 PM  
Check-in begins at 12:15 PM

Site: Sanlan RV & Golf Resort Recreation Center  
3929 US Highway 98 South, Lakeland 33812  
South of Polk Parkway on west side of Highway

Event Manager: Carol Badley 863-666-8878

1. Entrants must know how to play Bridge to register for event.
2. Partners may be of same or opposite gender.
3. The age of the younger partner on December 31, 2026 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.

**CHESSE**  
**Sponsored by Fire Pros Commercial Services**

Date and Time: Saturday, February 28 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. U.S. Chess Federation (uschess.org) rules apply, except as modified.

**CRIBBAGE**  
**Sponsored by WoodmenLife**

Date and Time: Wednesday, March 4  
Doubles 8:30 AM  
Singles 1:00 PM  
Check-in begins 30 minutes before event  
Site: **NEW VENUE**  
**Simpson Park Community Center**  
**Multi-Purpose Room**  
**1725 Martin Luther King Jr Avenue, Lakeland 33805**  
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. **Number of entries will be limited.**
5. Age groups combine for play; however, medals are awarded in each age group.
6. Winners are determined by points after seven games. Ties broken by games won, then spread points.
7. You may bring a bag lunch if you are playing both sessions. The time to go out to lunch is limited.
8. 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 Home Advisors Team**

Date and Time: Friday, March 6            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, 2026 in all other dances.
2. Social dances: Jitterbug, Polka, Country Two-Step require a partner. 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 13            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.



**FISHING**  
**Sponsored by Dean Shupe Family**

Date and Time: Thursday, March 5 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>.

**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!**

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

Date and Time:      Tuesday, March 3              Mixed Doubles              8:00 AM  
                                  Thursday, March 12              Singles                              8:30 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. **If one rain date is needed, it will be March 20. If both rain dates are needed, Mixed Doubles will be on March 20 and Singles will be on March 26.**
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, 2026.
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 **\$40** 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 email. For information contact Bryan Richard at 863-665-0185 ext 1.
12. United States Golf Association ([www.usga.org](http://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 9.

**GOLF, PUTT & CHIP**  
**Sponsored by Chiropractic Center of Lakeland and**  
**Linda Smucker, In Memory of Larry Smucker & Dan DeRosa**

Date and Time:      Monday, March 2  
                                  **Women**                              **10:00 AM**  
                                  **Men**                                      1:00 PM  
                                  Check-in begins 45 minutes before start time

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

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

1. **Check-in and other activities usually done inside will be moved outdoors. Bring a lawn chair if needed. No lunch concession will be offered.**
2. Participants must provide their own clubs and at least three golf balls.
3. Three attempts will be allowed in each event.
4. Best single ball closest to the hole will determine winner. Ties broken by playoff.
5. Medals will be awarded by age groups in both Putting and Chipping.
6. United States Golf Association ([usga.org](http://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, March 3 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](http://horseshoepitching.com)) rules apply, except as modified.
7. Horseshoes is an "open" event for Florida Senior Games. See Page 9 for more information.

**PEPPER**  
**Sponsored by Regal Automotive Group**

Date and Time: Friday, March 13 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. **Pepper Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**

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

## PICKLEBALL Sponsored by Solivita Club

Date and Time:      Tuesday, March 10      Mixed Doubles      8:30 AM  
                                 Wednesday, March 11      Doubles Women      8:30 AM  
                                 Thursday, March 12      Doubles Men      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:      Carol Fullerton 301-643-4437

1. A facility fee of \$15 per person per event must be paid when registering.
2. **There is a two-step process for Pickleball registration. After registering for pickleball events by paper or online, watch for an email with a code to also enter your information on [pickleballtournaments.com](http://pickleballtournaments.com).**
3. **This is non-skill level tournament; however, your skill level, cell number and email is required for use in seeding and communication purposes.**
4. Some seating is available. Bring a lawn chair if desired.
5. Participants must provide their own paddles, which must meet USA Pickleball standards. Tournament balls (Franklin X-40) will be provided. Shirts may **not** be a color similar to the ball color.
6. Format: A pooled, round robin tournament is planned. Each entrant will play a minimum of 4 games to 15 points, win by 2. The top two winning teams (minimum) from each pool will advance to a single elimination medal round (first team to 15 points, win by 2). Event Manager reserves the right to modify format.
7. The age of the younger partner on December 31, 2026 determines the age group. Age groups may be combined for play, however medals will be given by age group.
8. USA Pickleball and International Pickleball Federation rules apply unless modified.
9. Pickleball is a “qualifying” event at the Florida Senior Games. See page 9.

## POWERLIFTING Sponsored by Highland Park Dental

Date and Time:      Saturday, February 28      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 27, 4:00 - 6:00 PM (optional)**

Event Managers:      Deb Callahan 863-683-9300  
                                 Scott Lamb 863-662-0887

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](http://usapowerlifting.com)) rules apply, except as modified.
8. Powerlifting is an “open” event at the Florida Senior Games. See page 9.

**ROAD RACE 5K**  
**Sponsored by Foot & Ankle Associates, Dr Werd, Dr Patel**

Date and Time: Saturday, March 14 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  
Emmanuel Dones 863-393-3603  
Ralph Price 863-370-2821

1. Road Race 5K is a running race. 60 minute limit- race clock will end at 60 minutes.
2. All age groups will run simultaneously.
3. A 3.1 mile paved street course will be used.
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 Additional Rules and a map of the course are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**
8. Road Race 5K is an "open" event at the Florida Senior Games. See page 9.

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 13 9:00 AM  
Check-in between at 8:30 and 8:45 AM  
Site: Lake Morton Senior Living  
400 South Florida Ave, Lakeland 33801  
Parking and 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. **Number of entries will be limited.**
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 deluxe 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 Nancey and Rudy Thornberry**

Date and Time: Sunday, March 1 2:00 PM  
Check-in between 1:15 and 1:45 PM  
Site: First Baptist Church, Bartow  
410 East Church Street Bartow 33830  
Ministry Center  
Parking and Entrance at back of church off Boulevard Street  
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 CPS Investment Advisors**

Date and Time: Thursday, March 12 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 any or all events.** A facility fee of **\$15 per event** must be paid when registering. **Events are:**  
**Centerfire Pistol, Iron Sights, barrel 5 inches or less**  
**Centerfire Pistol, Optical Sights, barrel 5 inches or less**  
**22 Rimfire, any sights, barrel 3 inches or less.**
2. Age groups for men and women are in ten year increments: 50-59, 60-69, etc.
3. Notification of start time will be mailed. If not received or you are unable to attend after receiving start time, call Event Manager Hal Hare at 863-583-4858.
4. A MANDATORY SAFETY MEETING will be held 15 minutes before assigned start time. Shooters must have previous experience.
5. Must have photo ID to participate at event.
6. Shooters must provide their own ammunition and concealed carry type pistol.
7. **Firearms may not be shared with another shooter on the same relay.**
8. Equipment may be inspected and participation denied if equipment is deemed unsafe. Any unsafe behavior will be grounds for disqualification.
9. Eye and hearing protection is required when entering firing lines.
10. A match is 30 shots fired in three stages: 1. Slow Fire, 10 shots (loading 5 at a time) at 10 yards in 5 minutes; 2. Timed Fire, 2 separate 5-shot strings at 5 yards, 20 seconds pr string; 3. Rapid Fire, 2 separate 5-shot strings at 5 yards, 10 seconds per string. B-29 targets will be distributed on the range.
11. **Pistol Shooting Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**

**SHOOTING - RIFLE**  
**Sponsored by Lakeland Rifle and Pistol Club**

Date and Time: Thursday, March 5 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 registering.
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. **Rifle Shooting Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**

**SHOOTING - SKEET & TRAP**  
**Skeet Sponsored by Winter Haven Audiology,**  
**An Aspire Hearing Company**  
**Trap Sponsored by LH Travis**

Date and Time: Wednesday, March 4 Trap 1:00 PM  
Wednesday, March 11 Skeet 1:00 PM  
Practice available 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 registering.
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.
10. **Skeet and Trap Additional Rules are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**



## INDIVIDUAL ENTRY FORM: PART 1 of 3

Read NEW Entry Instructions Below - ALL requested information MUST be completed to process

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

First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

Birth Date (m/d/y) \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age you **WILL BE** on Dec 31, 2026 \_\_\_\_\_

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

Emergency Contact (required)

Name \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Do you live in a "senior community"? Which one? \_\_\_\_\_

## INDIVIDUAL REGISTRATION INSTRUCTIONS

### OPTION 1) NEW ONLINE REGISTRATION

Visit [www.polkseniorgames.org](http://www.polkseniorgames.org) - Follow step by step instructions

**DEADLINE: Online entry must be submitted by 11:59 PM ET, Friday, Feb 6**

### OPTION 2) PAPER REGISTRATION

Individual Entry Form (2 pages) and Softball Team Entry Form (larger size) may also be printed from website, [www.polkseniorgames.org](http://www.polkseniorgames.org), under the Enter the Games tab.

- **Remove Individual Entry Form from book - entire center page.** Copies are OK, but front and back must be copied and submitted.
- **PART 1 of 3 (above):** Complete all requested personal information.
- **PART 2 of 3:** Check events to enter. Refer to schedule to avoid conflicts.
  - **Partner Events:** You must include your partner's name, date of birth, and email address. Entry cannot be processed without this information.
  - If both partners are registering by paper, send entry forms together, if possible.
  - **Bowling Mixed Team:** Register yourself and pay your own bowling team event fee. You must indicate team name, age group, and team manager name.
  - **Indicate fees** in Fee Box according to the fee schedule. Total all fees.
  - Include check, cash, money order payable to POLK SENIOR GAMES.
- **PART 3 of 3:** The Release of Liability must be read and signed in agreement for entry to be processed.
- **MAIL OR DELIVER ENTRY TO:**  
POLK SENIOR GAMES, 515 EAST BOULEVARD ST, BARTOW FL 33830
- **DEADLINE: Paper entries must be received at the Polk Senior Games office in Bartow by 5:00 PM on Friday, February 6, 2026. Use overnight service if needed.**

***If you have questions, need to make changes, or have not received your confirmation email within a week, call 863-533-0055.***

# INDIVIDUAL ENTRY FORM: PART 2 of 3

## ARCHERY - Choose only one event

\_\_\_\_\_ Barebow Recurve      \_\_\_\_\_ Recurve  
\_\_\_\_\_ Compound Finger      \_\_\_\_\_ 3D  
\_\_\_\_\_ Compound Release

