

## SWIMMING

See entry form for individual events.

**Location:** Selby Aquatic Center

**Date:** Saturday, Feb. 3

**Time:** 11 a.m. warm-ups, noon start

Registration closes: Saturday, Jan. 20

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



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# 2024 GULF COAST GAMES FOR LIFE ELIGIBILITY

## ELIGIBILITY

Events are open to amateur athletes 50 and older as of Dec. 31, 2024. Age division is determined by age on Dec. 31, 2024.

## 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. Age divisions may be combined, as needed, for competition, based on entries.

## REGISTRATION FEE

Apply online, call, or by mail. A one-time registration fee of \$13 entitles each participant to a T-shirt. There is an additional \$4 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 \$13 registration fee and a \$12 event fee (\$4 per event), resulting in a total fee of \$25.

## FACILITY FEES

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

- Bowling: \$13 (tax included) for three games.
- Golf: \$47+tax is due at the course and includes green fees, cart fee and range balls. Lunch can be ordered from the grill, not included.
- Pickleball: \$5 each event day.

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

- 5K Road Race: \$25

The 5K Road Race fee is payable at the time of registration.

## REFUNDS

All refunds may be subject to a \$25 administrative fee. No refunds will be issued less than 30 days prior to the event.

## 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 Pompano Trailhead (Sarasota). The top five finishers per age group qualify to participate at the 2024 Florida State Games if that event is offered.

## ENTRY DEADLINE

Entry form and payment are due two weeks prior to each event date, starting Dec. 26, 2023 and the last on Jan. 20, 2024. No late registrations will be accepted for any event. Entry fees are payable in advance by check, cash, money order or credit card. You may register by mail, phone or online.

## MAIL OR DROP-OFF REGISTRATION

Gulf Coast Games for Life  
c/o Sarasota County Parks, Recreation and  
Natural Resources  
Pompano Trailhead  
601 S. Pompano Ave.  
Sarasota, FL 34237

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

## ONLINE REGISTRATION

Register online at [SarasotaCountyParks.com](https://SarasotaCountyParks.com).

- On the left side of the page, click Registration and Reservations.
- In the upper right hand corner of the page, click Sign In/Register.
- Click on Search - Activities Search.
- Use keywords "Gulf Coast Games for Life."
- Click on the plus sign 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).
- Click "Add To Cart" at the bottom of the screen to 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 senior games for the 2024 Florida Senior Games, to be held in December on Florida's Sports Coast/Pasco County. For more information, please visit [floridaseniorgames.com](http://floridaseniorgames.com).



### 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. Partners will not be assigned. Partners may not be changed, once the registration deadline has passed.
- **DEADLINE FOR ENTRY:** Two weeks prior to the first date of each event.

**Registration Fee:** \$13 includes event T-shirt (does not include any events).

**Entry Fee:** \$4 per each event (including first event).

**Example:** A participant who enters one event will pay \$17 (registration fee of \$13 and a \$4 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.

\* For the 5K Road Race, there is an additional \$25 fee that is due with the registration fee, not separately.

Event	Payment Site	Amount
Bowling	Bowlero Bradenton	\$13
Golf	Tara Preserve Golf Club	\$47+tax
Pickleball	Walton Racquet Center at G.T. Bray Park	\$5 each event day
5K Road Race	Payment due with registration fee	\$25



# 2024 GULF COAST GAMES FOR LIFE REGISTRATION FORM

## REGISTRATION DEADLINE: TWO WEEKS PRIOR TO THE FIRST DATE OF EACH EVENT.

Mail to: Gulf Coast Games for Life c/o Sarasota County Parks, Recreation and Natural Resources, Pompano Trailhead, 601 S. Pompano Ave., Sarasota, FL 34237

Please **PRINT** clearly.

Each participant must fill out a registration form.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender: M / F  
Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_ Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ 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 \$13

### Archery

☐ Barebow Compound \$4  
☐ Barebow Recurve \$4  
☐ Compound Finger \$4  
☐ Compound Release \$4  
☐ Recurve \$4

### Bag Toss (Corn Hole)

☐ Singles \$4

### Basketball Shooting

☐ Free Throw \$4  
☐ Spot Field Goal \$4  
☐ Timed Field Goal \$4

### Bowling \*

☐ Singles \$4  
☐ Doubles \$4  
☐ Mixed Doubles \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

Mixed \_\_\_\_\_ Age \_\_\_\_\_

### Cycling \*

☐ 5K \$4  
☐ 10K \$4  
☐ Recumbent 5K \$4  
☐ Recumbent 10K \$4

### Golf \*

☐ Scratch \$4

### Pickleball \*

☐ Men's Doubles \$4  
☐ Women's Doubles \$4  
☐ Mixed Doubles \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

Mixed \_\_\_\_\_ Age \_\_\_\_\_

### Race Walk and Power Walk \*

☐ 5000M (5K) Power Walk \$4  
☐ 5000M (5K) Race Walk \$4  
☐ 1500M Race Walk \$4

### Racquetball \*

☐ Men's Singles \$4  
☐ Women's Singles \$4  
☐ Doubles \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

### 5K Road Race \*

☐ 5K Road Race \$29

### Rowing and Paddle

☐ 1x Olympic-Style Rowing 1000m \$4  
☐ 2x Olympic-Style Rowing 1000m \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

☐ Outrigger Canoe 500m \$4  
☐ Sit-On-Top Kayak 200m \$4  
☐ Sit-On-Top Kayak 500m \$4  
☐ Standup Paddle 200m \$4  
☐ Standup Paddle 500m \$4

### Shuffleboard \*

☐ Men's Singles \$4  
☐ Women's Singles \$4  
☐ Doubles \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

### Swimming \* (maximum five events)

<input type="checkbox"/> 100Y Freestyle	\$4
<input type="checkbox"/> 200Y Individual Medley	\$4
<input type="checkbox"/> 200Y Backstroke	\$4
<input type="checkbox"/> 50Y Butterfly	\$4
<input type="checkbox"/> 100Y Breaststroke	\$4
<input type="checkbox"/> 50Y Freestyle	\$4
<input type="checkbox"/> 100Y Individual Medley	\$4
<input type="checkbox"/> 50Y Breaststroke	\$4
<input type="checkbox"/> 100Y Backstroke	\$4
<input type="checkbox"/> 200Y Freestyle	\$4
<input type="checkbox"/> 100Y Butterfly	\$4
<input type="checkbox"/> 50Y Backstroke	\$4
<input type="checkbox"/> 500Y Freestyle	\$4

### Swimming Seed Times

Event	Time
Event	Time
Event	Time
Event	Time
Event	Time

### Table Tennis \*

☐ Singles \$4  
☐ Doubles \$4  
☐ Mixed Doubles \$4

Partner \_\_\_\_\_ Age \_\_\_\_\_

Mixed \_\_\_\_\_ Age \_\_\_\_\_

### Target Shooting

☐ 50 yard Open/Iron Sight \$4  
☐ 50 yard Telescopic Sight \$4

### Track and Field \* (maximum five events)

☐ 50M Dash \$4  
☐ 100M Dash \$4  
☐ 200M Dash \$4  
☐ 400M Dash \$4  
☐ 800M Run \$4  
☐ 1500M Run \$4  
☐ Shot Put \$4  
☐ Discus \$4  
☐ Javelin \$4  
☐ Long Jump \$4

### Fee Section

Registration Fee (per person) \$13

# of events \_\_\_\_\_ x \$4 = \$ \_\_\_\_\_

Become a Friend of GCGFL

Contribute \$10 or more \$ \_\_\_\_\_

**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 indicated who my playing partner is, where applicable.