

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 18th - Sep 15th, 2024

Sunday Aug 18th, 2024

Power Walk

Sun Aug 18th - Starts at the conclusion of
the 200 meter dash (During Track & Field Events)

Memorial High School, 1 Crusader Way, Manchester, NH 03103

1500 Meter Technical Race Walk

United States Powerwalking Association (USPWA) Rules

Registration Deadline Aug 12th, Same-day allowed.

Meet Director: Lee Hess (603) 401-4484

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



www.nhseniorgames.org • Ph: 603-488-0229 • info@nhseniorgames.org