

16th ANNUAL CHARLOTTE COUNTY "FIT FOR LIFE" SENIOR GAMES



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.

Eligibility

Open to amateur athletes, 50 years of age and over as of December 31, 2016, 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 receives a medal in a lower age group, provision will be made to medal the next place finisher in the appropriate age group.

Entry Fee

\$12 base registration plus \$4 per event of participation. ***For example, if an athlete wants to participate in Bocce and Basketball the total fee would be \$20.*** Entry fees are payable in advance, by check, cash (in person only), Visa or MasterCard. Checks are payable to **BCC** or

Charlotte County Board of County Commissioners.

Payment and completed entry forms can be brought to any Charlotte County Recreation Facility, or mailed to:

**Charlotte County Senior Games
3460 N. Access Road
Englewood, FL 34224**

Refunds

Entry fees are refundable only if an event is cancelled.

Participants must request a refund in writing

Facility Fees

An additional facility fee will be charged for the following events: bowling and golf. These fees are due the day of the event, at the designated facility.

Awards

Gold, Silver and Bronze medals will be presented to the winners in each age division in 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 the Tringali Recreation Center; 3460 N Access Rd, Englewood 34224

Entry Deadline

THE DEADLINE FOR ENTRIES TO GUARANTEE A GAMES T-SHIRT IS:

FEBRUARY 5, 2016; entries received after may **NOT** receive a T-SHIRT.

FINAL DEADLINE FEBRUARY 17, 2016.

Schedule/Time Conflicts

Game officials highly recommend that participants choose their events carefully so as not to create conflicts. Please note the schedule and location as events are spread throughout the County, with games in Englewood, Port Charlotte, and Punta Gorda. Keep in mind that the event directors reserve the right to combine, delay, postpone, or cancel any event due to uncontrollable events or inclement weather. Participants are required to check in 30 minutes prior to competition. Review the event schedule carefully to avoid conflicts. The duration of a competition will depend on the number of entries. Some competitions may extend more than one day. Tournament format for most of the competitions will be determined by the number of entries.

PICKLEBALL

SINGLES - FRIDAY, MARCH 4

Women Check-In: 5:30 p.m. Start 6:00 p.m.

Men Check-In: 6:30 p.m. Start 7:00 p.m.

DOUBLES - SATURDAY, MARCH 5

Men Check-In: 8:00 a.m. Start 8:30 a.m.

Women Check-In: 11:30 a.m. Start 12:00 p.m.

MIXED DOUBLES - SUNDAY, MARCH 6

Check-In: 8:00 a.m. Start 8:30 a.m.

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

This is a Double Elimination tournament.

All matches will be conducted in accordance with USAPA Rules.

PARTNER MUST BE NAMED DURING REGISTRATION FOR DOUBLES.

Director: Leah Williams (941.505.8686)

BOCCIE - TUESDAY, MARCH 1

Check-In: 8:30 a.m. Start: 9:00 a.m.

Port Charlotte Beach Park; 4500 Harbor Blvd., Port Charlotte

Games will be played in accordance with the USBF rules. Games will be formatted in accordance with the number of registered players. Teams will be paired on day of event.

Director: David Plautz (941.627.1628)

RC SAILING - WEDNESDAY, MARCH 2

Check-In: 8:30 a.m. Start: 9:00 a.m.

South County Regional Park Sailing Pond; 670 Cooper St., Punta Gorda

Sailing 1 Meter. Your own radio controlled model sailboat is required. AMYA Rules will apply.

Director: Leah Williams (941.505.8686)

TENNIS

SINGLES – SATURDAY , MARCH 5

DOUBLES - SUNDAY, MARCH 6

MIXED DOUBLES- SATURDAY, MARCH 19

Players must provide their own racquet. The number of entrants will determine seeding and format. All matches will be conducted in accordance with US Tennis Association Rules. Players will be contacted with seeding information Wednesday prior to competition. **PARTNER MUST BE NAMED DURING REGISTRATION FOR DOUBLES.**

Director: Joe Guerso (941.681.3742)

GOLF - TUESDAY, MARCH 8

Check-In: 7:00 a.m. Start: 8:00 a.m.

