

30th annual

GULF COAST GAMES FOR LIFE

Feb. 2-10, 2019

Registration deadline: Jan. 18, 2019



Bag Toss (Corn Hole)
Basketball Shooting
Bocce Ball
Bowling
Cribbage
Cycling
Golf
Horseshoes
Pickleball
Racquetball
Shuffleboard
Swimming
Table Tennis
Target Shooting
Track and Field
Volleyball



We invite you

The Florida Senior Games Series is a multi-sport event program for adults 50 and over. The series consists of events throughout Florida leading up to the Florida Senior Games in December. The Florida Senior Games continues to grow and provide fun, fellowship, fitness and competition for Florida's fastest growing age group.

The focus of the Senior Games is not to win, but to participate. The Florida Senior Games are designed to:

- Encourage and promote healthy lifestyles for Florida's seniors.
- Give Florida's seniors the opportunity to compete at the local, state and national level.
- Provide an affordable and quality multi-sport festival that Florida seniors can call their own.

Our counties remain committed to providing opportunities for active adults to engage in a healthy lifestyle through programs such as our Gulf Coast Games for Life and by enjoying our beautiful parks and preserves. It is our sincere pleasure to invite you to the 2019 Gulf Coast Games for Life.

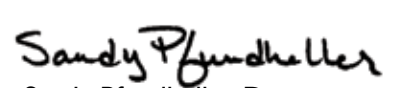
Kindest regards,



Nicole Rissler, Director
Sarasota County
Parks, Recreation and Natural Resources



Charlie Hunsicker, Director
Manatee County
Parks and Natural Resources



Sandy Pfundheller, Director
City of North Port
Parks and Recreation

2019 Local Qualifying Senior Games

For more information on these qualifiers, visit flasports.com.

Heartland Games for Active Adults

Feb. 2-28, 2019
Avon Park, FL

Lee County Senior Games

Feb. 2-April 3, 2019
Ft. Myers, FL

Gulf Coast Games for Life

Feb. 2-10, 2019
Sarasota, FL

Good Life Games of Pinellas County

February-November 2019
Clearwater, FL

Polk Senior Games

Feb. 23-March 11, 2019
Bartow, FL

Charlotte County Fit For Life Senior Games

March 1-31, 2019
Englewood, FL

Capital City Senior Games

March 1-11, 2019
Tallahassee, FL

Delray Beach Senior Games

March 1-8, 2019
Delray Beach, FL

Port Orange Senior Games

March 14-23, 2019
Port Orange, FL

Lake Senior Games

April 1-28, 2019
Clermont, FL

The Villages Senior Games

April 22-28, 2019
The Villages, FL

Pensacola Senior Games

Sept. 6-22, 2019
Pensacola, FL

Palm Coast and the Flagler Beaches Senior Games

Sept. 7-15, 2019
Palm Coast, FL

Gainesville Senior Games

Sept. 13-22, 2019
Gainesville, FL

Jacksonville Senior Games

Sept. 27-Oct. 5, 2019
Jacksonville, FL

Broward County Senior Games

Oct. 1-31, 2019
Ft. Lauderdale, FL

Cutler Bay Senior Games

Oct. 7-11, 2019
Cutler Bay, FL

Tampa Bay Active Life Games

Oct. 7-18, 2019
Tampa, FL

Ormond Beach Senior Games

Oct. 25-Nov. 2, 2019
Ormond Beach, FL

Martin County Senior Games

Oct. 26-Nov. 3, 2019
Stuart, FL

Golden Age Games

Nov. 2-8, 2019
Sanford, FL

Florida Senior Games

Dec. 7-15, 2019
Location TBA

Dates are subject to change. Please check with the respective county or city to confirm dates.

GULF COAST GAMES FOR LIFE 2019 SCHEDULE OF EVENTS

Times listed on the schedule are competition start times.
Please see the individual sport pages for check-in times.

