



CITY OF TALLAHASSEE

14th ANNUAL



CAPITAL CITY Senior Games

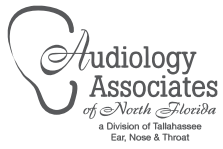
TALLAHASSEE • FLORIDA

MARCH 1-14, 2023

Torch Run • Wednesday, March 1 @ 6 p.m. • Cascades Park
Celebration of Athletes • Tuesday, March 14 @ 5:30 p.m. • Senior Center

REGISTER ONLINE

TALGOV.COM/SENIORGAMES



TALGOV.COM/PARKS | COTPARKS | 891-FUNN

Registration Form

PLEASE ONLY USE ONE FORM PER PERSON

This local Senior Games is sanctioned by the Florida Sports Foundation and is a qualifier for the Florida Senior Games State Championships.

Name: _____ Gender: Male _____ Female _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

Date of Birth: _____ Age on 12/31/2023: _____ T-SHIRT SIZE: S M L XL XXL XXXL

Hotel Stay? YES _____ NO _____ If Yes, How Many Nights: _____ Name of Hotel: _____

3 Sport Bonus Gift!

REGISTER FOR 3 OR MORE SPORTS (NOT EVENTS) & RECEIVE A SENIOR GAMES LUNCH TOTE!

AGE DIVISIONS: 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Check the website
FOR REGISTRATION END DATE

*** QUALIFYING EVENT**
TOP 5 ATHLETES ADVANCE TO STATE GAMES.

○ OPEN EVENT
ALL ATHLETES CAN PARTICIPATE IN STATE GAMES.

△ LOCAL EVENT ONLY
THESE GAMES ARE NOT PART OF THE STATE GAMES.

○ ARCHERY Limit 1 event/person

- Recurve - w/Sights
- Barebow Recurve - no Sights
- Barebow Compound
- Compound Finger Release - w/Sights
- Compound Release - w/Sights

△ BAG TOSS

- Traditional (Best 2 out of 3 games)

*** BASKETBALL**

- Free Throw Shooting
- Spot Shooting
- Timed Shooting

*** BOWLING**

- Singles
- Doubles Partner _____
- Mixed Partner _____

*** CYCLING**

- 5K 5K Recumbent
- 10K 10K Recumbent

*** GOLF**

- 18 Hole Scratch

*** HORSESHOES**

- Traditional

*** PICKLEBALL**

- Singles
- Doubles Partner _____
- Mixed Partner _____

○ POWERLIFTING

- Bench Press Dead Lift

○ RACQUETBALL

- Singles

*** SWIMMING: Limit 6 events/person**

- US MASTERS SWIM # _____
- Backstroke** 50yd 100yd 200yd
 - Breaststroke** 50yd 100yd 200yd
 - Butterfly** 50yd 100yd
 - Freestyle** 50yd 100yd 200yd 500yd
 - Individual Medley (Four (4) Strokes)**
 100yd 200yd 400yd

*** TABLE TENNIS**

- Singles
- Doubles Partner _____
- Mixed Partner _____

*** TENNIS**

- Doubles Partner _____
- Mixed Partner _____

*** TRACK & FIELD**

- 100m Discus
- 200m High Jump
- 400m Javelin
- 800m Long Jump
- 1500m Shot Put Triple Jump

△ FUN EVENTS

- 1 Mile Fun Walk
- Water Aerobics

REGISTRATION FEE

First Event: _____ = \$15

of Additional Events: _____ x \$3 = _____

VENUE FEE

Archery: \$5 = _____

Bowling: \$10 = _____

Golf: \$10 = _____

Tennis: \$5 = _____

TOTAL: \$ _____

REGISTRATION FEE INCLUDES THE CELEBRATION OF ATHLETES EVENT

PLEASE MAKE CHECKS PAYABLE TO:



Visit Talgov.com/SeniorGames or call 850-891-3866 for more information.

Celebration of ATHLETES

Tuesday, March 14, 2023 • 5:30p.m.