Rotonda Golf & Country Club; 100 Rotonda Circle, Rotonda West

Tournament will be 18-hole medal play. Handicaps are not used in scratch play. Golf cart use is mandatory and included in the fees. There is an additional fee of \$50 for this event. Groups MUST play in their own age group.

Director: Scott Geezil (941.681.3743)

TABLE TENNIS - THURSDAY, MARCH 10

Check-In: 8:30 a.m. Start: 9:00 a.m.

Harold Avenue Recreation Center; 23400 Harold Ave., Port Charlotte

Players must supply their own paddle. Double elimination tournament will be utilized in Single play. Play will be best of five games. Games are to 11 points. All matches will be conducted in accordance with US Table Tennis Association Rules. **PARTNER MUST BE NAMED DURING REGISTRATION FOR DOUBLES.**

Director: Stafford Milligan (941.627.1074)

BASKETBALL - THURSDAY, MARCH 10

Check-In: 5:30 p.m. Start: 6:00 p.m.

Harold Avenue Recreation Center ; 23400 Harold Avenue, Port Charlotte

Free Throw-Three rounds of ten from free throw line. The total of three rounds will determine final score. **Spot Field Goal**-Three rounds of five shots (one shot from each spot per round). Total of rounds will determine final score. **Timed Field Goal**-Three rounds of 60 seconds from five spots on the floor. Total of all three rounds will determine final score.

Director: Stafford Milligan (941.627.1074)

TRACK & FIELD - SATURDAY, MARCH 12

Check-In: 8:30 a.m. Start: 9:00 a.m.

Charlotte High School; 1250 Cooper St., Punta Gorda

All track events are timed finals. All field events will allow 4 attempts (no finals). A time schedule will be provided to participants via e-mail on Wednesday, March 11, 2015. Throwing implements will be available for use by competitors. All track and field events are governed by USATF Rules. The events will be run in the order listed for track and field respectively. Participants are limited six events and should take into consideration that events will be held concurrently.

Director: Troy Dabbondanza (941.681.3742)

CYCLING - SUNDAY, MARCH 13

Check-In: 8:30 a.m. Start: 9:00 a.m.

Harness Road & Brig Circle West, Placida

Cyclists must provide their own bike and helmet (helmets are mandatory). Road or cross country bikes may be used for regular cycling events. No fairings are permitted. Starting times will be of equal intervals (1 minute or less). No allowances will be made for mishaps, mechanical or otherwise. All cycling events will be conducted in accordance with US Cycling Federation Rules. Map routes available at <http://www.charlottecountyfl.com/CommunityServices/SeniorGames/>

Director: Joe Guerso (941-681-3742)

SWIMMING - MONDAY, MARCH 14

Check-In: 8:30 a.m. Start: TBD on date

South County Regional Park; 60 Cooper Street, Punta Gorda

The pool is a heated outdoor facility. All events are measured in yards and will be timed. False starts will result in disqualification. Athletes are strongly recommended to compete in no more than 3 events. Events included are listed on the registration form.

Director: Trish Sturgess (941.505.8686)

BOWLING

SINGLES - SATURDAY, MARCH 26

Check-In: 12:00 p.m. Start: 12:30p.m.

DOUBLES & MIXED DOUBLES– SUNDAY, MARCH 27

Check-In: 12:00 p.m. Start: 12:30p.m.

Treasure Lanes; 1059 Tamiami Trail, Port Charlotte

Bowlers are encouraged to bring their own balls and shoes. However both are available at Treasure Lanes. Balls may be weighed prior to competition. The tournament will be based on scratch scores. Bowlers will be divided into squads by age division. The event director will assign bowling times and lanes. Bowlers will bowl three games with total pins determining score. United States Bowling Congress Rules apply. There is an additional \$8 facility fee payable to Treasure Lanes the day of the event to participate. **PARTNER MUST BE NAMED DURING REGISTRATION FOR DOUBLES AND MIXED DOUBLES.**

Director: Troy Dabbondanza (941.681.3742)

Charlotte County Community Services

Senior Games

3460 N. Access Rd.

Englewood, FL 34224

**For further information on the Charlotte County "Fit for Life" Senior Games
and Sponsorship Opportunities, please call:**

941.681.3742 or 941.625.PLAY (7529)

E-mail: padmini.sooknanan@charlottefl.com Web: www.CharlotteCountyFL.gov