## BAG TOSS

## BASKETBALL SHOOTING

\_\_\_\_\_ Free Throw  
\_\_\_\_\_ Spot Shooting  
\_\_\_\_\_ Timed Shooting

## BILLIARDS

\_\_\_\_\_ Eight Ball  
\_\_\_\_\_ Nine Ball

## BOCCE DOUBLES

Partner \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_

## BOWLING

\_\_\_\_\_ Singles  
\_\_\_\_\_ Doubles  
Partner \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_  
\_\_\_\_\_ Mixed Doubles  
Partner \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_  
\_\_\_\_\_ Mixed Team  
Team Name \_\_\_\_\_  
Circle Team Age Group 50 60 70 80  
Manager \_\_\_\_\_

## BRIDGE, PARTY

Partner \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_

## CHESS

## CRIBBAGE

\_\_\_\_\_ Singles      \_\_\_\_\_ Doubles

## 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 \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_

## DARTS

## EUCHRE

## FIELD EVENTS (includes Punt Pass Kick)

\_\_\_\_\_ Discus      \_\_\_\_\_ Shotput  
\_\_\_\_\_ High Jump      \_\_\_\_\_ Softball Throw  
\_\_\_\_\_ Javelin      \_\_\_\_\_ Triple Jump  
\_\_\_\_\_ Long Jump      \_\_\_\_\_ Punt Pass Kick

## FISHING

## GOLF

\_\_\_\_\_ 18 Hole, Singles  
\_\_\_\_\_ 18 Hole, Mixed Doubles  
Partner \_\_\_\_\_  
DOB \_\_\_\_\_  
Email \_\_\_\_\_  
\_\_\_\_\_ Putt & Chip

### Polk Senior Games is a Non-Profit Organization.

### Your support will help keep it going!

Donations of \$30 or more are acknowledged on the 30/30 page at polkseniorgames.org.

I wish to donate \$ \_\_\_\_\_ (check enclosed)

\_\_\_\_\_ To use as needed  
\_\_\_\_\_ Gift made in honor of \_\_\_\_\_  
(person, birthday, anniversary, other occasion)  
\_\_\_\_\_ Gift made in memory of \_\_\_\_\_

**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

\_\_\_\_\_ HORSESHOES

\_\_\_\_\_ PEPPER

**PICKLEBALL** Skill Level \_\_\_\_\_

\_\_\_\_\_ Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Mixed Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

**POWERLIFTING**

\_\_\_\_\_ Bench Press

\_\_\_\_\_ Dead Lift

\_\_\_\_\_ ROAD RACE 5K

\_\_\_\_\_ SCRABBLE

\_\_\_\_\_ SENIOR SMARTS

**SHOOTING**

\_\_\_\_\_ 5-Stand

\_\_\_\_\_ Pistol Iron Sights

\_\_\_\_\_ Pistol Optics

\_\_\_\_\_ Pistol 22 Rimless

\_\_\_\_\_ Rifle

\_\_\_\_\_ Skeet

\_\_\_\_\_ Sporting Clays

\_\_\_\_\_ Trap

**SHUFFLEBOARD**

\_\_\_\_\_ Singles

\_\_\_\_\_ Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ SUDOKU

**SWIMMING** (refer to page 32 for schedule)

\_\_\_\_\_ 50 Yard Backstroke

\_\_\_\_\_ 100 Yard Backstroke

\_\_\_\_\_ 200 Yard Backstroke

\_\_\_\_\_ 50 Yard Breaststroke

\_\_\_\_\_ 100 Yard Breaststroke

\_\_\_\_\_ 200 Yard Breaststroke

\_\_\_\_\_ 50 Yard Butterfly

\_\_\_\_\_ 100 Yard Butterfly

\_\_\_\_\_ 50 Yard Freestyle

\_\_\_\_\_ 100 Yard Freestyle

\_\_\_\_\_ 200 Yard Freestyle

\_\_\_\_\_ 500 Yard Freestyle

\_\_\_\_\_ 100 Yard Individual Medley

\_\_\_\_\_ 200 Yard Individual Medley

**TABLE TENNIS** (not Tennis)

\_\_\_\_\_ Singles

\_\_\_\_\_ Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Mixed Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

**TENNIS** (not Table Tennis) Choose only 2 events

\_\_\_\_\_ Singles

\_\_\_\_\_ Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Mixed Doubles

Partner \_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

**TRACK**

\_\_\_\_\_ 50 Meter

\_\_\_\_\_ 400 Meter

\_\_\_\_\_ 100 Meter

\_\_\_\_\_ 800 Meter

\_\_\_\_\_ 200 Meter

\_\_\_\_\_ 1500 Meter

**WALKING**

\_\_\_\_\_ 1500 Meter

\_\_\_\_\_ 5000 Meter

**1) MUST PAY BASE REG. FEE**

**REGISTRATION FEE \$13**

**2) MUST PAY EVENT FEE**

Each event "checked" counts as an event

1 event - \$6      5 events - \$30

2 events - \$12      6 events - \$36

3 events - \$18      7+ events - \$42

4 events - \$24

**EVENT FEE** \_\_\_\_\_

**3) MUST ADD FACILITY FEES**

Archery - \$15 \_\_\_\_\_

Bowling - \$7.50 per event \_\_\_\_\_

Golf Singles - \$40 \_\_\_\_\_

Golf Mixed Doubles - \$40 \_\_\_\_\_

Pickleball Doubles - \$15 \_\_\_\_\_

Pickleball Mixed Doubles - \$15 \_\_\_\_\_

5-Stand Shooting - \$25 \_\_\_\_\_

Pistol Shooting - \$15 per event \_\_\_\_\_

Rifle Shooting - \$15 \_\_\_\_\_

Skeet Shooting - \$17 \_\_\_\_\_

Sporting Clays - \$25 \_\_\_\_\_

Trap Shooting - \$17 \_\_\_\_\_

**4) TOTAL (add #1 + #2 + #3)** \_\_\_\_\_

**YOU MUST SIGN LIABILITY RELEASE AND PAY FEES FOR ENTRY TO BE PROCESSED**

## INDIVIDUAL ENTRY FORM: PART 3 of 3

### RELEASE OF LIABILITY - READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the Polk Senior Games program (and the National Senior Games Association) 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 \_\_\_\_\_

# SOFTBALL TEAM ENTRY FORM - *Instructions on Back*

A larger Team Entry Form (8.5" x 11") can be printed from website [www.polkseniorgames.org](http://www.polkseniorgames.org) under "Enter the Games" tab.

**Team Fee: \$198** (enclose check, cash, or money order)     **Softball Roster: 11 min - 18 max**

**Team Gender:** M     F     **Age Group:** 50+     55+     60+     65+     70+     75+

Team Name \_\_\_\_\_

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

Manager First & Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_

Manager will serve as Emergency Contact for all other members

Do you live in a "senior community"? Which one? \_\_\_\_\_

	<u>First and Last Name</u>	<u>DOB m/d/y</u>	<u>Shirt Size</u>	<u>EMAIL ADDRESS</u>
Mgr.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____
16.	_____	_____	_____	_____
17.	_____	_____	_____	_____
18.	_____	_____	_____	_____

# SOFTBALL TEAM ENTRY INSTRUCTIONS

## OPTION 1) NEW ONLINE REGISTRATION

- Visit [www.polkseniorgames.org](http://www.polkseniorgames.org) - Follow step by step instructions..
- **TEAM MANAGER** must register the team and add players (11 - 18 players) and pay team fee. **Manager must have each team member's first and last name, DOB, shirt size and email address.** If issue adding a member, call 863-533-0055.
- **DEADLINE:** Online entry must be submitted by 11:59 PM ET, Friday Feb 6.

## OPTION 2) PAPER REGISTRATION

Team Entry Form is on page 29. A larger Team Entry Form (8.5" x 11") can be printed from website - [www.polkseniorgames.org](http://www.polkseniorgames.org) under "Enter the Games" tab.

- **TEAM MANAGER** must complete the Team Entry Form. **Each member's name, date of birth, shirt size and email address must be included to process registration. Signatures are not required until event day.**
- **MAIL OR DELIVER ENTRY TO:**  
POLK SENIOR GAMES, 515 EAST BOULEVARD ST, BARTOW FL 33830
- **DEADLINE:** Paper entries must be received at the Polk Senior Games office in Bartow by 5:00 PM on Friday, February 6, 2026. Use overnight service if needed.

### Team Members entering other events in Polk Senior Games

should also register as an individual online or by paper. It is helpful in processing if the Team Manager submits the team and all members before a member submits an Individual Entry Form.

## NOTICE: DAY OF EVENT CHECK-IN

**The Team Manager must submit a copy of the final roster along with a SIGNATURE OF EACH MEMBER AGREEING TO THE RELEASE OF LIABILITY. A roster/signature form will be emailed to the Team Manager after their entry is processed.**

## SOFTBALL

### **Sponsored In Memory of Larry Powell by The Powell Family**

Date and Time: Saturday, February 28 Games begin at 8:00 AM  
Check-in 30 minutes before assigned game time  
Manager will be notified of start time

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.

**Continued on next page**



## SWIMMING

Sponsored by Robin Wickman, In Memory of Betty Wickman

Date and Time: Saturday, March 7 1:00 PM  
Sunday, March 8 9:00 AM  
Check-in and warm-up begins 1/2 hour before start time  
Site: **VENUE FOR 2026 DURING YMCA RENOVATION**  
**Rowdy Gaines Olympic Pool**  
**Chain O' Lakes Complex**  
**210 Cypress Gardens Boulevard, Winter Haven 33880**  
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. **Pool is an outdoor, heated pool.**
2. Swimmers must provide their own suits, caps, goggles and towels.
3. All events are timed finals in a 25-yard short course.
4. \* The 500 Freestyle will be limited to the first 36 entries received. 500 yard Freestyle swimmers should recruit their own lap counters.
5. Registered participants (with photo ID and confirmation email) may practice at Rowdy Gaines Pool, Monday through Friday from noon to 2 PM, for a \$2 fee.
6. 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.
7. Some seating is provided. 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 9.

### 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 John Ellis

Date and Time: Monday, March 9  
 Singles begins 9:00 AM  
 Doubles follows Singles **but will not begin before 1 PM**  
 Mixed Doubles follows 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: Ernest Wormley 863-421-3700 ext 5722

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, 2026 determines age group.
7. USA Table Tennis ([www.usatt.org](http://www.usatt.org)) rules apply, except as modified.
8. Table Tennis is a “qualifying” event for the Florida Senior Games. See page 9.

