



**20
23**

CHARLOTTE COUNTY
"FIT FOR LIFE" SENIOR GAMES

Oct. 1–29, 2023

Bag Toss (Cornhole)

Basketball Shooting

Disc Golf

Golf

Pickleball

Race Walking 1500M

RC Sailing

Softball Home Run 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.

ELIGIBILITY

Open to amateur athletes 50 years of age and over as of Dec. 31, 2023, 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.*

Online Registration

Starting Aug. 1, 2023 register online by visiting CharlotteCountyFL.gov/SeniorGames and click on the **2023 Senior Games Registration** link. Payment by Visa, MasterCard, American Express, Discover and Diners is accepted online.

PLEASE NOTE: You must register for the Senior Games General Registration Course #30641 before you can register for individual events.

Walk-in and Phone-in Registration

Entry fees are payable in advance by Visa, MasterCard, American Express, Discover and Diners Club at any Charlotte County Recreation facility with completed entry form. **MAIL IN ENTRIES WILL NOT BE ACCEPTED.**

Make checks payable to: **BCC or Charlotte County Board of County Commissioners**

Additional Facility Fees

An additional facility fee will be charged for Golf. 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 Centennial Park Recreation Center, located at 1120 Centennial Blvd., Port Charlotte, FL 33953 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.

ENTRY DEADLINES

The deadline for entries to *guarantee* a Fit For Life Senior Games t-shirt is 5 p.m. on Sunday, Aug. 20, 2023.

Entries received after this time **WILL NOT** receive a t-shirt.

FINAL ENTRY DEADLINE

2 weeks prior to individual event - no shirt guaranteed

Charlotte County “Fit for Life” Senior Games 2023 Events

Bag Toss (Cornhole)

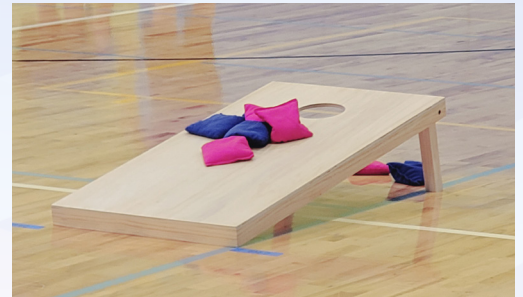
Singles

Location: Centennial Park Recreation Center
1120 Centennial Blvd., Port Charlotte, FL 33953

Date: Tuesday, Oct. 3

Check In: 8:30 a.m.

Start: 9:00 a.m.



Entry Regulations

- All equipment provided
- Number of entrants will determine seeding and format. Players will be contacted with seeding information prior to competition
- All matches will be conducted in accordance with the (ACO) American Cornhole Organization rules



Basketball Shooting

Free Throw/Spot Field Goal/Timed Field Goal

Location: Harold Avenue Regional Park Recreation Center
23400 Harold Ave., Port Charlotte, FL 33980

Date: Thursday, Oct. 5

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)



Disc Golf

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

Date: Sunday, Oct. 8

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 a pair of players are all square at the end of the round, the match is tied (the director decides how the tie is broken)

Golf

Location: The Palms Course at Rotonda Golf & Country Club
100 Rotonda Circle, Rotonda West, FL

Date: Tuesday, Oct. 24

Check In: 7:00 a.m.

Start: 8:00 a.m.

Entry Regulations

- A facility fee of \$50 is required paid to the course

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 1st, 2nd or 3rd 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. 21 (Doubles)
Sunday, Oct. 22 (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

- This is a double elimination tournament
- Each player's skill rating will be considered to determine brackets

Race Walking 1500M

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

Date: Sunday, October 1

Check In: 7:30 a.m.

Start: 8:00 a.m.

Entry Regulations

- Course for the 1500M Race Walk will take place on a paved trail
- Events will be conducted in accordance with USA Track & Field rules
- Athletes must use proper race walking techniques or risk disqualification





RC Sailing

Location: South County Regional Park

670 Cooper St., Punta Gorda, FL

Date: Sunday, October 29

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 Home Run Derby

Location: Centennial Park

1185 Centennial Blvd., Port Charlotte, FL

Date: Friday, October 20

Check In: 4:30 p.m.

Start: 5:00 p.m.

Entry Regulations

- Participants must provide their own pitcher and supply their own bats
- Bats must be regulation softball bats as determined by ASA
- Once a player begins with a pitcher, no pitching changes will be allowed unless there is an injury to the pitcher
- Batting order will be determined by a random draw on-site



Swimming

See entry form for each individual event

Location: Centennial Park Recreation Center
1120 Centennial Blvd., Port Charlotte, FL

Date: Saturday, October 7

Check In: 8:00 a.m.

