



23rd Annual Delray Beach Senior Games



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



Welcome to the 23rd Annual Senior Games! The games focus on attracting active seniors who wish to be involved in a variety of social, recreational and competitive activities. The Delray Beach Parks and Recreation Department dedicates itself to offering ways of improving the health and lifestyles of all Florida Seniors by allowing them to continue enjoying the fun and competition of their earlier years.

Five good reasons to participate in the Senior Games:

- Celebrate your vitality of life.
- Develop and renew friendships with other participants, volunteers, sponsors and spectators.
- Focus attention on the importance of exercise and constructive activity at any age.
- Renew your spirit of goodwill and good health.
- Win a medal . . . qualify for the State Games!

Everything you need to know is in this information guide. ***It has been updated.*** Please read it carefully, and if there are any questions, contact the event director, Danielle Beardsley, at (561) 243-7277.

TABLE OF CONTENTS

General Information	3
Eligibility	3
Registration	3
Entry Fees	3
T-Shirts.....	3
Event Scheduling.....	3
Event Awards.....	3
Age Divisions	3
Doubles and Mixed Doubles	4
Professionals	4
Photographs	4
Opening & Closing Ceremonies.....	4
Event Refreshments.....	4
Registration Form Directions	4
Event Descriptions	5
Basketball Skills.....	5
Basketball 3-on3	5
Billiards	5
Bowling.....	5
Bridge.....	6
Golf	6
Lawn bowling	6
Shuffleboard	6
Swimming.....	7
Table Tennis.....	7
Tennis	7
Track and Field	8
Event Schedule	8
Frequently Asked Questions	9
2012 Florida Senior Games State Championships	9
2013 National Senior Games.....	9
Map of Venues.....	10
Registration Form.....	11

ELIGIBILITY

Anyone, age 50 years or older, is eligible to enter. Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2012. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2012. Participants do not need to be Delray Beach residents.

REGISTRATION

Pre-Registration: We encourage you to register as early as possible. Pre-registration deadline is January 27, 2012 at 5:00 pm, which guarantees a commemorative T-shirt and admittance to the opening and closing ceremonies.

Late Registration: Late registration starts January 27, 2012 at 5:01 pm and will not be accepted for some events. Late registration will be accepted only for basketball skills, bowling, swimming, and track & field. Late registrants will be given a T-shirt only if supplies last.

ENTRY FEES

Pre-registration received (on or before January 27, 2012 at 5:00 pm): \$25.00 registration fee for Delray Beach Residents, and \$35.00 for non-residents, which includes your first event, T-shirt and a ticket to the opening and closing ceremonies. Each additional event is \$5.00.

Late-registration (starts January 27, 2012 at 5:01 pm): \$30.00 registration fee for Delray Beach Residents, and \$40.00 for non-residents and \$6.00 each additional event. Late-registration will be given a T-shirt only if supplies last.

Golf: add \$40.00 for non-permit* holders \$35 for permit* holders to registration fees

Tennis: add \$10.00 to registration fees

Billiards: add \$5.00 to registration fees

Bowling: add \$5.00 to registration fees

Swimming: add \$5.00 to registration fees

**Permit is not a residency card. Permit is issued by the Golf Course.*

SENIOR GAMES T-SHIRT

Custom designed T-shirts commemorating the 23rd Annual Senior Games will be distributed at the opening ceremony breakfast or at the participant's first event. There is a limit of one shirt per participant, regardless of the number of events entered. Reminder: Late registrants will be given a T-shirt only if supplies last.

EVENT SCHEDULING

Check the schedule to avoid conflicts if entering more than one event. It is the responsibility of the athlete to make sure there are no schedule conflicts in the sport he/she enters.

EVENT AWARDS

Medals will be presented to 1st, 2nd and 3rd place winners in all events/divisions. All medals have a neck ribbon. Divisions are by gender and/or age in five-year increments. Medals will be presented at the end of each event.

AGE DIVISIONS

Each event will have age divisions in 5-year increments. There must be a minimum of 3 participants in an age division or divisions will be combined. Age divisions are as follows: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2012. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2012. Participants do not need to be Delray Beach residents.