City of North Port

Sarasota County

Manatee County

EVENT	Saturday Feb. 2	Sunday Feb. 3	Monday Feb. 4	Tuesday Feb. 5	Wednesday Feb. 6	Thursday Feb. 7	Friday Feb. 8	Saturday Feb. 9	Sunday Feb. 10
Bag Toss (Corn Hole)			10 a.m.						
Basketball Shooting								9 a.m.	
Bocce Ball							9 a.m.		
Bowling				10 a.m.					
Cribbage				9 a.m.					
Cycling									8:30 a.m.
Golf					11 a.m.				
Horseshoes						9 a.m.			
Pickleball				Men's Doubles (ages 50-69) 8:30 a.m.	Women's Doubles (All ages) Mixed Doubles (ages 70-74) 10:30 a.m.	Mixed Doubles (ages 50-69, 75+) 8:30 a.m.	Men's Doubles (ages 70+) 10:30 a.m.		
Racquetball					1 p.m.	1 p.m.			
Shuffleboard					9 a.m.				
Swimming	10 a.m. warm-ups								
Table Tennis						Singles 9 a.m. Doubles 11 a.m. Mixed Noon			
Target Shooting				9 a.m.					
Track and Field		9 a.m.							
Volleyball				10 a.m.					



Basketball Shooting

Free Throw/Spot Field Goal/Timed Field Goal

Location: Longwood Park

Date: Saturday, Feb. 9

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Basketballs will be provided.

Format

- Free Throw: three rounds of 10 shots (from free throw line).
- Spot Field Goal: three rounds of five shots (five spots).
- Timed Field Goal: three rounds for 60 seconds (five spots). Cannot shoot consecutive layups.

Bag Toss (Corn Hole)

Location: Morgan Family Community Center

Date: Monday, Feb. 4

Time: 10 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Bags and boards will be provided.

Format

- Matches will be best two out of three games.
- Each game is divided into a maximum of eight frames or the first person to score 21 points.
- Coin toss will determine choice of throwing side, who throws first and choice of bag color. Choice of side changes each game.
- Single elimination is planned.
- For men 50-69, the boards will be 24 feet apart. For men 70 and older and all women, the boards will be 20 feet apart.
- The tournament director reserves the right to change the format based on total number of athletes in a division.



GULF COAST GAMES FOR LIFE EVENTS

Bocce Ball

Doubles

Location: John H. Marble Park

Date: Friday, Feb. 8

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- This is considered an open event. One age group only.
- Equipment will be provided.
- Each participant must enroll.

Format

- Number of entries will determine the type of format.

Bowling

Singles/Doubles/Mixed Doubles

Location: AMF Bradenton Lanes

Date: Tuesday, Feb. 5

Time: 10 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- You may enter in all events if desired.
- A facility fee of \$9 is due the day of the event.
- Each participant must enroll.

Format

- Scratch scoring.
- Bowlers will be divided into squads based upon entries within their age group.
- All events will consist of one set of three games. One game roll-off will break ties.
- Winners are determined by total pins over three games - same lane.
- Schedule:
 - Singles 10 a.m.
 - Doubles Noon
 - Mixed Doubles 2 p.m.

Cribbage

Location: G.T. Bray Park

Date: Tuesday, Feb. 5

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- The event should last approximately three hours.
- Boards, cards and score sheets provided.

Format

- American Cribbage Congress rules apply.
- Winners will be determined by game points, games won and spread points after nine games of play.
- Players will be divided into groups by age: 50-59; 60-69; 70-79; 80-89; 90+



Cycling

5K/10K

Location: Central County Solid Waste Disposal Complex

Date: Sunday, Feb. 10

Time: 8:30 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Cyclists must provide their own bike and helmet.
- Gates open at 7 a.m.

Format

- Race will be held on the open road.
- All starts will be of equal intervals (one minute or less).

GULF COAST GAMES FOR LIFE EVENTS

Golf

Scratch

Location: Buffalo Creek Golf Course

Date: Wednesday, Feb. 6

Time: 11 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Golf cart use is mandatory.
- First 60 participants to enroll will play on Wednesday. Any player who misses the cut-off will be required to play on Thursday (same tee time).
- A facility fee of \$45 plus tax is due at the course.
- Tee times begin at 11 a.m. Please call 941-776-2611 on Tuesday, Feb. 5, for your scheduled tee time. Requests for specific tee times will not be honored.

