

# CITY OF DELRAY BEACH

# SENIOR GAMES

JANUARY 6 - JANUARY 23, 2026



# Table of Contents

## General Information/Rules

Entry Fees/General Info.....	3
Event Schedule .....	12
Registration Form.....	6 - 7

## Events

Basketball Skills .....	5
Golf .....	8
Lawn Bowling .....	9
Swimming .....	10
Track and Field .....	11



## For more information:

Rashod Smith  
Delray Beach Parks & Recreation  
(561) 243-7250 x6040  
smithra@mydelraybeach.com



## Florida Senior Games Presented by Humana

December 2026

Location: Florida Sports Coast/Pasco County, FL

The Florida Sports Foundation is a proud member of the National Senior Games Association and the Florida Senior Games serves as a national qualifier in even numbered years. The 2026 games will be a qualifier for the 2026 National Senior Games.

Phone: (850) 577-7200  
[games@playinflorida.com](mailto:games@playinflorida.com)  
[www.floridaseniorgames.com](http://www.floridaseniorgames.com)



## National Senior Games Presented by Humana

Dates: TBA  
Location: Tulsa, OK  
[Nsga.com](http://Nsga.com)  
Phone: (727) 475-1187  
[nsga@NSGA.com](mailto:nsga@NSGA.com)

## ELIGIBILITY

Anyone, residents of Delray and non-residents, 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, 2026. Age divisions for all doubles, mixed doubles, and team competitions will be determined by the youngest player as of December 31, 2026.

## REGISTRATION

Pre-Registration: We encourage you to register as early as possible. Pre-registration deadline is 4 days before each day event.

Late Registration: Late registration will be accepted only for basketball skills, swimming, and track & field. Late registrants will be given a t-shirt only while supplies last.

## ENTRY FEES

<b>A. Entry Fees</b>			<b>+</b>	<b>B. Additional Fees</b>	<b>=</b>	<b>C. Grand Total of All Fees</b>
<i>Each item checked counts as one event.</i>				<i>One time addition per sport for residents and non-residents.</i>		<b>A + B = C</b>
<b>Delray Resident /Non-Res</b>						
One Event	<b>\$10</b>	<b>\$20</b>			# of Events _____	
Two Events	<b>\$15</b>	<b>\$25</b>		Golf, Permit* <b>\$35</b>	<b>A</b> \$ _____	
Three Events	<b>\$20</b>	<b>\$30</b>		Golf, Non-permit* <b>\$40</b>	+ Additional Event Fees	
Four Events	<b>\$25</b>	<b>\$35</b>			<b>B</b> \$ _____	
Five Events	<b>\$30</b>	<b>\$40</b>			= Grand Total	
Six Events*	<b>\$35</b>	<b>\$45</b>		<i>*Permit Holder to Golf Course. Not a residency card.</i>	<b>A + B = \$</b> _____	
<i>*Maximum number of events to enter is six.</i>						

## EVENT AWARDS

Custom medals will be presented to 1st, 2nd & 3rd place winners in all events/divisions. Divisions are by gender and/or age in five-year increments, unless otherwise noted in event description. Medals are presented at the end of each event.

## AGE DIVISIONS

Each event will have age divisions in 5-year increments, unless otherwise noted in event description. There must be a minimum of 2 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, 2026. Age divisions for all doubles, mixed doubles, and team competitions will be determined by the youngest player as of December 31, 2026.

## 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.

### **DOUBLES AND MIXED DOUBLES**

Doubles partners must be same gender unless otherwise noted in event description. Mixed Doubles must be one male and one female. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2026.

### **PROFESSIONALS**

Professional athletes shall not be eligible to compete in the Senior Games in the sport in which they are or were a professional until 20 years after the date they last competed as a professional. A professional is someone who competes in a sport for money as a primary source of personal revenue. Persons who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teach a sport but who occasionally play for a minor amount of money are also not deemed professionals.

### **PHOTOGRAPHS**

At various times, the City of Delray Beach videotapes & photographs events to be submitted to the local media, published in the activities guide and/or use on the website or social media. By participating in the Delray Beach Senior Games, and signing the release waiver on the application, you authorize the City of Delray Beach to reproduce, copy, exhibit, publish, broadcast or distribute any and all such tapes or photographs.

### **CODE OF CONDUCT**

Delray Beach Parks & Recreation reserves the right to disqualify any player, coach or spectator from further participation or attendance in the Delray Beach Senior Games for inappropriate conduct including but not limited to the following:

- Physical or verbal assaults or threats
- Unsportsmanlike or disorderly behavior
- Improper use of alcohol and/or drugs
- Destruction of property
- False representation of age, residency or eligibility
- Failing to cooperate with staff, volunteers, or officials

### **HOW TO REGISTER**

Complete all information on the registration form. Individual form is on page 7, team form is on page 9.