EVENTS

Basketball Skills

Tom Kwiatek, 243-7255

Two skills will be counted - Free Throw Shooting, and Spot Field Goal Shooting. Each event will be awarded separately. Competition balls will be provided.

Free Throw: Three rounds of ten shots each from the free-throw line. Each basket is worth one point. Final score determined by total points from all three rounds. The ball will be rebounded for the shooter. The contestant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).

Spot Field: Three rounds of five shots. One shot (for one point) will be taken from each of the five designated spots around the basket. The spots are as follows: 10-foot baseline shot on each side of the basket, near the top corner of the free throw line on each side of the basket (men 4-feet/women 2-feet from the foul line extended on each side), top of the key (approx. 19-feet for men and free throw line for women). Final score determined by total points from all three rounds. The ball will be rebounded for the shooter.

Top 5 in each age division qualify for the State Games. Participants that qualify are eligible for all Basketball Shooting Events.

Basketball 3-on-3

Gerrod Bodie, 243-7356

Teams must be of one gender. Roster limited to 10 persons, including non-playing persons. Athletes may play on only one basketball team. Ages will be determined by youngest team member. If numbers are conducive, teams will be divided into pool within their age divisions. Within each pool a single round-robin tournament will be played. Winners will advance and play a single-elimination tournament. Competition balls will be provided. *Top 5 in each age division qualify for the State Games.*

Billiards

Danielle Pearson, 243-7158

Singles Eight Ball, Double elimination. Participants must check-in at least 30 minutes prior to their start time. Event Director reserves the right to modify format based on number of tournament entries. Best two out of three games. All games will be conducted in accordance with Billiards Congress of America (BCA) rules of competition. The break will be as follows: a) opening break determined by lag, b) second game is loser of first game, c) third game (if necessary) determined by lag.

Billiards is an open event at the State Games.

Bowling

Danielle Pearson, 243-7158

Singles, Doubles and Mixed Team tournaments. Athlete may compete with only one partner per event. Competitors are encouraged to provide their own bowling balls and shoes. House balls & shoes may be available at the competitor's expense. The age division of competition for Doubles and Team will be determined by the youngest team player. Tournaments will be based on scratch scores. Bowlers will be divided into squads by age division and gender. The Event

February 8, 10:30 am
Community Center, 50 NW 1st Ave.,
(561) 243-7250

Directions: From I-95 Exit Atlantic Ave. and head East to NW 1st Ave. and make a left. The Community Center is the first yellow building on your left.

February 7, 9:00 am
Pompey Park, 1101 NW 2nd St., (561) 243-7356

Directions: From I-95 Exit Atlantic Ave. and head East to NW 12th Ave. and make a left. Proceed to the stop sign. Pompey Park will be directly in front of you.

February 6, 1:00 pm
Slate Billiards, 140 N. Congress Ave.,
(561) 735-7802

Directions: From I-95 Exit Woolbright Road and head East to Congress Ave. and make a right. Slate Billiards will be on the right hand side just before Boynton Beach Blvd. (on the South side of Chuck E Cheese.)

Singles, Doubles: February 3, 1:00 pm
Mixed Team: February 9, 9:00 am
Strikes at Boca, 21046 Commercial Trail, Boca
Raton, (561) 368-2177

Directions: From I-95 exit West on Glades Road. At Renaissance Way, make a left. Continue past NW 19th Street. Strikes at Boca will be on your left hand side.

Director will assign bowling lanes. Three games played. Winners are determined by total pins (same lane). One game play-off will break any ties. Top 5 in each age group qualify for State Games. Participants that qualify are eligible for all Bowling Events.

Bridge

Samantha Roland, 243-7350

Contract Bridge will be played. The format used is individual scores. Cards and tallies will be supplied.

Contract Bridge is not offered at the State Games.

Golf

Danielle Beardsley, 243-7277

Participants may register for one or both as separate events. Golfers must provide their own clubs and balls.

