

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

Track & Field

Sun Aug 18th - 9:00am Start

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

Track: 50m, 100m, 200m, 400m, 800m, 1500m,

1500m Power Walk, 1500m Race Walk, 5000m, 4x400m Relay

Field: Long Jump, Triple Jump, High Jump,

Pole Vault, Shot Put, Weight Throw, Discus, Javelin

USA Track & Field (USATF) Rules and Sanctioned Event

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



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