Format

- Tee time format. No handicaps used.
- Governed by U.S.G.A. Local rules will also be in effect.
- Pairings are based on gender and age for competition purposes.

Horseshoes

Singles

Location: G.T. Bray Park

Date: Thursday, Feb. 7

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Players must supply their own horseshoes.

Format

- Pool play within each age group. A preliminary single round-robin tournament using count-all scoring and a five point bonus for each match will be played within each pool. At the conclusion of the preliminary round, the top six players will advance and play a single round-robin championship final using cancellation scoring.
- A match will consist of one game.
- Pitching distances:
 - Men 50-69 40-foot minimum
 - Men 70+ 30-foot minimum
 - Women 50-74 30-foot minimum
 - Women 75+ 20-foot minimum



Pickleball

Location: Englewood Sports Complex

Time: Participants will be notified on Feb. 1, of their start times and bracket information.

For information, call 941-861-PARK (7275).

Men's Doubles: (ages 50-69) Tuesday, Feb. 5

(ages 70+) Friday, Feb. 8

Women's Doubles: (All ages) Wednesday, Feb. 6

Mixed Doubles: (ages 50-69) Thursday, Feb. 7

(ages 70-74) Wednesday, Feb. 6

(ages 75+) Thursday, Feb. 7

Entry Regulations

- Onsite registration will not be permitted.
- Participants must bring their own paddles.
- Pickleballs will be provided.
- Each participant and their doubles partner must enroll.

Format

- Double elimination is planned.
- Matches are best two out of three games to 11 points in winner's bracket; one game to 15 in loser's bracket.
- Event will be held in indoor gym with six courts.
- Event directors reserve the right to change format based on number of entries.

Racquetball

Women's Singles, Men's Singles, Doubles

Location: YMCA (Frank G. Berlin, Sr. Branch)

Date: Wednesday, Feb. 6
Thursday, Feb. 7

Time: 1 p.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Players must provide their own rackets. Balls will be provided.
- Each participant and their doubles partner (if applicable) must enroll. Doubles partners will not be assigned.
- You will be notified of your first match starting time on Monday, Feb. 4.

Format

- The number of entries will determine the type of tournament.
- There will be age group divisions; however, age groups will be combined if necessary to facilitate play.

Shuffleboard

Women's Singles, Men's Singles, Doubles

Location: Hecksher Park Shuffleboard

Date: Wednesday, Feb. 6

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Players must provide their own cues. Disks will be provided.
- Each participant must enroll.

Format

- Single-elimination tournament with consolation.
- Matches are 12 frames or 75 points, whichever occurs first, for both singles and doubles competition.
- There will be age group divisions; however, age groups will be combined if necessary to facilitate play.



Swimming

See entry form for individual events.

Location: YMCA (Evalyn Sadlier Jones Branch)

Date: Saturday, Feb. 2

Time: 10 a.m. warm-ups, 11 a.m. start

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Swimmers are limited to five events.
- Please provide seed times if available.
- The pool is a heated outdoor facility.

Format

- Event sanctioned through U.S. Masters Swimming.
- All swimming will be timed finals.
- Events will be in yards and in a short course format.

Table Tennis

Singles/Doubles/Mixed Doubles

Location: Colonial Oaks Park

Date: Thursday, Feb. 7

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Players must provide their own paddles. Balls will be provided.

Format

- Double-elimination tournament planned for singles. A single-elimination draw for doubles.
- Schedule:
 - Singles 9 a.m.
 - Doubles 11 a.m.
 - Mixed Doubles Noon



Target Shooting

50 yard

Location: Knight Trail Park

Date: Tuesday, Feb. 5

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Participants must provide their own 22 rimfire rifles and ammunition.
- Targets and cardboard will be provided.