1. Please print or type all information.
2. Sign and date waiver. No applications will be accepted without signature!
3. If you are entering a competition with a partner, each participant must fill out a separate application form and submit it with appropriate fees.
4. Make checks payable to: City of Delray Beach
5. Submit the form along with check to:  
Attn: Senior Games  
Delray Beach Parks & Recreation  
50 N.W. 1<sup>st</sup> Avenue, Delray Beach, FL 33444

# Basketball Skills

**Erik Lawson, 243-7250 x7447**

Two skills will be counted - Free Throw Shooting, and Spot Field Goal shooting. Each event will be awarded separately. Competition balls will be provided, but not required. Participants may use their own ball.

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. Upon discretion of the event director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

*Top 5 in each age group qualify for the Florida Senior Games. Participants that qualify are eligible for all Basketball Shooting events.*

*In addition, all athletes competing in Basketball Shooting events are eligible to form teams and compete in Basketball 3 on 3.*

*(Note: qualifying is only applicable to Florida residents).*

**January 13, 2026, 9:00 am**

**Delray Beach Community Center ,  
50 NW 1st Ave.  
(561) 243-7250**



# The Delray Beach Parks & Recreation

## 35th Annual Senior Games

### Registration Form

► Sport: \_\_\_\_\_  
Partner: \_\_\_\_\_  
Age Bracket: \_\_\_\_\_  
► Sport: \_\_\_\_\_  
Partner: \_\_\_\_\_  
Age Bracket: \_\_\_\_\_  
► Golf permit #: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

State Zip

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Gender: M F Date of Birth: \_\_\_\_\_ Age you WILL BE ON December 31, 2026: \_\_\_\_\_

T-shirt Size: S M L XL XXL \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Name

Relation

Phone Number

#### WAIVER

I, THE UNDERSIGNED, IN CONSIDERATION OF THE ENTRY, INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, FAMILY, GUARDIANS, CHILD/CHILDREN, HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE THE CITY OF DELRAY BEACH AND ALL OTHER SPONSORS AND OFFICIALS, INCLUDING THEIR AGENTS AND EMPLOYEES FROM LIABILITY, FOR ANY CLAIM I/MY FAMILY MIGHT OTHERWISE HAVE FOR PARTICIPATION IN THE ANNUAL SENIOR GAMES. I AGREE TO INDEMNIFY AND HOLD HARMLESS THOSE RELEASED ABOVE FROM AND AGAINST ANY SUCH CLAIMS, DAMAGES, LOSSES, AND EXPENSES INCLUDING ATTORNEY FEES. I ATTEST AND VERIFY THAT I/CHILD AM/IS PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. I ATTEST AND VERIFY THAT I AM INFORMED OF ALL DANGERS OF COMPETING IN HOT WEATHER.

AT VARIOUS TIMES, THE CITY OF DELRAY BEACH VIDEOTAPES & PHOTOGRAPHS EVENTS TO BE SUBMITTED TO THE LOCAL MEDIA. BY PARTICIPATING IN THE ANNUAL 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 ANNUAL SENIOR GAMES THAT HAVE BEEN MADE AVAILABLE TO ME.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Official Use

Paid: \_\_\_\_\_ Initials: \_\_\_\_\_

## 35th Annual Senior Games Registration Form (cont'd)

1. Please check event(s) you wish to enter. (each check mark is one 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

Golf \*Permit # \_\_\_\_\_ (Add \$40.00 to registration fee for non-permit and \$35.00 for permit holders.)

### **Swimming (in order)**

- Swimming 100 yards IM
- Swimming 50 yards Breast Stroke
- Swimming 100 yards Butterfly
- Swimming 50 yards Back Stroke
- Swimming 100 yards Freestyle
- Swimming 50 yards Butterfly
- Swimming 100 yards Breast Stroke
- Swimming 50 yards Freestyle
- Swimming 100 yards Back Stroke
- Swimming 200 yards IM
- Swimming 500 yards Freestyle

### **Track and Field (in order)**

- Track & Field 50m Dash
- Track & Field 1500m Dash
- Track & Field 400m Dash
- Track & Field 1500m Race Walk
- Track & Field 200m Dash
- Track & Field 800m
- Track & Field 100m
- (two events could be going simultaneously)*
- Track & Field Long Jump
- Track & Field Discus
- Track & Field Triple Jump
- Track & Field Shot-put

### Lawn Bowling

### **A. Entry Fees**

Each item checked above counts as one event.

