



Oct. 1–Nov. 3, 2024

Bag Toss (Cornhole)

Basketball 3-on-3

Basketball Shooting

Bowling

Disc Golf

Golf

Pickleball

RC Sailing

Softball Hitting Derby

Swimming

Table Tennis

Tennis

Track & Field

RULES AND INFORMATION

Charlotte County “Fit for Life” Senior Games provides a fulfilling and rewarding experience for all. Our Olympic-style events focus on athletic competition, camaraderie, and recreational opportunities. These games are sanctioned by the Florida Sports Foundation and serve as a qualifier for the Florida Senior Games State Championships except for Bag Toss (Cornhole), Basketball 3-on-3, Disc Golf, RC Sailing, and Softball Hitting Derby. Bag Toss and Basketball 3-on-3 are OPEN events, meaning no qualifying performance is required to participate at Florida Senior Games. Disc Golf, RC Sailing, and Softball Hitting Derby are not events offered at Florida Senior Games.

ELIGIBILITY

Open to amateur athletes 50 years of age and over as of Dec. 31, 2024, regardless of residency.

Age Divisions

Age divisions for single competitions are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. The youngest member of a doubles or team event will determine the age category they will participate in.

NOTE: On occasion older individual(s) may be grouped in a lower age division so that they may compete. If this individual received a medal in a lower age group, provisions will be made to medal the next place finisher in the appropriate age group.

Entry Fees

Registration is \$10 per event of participation. *For example, if an athlete wants to participate in Golf and Table Tennis Singles, the total fee would be \$20.*

Registration

Opens: Aug. 1, 2024

- Online Registration: visit CharlotteCountyFL.gov/SeniorGames and click on the 2024 Senior Games Registration link

- By Phone: call 941.681.3760
- In-Person: at any Charlotte County Recreation Center
- No mail-in entries will be accepted!

Closes: two weeks prior to event or when registration reaches maximum number for event

Additional Facility Fees

An additional facility fee will be charged for Golf and Bowling. These fees are due the day of the event to the designated facility.

Awards

Gold, silver, and bronze medals will be presented to the winners in each age division of each event. If you are unable to stay or do not receive your medal at the event, you may pick it up the week after the games at Ann & Chuck Dever Regional Park Recreation Center, 6961 San Casa Drive, Englewood, FL between the hours of 9 a.m. and 5 p.m., Monday through Friday.

Refunds

Entry fees are refundable only if an event is canceled.

EVENT ENTRY DEADLINE: Two weeks prior to individual event
FIT FOR LIFE SENIOR GAMES T-SHIRT DEADLINE: 5 p.m., Friday, Aug. 23

Charlotte County 2024 “Fit for Life” Senior Games Events

Bag Toss (Cornhole)

Location: Ann & Chuck Dever Regional Park Recreation Center

6961 San Casa Drive, Englewood

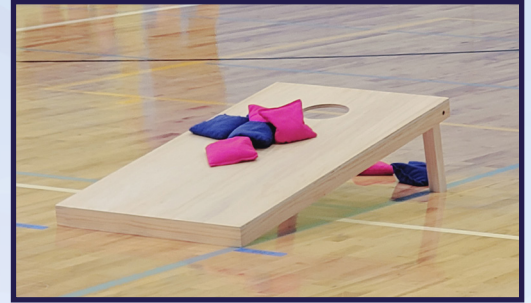
Date: Thursday, Oct. 17

Check-In: 8:30 a.m.

Start: 9:00 a.m.

Entry Regulations

- All equipment provided
- Number of entrants will determine bracket format



Basketball 3-on-3

Location: South County Regional Park Recreation Center

670 Cooper St., Punta Gorda

Date: Saturday, Oct. 12

Men's 3-on-3

Check-In: 7:30 a.m.

Start: 8:00 a.m.

Women's 3-on-3

Check-In: 11:30 a.m.

Start: 12:00 p.m.

Entry Regulations

- Each team member must register separately
- Team name or team captain must be named on registration form
- Basketballs will be provided

Format

- There are separate registrations for Men's and Women's events
- All players on team must be the same gender with a maximum of seven players on a team roster
- Teams must have a minimum of three players on the floor to start a game
- The game shall be played on half court by two teams of three players each
- Playing time is two 15-minute halves with a 5-minute half-time break
- Brackets will be determined by number of teams registered



Basketball Shooting

Free Throw/Spot Field Goal/Timed Field Goal

Location: Harold Avenue Regional Park Recreation Center

23400 Harold Ave., Port Charlotte

Date: Monday, Oct. 7

Check-In: 8:30 a.m.