DINNER FOR ATHLETE AND GUEST • 2023 SENIOR GAMES HIGHLIGHTS
SPECIAL AWARD CEREMONY

Tallahassee Senior Center

1400 North Monroe Street, Tallahassee, FL 32303 • 850-891-4000

FREE VALET PARKING

Schedule of Events

WED 3/1	THU 3/2	FRI 3/3	SAT 3/4	SUN 3/5	MON 3/6
Torch Run 6p	Golf • 9a	Bowling (S) • 1p	Track & Field • 10a Fun Walk • 9:30a	Horseshoes • 2p	Bag Toss • 11:30a
TUE 3/7	WED 3/8	THU 3/9	FRI 3/10	SAT 3/11	SUN 3/12
Pickleball (S) • 9a	Pickleball (D) • 9a Swimming • 6p	Pickleball (M) • 9a Powerlifting • 2p	Tennis (D) • 9a Bowling (D) • 1p Bowling (M) • 4p	Basketball • 9a Table Tennis • 9a Archery • 9a Racquetball • 1p	Cycling • 10a Tennis (M) • 1p Water Aerobics • 3p
MON 3/13	TUE 3/14	<h3>Volunteer Opportunities</h3> <p>Interested in volunteering during the Senior Games? Please contact Colin Lutz at 850-891-5341</p>			
	Celebration of Athletes 5:30p				

HOW TO REGISTER

Online Talgov.com/SeniorGames
Call in Cindy Mead 850-891-3875

**CHECK THE WEBSITE
FOR REGISTRATION
END DATE FOR EACH EVENT**

SENIOR GAMES DIRECTORY

ARCHERY

Saturday, 3/11 • 9a

Tallahassee Archery Club • 7268 Blountstown Hwy 32310
Tracy Davis • 850-891-3946

BAG TOSS

Monday, 3/6 • 11:30a *(specific start times will be emailed)*

Jake Gaither Community Center • 801 Bragg Rd 32305
Toni McDonald • 850-891-3835

BASKETBALL

Saturday, 3/11 • 9a

Sue McCollum Community Center • 501 Ingleside Ave 32303
Scott Sears/Kim Speight • 850-891-3946

BOWLING

(S) Fri 3/3, 1p • (D) Fri 3/10, 1p • (M) Fri 3/10, 4p

Capital Lanes • 820 Capital Circle NE 32301
Aeshah McQueen • 850-891-3970

CYCLING

Sunday, 3/12 • 10a

Apalachicola National Forest • 10714 Bloxham Cutoff 32304
Raphie Barreto • 850-363-5629

GOLF

Thursday, 3/2 • 9a

Hilaman Golf Course • 2737 Blair Stone Rd 32301
Matthew Wells • 850-345-8014

HORSESHOES

Sunday, 3/5 • 2p

Forestmeadows Complex • 4750 N Meridian Rd 32312
Ameer Hart • 850-891-3940

PICKLEBALL

(S) Tue 3/7, 9a • (D) Wed 3/8, 9a • (M) Thu 3/9, 9a

Southeast Park Pickleball Courts • 5151 Four Oaks Blvd 32311
Lenin Mongerie • 850-891-4979

POWERLIFTING

Thursday, 3/9 • 2p

Premier Health & Fitness Center • 3521 Maclay Blvd 32312
Christine Morse • 850-431-4828

RACQUETBALL

Saturday, 3/11 • 1p

Forestmeadows Complex • 4750 N Meridian Rd 32312
Glen Howe • 850-891-4979

SWIMMING

Wednesday, 3/8 • 6p

Wade Wehunt Pool at Myers Park • 1206 Myers Park Dr 32301
Leslie Adams • 850-891-4904

TABLE TENNIS

Saturday, 3/11 • 9a

Jack McLean Community Center • 700 Paul Russell Rd 32301
Chris Brown • 850-891-2505

TENNIS

(D) Fri 3/10, 9a • (M) Sun 3/12, 1p

Forestmeadows Complex • 4750 N Meridian Rd 32312
Steve Leroy • 850-891-4979

TRACK & FIELD & FUN WALK

Saturday, 3/4 • 10a *(Javelin 9a & Fun Walk 9:30a)*

Godby High School • 1717 W Tharpe St 32303
Lucas Williams • 850-891-3825

WATER AEROBICS

Sunday, 3/12 • 3p

Wade Wehunt Pool at Myers Park • 1206 Myers Park Dr 32301
Lori Di Guglielmo • 850-891-2502

(S) = SINGLES, (D) = DOUBLES, (M) = MIXED DOUBLES