Option 1: Medal Play The tournament will be 18-hole scratch. Handicaps are not used. Foursome assignments will be made by event director. This tournament will be conducted in accordance with United States Golf Association (USGA) rules. T-Times will be assigned. *Top 5 in each age group will qualify for State Games.*

Option 2: T-Times will be assigned. Games are played using a four-person best-ball scramble format. You may name your own team or sign up as an individual and be assigned to a team. Teams may be all male, all female or co-ed. Top 3 teams in each age division (male, female, and co-ed) will win medals. *This format is not offered at State Level.*

Lawn bowling

Samantha Roland, 243-7350

Triples tournament. Draw will be made the day of the event. Indicate on application what position you will play, i.e. skip, vice, or lead. The number of games won will determine the winner. In the event of a tie, points will determine the winner.

Lawn bowling is not offered at State Level.

Shuffleboard

Samantha Roland, 243-7350

Singles and Doubles will be played. Doubles partners may be mixed genders. The age division of competition for Doubles will be determined by the younger of the two partners. If numbers are conducive, athletes will be divided into pools within their age divisions. Within each pool a single round-robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single-elimination tournament. If entries are not conducive, a double-elimination tournament will be played within the age division. All Shuffleboard matches will be conducted in accordance with National Shuffleboard Association (NSA) rules, except as modified herein. Singles matches will consist of 12 frames in the preliminary rounds and 16 frames in the championship rounds. Two matches will be played on one court at the same time. Opposing players will play from the same end of the courts. Players will not change ends after any frame. Doubles matches will consist of 16 frames. Partners will play from opposite ends of the courts. Each partner shall complete eight frames. Players will not switch ends after any frame. The team or pair with the highest point score at the end of 16 total frames will be the winner. In case of a tie, two extra frames will be played until the tie is broken. The cue shall not have an overall length of more than 6'3". No metal part of the cue shall touch the playing surface. Cues will be avail-

February 9, 1:00 pm

Veterans Park, 802 NE 1st St., (561) 243-7350

Directions: (Atlantic & Intracoastal) From I-95 Exit Atlantic Ave. and head East. Continue through Downtown and make a left just before the Intracoastal Bridge, into Plaza.

**Medal Play (State Qualifier): February 6
Scramble: February 7**

Golf Award Ceremony: February 7, 6:30 pm
**Delray Municipal Golf Course, 2200 Highland Ave.,
(561) 243-7380**

Directions: From I-95 exit Atlantic Ave and head west to Homewood Blvd. and make a left. On Highland Ave. make a left and follow street into golf club.

February 8, 9:00 am

Veterans Park, 802 NE 1st St., (561) 243-7350

Directions: (Atlantic & Intracoastal) From I-95 Exit Atlantic Ave. and head East. Continue through Downtown and make a left just before the Intracoastal Bridge, into Plaza.

February 8, 11:00 am

Veterans Park, 802 NE 1st St., (561) 243-7350

Directions: (Atlantic & Intracoastal) From I-95 Exit Atlantic Ave. and head East. Continue through Downtown and make a left just before the Intracoastal Bridge, into Plaza.

able, if needed.

Top 5 in each age group qualify for State Games. Participants that qualify are eligible for all Shuffleboard Events

Swimming

Gerard Smith, 243-7358

Warm up lanes will be available at 10:00 am. All swimming events will be timed finals. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. The major points of the rules include:

A) Starts; the forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification. B) Turns; the breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall. C) Backstroke: here are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall. D) Breaststroke: appropriate stroke is required. E) Butterfly: the appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeable while doing the butterfly. F) Freestyle: swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish. G) Medley: the order of strokes in the Individual medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns. H) General: any swimmer who used improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

Warm up lanes will be available at 10:00 am. All swimming events will be timed finals. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. The major points of the rules include:

Top 5 in each age group will qualify for State Games. Participants that qualify are eligible for all Swimming Events

Table Tennis

Kacy Young, 243-7356

Singles, Doubles, and Mixed Doubles. Double elimination tournament for singles, single elimination tournament for doubles and mixed doubles. Bring your own paddle. Balls will be provided. Athletes may compete with only one partner per event. The age division of competition for Doubles will be determined by the younger age of the two partners. Play shall consist of five game match. The winner shall be the first player to win three games. The first player to score 11 points wins a game, unless both players have scored 10 points. In that situation, the serve changes each point and the winner is the first player to score a two-point lead. Play shall be continuous throughout the match with a two-minute break between games. White shirts or jackets are not permitted for competition per USTTA rules.

