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Good Life Games, Inc

 The Long Center
 1501 N Belcher Rd
 Clearwater, FL 33765
 (727) 669-1361 ext 233
 www.GoodLifeGames.org

GET IN THE GAMES

30TH Annual
Good Life Games
 Pinellas County Senior Games



2009

MARCH 16 – APRIL 4



30TH ANNUAL
2009 Good Life Games
PINELLAS COUNTY'S SENIOR GAMES

GET IN THE GAMES

Welcome to the 30th Good Life Games.

THE 2009 EVENTS ARE SCHEDULED MARCH 16 THROUGH APRIL 4. IT IS A COUNTYWIDE PUBLIC/PRIVATE PARTNERSHIP OF CITIES, CENTERS, AGENCIES, ORGANIZATIONS AND CLUBS, MEDIA AND CORPORATE SPONSORS, AND VOLUNTEERS JOINED TOGETHER PHYSICALLY AND FINANCIALLY TO PRESENT THE EVENTS. . *Good Life Games, Inc.* IS A NON-PROFIT 501 (C)(3) REGISTERED FLORIDA CH22531 CHARITABLE ORGANIZATION THAT PROMOTES HEALTHY LIFESTYLES AND ENCOURAGES ADULTS 50+ TO ENHANCE THE VALUE AND VITALITY OF THEIR LIVES THROUGH ATHLETIC AND RECREATIONAL COMPETITION, SOCIAL EVENTS, VOLUNTEERISM AND OTHER ACTIVITIES.

GOOD LIFE GAMES OF PINELLAS COUNTY IS SANCTIONED BY THE STATE OF FLORIDA TO QUALIFY THE TOP 5 COMPETITORS (INDIVIDUALS OR TEAMS) TO PARTICIPATE IN THE FLORIDA STATE SENIOR GAMES EACH YEAR. THIS YEAR THE FLORIDA STATE SENIOR GAMES WILL BE HELD IN LEE COUNTY, DECEMBER 5-13, 2009. RULES FOR FLORIDA STATE QUALIFYING EVENTS CAN BE FOUND ONLINE AT WWW.FLASPORTS.COM. THE TOP TWO OR THREE WINNERS FROM THE STATE GAMES MAY ADVANCE TO THE NATIONAL SENIOR GAMES. THE NATIONAL GAMES ARE HELD EVERY TWO YEARS. THIS SUMMER THEY WILL BE HELD IN SAN FRANCISCO IN LATE SUMMER. CHECK NSGA.ORG FOR UPDATES.

WHO IS ELIGIBLE? ANYONE AGE 50 OR OLDER ON 12-31-09, INCLUDING NON-FLORIDA RESIDENTS IS ELIGIBLE TO PARTICIPATE IN THE GAMES. AGE GROUPS FOR MOST EVENTS ARE IN FIVE-YEAR INCREMENTS, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 AND 95+. SOME EVENTS ALLOW PLAYING DOWN IN AGE. DOUBLES AND TEAM EVENTS ARE DETERMINED BY THE AGE OF THE YOUNGEST PARTNER/PLAYER/TEAMMATE. MOST EVENTS HAVE SEPARATE DIVISIONS FOR MEN AND WOMEN. *PROFESSIONAL ATHLETES* ARE NOT ELIGIBLE TO COMPETE IN THE SPORT THAT THEY RECEIVED MONEY OR OTHER SIGNIFICANT COMPENSATION, AS A PRIMARY SOURCE OF INCOME, WITHIN THE LAST 20 YEARS. PERSONS WHO COMPETE IN A SPORT IN WHICH MINOR AMOUNTS OF MONEY ARE GIVEN ARE NOT DEEMED PROFESSIONALS. AN INDIVIDUAL WHOSE PRIMARY ACTIVITY IS TEACHING A SPORT, BUT OCCASIONALLY PLAYS FOR A MINOR AMOUNT OF MONEY IS ALSO CONSIDERED NOT PROFESSIONAL. ANYONE MAY PARTICIPATE IN A SPORT THAT HE/SHE HAS NOT COMPETED PROFESSIONALLY.

