



CITY OF
TALLAHASSEE

15th ANNUAL



CAPITAL CITY Senior Games

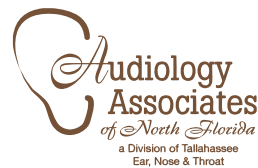
TALLAHASSEE • FLORIDA

FEBRUARY 28 - MARCH 19, 2024

Torch Run • Wednesday, February 28 @ 6 p.m. • Cascades Park
Celebration of Athletes • Tuesday, March 19 @ 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 12/31/2024: _____ 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

△ BILLARDS 8-Ball

- Singles

△ BOCCE

- Singles
- Doubles Partner _____
- Mixed Partner _____

*** BOWLING**

- Singles
- Doubles Partner _____
- Mixed Partner _____

*** CYCLING**

- 5k 5k Recumbent
- 10k 10k Recumbent

△ DISC GOLF

- Singles

*** GOLF**

- 18 Hole Scratch

*** HORSESHOES**

- Traditional

*** PICKLEBALL**

- Singles
- Doubles Partner _____
- Mixed Partner _____

○ POWERLIFTING

- Benchpress 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 Mountain Biking
- Water Aerobics

REGISTRATION FEE

First Event: = \$15

of Additional Events: _____ x \$3 = _____
(Does not include first event)

VENUE FEE

Archery: \$5 = _____

Bowling: \$10 = _____

Golf: \$10 = _____

Tennis: \$5 = _____

TOTAL \$ _____

Registration fee includes Celebration of Athletes Event

PLEASE MAKE CHECKS PAYABLE TO:



MORE INFORMATION?

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

Celebration of ATHLETES

Tuesday, March 19, 2024 • 5:30p.m.

DINNER FOR ATHLETE AND GUEST • 2024 SENIOR GAMES HIGHLIGHTS
SPECIAL AWARD CEREMONY

Tallahassee Senior Center

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

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THUR	FRI	SAT
			28 Torch Run - 6pm	29 Golf - 9am	1 Bowling (S) - 1pm	2 Archery - 10am Track - 10am Javelin - 9am Fun Walk - 9:30am
3 Horseshoes - 2p	4 Bag Toss - 11:30am	5 Pickleball (S) - 9am	6 Pickleball (D) - 9am	7 Pickleball (M) - 9am	8 Bowling (D) - 1pm Bowling (M) - 4pm	9 Tennis (D) - 8:30am Basketball - 9am Racquetball - 1pm
10 Cycling - 10am Tennis (M) - 1pm Water Aerobics - 3pm	11	12	13 Swimming - 6pm	14 Powerlifting - 2pm	15 Billiards - 1pm Disc Golf - FLEX	16 Table Tennis - 9am Disc Golf - FLEX
17 Mountain Biking - 10am Bocce - 2pm Disc Golf - FLEX	18 Disc Golf - FLEX	19 Celebration of Athletes 5:30pm				

HOW TO REGISTER

Online Talgov.com/SeniorGames

Call in Cindy Mead 850-891-3875

Drop off
-or-
Mail in PRNA Admin Offices
1201 Myers Park Dr Tallahassee, FL 32301

CHECK THE WEBSITE
FOR REGISTRATION
END DATE FOR EACH EVENT

SENIOR GAMES DIRECTORY

ARCHERY

Saturday, 3/2 • 10am

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

BAG TOSS

Monday, 3/4 • 11:30am *(start times will be emailed)*

Jake Gaither Community Center • 801 Bragg Dr
Jerrell Dukes • 850-891-3940

BASKETBALL

Saturday, 3/9 • 9am *(start times will be emailed)*

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

BILLIARDS

Friday, 3/15 • 1pm

Zingales • 1147 Apalachee Pkwy
Rhashii Demps • 850-891-3910

BOCCE

Sunday, 3/17 • 2pm

Forestmeadows Complex • 4750 N Meridian Rd
Courtney Allen • 850-891-4979

BOWLING

(S) Fri 3/1, 1pm • (D) Fri 3/8, 1pm • (M) Fri 3/8, 4pm

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

CYCLING

Sunday, 3/10 • 10am

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

DISC GOLF

Flex Schedule Friday, 3/15- Monday, 3/18

Tom Brown Park • 443 Easterwood Dr
Mario Palmentieri • 850-891-3879

GOLF

Thursday, 2/29 • 9am

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

HORSESHOES

Sunday, 3/3 • 2pm

Forestmeadows Complex • 4750 N Meridian Rd
Kate Breese • 850-891-2569

MOUNTAIN BIKING

Sunday, 3/17 • 10am

Lafayette Heritage Trail - 4900 Heritage Trail Blvd
Robert Steele • 850-891-5321

PICKLEBALL

(S) Tue 3/5, 9am • (D) Wed 3/6, 9am • (M) Thu 3/7, 9am

Four Oaks Park • 5151 Four Oaks Blvd
Lenin Mongerie • 850-891-4979

POWERLIFTING

Thursday, 3/14 • 2pm

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

RACQUETBALL

Saturday, 3/9 • 1pm

Forestmeadows Complex • 4750 N Meridian Rd
Akita Heatly • 850-891-3837

SWIMMING

Wednesday, 3/13 • 6pm

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

TABLE TENNIS

Saturday, 3/16 • 9am

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

TENNIS

(D) Sat 3/9, 8:30am • (M) Sun 3/10, 1pm

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

TRACK & FIELD & FUN WALK

Saturday, 3/2 • 10am *(Javelin 9am & Fun Walk 9:30am)*

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

WATER AEROBICS

Sunday, 3/10 • 3pm

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

(S) = SINGLES

(D) = DOUBLES

(M) = MIXED DOUBLES