



2010



CITY OF PENSACOLA DEPARTMENT OF PARKS AND RECREATION

■ WELCOME

On behalf of the sponsors, volunteers, staff & committee, we would like to welcome you to two weeks of fun, fellowship, and sport. So, if this is your first year or your eighteenth, welcome aboard. We are sure you'll find an event just for you!

The Pensacola Senior Games provides seniors age 50 and older the opportunity to compete in many events ranging from bocce, horseshoes & darts to track & field, tennis & swimming. Sanctioned by the Florida Sports Foundation, our local games along with 11 others throughout the state will be a qualifier for the State Championships to be held December 4 – 12 in Lee County and the City of Cape Coral, Florida. We would like to challenge each of you to continue competition at the state level and then on to nationals.

The City of Pensacola Parks & Recreation Department, hope to make this an exciting event for each of you. We look forward to another great year of fun & competition. Thank you for participating in the 2010 Pensacola Senior Games and let the games begin!!!!

INFORMATION

For more information please call Bill Kimball or Cheryl Fox at (850) 912-4109.


Closing Ceremonies



This ceremony will celebrate the accomplishments of all participants

- Friday, September 24, 2010
- 6:00 p.m. – 9:00 p.m.
- Sanders Beach – Corrine Jones Community Center
- Free Hors D' Oeuvres
- Vendor Booths





2010 Florida Senior Games will be hosted by the City of Cape Coral

- December 4 – 12
- For more information,
- 1-866-FLGAMES (354-2637)
- www.flasports.com
- Email: games@flasports.com



Badminton



- Site Vickrey Community Center
 - 2130 Summit Blvd.

- Date Thursday, September 16

- Format To be determined by coordinator

- Check-In 30 Minutes prior to the event

- Start Time 1:00pm

- Coordinator

- Sport Rules
 - There will be singles and doubles depending on the number of participants.
 - Competitors must provide their own racquets.
 - Standard rules will apply.
 - Event coordinator will resolve any irregularities.
 - Rally scoring

Basketball Shooting

Spot Shooting & Free Throw



- Site
 - Vickrey Community Center
 - 2130 Summit Blvd.

- Date
 - Monday, September 20
- Format
 - Free Throw Shooting
 - 3 rounds of 10 shots (1 spot)
 - Spot Shooting
 - 3 rounds of 5 shots (5 spots)

- Check-In
 - 30 minutes prior to the event

- Start Time
 - 2:00 p.m.

- Coordinator

- Sport Rules
 - Free Throw Shooting**
 - The contestant will attempt 3 rounds of 10 shots, each from the free throw line
 - Each basket made is worth 1 point
 - The total of all three rounds will determine the score
 - The ball will be rebounded for the shooter
 - Spot Shooting**
 - The Contestant will attempt 3 rounds of 5 shots, each from designated stations located around the basket
 - Each basket is worth 2 points.
 - The total of all 3 rounds will determine the final score
 - The ball will be rebounded for the shooter

Bocce



- Site Bayview Park
 - 2000 East Lloyd Street

- Date Monday, September 20

- Format Doubles Format

- Check In 30 minutes prior to the event

- Start Time 9:00 a.m.

- Coordinator

- Sport Rules
 - Participants may either register with a partner or choose partners on site the day of the event.
 - Local rules will apply.
 - Please contact the event coordinator for further information.

Bowling

Singles, Doubles & Mixed



- **Site** **Cordova Lanes**
 - 2111 Airport Blvd.

- **Dates** **Singles - Monday, September 13**
Doubles - Tuesday, September 14
Mixed Doubles – Wed, September 15

- **Format** Tournament will be based on scratch scores.
Bowlers will bowl 3 games
Total pins determine winners over 3 games
Rules are governed by the USBC Rules

- **Check In** 30 minutes prior to the event

- **Start Time** 2:00 p.m.

- **Coordinator**

- **Entry Regulations**
 - Competitors are encouraged to bring their own bowling balls & shoes, however, bowling balls & shoes will be available at the competitor's expense
 - Balls may be weighed prior to competition
 - Bowlers qualified in singles may also enter doubles
 - Doubles partners must be of the same gender
 - For doubles, the younger player of the two partners will determine the age division of competition

Chess



- Site TBA
- Date Friday, September 17
- Format To be determined by coordinator
- Check-In 30 minutes prior to the event
- Start Time 9:00 a.m.
- Coordinator
- Sport Rules
 - Standard rules apply
 - Coordinator will resolve any irregularities

Darts



- Site Cordova Lanes
 - 2111 Airport Blvd.