REGISTRATION POLICY INDIVIDUAL AND TEAM REGISTRATION FORMS MUST BE COMPLETED WITH THE WAIVER SIGNED AND POSTMARKED BY FEBRUARY 13, 2009. YOU MUST SIGN UP FOR ALL EVENTS AT THIS TIME. YOUR DOUBLES PARTNER'S NAME MUST BE LISTED ON YOUR REGISTRATION FORM AND HE / SHE MUST REGISTER INDIVIDUALLY. KEEP THIS PROGRAM GUIDE AND A COPY OF YOUR ENTRY FORM FOR DETAILS ON YOUR EVENTS AND REGISTRATION. CONTINUE TO MONITOR GOOD LIFE GAMES WEB SITE FOR ONLINE REGISTRATION.

HOW MANY EVENTS WITHIN ANY CATEGORY MAY I REGISTER FOR? YOU MAY ENTER ANY NUMBER OF EVENTS WITHIN EACH CATEGORY AS YOU WISH, EXCEPT FOR SWIMMING WHERE ONLY 6 EVENTS ARE PERMITTED.

EVENT CHECK-IN ARRIVE AT YOUR EVENT PREPARED TO SHOW PROPER IDENTIFICATION INCLUDING YOUR AGE. ANY PLAYER WHO IS UNABLE TO PRODUCE THE REQUIRED CREDENTIALS SHALL BE UNABLE TO COMPETE UNTIL HE/SHE CAN PRODUCE THEM. MEDICAL / HEALTH INSURANCE IS THE RESPONSIBILITY OF EACH PARTICIPANT. EVERY PARTICIPANT SHOULD HAVE PROOF OF INSURANCE. PARTICIPANTS WILL RECEIVE A T-SHIRT, GOODIE BAG, AND OTHER PERTINENT INFORMATION AT CHECK-IN FOR FIRST EVENT.

GENERAL RULES IT IS THE RESPONSIBILITY OF THE PARTICIPANT TO FAMILIARIZE HIM/HERSELF WITH THE RULES AND REQUIREMENTS OF THE GOOD LIFE GAMES EVENTS. GO TO THE GOOD LIFE GAMES WEB SITE WWW.GOODLIFEGAMES.ORG, CALL THE EVENT DIRECTOR, OR THE GOOD LIFE GAMES OFFICE 727-669-1361 EXT 233 FOR ANY ADDITIONAL INFORMATION..