Format

- Single-elimination tournament.
- There will be two classes:
 - Open/Iron sight
 - Telescopic sight
- Competition will be offered at 50 yard.
- The winner will be decided upon the best of three, 10 shot iterations with a 10-minute time limit.
- In case of a tie, winner will be closest to the X.

Track and Field

See entry form for individual events.

Location: St. Stephens Episcopal School

Date: Sunday, Feb. 3

Time: 9 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Check-in time is 8:30 a.m.
- Entry is limited to five events.
- Discus and shots will be provided. Must provide own javelin.
- Please provide seed times, if available.

Format

- All track events are timed finals.
- Field events will allow three attempts at each event.

Volleyball

Location: Morgan Family Community Center

Date: Tuesday, Feb. 5

Time: 10 a.m.

For information, call 941-861-PARK (7275).

Entry Regulations

- Onsite registration will not be permitted.
- Check-in time is 9 a.m.
- Teams must be all one gender.
- Team roster shall be limited to 15 people, including non-playing coaches, captains and bench personnel.
- Each participant must register individually.
- Team members should include team name to be eligible to advance to State Games.
- Individuals will be placed on a team and will not be eligible to advance to State Games.
- Age division will be determined by the age of the youngest team member.

Format

- All matches will be conducted in accordance with USA Volleyball (USAV) rules.
- A team must have at least five players present to start a game; otherwise, the game is forfeited.
- Teams competing with only five players must always have three players on the front row.
- To win the match, a team must win two out of three games.

IT STARTS IN
PARKS

SPECIAL THANKS

Special thanks to our 2019 Friends of the Gulf Coast Games for Life

Amy McCormack Kevin McCormack

Become a Friend of the Gulf Coast Games for Life

Friends of the Senior Games are a very special group of people who support us with a contribution of \$10 or more. Please include with your application.

Name: _____ Phone: _____
Address: _____ Apt. #: _____
City: _____ State: _____ Zip: _____

Contribution: \$10 \$25 \$50 \$100 Other \$ _____

Become a Friend of the Gulf Coast Games for Life

Friends of the Senior Games are a very special group of people who support us with a contribution of \$10 or more. Please include with your application.

Name: _____ Phone: _____
Address: _____ Apt. #: _____
City: _____ State: _____ Zip: _____

Contribution: \$10 \$25 \$50 \$100 Other \$ _____



Eligibility

Events are open to amateur athletes 50 and older as of Dec. 31, 2019. Keep in mind that this cut-off date applies to our local Gulf Coast Games for Life only. Other Senior Games throughout the state will have their own cut-off date.

Age Divisions

50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. The age of the youngest member of a doubles or mixed doubles team will determine the age division of the team.

Registration Fee

Apply online or by mail. A one-time registration fee of \$12 entitles each participant to a T-shirt. There is an additional \$3 fee for each event (including your first event).

Divisions or categories within a sport count as individual events. For example: if you register for Basketball Shooting and want to participate in all three events (Free Throw, Spot Field Goal, Timed Field Goal), you will pay a \$12 registration fee and a \$9 event fee (\$3 per event), resulting in a total fee of \$21.

Facility Fees

An additional facility fee will be charged for the following events:

Bowling: \$9 (tax included) for three games

Golf: \$45 includes cart, green fee and tax

The above fees are payable the day of the event at the designated facility.

Refunds

All refunds may be subject to a \$25 administrative fee.

Schedule/Time Conflicts

Gulf Coast Games for Life officials highly recommend that participants choose their events carefully so as not to create scheduling conflicts. Keep in mind that event directors reserve the right to combine, modify, delay, postpone or cancel any event due to inclement weather.

Awards

Medals are awarded to first, second and third place finishers in each age division. If you do not receive your medal(s) at the end of your competition, you may pick them up at the G.T. Bray Park Recreation Center (Bradenton) or Twin Lakes Park (Sarasota). The top five finishers per age group qualify to participate at the 2019 Florida State Games if that event is offered.

Entry Deadline

Entry form and payment are due by Friday, Jan. 18, 2019. No late registrations will be accepted after this date. Entry fees are payable in advance by check, cash, money order or credit card. You may register by mail or online.