Top 5 in each age group will qualify for State Games. Participants that qualify are eligible for all Table Tennis Events.

Tennis

Kacy Young, 243-7356

Entry is limited to two divisions; singles, doubles, or mixed doubles. USTA rules will apply. If numbers are not conducive, age divisions will be combined and a double elimination tournament will be played.

Top 5 in each age group will qualify for State Games. Participants that qualify are eligible for all Tennis Events

February 9, 10:00 am

Aqua Crest Pool, 2503 Seacrest Blvd., (561) 278-7104

Directions: From I-95 exit Atlantic Ave East. Continue into Downtown to NE 2nd Ave and make a left. NE 2nd Ave will turn into Seacrest Blvd. Continue to follow street. Aqua Crest Pool is located just past Avocado Road on right.

February 10, 10:30 am

Pompey Park, 1101 NW 2nd St., (561) 243-7356

Directions: From I-95 Exit Atlantic Ave. and head East to NW 12th Ave. and make a left. Proceed to the stop sign. Pompey Park will be directly in front of you.

February 4, 5, 6

Delray Beach Swim & Tennis Center, 2350 Jaeger Dr., (561) 243-7058

Directions: From I-95 exit Linton Blvd. East to SW 10th Ave. and go South. At Lindell Blvd. make a left to Dotterel Rd. and make another left. At Jaeger Drive make a left and the Tennis Center will be on your left.

Track and Field

Gerrod Bodie, 243-7356

May participate in one to five events. USATF rules will apply. Events include: Discuss, long jump, triple jump, shot-put, 100m dash, 200m dash, 400m dash, 800m, 1500m and 1500m race-walk. All track events are timed finals. Competitors are encouraged to bring their own field event equipment.

Top 5 in each age group will qualify for State Games. Participants that qualify are eligible for all Track and Field Events

February 4, 8:00 am
Atlantic High School, 2455 W. Atlantic Ave.

Directions: From I-95 exit Atlantic Ave West. Atlantic High School is just west of Congress Avenue on the north side of the street.

EVENT SCHEDULE

Date	Event	Time	Location
Friday, February 3	Opening Ceremonies Bowling: Singles, Doubles	9:30 am Warm-up 1:00 pm	Pompey Park Strikes at Boca
Saturday, February 4	Track & Field Tennis	8:00 am Assigned	Atlantic High School Delray Swim & Tennis Center
Sunday, February 5	Tennis	Assigned	Delray Swim & Tennis Center
Monday, February 6	Tennis Golf (Option 1) Billiards	Assigned Assigned 1:00 pm	Delray Swim & Tennis Center Delray Municipal Slate Billiards
Tuesday, February 7	Basketball 3-on-3 Golf (Option 2) Golf Awards	9:00 am Assigned 6:30 pm	Pompey Park Delray Municipal Community Center
Wednesday, February 8	Lawn bowling Basketball Skills Shuffleboard	9:00 am 10:30 am 11:00 am	Veterans Park Community Center Veterans Park
Thursday, February 9	Swimming Bowling: Team Bridge	Warm-up 10:00 am Warm-up 9:00 am 1:00 pm	Aqua Crest Pool Strikes at Boca Veterans Park
Friday, February 10	Table Tennis Closing Ceremonies	10:30 am 6:00 pm	Pompey Park Community Center

FREQUENTLY ASKED QUESTIONS

1. What is the registration fee and what does it include?

The registration fee is \$25.00 for Delray Beach Residents, and \$35.00 for non-residents. Each additional event is \$5.00. The registration fee includes t-shirt, opening and closing ceremonies. Some events require additional fees (greens fee, lane fee, court fee, etc).

