

## Who is Eligible to Participate in NHSG?

New Hampshire is an "open" state which means our games are open to residents and non-residents alike to participate in our summer games.

The NH Senior Games provide senior athletes with an opportunity to compete in a variety of athletic events and activities.

Competition in men's and women's categories feature five-year age groups starting at 40-44, 45-49, 50-54, 55-59, etc. Only athletes 50+ may qualify for NSGA in a qualifying year.

To view the full schedule and to register, please visit [www.NHSeniorGames.org](http://www.NHSeniorGames.org)

## How Does NHSG Recognize Achievement?

Amateur senior athletes from the ages of 40 to 100+ years old will converge on New Hampshire to compete for Gold, Silver, Bronze in each 5-year age group for both men and women.

## How Does One Get Involved in NHSG?

The NH Senior Games is always looking for volunteers, sponsors and athletes to join our organization or participate in one of our many sports.

To learn more visit our web page, [www.NHSeniorGames.org](http://www.NHSeniorGames.org) or contact us at

**603-533-6975**

[info@nhseniorgames.org](mailto:info@nhseniorgames.org)

**NH Senior Games**

22 Roger Road • Goffstown, NH 03045



The Granite State Senior Games was founded in 1987, is a nonprofit 501(c) (3) all volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games is the only New Hampshire organization sanctioned by the NSGA to qualify senior athletes for participation in the National Senior Games.

## Our Mission

*Organize healthy physical challenges for those age 50+ in New Hampshire*

*Present that group with related activities that enhance well being*

*Promote the development of fitness and active lifestyles in maturity*

**For Fitness** – Be healthier and enjoy a higher quality of life; look better, feel better and live longer.

**For Friendship** – Meet new people, make new friends; do things with others who have similar interest.

**For Fun** – Participate in organized fitness and competitive activities; fulfill the desire to renew participation in your favorite sports.



# NEW HAMPSHIRE SENIOR GAMES

*Where Fun & Fitness Meet!*

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**Our games serve as a qualifier for the 2019 National Senior Games in Albuquerque, NM**



**National Senior Games Association**

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**2018 SPORTS/SCHEDULE**

**ARCHERY**

SUN, JUL 15 - 9:00 AM

Pioneer Sportsmen, Dunbarton, NH

**ATHLETES RECOGNITION LUNCHEON**

SAT, AUG 18 - 1:00 PM

Stark Brewing Co., Manchester, NH

**BADMINTON**

SUN, AUG 12 - 10:00AM

Colby-Sawyer College, New London, NH

**BASKETBALL 3 on 3 \*\***

SAT, AUG 4 - 8:00AM

Plaistow Community YMCA, Plaistow, NH

**BOWLING (CANDLEPIN) \***

FRI, JUN 29 - 1:30PM

Lakeside Lanes, Manchester, NH

**BOWLING (TEN PIN) \***

FRI, JUL 6 - 3:00PM

Spare Time Lanes, Manchester, NH

**CORN HOLE (BEAN BAG TOSS) \***

SAT, JUL 14 - 10:00AM

Livingston Park, Manchester, NH

**DISC GOLF**

SAT, JUL 14 - 8:00AM

The Hollows, Manchester, NH

**GOLF 18 HOLE SCRATCH \***

WED, AUG 29 - 10:00AM

Beaver Meadow Golf Course, Concord, NH

**PICKLEBALL**

FRI, JUL 27 - 12:00PM (SINGLES)

SAT, JUL 28 - 8:00AM (DOUBLES)

SUN, JUL 29 - 8:00AM (MX DBLS)

Executive Health & Sports Ctr, Manchester, NH

**POWER WALK (1500m) \***

SUN, AUG 19 - 1:45PM

Memorial HS, Manchester, NH

**RACE WALK (1500m) \***

SUN, AUG 19 - 11:30AM

Memorial HS, Manchester, NH

**RACQUETBALL**

SAT AUG 4 - 9:00AM

Salem Athletic Club, Salem, NH

**ROAD RACE 5K\***

MON, SEPT 3 - 9:00AM

Pease Intl Trade Port, Portsmouth, NH

**SHUFFLEBOARD**

THUR, JUL 19 - 8:00AM

JFK Memorial Coliseum, Manchester, NH

**SWIMMING**

SAT, AUG 11 - 3:30PM

YMCA of Greater Nashua, Nashua, NH

**TABLE TENNIS**

SUN, AUG 5 - 11:00AM

Boys and Girls Club, Manchester, NH

**TENNIS**

SAT, AUG 25 - 12:30PM (SINGLES)

SUN, AUG 26 - 10:00AM (DBLS/MX DBLS)

Mountainside Racquet & Fitness, New London, NH

**TRACK & FIELD \***

SUN, AUG 19 - 8:00AM

Memorial HS, Manchester, NH

**CLOSING CEREMONIES**

SUN, AUG 19 - 2:30PM

Memorial HS, Manchester, NH

\*\*Basketball online registration Deadline is July 21<sup>st</sup>

\*Same day registration permitted on certain Sport(s) – cash & checks, no credit cards.

Online registration deadline is one (1) week prior to first day of event