

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 18th - Sep 15th, 2024

Saturday Jul 6th, 2024

Disc Golf

Sat Jul 6th - 9:00am Shotgun Start

The Hollows North Disc Golf Course,
178 Mitchell Street, Manchester, NH 03103

Players meeting and hole assignment: 8:35am

US Disc Golf Association Rules and Sanctioned Event

All Registration is Same-Day

Tournament Director: Bill Bruce (603) 232-2261

SPORTS

20 different sports • This is a Qualifying year for 2025 National Games
Men & Women • Age 35+ in some sports • Winners in 5yr age groups
Advance registration required • Medals awarded to top 3 places

Archery • Badminton • Basketball (3-on-3)
Bowling 10-Pin • Candlepin Bowling • Cornhole • Cycling
Disc Golf • Golf • Pickleball • Powerlifting • Power Walk
Race Walk • Racquetball • Road Race • Shuffleboard
Swimming • Table Tennis • Tennis • Track & Field

Volunteers needed for:

Pickleball Aug 9, 10, 11 in Derry, NH

Track & Field Aug 18 in Manchester, NH

To learn more and register online



NH Senior Games



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