2. When is late registration?

Late registration begins on January 27, 2012 at 5:01 pm . *Any application received after the late date will require the late fees.* \$30.00 registration fee for Delray Beach Residents, and \$35.00 for non-residents and \$6.00 each additional event.

3. If I sign up for the 50 meter back stroke and the 50 meter IM in swimming, is that considered one event ?

No. Each event under a sport is an individual event. The additional fees will be required.

4. In the golf best-ball scramble, do all four people have to register separately?

Yes. Each person in the four-some needs to register individually.

5. If I sign up for Doubles or Mixed Doubles in an event, and I write my partners name on my application, are they considered registered for the event?

No. Your partner must register as an individual. Writing your partners name on your application is to match both applications up for competition.

6. How do I know if I qualify for the State Championships?

The top 5 in each age division (in most events) will qualify for state. You will know at the end of each event or at the Closing Ceremonies if you qualify.

7. If I qualify for State, how do I register with the State Games?

After the Delray Beach Senior Games have ended, we will send the results for the appropriate events to the State Championships. When the State Games have their entry forms available, they will send one in the mail to everyone who qualified.



**2012 FLORIDA INTERNATIONAL
SENIOR GAMES AND STATE CHAMPIONSHIP**
December 1-9, 2012 ~ Polk County, Florida

Florida Sports Foundation
(850) 488-8347 ~ 1-866-FL-GAMES
Website: www.flasports.com ~ Email: games@flasports.com