## TENNIS Sponsored by The Gandolfo Family

Date and Time: Monday, March 2 Singles begin  
 Tuesday, March 3 Doubles begin, Singles may continue  
 Wednesday, March 4 Doubles continue  
 Thursday, March 5 Mixed Doubles begin  
 Friday, March 6 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, 2026 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. **Number of entrants in each age groups will be limited.**
6. Some participants may have to play two or more matches in a given day.
7. Notification of start time will be mailed. Call 863-834-2374 if notification is not received by **Thursday, February 26** or if unable to attend after receiving start time so brackets can be adjusted.
8. United States Tennis Association ([usta.com](http://usta.com)) rules apply, except as modified.
9. Tennis is a “qualifying” event for the Florida Senior Games. See page 9.

**TRACK with OPENING CEREMONY**  
**Sponsored by The Estates at Carpenters**

Date and Time: Saturday, February 28  
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 9.

**WALKING**  
**Sponsored by Comfort Keepers**

Date and Time: Saturday, March 14 (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  
Emmanuel Dones 863-393-3603  
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. **Walking Additional Rules and a map of the 5000M street course and are available at [www.polkseniorgames.org/sports](http://www.polkseniorgames.org/sports).**
3. Power Walking is an “open” event at the Florida Senior Games. See page 9.

You may still register using the paper entry form  
found in the center of the booklet.

However, we encourage you to try the  
**NEW ONLINE REGISTRATION SYSTEM**  
at [www.polkseniorgames.org](http://www.polkseniorgames.org).

All entries **MUST BE RECEIVED** by Friday, February 6.  
Online registration ends at 11:59 PM ET, and  
Paper entries must arrive at the Bartow office by 5 PM.  
No entries will be accepted after the deadline.

# 2025 SPECIAL AWARDS

## Outstanding Competitors

Linda Bradley  
Robin Wickman

## Oldest Competitor

Margie (Joan) Harman  
98 Years

## Stretch Awards

Perfect Score in Skeet!  
Chuck Rossetter 50

What a Catch in Fishing!  
Jim Binnion 49  
Jeff Slaten 51

## Most Represented

### Senior Community (by %)

1-200 lots  
Lakeside Ranch, Winter Haven  
201+ lots  
Highland Fairways, Lakeland

## Outstanding Event Managers

John Syversen - Rifle Shooting  
Ken Keding - Horseshoes  
Gene Burch - Pickleball

## Nancye Thornberry

### Outstanding Volunteer Awards

Denise Overlock  
Polk County  
Parks & Recreation Volunteers  
Publix Volunteers

## Best of Age Group

**50-54** Yolimar Bolivar  
Brian Richards

**55-59** Denise Overlock  
Steve Todd

**60-64** Janet Lamoureux  
Viatcheslav Oulianov

**65-69** Linda Bradley  
Steve Pepe

**70-74** Julie Palas  
Ian Larrier

**75-79** Cecelia Lawrey  
Bruce Kane

**80-84** Angie Phillips  
Robin Wickman

**85-89** Betty Harstad  
John Wardner

**90-94** Shirley Carnahan  
Gordon Wilson

**95-99** Gloria Smith  
Dick Cheney



**ARCHERY**  
Central Florida Archers



**BAG TOSS**  
Lake Region Village, Haines City



**BASKETBALL SHOOTING**  
Kirkland Gym, Lake Wales



**BILLIARDS**  
Brewlands Bar and Billiards North



**BOWLING**  
Maple Lanes Lakeland



**BRIDGE**  
Sanlan Golf & RV Resort, Lakeland



**CHESS**  
The Estates at Carpenters



**CRIBBAGE**  
Simpson Park in 2026



**DANCING**  
The Hamptons, Auburndale



**DARTS**  
Medulla Baptist Church



**EUCHRE**  
Bartow Civic Center



**PEPPER**  
Sanlan Golf & RV Resort



**SWIMMING**  
Chain O' Lakes Complex in 2026



**TABLE TENNIS**  
Haines City Community Center



**POWERLIFTING**  
Debs Gym, Lakeland



**ROAD RACE 5K**  
Bartow High School



**SCRABBLE**  
Lake Morton Senior Living



**SENIOR SMARTS**  
First Baptist Church Bartow



**PISTOL SHOOTING**  
Shoot Straight Lakeland



**RIFLE SHOOTING**  
Lakeland Rifle & Pistol Club

# POLK SENIOR GAMES RECORDS

<b>ARCHERY 600 Round</b>				85-89	Andy McGuffin	27	2011
<b>Barebow Recurve , Women</b>				90-94	Andy McGuffin	28	2016
55-59	Gail Noland	28	2015	<b>Spot Field Goal Shooting, Women</b>			
60-64	Gail Noland	40	2016	50-54	Diane Foli	13	2017
65-69	Gail Noland	24	2025	55-59	Chris Evans	11	2015
80-84	Anna Hartman	402	2018	60-64	Chris Evans	11	2019
85-89	Anna Hartman	266	2019	65-69	Carol Waters	10	2013
90-94	Anna Hartman	315	2024	70-74	Claudette Braswell	11	2010
<b>Barebow Recurve, Men</b>				75-79	Claudette Braswell	13	2015
55-59	Gerald Nichols	340	2016	80-84	Claudette Braswell	10	2018
65-69	Gerald Nichols	429	2024	85-89	Dot VanFarowe	2	2018
70-74	Lon Goodenow	393	2018	<b>Spot Field Goal Shooting, Men</b>			
75-79	Frank Skvarek	445	2013	50-54	Steve McDermeit	13	2006
80-84	Roy Bowen	326	2019	55-59	Ronald Becton	14	2012
85-89	Harry Lancaster	184	2017	60-64	Harry Carothers	13	2006
<b>Compound Finger, Men</b>				65-69	Harry Carothers	13	2010
65-69	John Gauger	540	2013	70-74	Harry Carothers	13	2015
70-74	John Gauger	529	2016		Thomas Smith	13	2024
75-79	Carl Frank	506	2014	75-79	Harry Carothers	12	2019
80-84	John Gauger	507	2025		William Oliver	12	2025
<b>Compound Release, Women</b>				80-84	Andy McGuffin	13	2005
50-54	Tressa Boyer	548	2019	85-89	Andy McGuffin	13	2011
55-59	Jacqueline Arthurs	528	2016	90-94	Andy McGuffin	14	2015
60-64	Rhonda Rex	541	2016	<b>Timed Field Goal Shooting, Women</b>			
65-69	Rhonda Rex	553	2018	50-54	Diane Foli	154	2015
70-74	Hazel Grimes	538	2018	55-59	Chris Evans	101	2015
75-79	Kathryn O'Shea	418	2025	60-64	Trish LeGros	86	2019
80-84	Barbara Steffens	84	2014	65-69	Carol Waters	114	2015
<b>Compound Release, Men</b>				70-74	Claudette Braswell	111	2010
50-54	John Boyer	590	2019	75-79	Claudette Braswell	101	2012
55-59	Jeff Markey	581	2014	80-84	Claudette Braswell	87	2018
	James Powell	581	2017	<b>Timed Field Goal Shooting, Men</b>			
60-64	Gary Rex	585	2014	50-54	Dennis Sweeney	111	2005
	Jeff Markey	585	2017		Steve McDermeit	111	2005
65-69	Gary Rex	586	2015	55-59	Steve McDermeit	120	2014
70-74	Ronald Fulmer	577	2014	60-64	Harry Carothers	127	2006
75-79	Richard Sokoloski	576	2013	65-69	William Oliver	141	2015
80-84	Richard Sokoloski	568	2018	70-74	Harry Carothers	110	2014
85-89	Jack Cason	544	2017	75-79	Harry Carothers	120	2019
<b>Recurve, Women</b>				80-84	Harry Carothers	145	2024
60-64	Angie Olds	466	2013	85-89	Andy McGuffin	120	2013
65-69	Gail Noland	20	2024	90-94	Andy McGuffin	125	2014
70-74	Alice Prestin	19	2016	<b>BOWLING Singles, Women</b>			
<b>Recurve, Men</b>				50-54	Pamela Sprow	643	2011
50-54	Viatcheslav Oulianov	435	2018	55-59	Lisa McGraw	662	2016
55-59	Viatcheslav Oulianov	504	2019	60-64	Barbara Gnegy	713	2010
60-64	Daniel Crawford	469	2024	65-69	Barbara Gnegy	614	2012
65-69	Larry Michael	522	2013	70-74	Martha Evans	603	2011
70-74	Larry Michael	434	2018	75-79	Barbara G Doucette	573	2025
75-79	Larry Michael	358	2024	80-84	Machiko Gotsuco	539	2015
85-89	Donald Noland	28	2018	85-89	Betty Hall	502	2012
<b>BASKETBALL SHOOTING</b>				90-94	Lillian Webb	499	2007
<b>Free Throw Shooting, Women</b>				95-99	Lillian Webb	426	2012
50-54	Diane Foli	22	2015	<b>Singles, Men</b>			
55-59	Cheryl McDermeit	24	2014	50-54	Salvador Trevino	741	2016
60-64	Patricia Ashby	28	2002	55-59	Stanley Sprow	803	2014
65-69	Chris Evans	28	2023	60-64	Bud Serletic	732	1996
70-74	Charlotte Miller	25	2010	65-69	Michael Moses	842	2023
75-79	Claudette Braswell	26	2013	70-74	Jimmy Coffman	768	2018
80-84	Claudette Braswell	21	2017	75-79	John Spencer	762	2014
85-89	Dot VanFarowe	4	2018	80-84	Bruce Tohm	706	2013
<b>Free Throw Shooting, Men</b>				85-89	Gil Rosenthal	625	2015
50-54	Dennis Sweeney	28	2004	90-94	Garfield Sager	551	2011
	Ronald Becton	28	2009	95-99	Frank Farrington	474	2003
55-59	Dennis Sweeney	30 perfect	2006	100-104	Frank Farrington	427	2008
60-64	Harry Carothers	30 perfect	2005	<b>Doubles, Women</b>			
	William Oliver	30 perfect	2014	50-54	Pamela Sprow /Janis Caffee	1338	2013
65-69	Harry Carothers	30 perfect	2011	55-59	Tina Peavy/Nadine Lewis	1249	2018
	Garland Reynolds	30 perfect	2020	60-64	Barbara Gnegy/Carolyn Bass	1171	2009
70-74	Peter Smith	29	2011	65-69	Diane Downy/Barbara Gnegy	1199	2015
75-79	Andy McGuffin	29	2000	70-74	Terri Stein/Gloriann Dickinson	1161	2018
80-84	Andy McGuffin	30 perfect	2007	75-79	Winnie Ball/Helen Weaver	1006	2001

