

Presented by



MARTIN'S POINT<sup>®</sup>  
HEALTH CARE



# NEW HAMPSHIRE SENIOR GAMES

*Where Fun & Fitness Meet!*

Senior Games May 18th - Sep 15th, 2024

**Sunday Aug 18<sup>th</sup>, 2024**

## Race Walk

Sun Aug 18th - Starts at the conclusion of  
the Men's 100 meter dash (During Track & Field Events)  
Memorial High School, 1 Crusader Way, Manchester, NH 03103

**1500 Meter Technical Race Walk**

USA Track & Field (USATF) rules. Sanction #21-02-019.

**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](http://www.nhseniorgames.org) • Ph: 603-488-0229 • [info@nhseniorgames.org](mailto:info@nhseniorgames.org)