Start: 9:00 a.m.

Entry Regulations

- Basketballs will be provided

Format

- Free Throw: Three rounds of ten (from free throw line)
- Spot Field Goal: Three rounds of five shots
- Timed Field Goal: Three rounds of 60 seconds (five spots)



Bowling

Location: Bowland
3192 Harbor Blvd., Port Charlotte

Singles

Date: Tuesday, Oct. 1, 2024

Check-In: 7:30 a.m.

Start: 8:00 a.m.

Doubles/Mixed Doubles

Date: Thursday, Oct. 3

Check-In: 7:30 a.m. — Doubles

Start: 8:00 a.m.

Check-In: 9:30 a.m. — Mixed Doubles

Start: 10:00 a.m.

Entry Regulations

- An additional facility fee of \$10 is required and paid directly to the bowling facility by participant at time of event
- There is an individual fee for each event

Format

- Bowling times and lanes will be assigned the day of event
- Partners must be named on registration form



Disc Golf

Location: Centennial Park
1185 Centennial Blvd., Port Charlotte, FL

Date: Tuesday, Oct. 15

Check-In: 8:30 a.m.

Start: 9:00 a.m.

Entry Regulations

- Discs used in play must meet all the conditions set forth in the PDGA Technical Standards
- One stroke is counted each time the disc is thrown and when a penalty is incurred
- Player with the lowest total strokes for the entire course wins
- If there is a tie, the event director will determine how the tie is broken



Golf

Location: The Palms Course – Rotonda Golf & Country Club
266 Rotonda Circle, Rotonda West, FL
Date: Tuesday, Oct. 22
Check-In: 7:00 a.m.
Start: 8:00 a.m.

Entry Regulations

- An additional facility fee of \$50 is required and paid directly to the facility by participant at time of event

Format

- Tournament will be 18-hole
- Handicaps are not used in scratch play
- Groups must play in their own age group
- In the event of a tie between first, second, or third place, the USGA tie-breaking procedure of matching score cards will be implemented (the player with the best score in the last nine holes will win the higher medal)



Pickleball

Doubles/Mixed Doubles

Location: South County Regional Park
670 Cooper St., Punta Gorda, FL
Date: Saturday, Oct. 19 — Doubles
Sunday, Oct. 20 — Mixed Doubles
Check-In: 8:00 a.m.
Start: 8:30 a.m.

Entry Regulations

- Partners must be named on registration form
- There is an individual fee for each event
- All matches will be conducted in accordance with USAPA rules

Format

- Each player's skill rating will be considered to determine brackets
- Brackets will be formed based on skill ranking as well as number of participants per age bracket



RC Sailing

Location: South County Regional Park
670 Cooper St., Punta Gorda, FL

Date: Sunday, Nov. 3

Check-In: 8:30 a.m.

Start: 9:00 a.m.

Entry Regulations

- Participants must provide their own radio-controlled model sailboat
- AMYA rules will apply

Format

- Sailing is one meter



Softball Hitting Derby

Location: Carmalita Park Field #1
2605 Carmalita St., Punta Gorda

Date: Thursday, Oct. 24

Check-In: 8:30 a.m.

Start: 9:00 a.m.

Entry Regulations

- Pitching machine and balls will be provided
- Participants must supply their own bats
- Bats must be regulation softball bats as determined by ASA
- Batting order will be determined by a random draw on-site

Format

- Each batter is allowed warm up pitches prior to start time
- Each batter will have two rounds of ten pitches
- Strikes and foul balls count as a swing
- Points will be given based on where ball lands in designated zones



Swimming

See entry form for each individual event

Location: Ann & Chuck Dever Regional Park Pool
7001 San Casa Drive, Englewood, FL

Date: Saturday, Oct. 5

Check-In: 8:00 a.m.

Warm-Up: 8:10–8:50 a.m.

Start: 9:00 a.m. and TBD for each event following

Entry Regulations

- \$10 entry fee includes entry to up to four events

Format

- False starts will result in a disqualification
- All events are measured in yards
- The pool is a heated outdoor facility

