

NEW HAMPSHIRE SENIOR GAMES TRACK & FIELD - AUGUST 20, 2023

DECLARATION PROCEDURES – Please follow instructions listed on last page of this packet.

ENTRIES – No “additions” or “changes” are allowed. **Scratches only.**

TRACK EVENTS – Mandatory check in & scratches at the **declaration tables** in center of field.

Arrive at starting line no later than final call for your event.

Lane assignments and hip #'s will be provided at that time.

FIELD EVENTS – Check in & scratches are at the location of each field event.

THROWERS – Implements must be certified in the press box with an USATF official.

ATHLETES COMPETING IN MULTIPLE EVENTS – You must check in & out with each field event official when leaving for another event.

RUNNING EVENTS HAVE PRIORITY – Failure to appear for the start of a race(s) will result in a DNS (did not start).

RAIN DATE – No makeup date for this meet. Rain may delay but not cancel an event. The meet will be temporarily suspended if lightning is in the local area (1/2 hour after latest flash).

2023 NHSG TRACK & FIELD SCHEDULE ORDER OF EVENTS & START TIMES

TRACK			FIELD - JUMPS		
<i>WOMEN</i> are 1st, <i>MEN</i> are 2nd, Oldest to Youngest Track events are final - No prelim's or semi's.			You must "CHECK OUT" of a <i>field</i> event prior to competing in another event. "CHECK BACK IN" to <i>field</i> event immediately after the other event is complete.		
1	5000m Run	9:00	JUMPS ONLY	LONG JUMP	09:00 - 10:00 - OPEN PIT - <i>MEN & WOMEN</i>
2	1500m Power Walk	<i>After the 5000</i>		TRIPLE JUMP	10:00 - 11:00 - OPEN PIT - <i>MEN & WOMEN</i>
3	50m Dash	10:30		HIGH JUMP	11:00 - <i>WOMEN</i> 1st, followed by <i>MEN</i> Based on opening height. Bar will not be lowered.
4	800m Run	<i>After the 50</i>		POLE VAULT	09:00 - <i>MEN & WOMEN</i> COMBINED Based on opening height. Bar will not be lowered.
5	100m Dash	<i>After the 800</i>		1/2 HOUR LUNCH BREAK - ATHLETES & OFFICIALS - APPROXIMATELY 12-12:30	
6	1500m Race Walk	<i>After the 100</i>		Four (4) attempts in Long & Triple Three (3) attempts in High & Vault	
1/2 HOUR LUNCH BREAK - ATHLETES & OFFICIALS APPROXIMATELY 12-12:30				Field events are final. No prelim's or semi's.	
7	400m Dash	12:30		RESULTS CAN BE FOUND AT LANCERTIMING.COM	
8	1500m Run	<i>After the 400</i>			
9	200m Dash	<i>After the 1500</i>			
10	Relays - Any age/gender	<i>After the 200</i>			

THROWS SCHEDULE ON PAGE 2

2023 NEW HAMPSHIRE SENIOR GAMES

THROWS SCHEDULE

WEIGHT & SHOT BEGIN AT 09:00

SEE PAGE 6 FOR IMPLEMENT SPECIFICATIONS

FOUR (4) ATTEMPTS ONLY.

*Field events are final.
No prelim's or semifinals.*

*You must "CHECK OUT" of a field event prior to competing in another event.
"CHECK BACK IN" to field event immediately after the other event is complete.*

MORNING	WEIGHT THROW - ALL		SHOT PUT - ALL	
	1st	WOMEN - ALL AGE GROUPS	1st	MEN - AGE GROUPS 70+
	2nd	MEN - AGE GROUPS 35-59	2nd	MEN - AGE GROUPS 60-69
	3rd	MEN - AGE GROUPS 70+	3rd	WOMEN - ALL AGE GROUPS
	4th	MEN - AGE GROUPS 60-69	4th	MEN - AGE GROUPS 35-59
DISCUS - WOMEN ONLY				
5th	WOMEN - ALL AGE GROUPS - STARTS AFTER MENS 60-69 WT IS COMPLETE			

1/2 HOUR LUNCH BREAK - ATHLETES & OFFICIALS - APPROXIMATELY 12-12:30

AFTERNOON	DISCUS - MEN ONLY		JAVELIN - ALL	
	1st	MEN - AGE GROUPS 60-69	1st	WOMEN - ALL AGE GROUPS
	2nd	MEN - AGE GROUPS 35-59	2nd	MEN - AGE GROUPS 70+
	3rd	MEN - AGE GROUPS 70+	3rd	MEN - AGE GROUPS 60-69
		4th	MEN - AGE GROUPS 35-59	

RESULTS CAN BE FOUND AT LANCERTIMING.COM

BIB NUMBERS: Pin to front of singlet or shirt. **Mandatory**, cannot compete without a BIB.