Start: TBD

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

Singles/Doubles/Mixed Doubles

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

Date: Tuesday, October 10

Check In: 8:30 a.m.

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

- This is a double elimination tournament in Single play
- Play will be best of five games
- Games are played to 11 points





Tennis

Singles/Doubles/Mixed Doubles

Location: Tringali Park

3460 N. Access Road, Englewood, FL

Date: Thursday, October 12 (Singles)

Friday, October 13 (Doubles)

Saturday, October 14 (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

- Number of entrants will determine seeding and format
- Players will be contacted the Wednesday prior to competition with match information

Track & Field

Location: Charlotte High School
1250 Cooper St., Punta Gorda, FL

Date: Saturday, October 28

Check In: 8:30 a.m.

Start: 9:00 a.m.

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 2023 Senior Games Official Entry Form (Mail-Ins Not Accepted)

PARTICIPANT INFORMATION

(Circle One)

Name: _____ Phone : (____) _____ Gender: M F
 Address: _____ City/State/Zip: _____
 Age (by **12.31.2023**): _____ 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
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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	SIGNATURE	DATE
<p>Bag Toss (Cornhole) - October 3 (29920)</p> <p><input type="checkbox"/> Single</p>	<p>Softball Home Run Derby - October 20 (29911)</p> <p><input type="checkbox"/> Single</p>	<p>Tennis</p> <p><input type="checkbox"/> Singles - October 12 (29916)</p> <p><input type="checkbox"/> Doubles - October 13 (29917)</p> <p>Partner: _____</p> <p><input type="checkbox"/> Mixed Doubles - October 14 (29918)</p> <p>Partner: _____</p>
<p>Basketball - October 5</p> <p><input type="checkbox"/> Shooting (30644)</p>	<p>Swimming - October 7 (30645)</p> <p><input type="checkbox"/> 100 yd. Backstroke</p> <p><input type="checkbox"/> 50 yd. Freestyle</p> <p><input type="checkbox"/> 200 yd. Ind. Medley</p> <p><input type="checkbox"/> 100 yd. Freestyle</p> <p><input type="checkbox"/> 50 yd. Butterfly</p> <p><input type="checkbox"/> 200 yd. Breaststroke</p> <p><input type="checkbox"/> 100 yd. Breaststroke</p> <p><input type="checkbox"/> 50 yd. Backstroke</p> <p><input type="checkbox"/> 200 yd. Freestyle</p> <p><input type="checkbox"/> 100 yd. Butterfly</p> <p><input type="checkbox"/> 50 yd. Breaststroke</p> <p><input type="checkbox"/> 200 yd. Backstroke</p> <p><input type="checkbox"/> 100 yd. Ind. Medley</p> <p><input type="checkbox"/> 500 yd. Freestyle (Enter four (4) maximum)</p>	<p>Track & Field - October 28 (30658)</p> <p><input type="checkbox"/> 50 Meter Run</p> <p><input type="checkbox"/> 100 Meter Run</p> <p><input type="checkbox"/> 200 Meter Run</p> <p><input type="checkbox"/> 400 Meter Run</p> <p><input type="checkbox"/> 800 Meter Run</p> <p><input type="checkbox"/> 1500 Meter Run</p> <p><input type="checkbox"/> Discus</p> <p><input type="checkbox"/> High Jump</p> <p><input type="checkbox"/> Javelin</p> <p><input type="checkbox"/> Long Jump</p> <p><input type="checkbox"/> Shot Put (Enter four (4) maximum)</p>
<p>Disc Golf - October 16 (30647)</p> <p><input type="checkbox"/> Single</p>		
<p>Golf - October 24 (30657)</p> <p><input type="checkbox"/> Single</p>		
<p>Pickleball —Skill Rating 1.0–5.5 _____</p> <p><input type="checkbox"/> Doubles - October 8 (30655)</p> <p>Partner: _____</p> <p><input type="checkbox"/> Mixed Doubles - October 9 (30656)</p> <p>Partner: _____</p>		
<p>Race Walking - October 1 (30642)</p> <p><input type="checkbox"/> 1500M</p>	<p>Table Tennis - October 10</p> <p><input type="checkbox"/> Singles (30650)</p> <p><input type="checkbox"/> Doubles (30648)</p> <p>Partner: _____</p> <p><input type="checkbox"/> Mixed Doubles (30649)</p> <p>Partner: _____</p>	
<p>RC Sailing - October 29</p> <p><input type="checkbox"/> Sailing 1 Meter (30646)</p>		

Note: You must register for the **Senior Games General Registration Course (30641)** before you can register for individual events.

Kids Camp Connection (30708)
 Kids Camp Connection is a scholarship program that 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:

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, 2023

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: Lisa.Smithson@CharlotteCountyFL.gov

CharlotteCountyFL.gov

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