Mail or Drop-Off Registration

Gulf Coast Games for Life
c/o Sarasota County Parks, Recreation and Natural Resources
Twin Lakes Park
6700 Clark Road
Sarasota, FL 34241

Please make checks payable to Sarasota County Parks, Recreation and Natural Resources.

Online Registration

Register online at scgov.net/parks.

- On the right side of the page, sign in or create a username and password.
- Go to the search drop down menu and select "Activity Search."
- Use keywords "Gulf Coast Games for Life."
- Click on the shopping cart on the left hand side to select the events you want.
- Be sure to select "Games for Life Registration" in addition to your individual event(s).
- Select "Enroll Now" at the bottom of the screen and add the selected events to your cart.
- Check out and pay.
- For any questions regarding online registration, please call 941-861-PARK (7275).

Phone Registration

To register by phone, please call 941-861-PARK (7275).

GENERAL INFORMATION



General Information

Gulf Coast Games for Life is a local qualifying site for the 2019 Florida Senior Games State Championships. All individuals interested in participating in the State Championships must participate in a sanctioned qualifying site.

To enter:

- Please check event(s) on the next page that you wish to enter. We recommend you make a copy of your entry form for future reference.
- Check the event schedule carefully to avoid any conflicts.
- Individual entry is required by all. If you are entering a doubles event, both players need to register individually. Please be sure that you include your partner's name(s) in the designated space on your form.
- Athletes are required to sign and date the waiver on the registration form.
- **DEADLINE FOR ENTRY:** Friday, Jan. 18, 2019

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

Entry Fee: \$3 each event (including first event)

Example: A participant who enters one event will pay \$15 (registration fee of \$12 and a \$3 event fee).

Facility Fees

The following are additional fees due to the facility at which you will be participating. Do not send money for these events with your registration. These fees are considered separate from your registration and payable to the facilities listed below. Payment is due at check-in or before your first game(s) or match.

Event	Payment Site	Amount	Check Payable
Bowling	AMF Bradenton Lanes	\$9	AMF Bradenton Lanes
Golf	Buffalo Creek Golf Course	\$45	Buffalo Creek Golf Course

GULF COAST GAMES FOR LIFE REGISTRATION FORM

REGISTRATION DEADLINE: JAN. 18, 2019 Mail to: Gulf Coast Games for Life, Twin Lakes Park, 6700 Clark Road, Sarasota, FL 34241

Please PRINT clearly.

All participants must fill out registration form.

Name: _____ Date of Birth: ____/____/____ Gender: M / F
 Address: _____ Apt. #: _____ Phone: _____
 City: _____ State: _____ Zip: _____ Email: _____
 Emergency Contact: _____ Phone: _____ Relationship: _____
 T-shirt Size: Small Medium Large XL 2XL 3XL

Please check registration fee and the events you wish to enter.

Registration Fee

Does not include any events
 Per person \$12

Bag Toss (Corn Hole)

Singles \$3

Basketball Shooting

Free Throw \$3
 Spot Field Goal \$3
 Timed Field Goal \$3

Bocce Ball

Doubles \$3
 Partner _____ Age _____

Bowling *

Singles \$3
 Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Cribbage

 \$3

Cycling *

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

Golf *

Scratch \$3

Horseshoes *

Singles \$3

Pickleball *

Men's Doubles \$3
 Women's Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Racquetball

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

Shuffleboard *

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

Swimming * (maximum five events)

100Y Freestyle \$3
 200Y Individual Medley \$3
 200Y Backstroke \$3
 50Y Butterfly \$3
 100Y Breaststroke \$3
 50Y Freestyle \$3
 100Y Individual Medley \$3
 50Y Breaststroke \$3
 100Y Backstroke \$3
 200Y Freestyle \$3
 100Y Butterfly \$3
 50Y Backstroke \$3
 500Y Freestyle \$3

Swimming Seed Times

Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____

Table Tennis *

Singles \$3
 Doubles \$3
 Mixed Doubles \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Target Shooting

50 yard Open/Iron Sight \$3
 50 yard Telescopic Sight \$3

Track and Field * (maximum five events)

