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



# NEW HAMPSHIRE SENIOR GAMES

*Where Fun & Fitness Meet!*

Senior Games May 17th - Sep 14th, 2025

**Sunday Aug 24<sup>th</sup>, 2025**

## Track & Field

**Sun Aug 24th - 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 17th, Same-day allowed.

Meet Director: Lee Hess (603) 401-4484

## SPORTS

19 different sports • This is a Non-Qualifying year for 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 • Power Walk

Race Walk • Racquetball • Road Race • Shuffleboard

Swimming • Table Tennis • Tennis • Track & Field



NH Senior Games

**Volunteers needed for:**

Pickleball Aug 8, 9, 10 in Derry, NH

Track & Field Aug 24 in Manchester, NH

**To learn more and register online**



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