- Date Friday, September 17

- Format Double elimination tournament

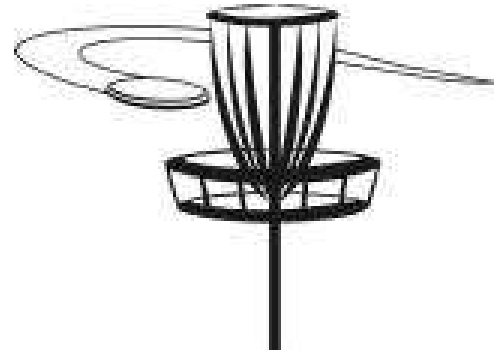
- Check In 30 minutes prior to the event

- Start Time Women: 1:00 p.m.
 Men: 3:00 p.m.

- Coordinator

- Sport Rules
 - Countdown game
 - Winner must zero out
 - Standard rules apply
 - Coordinator will resolve any irregularities

Disc Golf

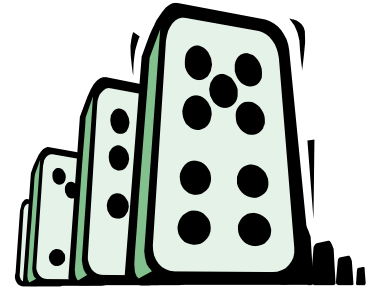


- Site Blue Angel Park MWR
 2100 Bronson Rd

Please Bring ID

- Date Thursday, September 23
- Format Determined by coordinator
- Check In 30 minutes prior to the event
- Start Time 9:00 am
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- Coordinator
- Sport Rules
 - Local rules apply

Dominoes



- Sites TBA
- Date Friday, September 24
- Format To be determined by coordinator
- Check In 30 minutes prior to the event
- Start Time 1:00 p.m.
- Coordinator
- Sport Rules
 - Local rules apply

18-Hole Scratch Golf



- Site Osceola Municipal Golf Course
 - 300 Tonowanda Drive
- Date Thursday, September 23
- Format 18-hole tournament with a shotgun start
- Check In 1 Hour prior to the event
- Start Time 1:30 p.m.
- Coordinator Adrian Stills 453-7599
- Facility Fees Cart rental of \$20.00 per person to be paid at the time of event

- Entry Regulations
 - Golfers must furnish their own clubs & balls
 - Golf cart use during the tournament is mandatory
 - A shotgun start will be used
 - The lowest scratch gross score in each age group will be the winner
 - Tournament is limited to the first 100 golfers.
 - Tournament governed by the United States Golf Association
 - Local rules apply.
 - Handicaps are not used in the scratch play.

Horseshoes



- Site Cordova Lanes
 - 2111 Airport Blvd.
- Date Thursday, September 16
- Format Determined by coordinator
- Check In 30 minutes prior to the event
- Starting Time 9:00 a.m.
- Coordinator
- Sports Rules
 - Games will be played to 21 points for men & women, or the highest score after 30 shoes are pitched, whichever occurs first. Women 50 – 74 will pitch at a distance of 30 feet. Women in division 75+ will pitch a minimum distance of 20 feet. Men in division 50 – 69 will pitch a distance of 40 feet. Men in division 70+ will pitch a distance of 30 feet. These specifications are subject to change.
 - Start—Players toss a coin; the winner decides who pitches first.
 - Scoring---Shoes must be within 6 inches of the stake to score. A shoe that first strikes the ground outside the target area cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the pitching box on the request of the opponent. A shoe landing in the area & breaking is not scored; it is removed and another pitch taken. A “ringer” is a shoe that encircles the stake so that a strait edge could touch the two prongs without touching the stake.

Pickle Ball



- **Site** Vickrey Community Center
 - 2130 Summit Blvd.
- **Date** Friday, September 24
- **Format** Single elimination is planned.
 - Best two out of three games
 - Games are played to 11 points, but must continue until one team achieves a two point margin
- **Check In** 30 minutes prior to the event
- **Start Time** 10:00 a.m.
- **Coordinator**
- **Sport Rules**
 - All matches will be conducted in accordance with United States Pickle ball Association rules
 - Flip of a coin will determine serve
 - All questionable calls must be resolved in favor of the opponent
 - Served balls that clear the non volley zone and land on any service court line are good
 - Balls in play that land on any court lines are good
 - Runner up from the previous game serve first
 - If the opponent faults, the server continues to serve, alternating service courts, until server faults

8 Ball Pool



- Site Nine Mile Billiards
 - 43 W Nine Mile Rd

- Date Wednesday, September 15

- Format Round Robin elimination

- Check In 30 minutes prior to the event

- Start Time 9:00 a.m.

- Coordinator

- Sport Rules
 - League rules will apply (ball in hand)
 - Regulation 9-foot table

Shuffleboard



- Site
 - Azalea Trace
 - 10100 Hillview Drive

- Date
 - Tuesday, September 14

- Format
 - Mixed Doubles----Double elimination

- Check In
 - 30 minutes prior to the event
- Start Time
 - 10:00 a.m.

- Coordinator

- Sport Rules
 - Matches will be conducted in accordance with the National Shuffleboard Association
 - Preliminary rounds will consist of 12 frames and 16 frames in the championship game
 - In case of a tie, 2 extra frames will be played until the tie is broken
 - The cue shall not have an overall length of more that 6'3". No metal parts of the cue shall touch the playing surface of the court.