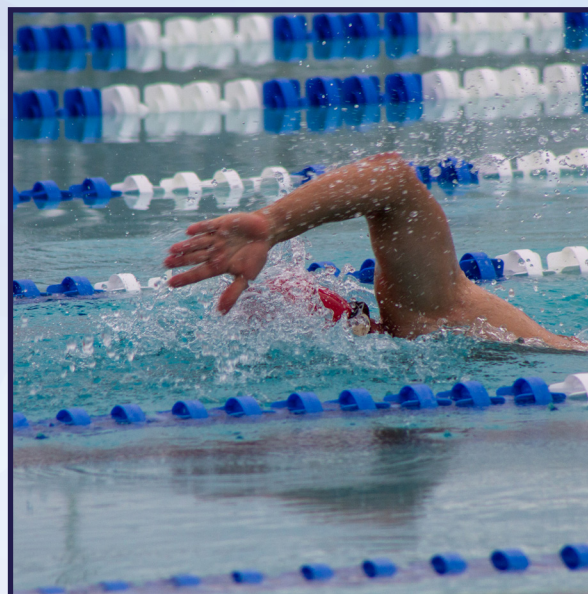


Table Tennis

Club Level

Recreation Level

Singles/Doubles/Mixed Doubles

Location: Harold Avenue Regional Park Recreation Center
23400 Harold Ave., Port Charlotte, FL

Date: Wednesday, Oct. 9

Check-In: 8:30 a.m. — Club & Recreation Level

Start: 9:00 a.m.

Entry Regulations

- Partners must be named on registration form
- There is an individual fee for each event
- Players must supply their own paddle
- All matches will be conducted in accordance with US Table Tennis Association rules

Format

- Games played to 11 points
- Brackets will be created based on level indicated and number of participants in each level
- Start times may be staggered due to number of participants. You will be notified by Event Director



Tennis

Singles/Doubles/Mixed Doubles

Location: Tringali Park

3460 N. Access Road, Englewood

Date: Tuesday, Oct. 29 — Singles

Wednesday, Oct. 30 — Doubles

Thursday, Oct. 31 — Mixed Doubles

Check-In: 7:30 a.m.

Start: 8:00 a.m.

Entry Regulations

- Partners must be named on registration form
- There is an individual fee for each event
- Players must supply their own racket
- All matches will be conducted in accordance with US Tennis Association rules

Format

- Players will be contacted prior to competition with match information
- Brackets will be formed based on skill ranking as well as number of participants per age bracket



Track & Field

Location: Charlotte High School

1250 Cooper St., Punta Gorda, FL

Date: Saturday, Oct. 26

Check-In: 8:30 a.m.

Start: 9:00 a.m.

See entry form for each individual event

Entry Regulations

- \$10 entry fee includes entry to up to four events

Format

- All track and field events are governed by USATF rules
- All track events are timed finals
- All field events allow four attempts
- Throwing implements will be available



Charlotte County 2024 Senior Games Official Entry Form (Mail-Ins Not Accepted)

PARTICIPANT INFORMATION

(Circle One)

Name: _____ Phone : (_____) _____ Gender: M F
Address: _____ City/State/Zip: _____
Age (by **12.31.2024**): _____ D.O.B.: _____ Email Address: _____

Circle Age Category: 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+

Are you a Charlotte County Employee? Yes ___ No ___ Name of Department/Division _____

Circle Shirt Size:

S

M

L

XL

XXL

XXXL

Release for Participation Waiver: I understand and expressly agree that my use of Charlotte County recreational facilities, including, but not limited to pools, gyms, and fitness centers as well as participation in exercise and recreational programs involves the risk of injury to me whether caused by me or not. I understand that these risks are inherent in physical activity and my use of the facilities, and can range from minor injuries to major injuries, including death. In consideration of my participation in the activities and my use of exercise equipment, I understand and voluntarily accept full responsibility for the risk of injury or loss arising out of or related to my use of the recreational and exercise equipment or other recreational and exercise programs at Charlotte County facilities. I further agree that Charlotte County, a political subdivision of the State of Florida (hereinafter "Charlotte County"), its representatives, successors, or assigns, employees, will not be liable for any injury including, without limitation, personal, bodily, or mental injury, disability, death, economic loss or any damage to me, my spouse or domestic partner, guests, unborn child, heirs, or relatives resulting from the negligent conduct or omission of Charlotte County, or anyone acting on its behalf, whether related to recreation and exercise or not. Accordingly, to the fullest extent permitted by law, I do hereby forever release, waive and discharge Charlotte County from any and all claims, demands, injuries, damages, actions or causes of action related to my use of the fitness center facility (collectively, "Claims") against Charlotte County or anyone acting on their behalf, and hereby agree to defend, indemnify and hold harmless Charlotte County from and against any such Claims. I further understand and acknowledge that Charlotte County did not manufacture fitness or other equipment or products available in its facilities and therefore Charlotte County will not be held liable for any defective equipment or products.