50M Dash \$3
 100M Dash \$3
 400M Dash \$3
 5000M (5K) Racewalk \$3
 1500M Run \$3
 200M Dash \$3
 1500M Racewalk \$3
 800M Run \$3
 Shot Put \$3
 Discus \$3
 Javelin \$3
 Long Jump \$3

Volleyball **

Men's \$3
 Women's \$3

** Team name (if applicable)

Fee Section

Registration Fee (per person) \$12
 # of Events _____ x \$3 = \$ _____

Total \$ _____

* Note: The sports with an asterisk are sports of the National Senior Games.

Registration Final Checklist

- I have properly added up all of my event(s) and have completed the fee section of the official registration form.
- I have included a check or money order for the total amount.
- I have signed the waiver and release of liability.
- I have indicated who my playing partner is, where applicable.

Waiver and release of liability

In consideration of your accepting my registration, I hereby, for myself, my dependent, executors and administrators, waive and release any and all rights and claims for damages I or my dependent may have against Manatee and Sarasota Counties and its representatives and successors, for any and all injuries suffered by myself or dependent at any activity sponsored by these groups. I give permission to have emergency personnel attend to me during this competition, if it is deemed necessary. I grant the Gulf Coast Games for Life staff and its sponsors the right to use any still or motion pictures taken of myself during the games without remuneration.

Participant Signature _____ **Date** _____

SHARE WITH A FRIEND

REGISTRATION DEADLINE: JAN. 18, 2019

Mail to: Gulf Coast Games for Life, Twin Lakes Park, 6700 Clark Road, Sarasota, FL 34241

Please **PRINT** clearly.

All participants must fill out registration form.

Name: _____ Date of Birth: ____/____/____ Gender: M / F
 Address: _____ Apt. #: _____ Phone: _____
 City: _____ State: _____ Zip: _____ Email: _____
 Emergency Contact: _____ Phone: _____ Relationship: _____
 T-shirt Size: Small Medium Large XL 2XL 3XL

Please check registration fee and the events you wish to enter.

Registration Fee

Does not include any events
 Per person \$12

Bag Toss (Corn Hole)

Singles \$3

Basketball Shooting

Free Throw \$3
 Spot Field Goal \$3
 Timed Field Goal \$3

Bocce Ball

Doubles \$3
 Partner _____ Age _____

Bowling *

Singles \$3
 Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Cribbage

 \$3

Cycling *

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

Golf *

Scratch \$3

Horseshoes *

Singles \$3

Pickleball *

Men's Doubles \$3
 Women's Doubles \$3
 Mixed \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Racquetball

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

Shuffleboard *

Men's Singles \$3
 Women's Singles \$3
 Doubles \$3
 Partner _____ Age _____

Swimming * (maximum five events)

100Y Freestyle \$3
 200Y Individual Medley \$3
 200Y Backstroke \$3
 50Y Butterfly \$3
 100Y Breaststroke \$3
 50Y Freestyle \$3
 100Y Individual Medley \$3
 50Y Breaststroke \$3
 100Y Backstroke \$3
 200Y Freestyle \$3
 100Y Butterfly \$3
 50Y Backstroke \$3
 500Y Freestyle \$3

Swimming Seed Times

Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____
 Event _____ Time _____

Table Tennis *

Singles \$3
 Doubles \$3
 Mixed Doubles \$3
 Partner _____ Age _____
 Mixed _____ Age _____

Target Shooting

50 yard Open/Iron Sight \$3
 50 yard Telescopic Sight \$3

Track and Field * (maximum five events)

50M Dash \$3
 100M Dash \$3
 400M Dash \$3
 5000M (5K) Racewalk \$3
 1500M Run \$3
 200M Dash \$3
 1500M Racewalk \$3
 800M Run \$3
 Shot Put \$3
 Discus \$3
 Javelin \$3
 Long Jump \$3

Volleyball **

Men's \$3
 Women's \$3

** Team name (if applicable)

Fee Section

Registration Fee (per person) \$12
 # of Events _____ x \$3 = \$ _____

Total \$ _____

* Note: The sports with an asterisk are sports of the National Senior Games.