80-84	Irene Watson & Jo Ann Harrison	1111	2007	90-94	David Chase	63' 10 3/4"	2010
85-89	Betty Hall & Irene Watson	879	2013	95-99	Ed Butters	32' 4"	2003
90-94	Betty Hall & Helen Snyder	734	2018	<b>High Jump, Women</b>			
<b>Doubles, Men</b>				50-54	Janet Lamoureux	3' 10"	2016
50-54	John Ramsey & Bruce Devivo	1357	2002	55-59	Barbara Cleveland	4' 2"	1999
55-59	Bud Serletic & DA Bottoms	1431	2000	60-64	Peggy Peck	4' 2 1/2"	2017
60-64	Michael Prunier & Chuck Thivierge	1334	2023	65-69	Peggy Peck	4' 2"	2019
65-69	Chuck Cook & Charles Leak	1410	2004	70-74	Peggy Peck	3' 10"	2024
70-74	Frederick Pronk & Clifford Beaumont	1340	2019	75-79	Evelyn Wright	3' 6"	2012
75-79	Richard Coleman & Edward McNulty	1336	2024	80-84	Ethel Lehmann	3' 2"	2010
80-84	Gene Mabe & Peter Casella	1255	2018	85-89	Ethel Lehmann	2' 10"	2018
85-89	Bruce Tohm & Glenn Johnston	1078	2020	90-94	Ethel Lehmann	2' 10"	2020
90-94	James Hurrle & Gil Rosenthal	817	2018	95-99	Ethel Lehmann	2' 4"	2024
<b>Mixed Doubles</b>				<b>High Jump, Men</b>			
50-54	Pamela Sprow & Stanley Sprow	1376	2013	50-54	Adam Novak	5' 2"	2022
55-59	Bud Serletic & Tomi Lee Burns	1329	2005	55-59	Carlos Urrutia	5' 2"	2015
60-64	John Ramsey & Mary Ellen Wadley	1330	2004	60-64	Carlos Urrutia	5'	2018
65-69	Jo Ann Martinez & Richard Hill	1263	1996	65-69	Randy Blankenship	4' 8"	2022
70-74	Terri Stein & Mel Lichtenberg	1334	2017	70-74	Richard Lowery	4' 8"	2003
75-79	Rosa Schuler & Bruce Tohm	1179	2011	75-79	Richard Lowery	4' 7"	2010
80-84	Dolly Pretari & Joe Lane	1102	2007	80-84	Richard Lowery	4' 4"	2011
85-89	Irene Watson & Everett Rieck	1055	2013	85-89	Richard Lowery	3' 10"	2017
90-94	Betty Hall & James Hurrle	913	2018	90-94	David Chase	3' 2"	2010
95-99	Evelyn Gregor & Carl Laubach	850	2009	<b>Javelin, Women</b>			
<b>Team Bowling</b>				50-54	Jennifer Banks	77' 5"	2022
50+	Just Rollin	2399	2017	55-59	Erika Messner	93' 1/2"	1994
60+	Cicero Carr Jr, Diane Downey, Lisa Polonezykm, Daniel Young	2428	2023	60-64	Peggy Peck	77' 9"	2017
70+	Eddie Doucette, Barbara G. Doucette, Stanley Sprow, Wanda Thomas	2142	2018	65-69	Peggy Peck	72' 10"	2019
	Whatever			70-74	Peggy Peck	69' 8"	2024
	Peter Casella, Beverly Hines, Gene Mabe, Monty Sours			75-79	Ethel Lehmann	68' 4 1/2"	2004
				80-84	Madelaine Cazel	69' 4 1/2"	2017
				85-89	Madelaine Cazel	50' 10 1/4"	2023
				90-94	Ethel Lehmann	38' 8 1/2"	2020
				95-99	Ethel Lehmann	37' 9"	2024
				<b>Javelin, Men</b>			
				50-54	John Selleh	149'	2001
				55-59	John Selleh	143' 7"	2003
				60-64	Rudy Viaardingerbroek	141' 5 1/2"	2009
				65-69	William Rothley	126' 10"	2000
				70-74	Matt McGillen	122' 9"	2024
				75-79	Martin Menkin	116' 9 1/2"	2022
				80-84	Don Miller	101' 10 3/4"	2018
				85-89	Don Miller	96' 9"	2022
				90-94	David Chase	56' 3"	2014
				95-99	Ed Butters	37'	2003
				<b>Long Jump, Women</b>			
				50-54	Jodie Brown	12' 6"	2019
				55-59	Barbara Cleveland	12' 9 1/2"	1999
				60-64	Barbara Cleveland	13' 3"	2003
				65-69	Peggy Peck	10' 8 1/2"	2019
				70-74	Peggy Peck	9' 10 1/2"	2024
				75-79	Ethel Lehmann	9'	2006
				80-84	Ethel Lehmann	8' 4"	2009
				85-89	Ethel Lehmann	8' 4"	2018
				90-94	Lillian Webb	4' 8"	2008
				95-99	Lillian Webb	4' 11"	2012
				<b>Long Jump, Men</b>			
				50-54	Charles Jordan	16'	2010
				55-59	Alfred Leon	17'	2016
				60-64	Alfred Leon	15' 6"	2022
				65-69	Alfred Leon	14' 4 1/2"	2025
				70-74	Douglas Thomas	13' 5"	2019
				75-79	William Rothley	12' 11"	2008
				80-84	Bill Karjane	11'	2020
				85-89	Sid Duckman	9' 7"	2006
				90-94	David Chase	7' 9"	2012
				<b>Punt Pass Kick</b>			
				<b>Women</b>			
				50-54	Jennifer Banks	273' 3"	2020
				55-59	Sandy Civitarese	266' 7"	2020
				60-64	Sandy Civitarese	244'	2025
				65-69	Ethel Lehmann	199'	1999
				70-74	Ethel Lehmann	245' 10"	2000
				75-79	Ethel Lehmann	184' 6"	2005
				80-84	Ethel Lehmann	195' 10"	2010
50-54	Karen Sapp	73' 5"	2003				
55-59	Erika Messner	81' 8 1/2"	1994				
60-64	Lisa Godin	84' 9"	2022				
65-69	Erika Messner	75' 7"	2002				
70-74	Evelyn Wright	63' 7 3/4"	2010				
75-79	Evelyn Wright	65' 8"	2012				
80-84	Madelaine Cazel	63' 1"	2019				
85-89	Madelaine Cazel	60' 1 3/4"	2024				
90-94	Ethel Lehmann	31' 3"	2020				
95-99	Ethel Lehmann	33' 11 1/4"	2024				
<b>Discus, Men</b>							
50-54	Gary Lane	139' 9"	1998				
55-59	Marc Volpe	134' 2 1/4"	2022				
60-64	Roland Jones	146' 1"	2018				
65-69	Len Olson	157' 5 1/2"	1998				
70-74	Roland Jones	138' 9 1/4"	2025				
75-79	Donald Ragon	126' 3 3/4"	2022				
80-84	Fred Weber	100' 2"	2020				
85-89	Don Miller	81' 2 1/2"	2022				

85-89	Ethel Lehmann	171' 1"	2016	70-74	Cecil Lowden	25' 7"	2022
90-94	Ethel Lehmann	122' 8"	2020	75-79	Bill Rothley	24' 8½"	2009
95-99	Ethel Lehmann	107' 9"	2024	80-84	Bill Karjane	22' 10½"	2019
<b>Men</b>				85-89	Bill Rothley	18' 4"	2019
50-54	Kendal Shaw	404' 2"	2018	90-94	David Chase	17'	2011
55-59	Matt McGillen	420' 1"	2010				
60-64	Matt McGillen	416' ½"	2017	<b>FISHING</b>			
65-69	Matt McGillen	365' 0"	2019	<b>Quantity</b>			
70-74	Bud Hollowell	337' 4"	2013	50-54	Jeff Slaten	10	2019
75-79	Bill Karjane	307' 7"	2018	55-59	Jeff Slaten	23	2020
80-84	Bill Karjane	296' 6"	2020	60-64	Jeff Slaten	51	2025
85-89	Ross Stauffer	219' 4"	2010	65-69	James Christian	62	2014
90-94	Dick Cheney	127' 9"	2019	70-74	James Christian	35	2018
95-99	Dick Cheney	76' 9"	2025	75-79	Helen Grieshaber	23	2014
<b>Shot-put, Women</b>				80-84	Tubby Harrison	10	2000
50-54	Diane Workum	30' 9"	2014	85-89	Bill Janssen	12	2019
55-59	Erika Messner	31' 9½"	1994	90-94	Bill Janssen	14	2024
60-64	Erika Messner	32' 8"	2000	95-99	Doris Jenkins	1	2019
65-69	Erika Messner	29' 4"	2003		Paul Dickey	1	2020
70-74	Peggy Peck	24' 10¼"	2024	<b>Length</b>			
75-79	Evelyn Wright	26' 7¾"	2013	50-54	Gus Palas	11" Catfish	2011
80-84	Madelaine Cazel	20' 5¾"	2019	55-59	Pamela Matunas	17" Catfish	2018
85-89	Ethel Lehmann	19' 7"	2018	60-64	Pamela Matunas	22" Catfish	2019
90-94	Ethel Lehmann	16' 3½"	2020	65-69	Steven Totten	35" Carp	2016
95-99	Lillian Webb	15' ¾"	2012	70-74	Robert Dostal	22¼" Cat	2014
<b>Shot-put, Men</b>				75-79	Jim Partain	36½" Carp	2018
50-54	Donald Winters	47'½"	2018	80-84	Donald Kremer	22" Bass	2016
55-59	David Grossman	38'½"	2006	85-89	Dirk Hoffer	18" Bass	2015
60-64	Gary Winters	45' 6"	2003	90-94	John Cotterill	21" Bass	2020
65-69	Len Olson	45' 5½"	2000	95-99	Paul Dickey	7¼" Bluegill	2020
70-74	James Oglesby	43' 9"	2008	<b>GOLF Singles, Women</b>			
75-79	James Oglesby	42' 1"	2010	50-54	Janet Brown	73	2004
80-84	Karlis Ezerins	33' 6½"	2007	55-59	Joanne Ahearn	73	2006
85-89	Karlis Ezerins	32' 5½"	2012	60-64	Ursula Johnston	74	2004
90-94	David Chase	27' 2"	2011		Barbara Heddon	74	2007
95-99	Dick Cheney	17' 9"	2025	65-69	Mettie Withers	75	2004
<b>Softball Throw, Women</b>				70-74	Ethelyn Bartlett	75	2007
50-54	Karen Sapp	146' 3"	2003	75-79	Gail Brown	77	2013
55-59	Sandy Civitarese	144' 2"	2020	80-84	Nancy Chafee	82	2024
60-64	Sandy Civitarese	165' 4"	2025	85-89	Orabelle Beach	92	2007
65-69	Ethel Lehmann	121' 5"	1999		Mary Bourque	92	2009
70-74	Ethel Lehmann	115' 5"	2000	90-94	Lauretta Wise	109	2006
75-79	Ethel Lehmann	120' 1"	2006	90-94	Rita McDonald	109	2018
80-84	Ethel Lehmann	108' 11"	2009	<b>Singles, Men</b>			
85-89	Ethel Lehmann	86"	2016	50-54	Ira Dunning	71	1997
90-94	Ethel Lehmann	75'10"	2023	55-59	Curtis Madson	68	1997
95-99	Ethel Lehmann	65' 9½"	2024	60-64	Brian Jeffery	71	2005
<b>Softball Throw, Men</b>					Don McQuaig	71	2006
50-54	Armond Laframboise	253' 5"	2001	65-69	Don McQuaig	69	2014
55-59	Armond Laframboise	235' 11"	2003	70-74	Bill Jukes	70	2014
60-64	Matt McGillen	213' 4"	2014	75-79	Cliff Brown	70	2015
65-69	Howard Friedman	204' 9"	2024	80-84	Robert Cheatham	73	2005
70-74	Bill Karjane	182' 1½"	2009	85-89	Cliff Brown	76	2025
75-79	Bill Karjane	159' 1"	2014	90-94	Albert Otte	81	2012
80-84	Bill Karjane	147' 2"	2019	95-99	Dean Fulton	97	2012
85-89	Don Miller	128'6"	2023	<b>Mixed Doubles</b>			
90-94	Gordon Wilson	79' 5"	2025	50-54	John Shotwell & Evie Harrison	73	2016
95-99	Dick Cheney	50' 8"	2025	55-59	Kendal Shaw & Kathy Kampman	69	2025
100-104	Frank Farrington	29' 6¾"	2008	60-64	Ann Griffin & Ed Griffin	71	2018
<b>Triple Jump, Women</b>				65-69	Sue Doerrer & Curt Doerrer	70	2016
50-54	Janet Lamoureux	25' 1"	2016		Louise Robitallie/Stephen Warboys	70	2025
55-59	Jodie Brown	22' 11½"	2020	70-74	Donna Aitken & Cliff Brown	66	2018
60-64	Peggy Peck	25' 7"	2018	75-79	Phil Villemure & Jackie Villemure	73	2025
65-69	Peggy Peck	24' 3½"	2019	80-84	Connie Doubet & Thomas Doubet	77	2018
70-74	Peggy Peck	22' 5"	2024		Richard Pepin/Martha Schoonover	77	2025
75-79	Evelyn Wright	18' 10"	2012	85-89	Connie Doubet & Thomas Doubet	83	2023
80-84	Ethel Lehmann	16' 7"	2010	<b>POWERLIFTING Bench Press, Women</b>			
85-89	Ethel Lehmann	12' 1"	2018	50-54 wt 105	Dinah Yarborough	95 lb	2024
90-94	Ethel Lehmann	10' 9"	2020	50-54 wt 123	Sheryl Bradford	120 lb	2017
95-99	Ethel Lehmann	6' 9½"	2024	50-54 wt 132	Sheryl Bradford	120 lb	2016
<b>Triple Jump, Men</b>				50-54 wt 148	Lenore Devore	115 lb	2013
50-54	Alfred Leon	33' 10"	2015	50-54 wt 165	Eberle Funches	155 lb	2019
55-59	Alfred Leon	36' 7"	2017	50-54 wt 181	Lenore Devore	135 lb	2016
60-64	Brian Hankerson	36'1"	2023	50-54 wt 198	Heather Earl	100 lb	2024
65-69	Alfred Leon	32' 1 ¾"	2025				

