

Presented by



MARTIN'S POINT[®]
HEALTH CARE



NEW HAMPSHIRE SENIOR GAMES

Where Fun & Fitness Meet!

Senior Games May 18th - Sep 15th, 2024

Saturday Jul 20th, 2024

Swimming

Sat Jul 20th - 12:00pm Start

Colby-Sawyer College, 541 Main St, New London NH 03257

Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley

United States Masters Swimming (USMS) rules

Registration Deadline Jul 13th

Tournament Director: Mary Gentry (603) 664-5255

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