Delray Resident /Non-Res

### **B. Additional Fees**

One time addition per sport for residents and non-residents.

### **C. Grand Total of All Fees**

**A + B = C**



One Event	\$10	\$20
Two Events	\$15	\$25
Three Events	\$20	\$30
Four Events	\$25	\$35
Five Events	\$30	\$40
Six Events*	\$35	\$45

Golf, Permit\* \$35

Golf, Non-permit\* \$40

# of Events \_\_\_\_\_

**A** \$ \_\_\_\_\_

+ Additional Event Fees

**B** \$ \_\_\_\_\_

= Grand Total

**A + B = \$** \_\_\_\_\_

\*Maximum number of events to enter is six.

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

**Make Checks Payable to:** City of Delray Beach  
**Mail to:** Delray Beach Community Center, Senior Games, 50 NW 1st Ave.,  
 Delray Beach, FL 33444

# Golf Medal Play/State Qualifier

**Gerard Smith, (561) 243-7358**

Golfers must provide their own clubs and balls. Proper golf attire is required.

The tournament will be 18-hole scratch. Handicaps are not used. Foursome assignments will be made by event director. Range Finders of any type are permitted. This tournament will be conducted in accordance with United States Golf Association (USGA) rules. Tee times will be assigned. In the event of a tie between 1st, 2nd and 3rd place, the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and then finally the 18th hole.

*Top 5 in each age group will qualify for the Florida Senior Games. (Note: qualifying is only applicable to Florida residents).*



**January 22, 2026  
Assigned Tee Times**

**Lakeview Golf Course,  
1200 Dover Rd.,  
(561) 498-3229**

# Lawn Bowling

**Abby Murrell (561) 243-7250 x5230**

This event will be a one day triples tournament under the rules of Bowls USA (2023) 4th edition. Participants are encouraged to join DBLBC for a “Meet and Greet” on Friday, January 9th at 9:30am. Bowlers will have the opportunity to choose loaner bowls, meet with competitors and become familiar with the greens. Captains, skips, and teams will be chosen during this time

**January 10, 2026**

**Veterans Park**

**802 NE 1st Street**

**(561) 243-7194**

*Top 5 in each age group will qualify for the Florida Senior Games. (Note: qualifying is only applicable to Florida residents)*



# Swimming

## **Ciera Heigel, 243-7358**

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 stoke is required. E) Butterfly: the appropriate stoke 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 stoke 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 stokes 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.

*Top 5 in each age group will qualify for State the Florida Senior Games. (Note: qualifying is only applicable to Florida residents). Participants that qualify are eligible for all Swimming Events. Qualifying time is required from local games.*

**January 23, 2026, 10:00 am**

*(warm up at 9:30 am)*

**Pompey Pool,**

**1101 NW 2nd Street**

**(561) 243-7358**

### **Events in order:**

Swimming 100 yards IM

Swimming 50 yards Breast Stroke

Swimming 100 yards Butterfly

Swimming 50 yards Back Stroke

Swimming 100 yards Freestyle

Swimming 50 yards Butterfly

Swimming 100 yards Breast Stroke

Swimming 50 yards Freestyle

Swimming 100 yards Back Stroke

Swimming 200 yards IM

Swimming 500 yards Freestyle





## Track and Field

**Rashod Smith, 243-7250 ext. 6040**

May participate in one to five events. USATF rules will apply. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 143. All athletes must wear some type of shirt. All track events are timed finals. Competitors are encouraged to bring their own field event equipment.

All track events are timed finals. All horizontal jump and throwing events athletes will only be allowed three attempts.

**January 10, 2026 8:00 am**

**Atlantic High School,  
2455 W. Atlantic Ave.**

*Top 5 in each age group will qualify for Florida Senior Games. (Note: qualifying is only applicable to Florida residents). Participants that qualify are eligible for all Track and Field Events. \*Race-walk is an open event at Florida Senior Games.*

## Events In Order

### Track

50m Dash  
1500m Dash  
400m Dash  
1500m Race Walk  
200m Dash  
800m  
100m

### Field

Discus  
Long Jump  
Shot-put  
Triple Jump

*(two events could be going simultaneously)*

## Event Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
<b>January 6</b>	Opening Ceremony	10 am—1pm	Delray Beach Community Center
<b>January 10</b>	Track & Field	8:00 am	Atlantic High School
<b>January 10</b>	Lawn Bowling	10:30 am	Veterans Park
<b>January 13</b>	Basketball	12 pm	Delray Beach Community Center
<b>January 22</b>	Golf	8 am Warm Up 9 am Tee Time	Lakeview Golf Club
<b>January 23</b>	Swimming	10 am	Swimming