Registration Final Checklist

- I have properly added up all of my event(s) and have completed the fee section of the official registration form.
- I have included a check or money order for the total amount.
- I have signed the waiver and release of liability.
- I have indicated who my playing partner is, where applicable.

Waiver and release of liability

In consideration of your accepting my registration, I hereby, for myself, my dependent, executors and administrators, waive and release any and all rights and claims for damages I or my dependent may have against Manatee and Sarasota Counties and its representatives and successors, for any and all injuries suffered by myself or dependent at any activity sponsored by these groups. I give permission to have emergency personnel attend to me during this competition, if it is deemed necessary. I grant the Gulf Coast Games for Life staff and its sponsors the right to use any still or motion pictures taken of myself during the games without remuneration.

Participant Signature _____ **Date** _____

LOCATIONS



City of North Port

Morgan Family Community Center
6207 W. Price Blvd., North Port
Events: **Bag Toss (Corn Hole), Volleyball**

Manatee County

AMF Bradenton Lanes
4208 Cortez Road W., Bradenton
Events: **Bowling**

Buffalo Creek Golf Course
8100 Erie Road, Palmetto
Events: **Golf**

G.T. Bray Park
5502 33rd Ave. Drive W., Bradenton
Events: **Cribbage, Horseshoes, Tennis**

John H. Marble Park
3627 53rd Ave. E., Bradenton
Events: **Bocce Ball**

St. Stephens Episcopal School
315 41st St. W., Bradenton
Events: **Track and Field**

Sarasota County

Central County Solid Waste Disposal Complex
4000 Knights Trail Road, Nokomis
Events: **Cycling**

Colonial Oaks Park
5300 Colonial Oaks Blvd., Sarasota
Events: **Table Tennis**

Englewood Sports Complex
1300 S. River Road, Englewood
Events: **Pickleball**

Hecksher Park
450 W. Venice Ave., Venice
Events: **Shuffleboard**

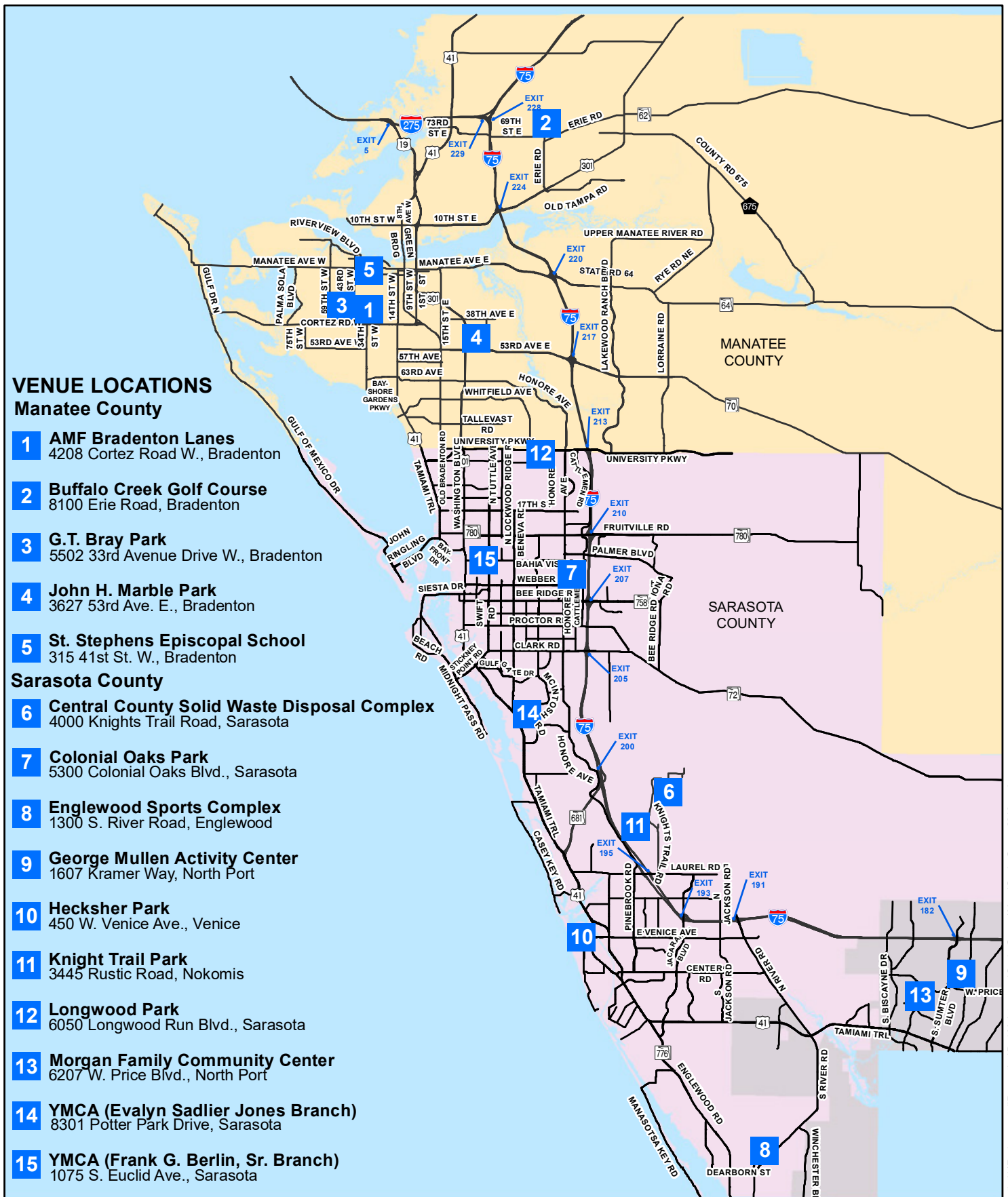
Knight Trail Park
3445 Rustic Road, Nokomis
Events: **Target Shooting**