50-54 wt 198+	Ronda Bouie	150 lb	2024	50-54 wt 308	William Davis	315 lb	2023
55-59 wt 105	Janet Wickman	35 lb	2017	50-54 wt SHW	Miguel Rodriguez	535 lb	2012
55-59 wt 114	Nancy Georges	75 lb	2010	55-59 wt 148	Michael Libys	190 lb	2017
55-59 wt 123	Yvette Fox	115 lb	2017	55-59 wt 165	Jerry Mobley	275 lb	2015
55-59 wt 132	Andrea Kidd	130 lb	2019	55-59 wt 181	John Wisenbacker	275 lb	2025
55-59 wt 148	Maggie Colson	130 lb	2020	55-59 wt 198	Keith Grimes	270 lb	2012
55-59 wt 165	Lenore Devore	120 lb	2018	55-59 wt 220	James Jacobs	350 lb	2023
55-59 wt 181	Ronda Bouie	115 lb	2025	55-59 wt 242	James Jacobs	370 lb	2024
55-59 wt 198	Gail Noland	75 lb	2012	55-59 wt 275	Sam Beckwith	475 lb	2020
55-59 wt 199+	Dawn Black	95 lb	2015	55-59 wt 308	Viatcheslav Oulianov	280 lb	2020
60-64 wt 110	Janet Wickman	80 lb	2020	55-59 wt SHW	David Friedlender	355 lb	2011
60-64 wt 114	Nancy Georges	90 lb	2015	60-64 wt 132	Frank Scianimanico	200 lb	2017
60-64 wt 123	Yvette Fox	120 lb	2018	60-64 wt 148	John March	240 lb	2019
60-64 wt 132	Yvette Fox	120 lb	2020	60-64 wt 165	John March	275 lb	2020
60-64 wt 148	Laurie Schoepe	95 lb	2019	60-64 wt 181	Kelley Collier	235 lb	2012
60-64 wt 162	Judy Parsons	60 lb	2015	60-64 wt 198	Brian Hart	370 lb	2019
60-64 wt 165	Keena Parsons	165 lb	2025	60-64 wt 220	Steven Eisman	335 lb	2012
60-64 wt 181	Jean Flesher	135 lb	2020	60-64 wt 242	Mike Wood	335 lb	2012
60-64 wt 198	Dawn Black	135 lb	2016	60-64 wt 248	Mike Wood	345 lb	2013
60-64 wt 199+	Dawn Black	120 lb	2019	60-64 wt 275	Rickey Thrasher	355 lb	2017
65-69 wt 105	Arlene Coulter	90 lb	2015	60-64 wt 308	Viatcheslav Oulianov	270 lb	2023
	Nancy Georges	90 lb	2020	60-64 wt 308+	Viatcheslav Oulianov	270 lb	2025
65-69 wt 114	Nancy Georges	90 lb	2016	65-69 wt 132	Frank Scianimanico	185 lb	2023
65-69 wt 123	Yvette Fox	120 lb	2025	65-69 wt 148	Frank Scianimanico	205 lb	2020
65-69 wt 132	Yvette Fox	130 lb	2024	65-69 wt 165	Tony Conyers	360 lb	2023
65-69 wt 148	Lois Hall	100 lb	2016	65-69 wt 181	Douglas Rozon	270 lb	2019
65-69 wt 165	Jean Flesher	115 lb	2023	65-69 wt 198	Brian Hart	350 lb	2025
65-69 wt 181	Helen Hankerson	285 lb	2018	65-69 wt 220	Michael Busjahn	335 lb	2025
65-69 wt 198	Virginia Brown	75 lb	2015	65-69 wt 242	Mike Wood	330 lb	2016
	Paula Winans	75 lb	2020	65-69 wt 275	George Anthony	325 lb	2023
	Gail Noland	75 lb	2023	65-69 wt 308+	Richard Jung	255 lb	2024
65-69 wt 198	Magda Santos	110 lb	2023	70-74 wt 132	David Surratt	150 lb	2016
65-69 wt 199+	Carolyn Bolander	45 lb	2010	70-74 wt 148	Cliff Jackson	210 lb	2015
70-74 wt 97	Patricia Ashby	50 lb	2013	70-74 wt 165	Sherman Johnson	235 lb	2020
70-74 wt 105	Nancy Georges	80 lb	2024	70-74 wt 181	Kelley Collier	245 lb	2020
70-74 wt 114	Suzette Karelis	110 lb	2020	70-74 wt 198	Marc Hamburg	250 lb	2023
70-74 wt 123	Lois Hall	75 lb	2020	70-74 wt 220	John Yong	270 lb	2010
70-74 wt 132	Lois Hall	95 lb	2019	70-74 wt 242	Walter Robinson	325 lb	2016
70-74 wt 148	Janet Bremer	140 lb	2020	70-74 wt 275	Leroy Ford	325 lb	2017
70-74 wt 165	Joan Mann	85 lb	2015	70-74 wt SHW	William Barnickel	330 lb	2011
	Carol Lamb	85 lb	2023	75-79 wt 123	Ronald Crawford	145 lb	2012
70-74 wt 181	Beatrice Temple	100 lb	2024	75-79 wt 132	Edward Perez Jr	155 lb	2019
70-74 wt 198	Beatrice Temple	110 lb	2023	75-79 wt 148	Tony Spinelli	135 lb	2024
70-74 wt 198+	Kathleen Keen	50 lb	2020	75-79 wt 165	Bill Tinkler	205 lb	2013
75-79 wt 97	Susan Bohling	50 lb	2020	75-79 wt 181	Jacques Weaver	245 lb	2017
75-79 wt 105	Patricia Ashby	50 lb	2016	75-79 wt 198	Bob Mount	250 lb	2023
75-79 wt 114	Patricia Ashby	55 lb	2015	75-79 wt 220	John Yong	250 lb	2011
75-79 wt 123	Suzette Karelis	100 lb	2025	75-79 wt 242	Michael Brace	225 lb	2019
75-79 wt 148	Janet Bremer	140 lb	2025	75-79 wt 275	Leroy Ford	255 lb	2023
75-79 wt 165	Bonnie Thurston	82 lb	2018	80-84 wt 123	Barry Sears	85 lb	2024
75-79 wt 181	Mary Downes	50 lb	2025	80-84 wt 132	Edward Perez Jr	155 lb	2024
75-79 wt 198	Mary Downes	55 lb	2024	80-84 wt 148	James Morgan	140 lb	2018
75-79 wt 198+	Carolyn Bolander	55 lb	2019	80-84 wt 165	Bill Tinkler	205 lb	2014
80-84 wt 97	Susan Bohling	45 lb	2023	80-84 wt 181	Jacques Weaver	180 lb	2023
80-84 wt 105	Patricia Ashby	50 lb	2019	80-84 wt 198	Otis Perry	175 lb	2025
80-84 wt 123	Imogene Northern	7 lb	2011	80-84 wt 220	Vito Lombardo	200 lb	2014
80-84 wt 148	Janet Reynolds	105 lb	2023	80-84 wt 242	Michael Brace	165 lb	2025
80-84 wt 165	Mary Wilson	65 lb	2019	80-84 wt 275	Cicero Carr	150 lb	2019
80-84 wt 198	Carolyn Bolander	55 lb	2024	80-84 wt 308	Cicero Carr	200 lb	2020
80-84 wt 198+	Linda Diller	50 lb	2024	85-89 wt 148	Gerald Foster	115 lb	2020
85-89 wt 132	Carol Miles	55 lb	2017	85-89 wt 165	Carmine Maggiore	175 lb	2016
85-89 wt 148	Mary Wilson	55 lb	2023	85-89 wt 181	Robert Cseh	190 lb	2020
85-89 wt 165	Mary Wilson	65 lb	2020	85-89 wt 198	Carmine Maggiore	165 lb	2017
90-94 wt 148	Edith Traina	55 lb	2015	85-89 wt 220	Carmine Maggiore	160 lb	2018
90-94 wt 165	Leona Senyk	65 lb	2017	85-89 wt 242	Donald Noland	70 lb	2018
95-99 wt 165	Edith Traina	65 lb	2017	85-89 wt 275	Cicero Carr	155 lb	2025

