



36th annual

Gulf Coast Games for Life – Senior Games

Swimming | Saturday, Feb. 8, 2025 | Noon



16 events to choose from:

- Archery
- Bag Toss (Corn Hole)
- Basketball Shooting
- Bowling
- Cycling
- Golf
- Pickleball
- Race Walk/Power Walk
- Racquetball
- 5K Road Race
- Rowing and Paddle
- Shuffleboard
- Swimming
- Table Tennis
- Target Shooting
- Track and Field



Register online at SarasotaCountyParks.com or scan the QR code.

Selby Aquatic Center | 8501 Potter Park Drive, Sarasota

- The Gulf Coast Games for Life is a multi-sport event program for amateur athletes ages 50 and over.
- Events take place in Sarasota County, Manatee County and the City of North Port.
- One-time registration fee of \$13. Entry fee of \$4 per event. Bowling, Golf, Pickleball and 5K Road Race have a facility fee.
- Three ways to register: online at SarasotaCountyParks.com, call 941-861-PARK (7275) or use the mail-in form in the Gulf Coast Games for Life booklet located at Sarasota County, Manatee County and the City of North Port government buildings.
- The 2025 Gulf Coast Games for Life is a qualifier for the Florida Senior Games, to be held in December 2025.

Registration deadline: Saturday, Jan. 25, 2025



2025 GULF COAST GAMES FOR LIFE EVENTS

SWIMMING

See entry form for individual events.

Location: Selby Aquatic Center

Date: Saturday, Feb. 8

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

Registration closes: Saturday, Jan. 25

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.



TABLE TENNIS

Singles/Doubles/Mixed Doubles

Location: Englewood Sports Complex

Date: Monday, Jan. 27

Time: Check-in time starts at 8:30 a.m.

Registration closes: Monday, Jan. 13

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.
- Each participant and their doubles partner (if applicable) must enroll. Doubles partners will not be assigned.

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.
- Schedule:
 - Singles 9 a.m.
 - Doubles 11 a.m.
 - Mixed Doubles Noon

TARGET SHOOTING

50 yard

Location: Knight Trail Park

Date: Tuesday, Jan. 28

Time: 9 a.m.

Registration closes: Tuesday, Jan. 14

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

Entry Regulations

- Onsite registration will not be permitted.
- Check-in time: 8:30 a.m.
- Participants must provide their own 22 rimfire rifles and ammunition.
- A safety briefing will be conducted prior to the start of the competition. All athletes must attend.
- 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.



2025 GULF COAST GAMES FOR LIFE ELIGIBILITY

ELIGIBILITY

Events are open to amateur athletes 50 and older as of Dec. 31, 2025. Age division is determined by age on Dec. 31, 2025.

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: \$14 (tax included) for three games.
- Golf: \$59+tax is due at the course and includes green fees, cart fee and range balls. Lunch is available to purchase from the Clubhouse.
- Pickleball: \$5 each event day.

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

- 5K Road Race: \$30

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 after each event registration deadline. Exception: refunds will be issued if an event is canceled by Gulf Coast Games for Life official.

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 2025 Florida Senior Games if that event is offered.

ENTRY DEADLINE

Entry form and payment are due two weeks prior to each event date, starting Jan. 4, 2025 and the last on Feb. 1, 2025. 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.

- On the top right side of the page, click Registration and Reservation.
- 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" first. Then add in each 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 2025 Florida Senior Games, to be held in December. For more information, please visit 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 \$30 fee that is due with the registration fee, not separately.

Event	Payment Site	Amount
Bowling	Bowlero Bradenton	\$14
Golf	Manatee County Golf Course	\$59+tax
Pickleball	Walton Racquet Center at G.T. Bray Park	\$5 each event day
5K Road Race	Payment due with registration fee	\$30

2025 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/Power Walk *

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

Racquetball *

Singles \$4
 Doubles \$4
 Partner _____ Age ____

5K Road Race *

5K Road Race \$34

Rowing and Paddle

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

Partner _____ Age ____
 Outrigger Canoe 200m \$4
 Sit-On-Top Kayak 200m \$4
 Sit-On-Top Kayak 500m \$4
 Standup Paddle 200m \$4
 Standup Paddle 500m \$4

Shuffleboard *

Singles \$4
 Doubles \$4
 Partner _____ Age ____

Swimming * (maximum five events)

100Y Freestyle \$4
 200Y Individual Medley \$4
 200Y Backstroke \$4
 50Y Butterfly \$4
 100Y Breaststroke \$4
 50Y Freestyle \$4
 100Y Individual Medley \$4
 50Y Breaststroke \$4
 100Y Backstroke \$4
 200Y Freestyle \$4
 100Y Butterfly \$4
 50Y Backstroke \$4
 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.

LOCATIONS

CITY OF NORTH PORT

George Mullen Activity Center

1602 Kramer Way, North Port

Events: Archery, Bag Toss (Corn Hole)

Morgan Family Community Center

6207 W. Price Blvd., North Port

Event: 5K Road Race

MANATEE COUNTY

Bowlero Bradenton

4208 Cortez Road W., Bradenton

Event: Bowling

G.T. Bray Park

5502 33rd Ave. Drive W., Bradenton

Event: Pickleball

Participant medal pickup location

Manatee County Golf Course

6415 53rd Ave. W., Bradenton

Event: Golf

Saint Stephen's Episcopal School

315 41st St. W., Bradenton

Events: Race Walk/Power Walk,
Track and Field



SARASOTA COUNTY

Englewood Sports Complex

1300 S. River Road, Englewood

Event: Table Tennis

Hecksher Park

450 W. Venice Ave., Venice

Event: Shuffleboard

Knight Trail Park

7750 Target Trail, Nokomis

Event: Target Shooting

Longwood Park

6050 Longwood Run Blvd., Sarasota

Event: Basketball Shooting

Myakka River State Park

13208 State Road 72, Sarasota

Event: Cycling

Nathan Benderson Park

5851 Nathan Benderson Circle, Sarasota

Event: Rowing and Paddle

Pompano Trailhead

601 S. Pompano Ave., Sarasota

Registration office and participant
medal pickup location

Sarasota City YMCA

1075 S. Euclid Ave., Sarasota

Event: Racquetball

Selby Aquatic Center

8501 Potter Park Drive, Sarasota

Event: Swimming



IT STARTS IN
PARKS