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2009 EVENT SCHEDULE

<p>CELEBRATION PICNIC & AWARDS CEREMONY SUN. APR. 19 R.S.V.P. BY: FRI. APR. 10 FREE EVENT BRING A COVERED DISH TO SHARE LOCATION: Walsingham Park 12615 102nd Av N, Largo COORD: Charlotte Endler PH: 727-461-3501</p>	<p>BASKETBALL SAT. MAR. 21 FREE THROW / SPOT SHOOT / TIMED SHOOT CHECK-IN: 7:30 AM EVENT TIME: 8:00 AM Florida State Senior Games Qualifier: YES LOCATION: The Long Center 1501 N Belcher Rd CLW 33765 DIR: Walt Deal PH: 727-441-9463</p>	<p>CYCLING SAT. APR. 4 5K STANDARD / 5K RECUMBANT CHECK-IN: 6:00AM EVENT TIME: 7:00AM (IN SHOOT AT 6:45AM) 10K STANDARD / 10K RECUMBANT CHECK-IN: 6:00 AM EVENT TIME: 7:45AM (IN SHOOT AT 7:15AM) Florida State Senior Games Qualifier: YES LOCATION: Fort DeSoto Park Shelter 5 3500 Pinellas Bwy S Tierra Verde DIR: Suzanne Hensley PH: 727-226-7223</p>
<p>ART/ T-SHIRT DESIGN SUN. APR. 19 ENTRY DEADLINE: MON. APR. 6 FREE EVENT DELIVER OR MAIL ENTRY TO: Good Life Games, The Long Center, 1501 N Belcher Rd #235, Clearwater DIR: Pat Phetteplace PH: 727-545-8600</p>	<p>BILLIARDS SUN. MAR. 22 CHECK-IN: 2:00PM EVENT TIME: 3:00PM LOCATION: Side Pockets Billiards 7570 Starkey Rd Seminole DIR: Walt Deal PH: 727-441-9463</p>	<p>DECATHLON SAT. & SUN. MAR. 28 & 29 DISCUS / JAVELIN / SHOT PUT / HURDLES HIGH JUMP / LONG JUMP / POLE VAULT 100 METER DASH / 400 METER RUN 1500 METER RUN CHECK-IN: 7:30AM EVENT TIME: 8:00AM LOCATION: Clearwater High School 540 S Hercules Av CLW 33765 DIR: Walt Deal PH: 727-441-9463</p>
<p>PHOTOGRAPHY / SUN. APR. 19 FILM & DIGITAL / DIGITAL - GLG EVENTS ENTRY DEADLINE: MON. APR. 6 FREE EVENT DELIVER, MAIL OR EMAIL ENTRY TO: Good Life Games, The Long Center, 1501 N Belcher Rd #235, Clearwater <u>OR</u> Photos@GoodLifeGames.org DIR: Pat Phetteplace PH: 727-545-8600</p>	<p>BOCCE BALL SUN. MAR 22 SINGLES / DOUBLES / MIXED DOUBLES ENTRY DEADLINE: FRI. FEB. 13 CHECK-IN: 8:00 AM EVENT TIME: 9:00 AM FLORIDA STATE SENIOR QUALIFER: YES LOCATION: Italian American Club of Clw 200 S McMullen Booth Rd CLW DIR: Vince Pravettone & PH: 727-517-7424 Rosemary Truisi</p>	<p>FIELD EVENTS SAT. MAR. 28 DISCUS / HAMMER / HIGH JUMP / JAVELIN SHOT PUT / WEIGHT / SUPER WEIGHT LONG JUMP / STANDING LONG JUMP TRIPLE JUMP / PASS-KICK / POLE VAULT ENTRY DEADLINE: FRI. FEB. 13 CHECK-IN: 7:30AM EVENT TIME: 8:00AM Florida State Senior Games Qualifier: MOST EVENTS YES LOCATION: Clearwater High School 540 S Hercules Av CLW 33765 DIR: Walt Deal PH: 727-441-9463</p>
<p>ARCHERY THUR. MAR 26 COMPOUND & RECURVED BOW CHECK-IN: 11:30AM-3PM EVENT TIME: 12-4PM Florida State Senior Games Qualifier: YES LOCATION: Wyoming Antelope Club 3700 126 Ave N Pinellas Park DIR: Virginia & Mike Shreve PH: 727-385-8439</p>	<p>BOWLING WED. MAR. 18 DOUBLES CHECK-IN: 2:00PM EVENT TIME: 3:00PM Florida State Senior Games Qualifier: YES LOCATION: Sunrise Lanes 6393 9th St N St. Petersburg DIR: Bob Fryer PH: 727-522-2174</p>	<p>FITNESS CHALLENGE SAT. MAR 28 - WED. APR. 1 SIT-UPS / PUSH-UPS / PULL-UPS WED. LOCATION: Lifestyles Family Fitness Centers DIR: Bob Simons PH: 727-365-4296</p>
<p>BADMINTON Mon. MAR. 23 SINGLES / DOUBLES / MIXED DOUBLES CHECK-IN: 8:30AM EVENT TIME: 9:00AM Florida State Senior Games Qualifier: YES LOCATION: Highland Recreation Center 400 Highland Ave Largo DIR: Susan Vartanian PH: 863-370-8876</p>	<p>BOWLING MON. MAR. 16 MIXED DOUBLES CHECK-IN: 2:00PM EVENT TIME: 3:00PM Florida State Senior Games Qualifier: YES LOCATION: Seminole Lanes 8668 Park Blvd Seminole DIR: Kevin Krause PH: 727-392-2271</p>	<p>GOLF TUES. MAR. 24 PAR 54 CHECK-IN: 11:30AM EVENT TIME: 12:00PM SPECIAL EVENT FEE: \$20.00 LOCATION: Twin Brooks Golf Course 3800 22nd Ave S St Petersburg DIR: Dennis Sweeney PH: 727-535-6880 work</p>
<p>BASKETBALL SAT. MAR. 21 3-ON-3 CHECK-IN: 12:30 PM EVENT TIME: 1:00pm Florida State Senior Games Qualifier: YES SEE TEAM REGISTRATION FORM DOWNLOAD AT WWW.GOODLIFEGAMES.ORG</p>	<p>BOWLING FRI. MAR. 20 SINGLES CHECK-IN: 2:00PM EVENT TIME: 3:00PM Florida State Senior Games Qualifier: YES LOCATION: Seminole Lanes 8668 Park Blvd Seminole DIR: Kevin Krause PH: 727-392-2271</p>	