I understand my release of liability, assumption of risk and agreement to indemnify, defend and hold harmless and I have been given the opportunity to review and ask questions related to my use of the facilities, as well as my participation in any available recreational and exercise programs. I agree to comply with Charlotte County's rules and regulations that may be communicated to me from time to time, whether in writing, electronically, through signage or verbally. Charlotte County may, in its sole discretion, modify any policy or rule at any time and from time to time without advance notice. Charlotte County reserves the right, in its sole discretion, to terminate my use of the facilities or participation in the programs for violation of any policy or rule. By signing below, I acknowledge and agree to all of the terms contained herein.

PRINT NAME

Bag Toss (Cornhole) - Oct. 17

☐ Single

Basketball 3 on 3 - October 12

☐ Team Name or Captain: _____

Basketball Shooting - October 7

☐ Single

Bowling

☐ Singles - Oct. 1

☐ Doubles - Oct. 3

Partner: _____

☐ Mixed Doubles - Oct. 3

Partner: _____

Disc Golf - Oct. 15

☐ Single

Golf - Oct. 22

☐ Single

Pickleball — Skill Rating (1.0–5.5) _____

☐ Doubles - Oct. 19

Partner: _____

☐ Mixed Doubles - Oct. 20

Partner: _____

RC Sailing - Nov. 3

☐ Sailing 1 Meter

Softball Hitting Derby - Oct. 24

☐ Single

SIGNATURE

Swimming - Oct. 5

(Enter four maximum)

☐ 100 yd. Backstroke

☐ 50 yd. Freestyle

☐ 200 yd. Ind. Medley

☐ 100 yd. Freestyle

☐ 50 yd. Butterfly

☐ 200 yd. Breaststroke

☐ 100 yd. Breaststroke

☐ 50 yd. Backstroke

☐ 200 yd. Freestyle

☐ 100 yd. Butterfly

☐ 50 yd. Breaststroke

☐ 200 yd. Backstroke

☐ 100 yd. Ind. Medley

☐ 500 yd. Freestyle

Table Tennis - Oct. 9

Choose a level

☐ Club ☐ Recreation

☐ Singles

☐ Doubles

Partner: _____

☐ Mixed Doubles

Partner: _____

DATE

Tennis — Skill Rating (1–4) _____

☐ Singles - Oct. 29

☐ Doubles - Oct. 30

Partner: _____

☐ Mixed Doubles - Oct. 31

Partner: _____

Track & Field - Oct. 26

(Enter four maximum)

☐ 50 Meter Run

☐ 100 Meter Run

☐ 200 Meter Run

☐ 400 Meter Run

☐ 800 Meter Run

☐ 1500 Meter Run

☐ Discus

☐ High Jump

☐ Javelin

☐ Long Jump

☐ Shot Put

Note: You must register for the **Senior Games General Registration Course** before you can register for individual events.

☐ Kids Camp Connection

This scholarship program gives kids the chance to attend camp and swim lessons.

MAIL-IN ENTRIES WILL NOT BE ACCEPTED

In case of emergency, contact:

Name: _____ Phone: (____) _____

Name: _____ Phone: (____) _____

Kids' Camp Connection

Kids' Camp Connection is a Scholarship Program for the Charlotte County Community Services Summer Day Camp. Your contribution is needed to provide children the opportunity to go to camp this summer. Based upon your contribution, a child could go to camp from one to eight weeks. The program offers recreational and fitness experiences for children between the ages of 5 and 13 years of age. Don't forget that your contribution is tax deductible.

ENTRY FEE CALCULATION

Number of Events Entered _____ x \$10 = \$ _____

Donation to Kids' Camp Connection (optional) \$ _____

(Any amount will be greatly appreciated to provide swim lessons and camp opportunities to children in Charlotte County)

Total Payment \$ _____



**Return your completed registration with payment to one of the following
Recreation Centers:**

Ann & Chuck Dever Regional Park Recreation Center
6961 San Casa Drive, Englewood, FL

Centennial Park
1120 Centennial Blvd., Port Charlotte, FL

Harold Avenue Regional Park
2300 Harold Ave., Port Charlotte, FL

South County Regional Park
670 Cooper St., Punta Gorda, FL





Charlotte County Community Services
Centennial Park Recreation Center
1120 Centennial Blvd.
Port Charlotte, FL 33953



Registration begins Aug. 1, 2024

For further information on the Charlotte County "Fit for Life" Senior Games
and sponsorship opportunities, please call

941.681.3760 or 941.625.PLAY (7529)

Or email: RecreationDivision@CharlotteCountyFL.gov

CharlotteCountyFL.gov

Thank you to our sponsors!



MEDICARE