#### Bench Press, Men

50-54 wt 142	Michael Libys	160 lb	2014
50-54 wt 148	Edward Perez III	280 lb	2018
50-54 wt 165	Greg Harrelson	245 lb	2018
50-54 wt 181	William Devore	345 lb	2015
50-54 wt 198	William Devore	350 lb	2016
50-54 wt 220	Ted Sealey	385 lb	2017
50-54 wt 242	Daniel Jonas	325 lb	2012
50-54 wt 275	Tony Parker	350 lb	2013

#### Deadlift, Women

50-54 wt 105	Dinah Yarborough	190 lb	2024
50-54 wt 123	Becky Harrelson	200 lb	2024
50-54 wt 132	Lynn Cook	280 lb	2016
50-54 wt 145	Lenore Devore	205 lb	2013
50-54 wt 165	Eberle Funches	300 lb	2019
50-54 wt 198	Ronda Bouie	285 lb	2024
50-54 wt 198+	Tanya Davis	225 lb	2025

55-59 wt 105	Janet Wickman	60 lb	2017	60-64 wt 132	Frank Scianimanico	250 lb	2017
55-59 wt 114	Nancy Georges	185 lb	2010	60-64 wt 148	Frank Scianimanico	300 lb	2018
55-59 wt 123	Yvette Fox	235 lb	2017	60-64 wt 165	Harry Carl	325 lb	2018
55-59 wt 132	Paula Jager	225 lb	2019	60-64 wt 181	Kelley Collier	470 lb	2013
55-59 wt 148	Joanne Scianimanico	220 lb	2020	60-64 wt 198	Stephen Mann	480 lb	2017
55-59 wt 165	Karen Hurban	260 lb	2017	60-64 wt 220	William Beckley	500 lb	2023
55-59 wt 181	Ronda Bouie	225 lb	2025	60-64 wt 242	William Beckley	475 lb	2019
55-59 wt 198	Gail Noland	155 lb	2015	60-64 wt 275	Robert Moore	415 lb	2024
55-59 wt 199+	Dawn Black	225 lb	2015	60-64 wt 308+	Viatcheslav Oulianov	380 lb	2025
60-64 wt 105	Janet Wickman	80 lb	2020	65-69 wt 132	Frank Scianimanico	240 lb	2023
60-64 wt 114	Nancy Georges	220 lb	2012	65-69 wt 148	Marvin Villard	330 lb	2023
60-64 wt 123	Yvette Fox	285 lb	2018	65-69 wt 165	Tony Conyers	610 lb	2024
60-64 wt 132	Yvette Fox	300 lb	2020	65-69 wt 181	Kelley Collier	490 lb	2014
60-64 wt 148	Karen Hurban	270 lb	2020	65-69 wt 198	Kelley Collier	500 lb	2015
60-64 wt 165	Keena Parsons	275 lb	2025	65-69 wt 220	Stephen Mann	485 lb	2018
60-64 wt 181	Jean Flesher	265 lb	2020	65-69 wt 242	John Callahan	405 lb	2020
60-64 wt 198	Margie Brownlee	240 lb	2011	65-69 wt 275	Richard Danner	405 lb	2019
60-64 wt 199+	Gail Noland	155 lb	2016	65-69 wt 308	Richard Jung	305 lb	2024
65-69 wt 105	Nancy Georges	200 lb	2020	65-69 wt SHW	Joseph Abal	300 lb	2016
65-69 wt 114	Nancy Georges	220 lb	2019	70-74 wt 132	Frank Marks	305 lb	2020
65-69 wt 123	Yvette Fox	275 lb	2025	70-74 wt 148	Marvin Villard	335 lb	2024
65-69 wt 132	Yvette Fox	300 lb	2024	70-74 wt 165	Richard Ortiz	365 lb	2015
65-69 wt 148	Lois Hall	200 lb	2015	70-74 wt 181	Jack Stevens	510 lb	2015
65-69 wt 165	Jean Flesher	225 lb	2023	70-74 wt 198	Sherwood Ellis	420 lb	2012
65-69 wt 181	Helen Hankerson	365 lb	2019	70-74 wt 220	Mitch Alderman	390 lb	2020
65-69 wt 198	Paula Winans	200 lb	2020	70-74 wt 242	John Callahan	400 lb	2024
65-69 wt 198+	Magda Santos	210 lb	2023	70-74 wt 275	Howard Brown	360 lb	2018
70-74 wt 97	Patricia Ashby	120 lb	2013	70-74 wt SHW	Howard Brown	330 lb	2019
70-74 wt 105	Nancy Georges	205 lb	2024	75-79 wt 132	Edward Perez Jr	275 lb	2019
70-74 wt 114	Suzette Karelis	225 lb	2023	75-79 wt 148	Tony Spinelli	225 lb	2024
70-74 wt 123	Lana Marcine	210 lb	2018	75-79 wt 165	Bill Tinkler	305 lb	2013
70-74 wt 132	Lois Hall	170 lb	2019	75-79 wt 181	Thomas Haggenmiller	400 lb	2019
70-74 wt 148	Beatrice Temple	225 lb	2025	75-79 wt 198	Thomas Haggenmiller	405 lb	2020
70-74 wt 165	Joan Mann	230 lb	2017	75-79 wt 220	Sherwood Ellis	400 lb	2018
70-74 wt 181	Beatrice Temple	250 lb	2024	75-79 wt 242	Richard Mintken	340 lb	2020
70-74 wt 195	Carolyn Bolander	150 lb	2012	75-79 wt 275	Cicero Carr	305 lb	2016
70-74 wt 198	Paula Winans	210 lb	2023	80-84 wt 123	Barry Sears	95 lb	2023
70-74 wt 198+	Beatrice Temple	305 lb	2023	80-84 wt 132	Dillon Maier	265 lb	2015
75-79 wt 97	Susan Bohling	135 lb	2020	80-84 wt 148	James Morgan	270 lb	2019
75-79 wt 105	Patricia Ashby	135 lb	2016	80-84 wt 165	Bill Tinkler	350 lb	2014
	Susan Bohling	135 lb	2019	80-84 wt 181	Thomas Haggenmiller	350 lb	2024
75-79 wt 114	Suzette Karelis	230 lb	2024	80-84 wt 198	Sherwood Ellis	315 lb	2023
75-79 wt 123	Suzette Karelis	235 lb	2025	80-84 wt 220	Ralph Price	240 lb	2019
75-79 wt 148	Janet Reynolds	205 lb	2017	80-84 wt 242	Jim Partain	190 lb	2020
75-79 wt 165	Carol Lamb	230 lb	2025	80-84 wt 275	Cicero Carr	240 lb	2019
75-79 wt 181	Martha Scott	170 lb	2024	80-84 wt 308	Cicero Carr	225 lb	2020
75-79 wt 198	Kathleen Keen	100 lb	2023	85-89 wt 132	Chuck Tosch	100 lb	2024
80-84 wt 97	Susan Bohling	120 lb	2023	85-89 wt 148	Gerald Foster	185 lb	2020
80-84 wt 105	Patricia Ashby	80 lb	2019	85-89 wt 165	Gerald Foster	155 lb	2019
80-84 wt 123	Imogene Northern	45 lb	2011	85-89 wt 181	John Wardner	200 lb	2024
80-84 wt 148	Janet Reynolds	210 lb	2023	85-89 wt 198	John Wardner	200 lb	2023
80-84 wt 198	Carolyn Bolander	100 lb	2024	85-89 wt 220	Donald Noland	55 lb	2017
80-84 wt 198+	Carolyn Bolander	75 lb	2023	85-89 wt 242	Donald Noland	120 lb	2018
85-89 wt 165	Trudy Daxon	155 lb	2015	85-89 wt 275	Cicero Carr	180 lb	2024
90-94 wt 148	Edith Traina	130 lb	2015				
90-94 wt 165	Trudy Dixon	145 lb	2020				
95-99 wt 165	Edith Traina	145 lb	2017				

## ROAD RACE 5K

### Women

50-54	Dee Bays	19:37.00	1997
55-59	Barbara Cahalan	22:43.56	2011
60-64	Janet Lamoureux	23:03.44	2025
65-69	Georgie Gillis	24:29.48	2011
70-74	Rhonda Fosser	24:31.00	2023
75-79	Ann Sinkinson	32:30.74	2023
80-84	Dorothy Johnson	41:04.84	2024
95-99	Ethel Lehmann	54:34.78	2025

### Men

50-54	Tri Thornhill	17:37.24	2019
55-59	Jarrett Slaven	19:08.50	2000
60-64	Tom Prentice	18:55.95	2023
65-69	Tom Prentice	19:55.46	2024
70-74	Frank Brume	22:19.59	2010
75-79	Gordon Johnson	23:32.00	1994
80-84	Gordon Johnson	28:38.55	2000
85-89	Gordon Johnson	33:28.78	2005
90-94	Gordon Johnson	47:11.27	2008

**SHOOTING Pistol Iron Sites, Women**

50-59	Sheryl Rubin	287 x8	2025
60-69	Rosemary Serra	252 x2	2025
70-79	Pam McDonald	293 x10	2025
80-89	Janet Ergle	275 x2	2025

**Pistol Iron Sites, Men**

50-59	Claude Lee	297 x20	2024
60-69	Ruben Garcia	291 x10	2024
70-79	William Miller	291 x17	2024
80-89	Raymond Rowe	283 x7	2025
90-99	Paul O'Neill	270 x8	2024

**Pistol Optics, Women**

50-59	Denise Overlock	151 x2	2025
60-69	Yvette Fox	287 x11	2024
70-79	Patricia Buell	275 x6	2025
80-89	Betty Harstad	73 x0	2025