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2009 EVENT SCHEDULE

GOLF PAR 72 CHECK-IN: 7:45AM SPECIAL EVENT FEE: \$45.00 <i>Florida State Senior Games Qualifier: YES</i> LOCATION: Lansbrook Golf Club 4605 Village Center Dr, Plm Harbor DIR: Charles Hayes	MON. MAR. 16 EVENT TIME: 8:30AM (SHOTGUN START) TUES. MAR. 17 GOLF SPECIALTY CHIPPING / PUTTING / DRIVING CHECK-IN: 8:30AM LOCATION: St. Andrews Links 620 Palm Blvd Dunedin DIR: Bill O'Donnell	Florida State Senior Games Qualifier: YES LOCATION: Fort DeSoto Park Shelter 5 3500 Pinellas Bwy S Tierra Verde DIR: Suzanne Hensley PH: 727-236-7223	Florida State Senior Games Qualifier: YES LOCATION: The Long Center 1501 N Belcher Rd CLW 33765 DIR: Joan Campbell PH: 727-938-7181
HORSESHOES CHECK-IN: 9:00AM <i>Florida State Senior Games Qualifier: YES</i> LOCATION: Ed Wright Park 1326 S Martin Luther King Jr DIR: Ron Deckard	WED. MAR. 25 EVENT TIME: 10:00AM THURS. MAR. 26 SHOOTING AIR PISTOL / AIR RIFLE CHECK-IN: 11:30AM - 3:00PM EVENT TIME: 12 - 4:00PM LOCATION: Wyoming Antelope Club 3700 126 Ave N Pinellas Park DIR: John Gluck	FRI. MAR. 27 SENIOR SMARTS CHECK-IN: 9:30AM (70+) & 12:30PM (50-69) EVENT TIME: 10:00AM (70+) & 1:00PM (50-69) LOCATION: Dunedin Library 223 Douglas Av Dunedin, FL 34698 DIR: Liz White PH: 727-298-3080 ex. 224	SAT. MAR. 21 TABLE TENNIS SINGLES / DOUBLES / MIXED DOUBLES CHECK-IN: 8:15AM EVENT TIME: 9:00AM <i>Florida State Senior Games Qualifier: YES</i> LOCATION: Ross Norton Recreation Center 1426 S ML King Jr Av CLW DIR: Margo Lindsay PH: 727-669-0899
LINE DANCE CHECK-IN: 9:00AM LOCATION: Palm Harbor Community Center 1500 16th St Palm Harbor DIR: Diane Kale & Ana Colon	WED. MAR. 25 EVENT TIME: 10:00AM THURS. MAR. 26 SHOOTING AIR PISTOL / AIR RIFLE CHECK-IN: 11:30AM - 3:00PM EVENT TIME: 12 - 4:00PM LOCATION: Wyoming Antelope Club 3700 126 Ave N Pinellas Park DIR: John Gluck	SUN. MAR. 22 SOFTBALL SKILLS HIT / PITCH / RUN / THROW CHECK-IN: 12NOON EVENT TIME: 1:00PM LOCATION: Eddie Moore Complex 100 McMullen Booth Rd CLW DIR: Betti Garnett PH: 727-459-5613	SUN. MAR. 29 TRACK EVENTS HURDLES / 1500 METER RUN / 100 METER DASH / 400 METER DASH / 200 METER DASH / 800 METER RUN / 1500 METER FAST WALK CHECK-IN: 7:30AM EVENT TIME: 8:00AM <i>Florida State Senior Games Qualifier: MOST EVENTS YES</i> LOCATION: Clearwater High School 540 S Hercules Av CLW 33765 DIR: Walt Deal PH: 727-441-9463