Softball



- Site Exchange Park
 - 3200 East Lakeview

- Date Tuesday, September 21

- Check In 30 minutes prior to the event

- Start Time Warm-up begins at 8:30 a.m.
 Games begin at 9:00 a.m.

- Coordinator

- Sport Rules
 - Rules are governed by the Amateur Softball Association; except local senior rules
 - Teams will be formed by the event coordinator.

Swimming

Individual Medley
Breaststroke-Backstroke
Butterfly-Freestyle



- Site PJC Swimming Pool
1000 College Blvd.
- Date Sunday, September 19
- Format All swimming will be timed finals
- Check In 30 minutes prior to the event
- Start Time warm-up 12 :00 p.m.
Start 1:00 p.m.

- Coordinator

- Entry Regulations
 - Swimmers must provide their own suits, caps, goggles, towels, etc.
 - Swimmers may enter up to 5 events

Please note when registering for Senior Games, swimming is 1 event no matter how many swimming events you sign up for.

- Events: Listed in the order they will take place.
 - ❖ 500 yard freestyle
 - ❖ 50 yard butterfly
 - ❖ 100 yard breast stroke
 - ❖ 50 yard back stroke
 - ❖ 100 yard free style
 - ❖ 50 yard breast stoke
 - ❖ 100 yard butterfly
 - ❖ 200 yard freestyle
 - ❖ 100 yard backstroke
 - ❖ 50 yard freestyle
 - ❖ 100 yard individual medley



Table Tennis



- Site Fricker Community Center
 900 North F Street
- Date Monday, September 13
- Format Double elimination
- Check In 30 minutes prior to the event
- Start Time 9am
- Coordinator

- Entry Regulations
 - Players must provide their own paddles
 - Balls will be provided
- Sport Rules
 - Play shall consist of a 3 game match.
 - The winner shall be the first player to win 2 games.
 - The first player to score 21 wins.
 - Must win by 2 points.
 - White shirts or jackets are not permitted for competition per USTTA rules
 - All table tennis matches will be conducted in accordance with USTTA rules

Tennis

Singles—Doubles---Mixed Doubles



- Site Scott Tennis Center
 - 4601 Piedmont Drive
- Date Tuesday 9/21
 Wednesday 9/22
 Thursday 9/23

- Format Single Elimination
- Check In 30 minutes prior to the event
- Start Time 12:00 pm

- Coordinator

- Entry Regulations
 - Doubles Partners must be of the same gender & mixed doubles must be of the opposite gender
 - Participants may enter a maximum of 2 events
 - Participants must provide (on entry form) any past tournament information such as number of wins & rankings, to help seeding
 - Athletes must provide their own racquets. Tournament balls will be provided
 - NTRP rating system will be used:
- Sport Rules
 - All matches will be conducted using USTA rules except as noted below
 - If entered in 2 events, scheduled matches may result in conflicts or more than 2 matches a day (attempts will be made to avoid these situations)
 - Event coordinator reserves the right to modify any draw

Track & Field



- **Site** University of West Florida
 - 11000 University Parkway
- **Date** Wednesday, September 15
- **Format** All track events are timed finals
- **Check In** 30 minutes prior to the event
- **Start Time** Running Events 9:00 a.m.
Field Events 10:30 a.m.
- **Coordinator**
- **Implement Weigh-In**

❖ Men (50+)	Discus 1.5 kg	Javelin 700 gm	Shot Put 6.0 kg
❖ Men (60+)	Discus 1.0 kg	Javelin 600 gm	Shot Put 5.0 kg
❖ Women (50+)	Discus 1.0 kg	Javelin 500 gm	Shot Put 4.0 kg
❖ Women (60+)	Discus 1.0 kg	Javelin 400 gm	Shot Put 3.0 kg
- **Entry Regulations**
 - Runners may use running flats or ¼" spikes
 - Athletes must provide footwear & apparel
- **Sport Rules**
 - All track & field events are governed by USA track & field
 - False starts will result in disqualifications

Volleyball



Men's, Women's, & Co-ed

- **Site** Vickrey Community Center
 - 2130 Summit Blvd.
- **Date** Wednesday, September 22
- **Format** Double Elimination
- **Check In** 30 minutes prior to the event
- **Start Time** 9:00 a.m.
- **Coordinator**
- **Entry Regulations**
 - Game balls will be provided
- **Sport Rules**
 - Volleyball competition will be governed by the USVA
 - Teams will be formed by the event coordinator.
 - In co-ed competition, females must touch the ball before it goes over the net

5K Run



- Site McGuire's Irish Pub
 - 600 E. Gregory St

- Date Tuesday, September 21

- Check In 30 minutes prior to the event

- Start Time 6:00 p.m.

- Coordinator

- Sport Rules
 - Runners must sign a McGuire's running club waiver