**Pistol Optics, Men**

50-59	Claude Lee	299 x26	2025
60-69	Richard Berry	298 x23	2025
70-79	John Stanford	300 x19	2025
80-89	Robert Westgate	294 x18	2024

**Rifle, Women**

50-54	Naomi Tillett	600 58X	2016
60-64	Linda Hover	600 56X	2014
65-69	Margaret Clark	600 58X	2025
70-74	Donna Hunt	574 9X	2015
75-79	Beverly Lyon	597 32X	2015
80-84	Beverly Lyon	598 42X	2016

**Rifle, Men**

50-54	Martin Myer	600 57X	2019
55-59	Michael Brown	597 42X	2019
60-64	Conley Whiddon	600 56X	2022
65-69	Lee Methvin	600 59X	2016
70-74	William Ruth	600 60X	2016
75-79	Thomas Walsh	600 60X	2019
80-84	Edward Hess	600 55X	2023
85-89	Wendell Hunt	600 52X	2025

**Skeet, Women**

50-54	Jen Saffer	48	2024
60-64	Tina Smiley	43	2024
65-69	Denise Blaine	40	2025
70-74	Peggy DeVivo	36	2025
75-79	Nancy Ramirez	36	2024

**Skeet, Men**

50-54	David Barfield	45	2025
55-59	Gary Brown	47	2014
	Michael Brown	47	2017
60-64	Michael Brown	49	2023
65-69	Bruce Stobbe	49	2022
70-74	Terry Ball	49	2017
75-79	Chuck Rossetter	50	perfect 2025
80-84	George Hotchkiss	47	2017
	Harry Kimberly	47	2023
	Terry Ball	47	2025
85-89	Elmer Dobner	47	2017
	Marshall Smith	47	2019
90-94	Ralph Clements	36	2019

**Sporting Clays, Women**

55-59	Michele Heimann	38	2025
60-64	Tina Smiley	47	2024
65-69	Deborah Wroten	40	2020
70-74	Megan Posey	31	2025
75-79	Nancy Ramirez	35	2024

**Sporting Clays, Men**

50-54	Ruben Garcia	47	2017
55-59	Ruben Garcia	48	2020
	Gilbert Faulkner	48	2023
60-64	Lonnie Cox	49	2023
65-69	Raymond Swilley	49	2024
70-74	Edward Arnold	48	2020
	Jeffrey Walker	48	2023
75-79	Ronald Kerr	48	2017
80-84	Marshall Smith	44	2015
	Charles Loomis	44	2020
	William Powell	44	2023
85-89	Marshall Smith	40	2020

**Trap, Women**

50-54	Michele Heimann	46	2025
55-59	Michele Heimann	42	2024
60-64	Roseann Cerovac	43	2018
65-69	Patricia Hill	42	2016
70-74	Patricia Hill	45	2020
75-79	Nancy Ramirez	37	2025
80-84	Chris Sikes	33	2017
85-89	Chris Sikes	24	2022

**Trap, Men**

50-54	Ruben Garcia	46	2017
55-59	Ruben Garcia	48	2020
	Robert DeLong	48	2022
60-64	David Wright	47	2011
	Robert DeLong	47	2023
	Ruben Garcia	47	2025
65-69	Merwin Backus	49	2011
	Raymond Swilley	49	2025
70-74	Jerry Quintal	49	2019
	David Wright	49	2022
75-79	Gary Odell	47	2011
	Terry Ball	47	2019
	James Hulskotter	47	2022
80-84	Gene Regnier	49	2015
85-89	Gene Regnier	47	2019

**SWIMMING****50 Yard Backstroke, Women**

50-54	Karen Westerman	31.94	2020
55-59	Karen Westerman	32.60	2024
60-64	Katherine Cleary	42.35	2025
65-69	Linda Fulton	35.89	2020
70-74	Linda Fulton	36.96	2023
75-79	Mary Tusa	50.06	2005
80-84	Florence Dunbar	52.65	1993
85-89	Beverly Myers	1:01.19	2020
90-94	Joyce Stipanuk	1:19.63	2018
95-99	Dorothy Freed	1:33.81	2015

**50 Yard Backstroke, Men**

50-54	John Laderer	28.07	2015
55-59	Nathan Leech	30.33	2007
60-64	Brian Voisard	31.88	2011
65-69	Brian Voisard	32.71	2019
70-74	Robert Heacock	32.45	2019
75-79	Robert Heacock	36.22	2024
80-84	Robin Wickman	45.53	2025
85-89	Thomas Gompf	48.75	2024
90-94	Jerome Burke	1:15.33	2015
95-99	Arland Meade	1:44.51	2010
100-104	Arland Meade	2:05.80	2015

**100 Yard Backstroke, Women**

50-54	Karen Westerman	1:08.72	2020
55-59	Karen Westerman	1:11.68	2023
60-64	Linda Fulton	1:21.01	2016
65-69	Linda Fulton	1:19.89	2020
70-74	Linda Fulton	1:21.00	2023
75-79	Beverly Myers	1:47.54	2010
80-84	Beverly Myers	2:00.53	2017
85-89	Beverly Myers	2:10.10	2020
90-94	Joyce Stipanuk	2:58.05	2018

**100 Yard Backstroke, Men**

50-54	Allen Sale	1:06.55	2009
55-59	Brian Voisard	1:05.42	2009
60-64	Brian Voisard	1:08.07	2011
65-69	Brian Voisard	1:09.47	2019
70-74	Gaylord Hopkins	1:19.51	2012
75-79	Gaylord Hopkins	1:29.88	2017
80-84	John Woods	1:45.57	2003
85-89	Thomas Gompf	1:51.99	2024
90-94	Jerome Burke	3:06.38	2017
95-99	Arland Meade	4:03.80	2010

**200 Yard Backstroke, Women**

50-54	Karen Westerman	2:26.44	2020
55-59	Karen Westerman	2:31.93	2023
60-64	Linda Fulton	2:59.51	2016
65-69	Linda Fulton	2:52.80	2020

70-74	Linda Fulton	2:56.56	2023	75-79	Martin Schenk	3:47.35	2018
75-79	Mary Tusa	3:55.72	2005	80-84	Mike Freshley	3:17.16	2023
80-84	Beverly Myers	4:33.00	2017	85-89	Fred Beckett	7:27.56	2019
85-89	Beverly Myers	4:54.65	2020	95-99	Arland Meade	12:13.13	2012
90-94	Joyce Stipanuk	6:19.75	2017	<b>50 Yard Butterfly, Women</b>			
<b>200 Yard Backstroke, Men</b>				50-54	Karen Westerman	30.22	2020
50-54	Brian Voisard	2:23.98	2005	55-59	Pat Sargeant	30.03	2012
55-59	Brian Voisard	2:21.97	2009	60-64	Susan Tokayer	31.57	2020
60-64	Brian Voisard	2:26.91	2011	65-69	Linda Fulton	35.77	2020
65-69	Brian Voisard	2:29.53	2019	70-74	Linda Fulton	36.45	2023
70-74	Robert Heacock	2:41.17	2019	75-79	Jean Troy	49.53	2006
75-79	Gaylord Hopkins	3:14.17	2017	80-84	Jean Troy	51.22	2007
80-84	John Woods	3:55.95	2003	85-89	Frances Weston	1:25.83	2025
85-89	Thomas Gompf	4:05.97	2024	<b>50 Yard Butterfly, Men</b>			
90-94	Lowell Heneveld	6:32.79	2013	50-54	John Lederer	26.49	2016
<b>50 Yard Breaststroke, Women</b>				55-59	Stepan Oliva	28.48	2024
50-54	Lynn Cartee	39.22	2000	60-64	Bradley Brown	30.60	2020
55-59	Paula Cunio	39.17	2018	65-69	Michael Smith	29.83	2025
60-64	Doris Prokopi	45.04	1998	70-74	Robert Heacock	30.38	2019
65-69	Jeanne Hackett	45.15	2011	75-79	Martin Schenk	36.04	2017
70-74	Jeanne Hackett	47.03	2013	80-84	Robin Wickman	41.48	2025
75-79	Beverly Myers	51.39	2010	85-89	Thomas Gompf	55.68	2024
80-84	Florence Dunbar	54.15	1993	<b>100 Yard Butterfly, Women</b>			
85-89	Beverly Myers	1:03.92	2020	50-54	Karen Westerman	1:09.94	2020
90-94	Shirley Carnahan	1:43.41	2025	55-59	Pat Sargeant	1:07.51	2012
95-99	Dorothy Freed	2:49.03	2015	60-64	Patricia Bond	1:43.66	2002
<b>50 Yard Breaststroke, Men</b>				65-69	Linda Fulton	1:27.64	2020
50-54	Stepan Oliva	29.76	2019	70-74	Linda Fulton	1:33.67	2023
55-59	Stepan Oliva	31.82	2024	75-79	Jean Troy	1:55.59	2006
60-64	Peter Turner	37.18	2019	80-84	Jean Troy	1:58.84	2007
65-69	Michael Smith	34.43	2025	<b>100 Yard Butterfly, Men</b>			
70-74	Dave Jarvis	35.69	2017	50-54	Brian Voisard	1:05.32	2005
75-79	Robert Heacock	40.23	2024	55-59	Brian Voisard	1:04.68	2006
80-84	Robin Wickman	44.28	2025	60-64	Brian Voisard	1:05.87	2012
85-89	Thomas Gompf	54.78	2024	65-69	Robert Heacock	1:14.87	2018
90-94	Arland Meade	1:57.79	2006	70-74	Robert Heacock	1:11.85	2019
95-99	Arland Meade	2:23.04	2010	75-79	Charles Weatherbee	1:39.36	2007
100-104	Arland Meade	2:56.41	2015	80-84	Craig Walker	4:04.90	2020
<b>100 Yard Breaststroke, Women</b>				<b>50 Yard Freestyle, Women</b>			
50-54	Paula Cunio	1:25.21	2015	50-54	Christine Germain	29.28	2015
55-59	Paula Cunio	1:24.87	2018	55-59	Pat Sargeant	27.04	2012
60-64	Doris Prokopi	1:38.77	1998	60-64	Susan Tokayer	28.12	2020
65-69	Jeanne Hackett	1:40.53	2011	65-69	Linda Fulton	31.72	2020
70-74	Jeanne Hackett	1:41.61	2013	70-74	Linda Fulton	33.19	2023
75-79	Jean Troy	1:57.72	2005	75-79	Jean Troy	37.00	2005
80-84	Jean Troy	2:00.77	2007	80-84	Jean Troy	38.95	2008
85-89	Doris Prokopi	3:14.06	2020	85-89	Beverly Myers	47.87	2020
90-94	Shirley Carnahan	3:46.21	2025	90-94	Joyce Stipanuk	1:14.40	2018
<b>100 Yard Breaststroke, Men</b>				<b>50 Yard Freestyle, Men</b>			
50-54	Stepan Oliva	1:05.46	2019	50-54	Steve Oliva	22.96	2019
55-59	Stepan Oliva	1:10.34	2024	55-59	Stepan Oliva	24.66	2024
60-64	Peter Turner	1:21.29	2019	60-64	Brian Voisard	26.52	2011
65-69	Michael Smith	1:18.04	2025	65-69	Brian Voisard	26.85	2016
70-74	Dave Jarvis	1:20.41	2017	70-74	Robert Heacock	27.62	2019
75-79	Robin Wickman	1:33.97	2020	75-79	Robert Heacock	29.97	2024
80-84	Mike Freshley	1:31.96	2023	80-84	Mike Freshley	32.33	2023
85-89	Hernan Granda	2:26.90	2011	85-89	Thomas Gompf	40.99	2024
90-94	Arland Meade	4:11.00	2005	90-94	Donald Doe	1:08.77	2025
95-99	Arland Meade	5:03.23	2010	95-99	Jerome Burke	1:21.26	2018
<b>200 Yard Breaststroke, Women</b>				<b>100 Yard Freestyle, Women</b>			
50-54	Paula Cunio	2:58.94	2015	50-54	Christine Germain	1:05.13	2015
55-59	Paula Cunio	3:00.68	2018	55-59	Pat Sargeant	1:01.06	2012
60-64	Cathy Liska	3:37.52	2024	60-64	Susan Tokayer	1:04.01	2020
65-69	Donelda Horne	3:57.88	2009	65-69	Linda Fulton	1:14.70	2020
70-74	Jeanne Hackett	3:46.57	2013	70-74	Patricia Bond	1:23.66	2009
75-79	Shirley Fishlock	4:32.55	2011	75-79	Jean Troy	1:25.00	2006
80-84	Jean Troy	4:27.58	2008	80-84	Jean Troy	1:27.83	2007
85-89	Ellen Brown	7:32.73	2012	85-89	Beverly Myers	1:54.94	2020
90-94	Shirley Carnahan	7:53.38	2025	90-94	Joyce Stipanuk	2:44.57	2017
<b>200 Yard Breaststroke, Men</b>				<b>100 Yard Freestyle, Men</b>			
50-54	Peter Turner	2:44.28	2009	50-54	Steve Oliva	51.06	2019
55-59	Allen Sale	2:46.96	2013	55-59	Stepan Oliva	55.29	2024
60-64	William Stephens	3:08.32	2008	60-64	Brian Voisard	58.72	2011
65-69	Allen Sale	3:08.55	2023	65-69	Gaylord Hopkins	59.61	2006
70-74	David Jarvis	3:15.12	2019	70-74	Robert Heacock	1:00.41	2019