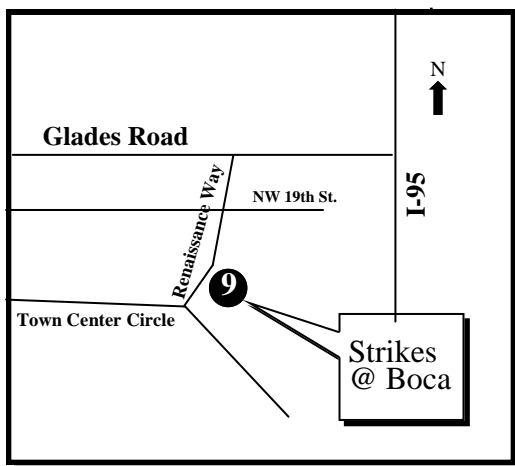
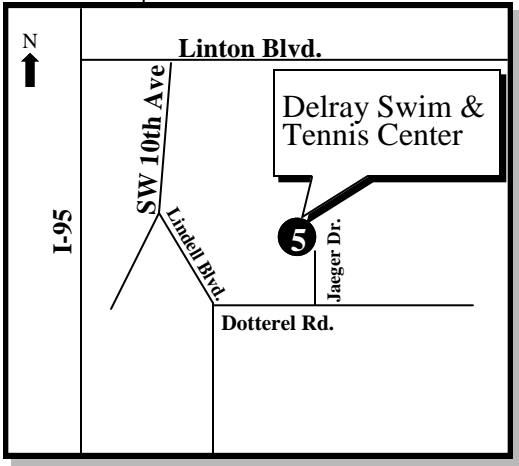
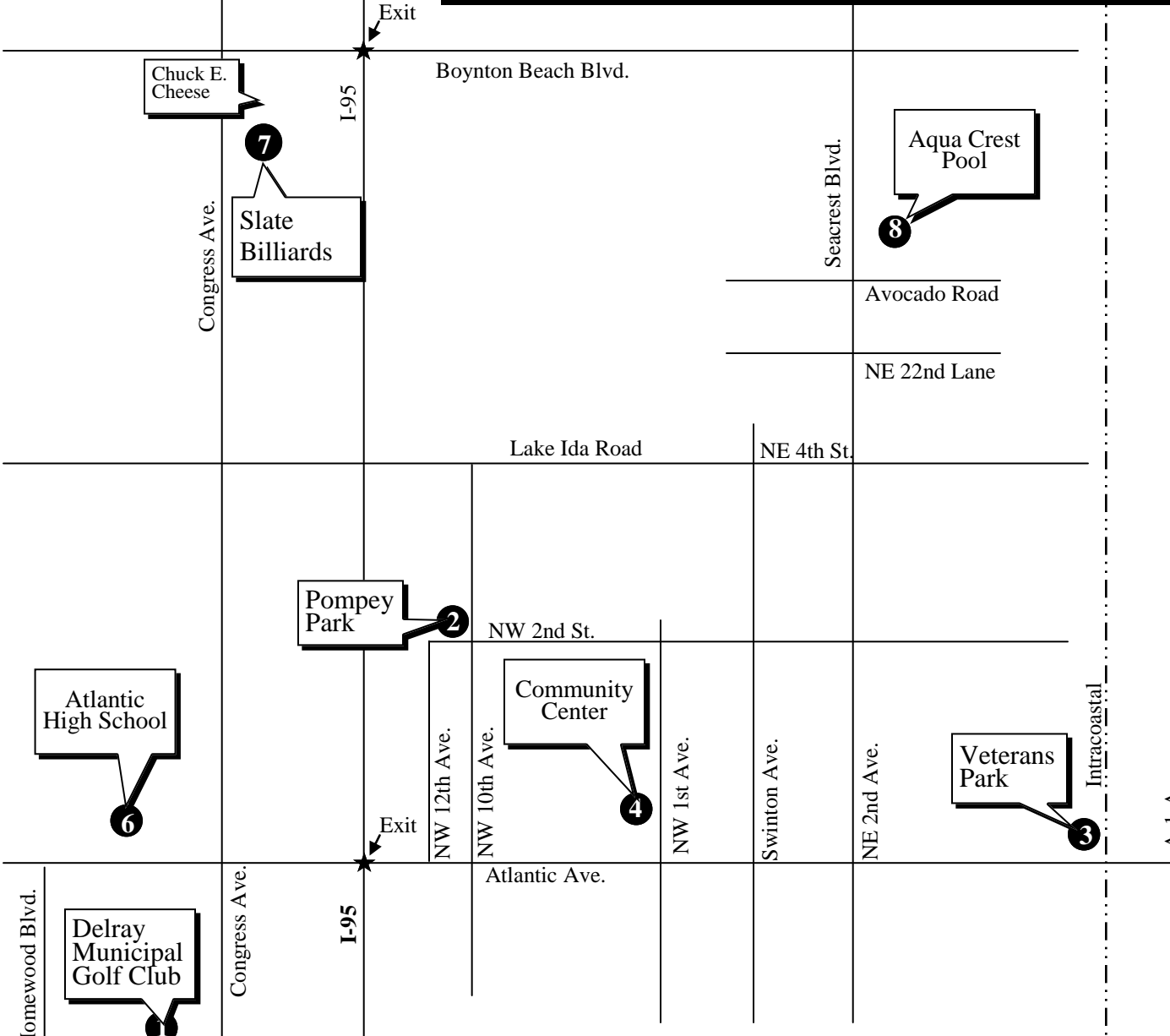


2013 NATIONAL SENIOR GAMES
July 21-August 5, 2013 ~ Cleveland, OH

Greater Cleveland Sports Commission
(216) 479-6345
Email: info@cleveland2013.com ~ Website: www.clevelandsports.org



- | | |
|---------------------------------|--------------------------------|
| 1. Delray Municipal Golf Course | 5. Delray Swim & Tennis Center |
| 2. Pompey Park | 6. Atlantic High School |
| 3. Veterans Park | 7. Slate Billiards |
| 4. Community Center | 8. Aqua Crest Pool |
| | 9. Strikes at Boca, Bowling |



Atlantic Ocean



**The Delray Beach Parks & Recreation
23rd Annual Senior Games**

Individual Registration Form

Name: _____
Last First

Address: _____
Street City State Zip

Phone: () _____ Email: _____
Area Code

Gender: M F Date of Birth: _____ Age (as of December 31, 2012): _____ T-shirt Size: M L XL XXL

Will you attend the Opening Ceremony? Yes No
Will you attend the Closing Ceremony? Yes No
Guest _____ (\$25.00 ea, Closing Ceremony Only, Limited Seating, One Guest Per Participant)

WAIVER

I, the undersigned, intending to be legally bound, do hereby for myself, family, guardians, charge/charges, heirs, executors and administrators, waive and release any and all rights and claims for damages which I/we may have against the City of Delray Beach, their representatives, successors and employees for any injuries I/we may suffer in connection with my/our participation in this program.