MAH JONGG CHECK-IN: 9:00AM LOCATION: HALE ACTIVITY CENTER 330 Douglas Ave Dunedin, FL 34698 DIR: Charlotte Endler	WED. MAR. 25 EVENT TIME: 10:00AM THURS. MAR. 26 SHOOTING AIR PISTOL / AIR RIFLE CHECK-IN: 11:30AM - 3:00PM EVENT TIME: 12 - 4:00PM LOCATION: Wyoming Antelope Club 3700 126 Ave N Pinellas Park DIR: John Gluck	SUN. MAR. 22 SOFTBALL / WOMENS SEE TEAM REGISTRATION FORM DOWNLOAD AT WWW.GOODLIFEGAMES.ORG	THURS. MAR. 19 VOLLEYBALL MEN'S & WOMEN'S DIVISIONS CHECK-IN: 7:30AM EVENT TIME: 8:00AM LOCATION: The Long Center 1501 N Belcher Rd CLW 33765 DIR: Walt Deal PH: 727-441-9463
PICKLEBALL Check-in: 8:00 am Location: Seminole Rec Center 9100 113th St N Seminole, FL Dir: Dan McKeog	Friday Mar. 27 EVENT TIME: 10:00AM SAT. APR. 4 SPRINT TRIATHLON 200YD SWIM / 4 MILE BIKE / 1 MILE RUN CHECK-IN: 6:30 AM EVENT TIME: 9:00 AM **You must be at Shelter 5 before 7:00 a.m. as the road closes for cycling events. LOCATION: Fort DeSoto Park Shelter 5 3500 Pinellas Bwy S Tierra Verde DIR: Suzanne Hensley PH: 727-236-7223	SAT. APR. 4 SPRINT TRIATHLON 200YD SWIM / 4 MILE BIKE / 1 MILE RUN CHECK-IN: 6:30 AM EVENT TIME: 9:00 AM **You must be at Shelter 5 before 7:00 a.m. as the road closes for cycling events. LOCATION: Fort DeSoto Park Shelter 5 3500 Pinellas Bwy S Tierra Verde DIR: Suzanne Hensley PH: 727-236-7223	SAT. MAR. 28 WEIGHT PENTATHLON SHOT / DISCUS / JAVELIN / WEIGHT / HAMMER CHECK-IN: 7:30AM EVENT TIME: 8:00AM LOCATION: Clearwater High School 540 S Hercules Av CLW 33765 DIR: Walt Deal PH: 727-441-9463
ROAD RACE 5 K CHECK-IN: 6:00AM **You must be at Shelter 5 before 7:00 a.m. as the road closes for cycling events.	MON. MAR. 23 Event Time: 9:00AM SAT. APR. 4 ROAD RACE 5 K CHECK-IN: 6:00AM EVENT TIME: 9:00AM **You must be at Shelter 5 before 7:00 a.m. as the road closes for cycling events.	SAT MAR. 21 SWIMMING 50M BREASTSTROKE / 200M FREESTYLE / 50M BUTTERFLY / 100M BACKSTROKE / 200M INDIVIDUAL MEDLEY / 50M FREESTYLE / 100M BREASTSTROKE / 200M BACKSTROKE / 100M FREESTYLE / 200M BREASTSTROKE / 100M BUTTERFLY / 50M BACKSTROKE / 200M FREESTYLE RELAY / 400M FREESTYLE **MAXIMUM OF SIX (6) EVENTS CHECK-IN: 8:15AM EVENT TIME: 9:00AM	SAT. MAR. 28- WED. APR 1 WEIGHTLIFTING BENCH PRESS (ENDURENCE) / BENCH PRESS (POWER) LOCATION: Lifestyles Family Fitness Centers SEE FITNESS CHALLENGE DAYS/TIMES DIR: Bob Simons PH: 727-365-4296

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