75-79	Jimmy Waybright	1:12.97	2025	65-69	Brian Voisard	2:33.45	2019
80-84	Mike Freshley	1:25.86	2024	70-74	David Jarvis	2:56.75	2019
85-89	John Cornell	1:39.64	2012	75-79	Thomas Gompf	3:32.19	2015
90-94	Lowell Heneveld	3:02.87	2013	80-84	Mike Freshley	3:20.59	2023
95-99	Jerome Burke	3:38.96	2018	85-89	Frank Tillotson	5:33.97	2000
<b>200 Yard Freestyle, Women</b>							
50-54	Christine Germain	2:25.36	2015	<b>TRACK</b>			
55-59	Karen Westerman	2:16.59	2025	<b>50 Meters, Women</b>			
60-64	Patricia Bond	2:54:10	2000	50-54	Andrea Collier	7.68	2018
65-69	Linda Fulton	2:40.52	2020	55-59	Andrea Collier	7.49	2024
70-74	Linda Fulton	2:43.14	2025	60-64	Johnnie Reid	7.29	2024
75-79	Jean Troy	3:01.89	2006	65-69	Carol Robertson	7.94	2023
80-84	Mary Tusa	3:43.68	2013	70-74	Ethel Lehmann	9.51	2000
85-89	Beverly Myers	4:02.02	2020	75-79	Ella Redpath	10.03	2024
90-94	Joyce Stipanuk	5:43.67	2017	80-84	Ethel Lehmann	10.34	2012
<b>200 Yard Freestyle, Men</b>							
50-54	Stepan Oliva	2:03.84	2017	85-89	Ethel Lehmann	11.00	2015
55-59	Brian Voisard	2:04.43	2009	90-94	Ethel Lehmann	12.58	2020
60-64	Gaylord Hopkins	2:08.54	2003	95-99	Ethel Lehmann	13.95	2024
65-69	Gaylord Hopkins	2:11.17	2006	<b>50 Meters, Men</b>			
70-74	Gaylord Hopkins	2:20.98	2011	50-54	Dian Edwards	6.76	2015
75-79	Martin Schenk	2:48.23	2017	55-59	Jim Daniels	6.85	2024
80-84	Mike Freshley	2:48.06	2023	60-64	Donald Amery	7.03	1997
85-89	John Cornell	3:46.16	2012	65-69	Rod Lehman	7.31	2017
90-94	Lowell Heneveld	6:14.10	2013	70-74	Rod Lehman	7.44	2022
95-99	Arland Meade	8:55.28	2010	75-79	Howie Sampson	7.96	2013
<b>500 Yard Freestyle, Women</b>							
50-54	Karen Westerman	6:01.86	2020	80-84	Leslie Bennett	8.47	2024
55-59	Karen Westerman	6:02.78	2023	85-89	John Anoka	9.52	2004
60-64	Patricia Bond	7:50.84	2002	90-94	John Anoka	10.85	2009
65-69	Roxanne Olmsted	7:18.87	2016	95-99	Ervin Szewczuga	15.74	2017
70-74	Patricia Bond	7:40.60	2008	100-104	Arland Meade	27.39	2015
75-79	Jean Troy	8:30.40	2006	<b>100 Meters, Women</b>			
80-84	Mary Tusa	9:53.49	2013	50-54	Ree Hawkins	13.76	2020
85-89	Phyllis Goodlad	10:47.70	2017	55-59	Andrea Collier	13.74	2024
<b>500 Yard Freestyle, Men</b>							
50-54	Brian Voisard	5:51.16	2005	60-64	Johnnie Reid	13.20	2025
55-59	Brian Voisard	5:36.18	2009	65-69	Yvette Fox	14.90	2023
60-64	Brian Voisard	5:52.09	2011	70-74	Ella Redpath	18.56	2017
65-69	Gaylord Hopkins	6:04.76	2006	75-79	Ethel Lehmann	18.74	2004
70-74	Gaylord Hopkins	6:16.54	2011	80-84	Ethel Lehmann	18.29	2012
75-79	Gaylord Hopkins	7:35.76	2017	85-89	Ethel Lehmann	21.50	2016
80-84	Mike Freshley	7:54.67	2023	90-94	Ethel Lehmann	24.54	2020
85-89	John Cornell	10:20.34	2012	95-99	Ethel Lehmann	28.63	2024
90-94	Lowell Heneveld	16:28.76	2013	<b>100 Meters, Men</b>			
<b>100 Yard Individual Medley, Women</b>							
50-54	Karen Westerman	1:11.49	2020	50-54	Oscar Fabra	12.35	2015
55-59	Karen Westerman	1:12.81	2023	55-59	Oscar Fabra	12.23	2020
60-64	Wendy Duck	1:33.42	2005	60-64	Rudy Briscoe	12.92	2017
65-69	Ann Guins	1:31.19	2020	65-69	Rudy Briscoe	13.28	2022
70-74	Patricia Bond	1:35.01	2008	70-74	Douglas Thomas	14.03	2016
75-79	Jean Troy	1:41.29	2006	75-79	Howie Sampson	14.98	2014
80-84	Jean Troy	1:49.52	2007	80-84	Leslie Bennett	15.80	2024
85-89	Beverly Myers	2:10.76	2020	85-89	John Anoka	17.85	2004
<b>100 Yard Individual Medley, Men</b>							
50-54	Stepan Oliva	59.90	2019	90-94	John Anoka	20.84	2009
55-59	Stepan Oliva	1:03.79	2024	95-99	Edwin Butters	46.38	2003
60-64	Brian Voisard	1:08.66	2011	<b>200 Meters, Women</b>			
65-69	Brian Voisard	1:09.68	2019	50-54	Ree Hawkins	28.76	2020
70-74	David Jarvis	1:10.84	2018	55-59	Sonder Hawkins	28.70	2022
75-79	Charles Weatherbee	1:27.69	2007	60-64	Johnnie Reid	30.18	2023
80-84	John Cornell	1:43.00	2008	65-69	Elizabeth Appleby	34.93	2024
85-89	Thomas Gompf	1:51.87	2024	70-74	Ethel Lehmann	38.59	2000
<b>200 Yard Individual Medley, Women</b>							
50-54	Karen Westerman	2:35.93	2020	75-79	Ethel Lehmann	35.72	2005
55-59	Karen Westerman	2:36.03	2023	80-84	Ethel Lehmann	43.57	2010
60-64	Patricia Bond	3:23.19	2002	85-89	Ethel Lehmann	48.92	2016
65-69	Wendy Duck	3:43.64	2011	90-94	Ethel Lehmann	55.94	2020
70-74	Patricia Bond	3:27.05	2009	95-99	Ethel Lehmann	1:07.27	2024
75-79	Beverly Myers	3:46.85	2010	<b>200 Meters, Men</b>			
80-84	Doris Prokopi	5:29.33	2015	50-54	Bobby Terrell	26.10	2004
<b>200 Yard Individual Medley, Men</b>							
50-54	Allen Sale	2:26.67	2012	55-59	Jim Daniels	27.11	2024
55-59	Brian Voisard	2:25.61	2010	60-64	Rudy Briscoe	26.43	2017
60-64	Brian Voisard	2:28.37	2011	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 Wilson	12:14.36	2025

**WALKING, 1500 Meter, Women**

50-54	Yolimar Bolivar	10:20.39	2025
55-59	Janet Lamoureux	9:34.80	2023
60-64	Janet Lamoureux	8:54.89	2025
65-69	Sandy Gill	10:30.41	2011
70-74	Susan Bonzey	10:45.06	2025
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 Szwczuga	16:33.53	2017

**5000 Meters, Women**

50-54	Yolimar Bolivar	37:00.74	2025
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	Evelyn Gaunt	41:00.43	2025
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	Dick Cheney	1:01:28.49	2025

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