At various times, the City of Delray Beach videotapes and photographs events to be submitted to the local media. By entering in the City of Delray Beach Senior Games, I/we hereby authorize the City of Delray Beach to reproduce, copy, exhibit, publish, broadcast or distribute any and all such tapes or photographs.

I have read the above, and understand the rules and regulations for the City of Delray Beach Senior Games that have been made available to me.

Signature

Date

23rd Annual Senior Games Registration Form (cont'd)

1. Please check event(s) you wish to enter. (each check mark is additional event)
2. Be sure to review event schedule to avoid conflicts.
3. Please review event descriptions for rule information.
4. Please indicate partners where requested. **Partners MUST complete a separate entry form.**

Basketball Skills

Basketball 3-on-3 (Team Name _____)

Billiards (add \$5.00 one-time to registration fee)

Bowling (add \$5.00 one-time to registration fee)

Bowling Singles

Bowling Doubles (Partner _____)

Bowling Team (Team Names _____)

Bridge

Golf *Permit # _____

Golf Option 1 (Medal Play—State Qualifier. Add \$40.00 to registration fee for non-permit and \$35.00 for permit holders.)

Golf Option 2 (Best Ball Scramble. Add \$40.00 to registration fee for non-permit and \$35.00 for permit holders.)

Male Female Co-Ed

Team Names: _____

Lawnbowling Skip Skip Vice Lead

Shuffleboard Singles

Shuffleboard Doubles
(Partner _____)

Swimming (add \$5.00 one-time to registration fee)

Swimming 100 meter IM

Swimming 50 meter Breast Stroke

Swimming 50 meter Back Stroke

Swimming 50 meter Butterfly

Swimming 50 meter Freestyle

Swimming 100 meter Breast Stroke

Swimming 100 meter Back Stroke

Swimming 100 meter Butterfly

Swimming 100 meter Freestyle

Swimming 200 meter IM

Table Tennis Singles

Table Tennis Doubles (Partner _____)

Table Tennis Mixed Doubles (Partner _____)

Tennis (add \$10.00 one-time to registration fee)

Tennis Singles

Tennis Doubles (Partner _____)

Tennis Mixed Doubles (Partner _____)

Track and Field

Track & Field Discus

Track & Field Long Jump

Track & Field Triple Jump

Track & Field Shot-put

Track & Field 100m Dash

Track & Field 200m Dash

Track & Field 400m Dash

Track & Field 800 m Dash

Track & Field 1500m

Track & Field 1500m Race-walk

FEE WORKSHEET

	Pre Registration (before Jan. 27, 5:00 pm)	Late Registration (starts Jan. 27, 5:01 pm)
First Event	\$25 residents /\$35 non = \$_____	\$30 residents /\$40 non = \$_____
Additional Events _____ x \$5.00	= \$_____	\$6.00 = \$_____
(Each check mark is additional event)		
Tennis	\$10.00 = \$_____	N/A
Bowling	\$5.00 = \$_____	\$5.00 = \$_____
Billiards	\$5.00 = \$_____	N/A
Golf Permit Holder, per each option _____ x \$35.00	= \$_____	N/A
Golf Non-Permit, per each option _____ x \$40.00	= \$_____	N/A
Swimming	\$5.00 = \$_____	\$5.00 = \$_____
Guest Closing Ceremonies _____ x \$25.00	= \$_____	\$25.00 = \$_____
Total	= \$_____	= \$_____

Make Checks Payable to: City of Delray Beach

Mail to: Delray Beach Community Center, Senior Games, 50 NW 1st Ave., Delray Beach, FL 33444

***Permit to Golf Course. Not a residency card.**