

50+



CITY OF TALLAHASSEE

16th ANNUAL



CAPITAL CITY Senior Games

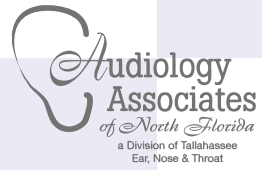
TALLAHASSEE • FLORIDA

FEBRUARY 26-MARCH 18, 2025

Torch Run & Fun Walk • Wednesday, February 26 @ 6 p.m. • Cascades Park
Celebration of Athletes • Tuesday, March 18 @ 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 12/31/2025: _____ 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.

5k RACE / ○

5k Must also register at ShamrockScurry.com

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

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

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)

ADDITIONAL 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 18, 2025 • 5:30PM

**DINNER FOR ATHLETE AND GUEST • 2025 SENIOR GAMES HIGHLIGHTS
SPECIAL RECOGNITIONS**

Tallahassee Senior Center

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

SCHEDULE of EVENTS

SUN	MON	TUE	WED	THUR	FRI	SAT
			26 Torch Run - 6pm Fun Walk - 6pm	27 Golf - 9am	28 Bowling (S) - 1pm	1 5k - 8:30am Track - 10am • Javelin - 9am Racquetball - 1pm Disc Golf - FLEX
2 Horseshoes - 1pm	3 Powerlifting - 2pm	4 Pickleball (S) - 9am	5 Pickleball (D) - 9am	6 Pickleball (M) - 9am	7 Bowling (D) - 1pm Bowling (M) - 4pm	8 Tennis (D) - 8:30am Basketball - 9am Archery - 10am
9 Cycling - 10am Water Aerobics - 3pm	10	11	12 Swimming - 6pm	13 Bag Toss - 9am	14 Billiards - 1pm	15 Tennis (M) - 8:30am Table Tennis - 9am Bocce (S) - 1pm
16 Bocce (D) - 9am Mountain Biking - 10am Bocce (M) - 1pm	17	18 Celebration of Athletes 5:30pm				

HOW TO REGISTER

ONLINE Talgov.com/SeniorGames
CALL IN Cindy Mead 850-891-3875
DROP OFF
-or-
MAIL IN Senior Center
 1400 North Monroe St. Tallahassee, FL 32303

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

SENIOR GAMES DIRECTORY

ARCHERY

Saturday, 3/8 • 10am

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

BAG TOSS

Thursday, 3/13 • 9am *(start times will be emailed)*

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

BASKETBALL

Saturday, 3/8 • 9am *(start times will be emailed)*

Sue McCollum Community Center • 501 Ingleside Ave
Courtney Young • 850-891-3946

BILLIARDS

Friday, 3/14 • 1pm

Zingales • 1147 Apalachee Pkwy
Kelley Boykins • 850-891-2505

BOCCE

(S) Sat 3/15, 1pm • (D) Sun, 3/16 • 9am (M) Sun, 3/16 • 1pm

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

BOWLING

(S) Fri 2/28, 1pm • (D) Fri 3/7, 1pm • (M) Fri 3/7, 4pm

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

CYCLING

Sunday, 3/9 • 10am

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

DISC GOLF

Saturday, 3/1 • FLEX

Paradise Park Disc Golf Course • 1800 Trimble Rd
Mario Palmentieri • 850-891-3879

FUN WALK

Wednesday, 2/26 • 6pm

Cascades Park • 1001 S Gadsden St
Cindy Mead • 850-891-3875

GOLF

Thursday, 2/27 • 9am

Hilaman Golf Course • 2737 Blair Stone Rd
Jeremy Harrell • 850-891-2560

HORSESHOES

Sunday, 3/2 • 1pm

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

MOUNTAIN BIKING

Sunday, 3/16 • 10am

Lafayette Heritage Trail - 4900 Heritage Trail Blvd
Joel Allbritton • 850-509-5746

PICKLEBALL

(S) Tue 3/4, 9am • (D) Wed 3/5, 9am • (M) Thu 3/6, 9am

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

POWERLIFTING

Tuesday, 3/3 • 2pm

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

RACQUETBALL

Saturday, 3/1 • 1pm

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

SWIMMING

Wednesday, 3/12 • 6pm

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

TABLE TENNIS

Saturday, 3/15 • 9am

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

TENNIS

(D) Sat 3/8, 8:30am • (M) Sat 3/15, 8:30am

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

TRACK & FIELD

Saturday, 3/1 • 10am *(Javelin 9am)*

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

WATER AEROBICS

Sunday, 3/9 • 3pm

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

5K (SHAMROCK SCURRY)

Saturday, 3/1 • 8:30am

Must ALSO register at www.ShamrockScurry.com
Cindy Mead • 850-891-3875

(S) = SINGLES

(D) = DOUBLES

(M) = MIXED DOUBLES