

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 18th - Sep 15th, 2024

Saturday May 18th, 2024

Road Race

Sat May 18th - 9:00am Start

Sanford Springvale YMCA 1 Emile Levasseur Dr, Sanford, ME 04073

1 Mile, 5K & 10K Road Race

USA Track & Field (USATF) rules

Registration Deadline May 11th

Sport Coordinator: Karen Reardon (207) 370-8076

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



NH Senior Games

Volunteers needed for:

Pickleball Aug 9, 10, 11 in Derry, NH

Track & Field Aug 18 in Manchester, NH

To learn more and register online



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