Longwood Park
6050 Longwood Run Blvd., Sarasota
Events: **Basketball Shooting**

YMCA (Evalyn Sadlier Jones Branch)
8301 Potter Park Drive, Sarasota
Events: **Swimming**

YMCA (Frank G. Berlin, Sr. Branch)
1075 S. Euclid Ave., Sarasota
Event: **Racquetball**

IT STARTS IN
PARKS



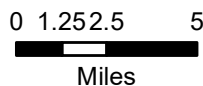
VENUE LOCATIONS

Manatee County

- 1** AMF Bradenton Lanes
4208 Cortez Road W., Bradenton
- 2** Buffalo Creek Golf Course
8100 Erie Road, Bradenton
- 3** G.T. Bray Park
5502 33rd Avenue Drive W., Bradenton
- 4** John H. Marble Park
3627 53rd Ave. E., Bradenton
- 5** St. Stephens Episcopal School
315 41st St. W., Bradenton

Sarasota County

- 6** Central County Solid Waste Disposal Complex
4000 Knights Trail Road, Sarasota
- 7** Colonial Oaks Park
5300 Colonial Oaks Blvd., Sarasota
- 8** Englewood Sports Complex
1300 S. River Road, Englewood
- 9** George Mullen Activity Center
1607 Kramer Way, North Port
- 10** Hecksher Park
450 W. Venice Ave., Venice
- 11** Knight Trail Park
3445 Rustic Road, Nokomis
- 12** Longwood Park
6050 Longwood Run Blvd., Sarasota
- 13** Morgan Family Community Center
6207 W. Price Blvd., North Port
- 14** YMCA (Evalyn Sadlier Jones Branch)
8301 Potter Park Drive, Sarasota
- 15** YMCA (Frank G. Berlin, Sr. Branch)
1075 S. Euclid Ave., Sarasota



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Gulf Coast Games for Life
Manatee County Parks and Natural Resources
5502 33rd Avenue Drive West
Bradenton, FL 34209

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See you next year...

2020 Gulf Coast Games for Life

Feb. 1-9, 2020