SPIKES: ¼ inch maximum (pyramid preferred). For sale at the Registration Desk (10 for \$1).

BREAK: A “**MANDATORY**” half hour break will be observed around 12:00 to 12:30 (or at the conclusion of the race walk and women’s discus) for both athletes & officials.

AUTOMATIC TIMING: Provided by “Lancer Timing”, Rick Berryman, 603-398-1754, PO Box 5472, West Lebanon, NH.

RESULTS: Posted shortly after completion of an event on the large board across from the timing tent. Live, on line results available at lancertiming.com. Previous year’s results available at lancertiming.com dating back to 2013. Meet results will be forwarded to “mastersrankings.com”.

MEDALS: First, second and third place finishers receive medals irrespective of their state of residence. Please pick up your awards after results of your event have been posted. Medals will be presented upon request for athletes leaving the meet early. Medals can also be mailed if requested. The medal tent is located across from the timing tent.

CONFLICT RESOLUTION: It is the athlete’s responsibility to review their results when posted and report any anomalies to the “Meet Director” (**not the timing tent**). Your support is greatly appreciated.

COMPETITION RULES: This meet is sanctioned by USATF. **Sanction #145926**. USATF 2023 rules will be followed. Rule interpretations handled by Marty Kahler (field) & Bob Gidari (track).



USATRACK&FIELD™

FIRST AID & ATHLETIC TRAINERS: An Athletic Trainer (ATC) from the Safe Sports Network will be available for the duration of the meet (35 Kosciuszko Street Manchester, NH 03101, Tel: 603-627-9728). She is First Aid, CPR and AED certified. Ice is available through the AT.

QUALIFYING YEARS: State Senior Games held in even numbered years “qualify” athletes for competition at the National Senior Games (NSG’s) that are held in odd numbered years. **Last year, 2022, qualified athletes for this year’s 2023 NSG’s held at Pittsburgh, PA.**

QUALIFYING STANDARDS FOR NSG’s: In an **even** numbered year, the **top 4** finishers in each event will automatically qualify to compete at the following year’s National Senior Games meet. **Additionally**, any athlete meeting the **minimum performance standards (MPS)** is also eligible to compete. **MPS** can be achieved at any NSG qualifying state meet. Non-New Hampshire residents cannot take away a qualifying spot from a NH resident. The **MPS’s** are listed on pages 13 & 14 of this packet.

AGE GRADED PERCENTAGE: A measure of performance based upon best open class results, age, gender and age-related athletic decline. Used to **compare results** of different athletes of different ages, genders and track disciplines. See masterstrack.com for more information.

NEXT YEAR’S MEET: Tentative date for 2024 is Sunday, August 18th at Memorial high school.

Lee Hess
Meet Director
Chairman - NHSG Track & Field
Email: coach_hess@earthlink.net
Cell: 603-401-4484



CERTIFIED OFFICIALS & KEY PERSONNEL

MEET DIRECTOR: Lee Hess

HEAD CLERK: Karin Hess

ANNOUNCER: Larry Martin

STARTER: Bob Gidari

ASST. STARTER: Morgan Nault

AUTO TIMING: Rick Berryman & Jaime Berryman (Lancer Timing)

HEAD TRACK OFFICIAL: Bob Gidari

HEAD FIELD OFFICIAL: Marty Kahler, Javelin

THROWING IMPLEMENT CERTIFICATION: Ed Daniels and Dave Cook

MEMORIAL FACILITIES: Ed Poisson

CERTIFIED ATHLETIC TRAINER: Paige Jankowski (Safe Sports Network)

FIELD EVENT OFFICIALS (USATF and/or NHTOA Certified):

1. Brian Cahoon – Line Clerk
2. Ozzie Osborne – Javelin
3. Marty Kahler – Javelin (Head)
4. Pat Haskell – Javelin
5. Ed Daniels – Weight Throw (Head) & Discus
6. Mike Gooden – Weight Throw & Discus (Head)
7. Brian Newbury – Shot Put
8. Doug Dixon – Shot Put (Head)
9. Peg Donovan – High Jump (Head)
10. Arthur Nadeau – Long Jump & Triple Jump
11. Chris Benson – Long Jump (Head) & Triple Jump (Head)
12. Maryanne Morcom – Pole Vault (Head), Race & Power Walk
13. Dave Cook – Race & Power Walk (Head)

SPECIAL NHSG AWARDS

“Best Meet Performances” (Age Graded %) by men & women in the following five (5) event disciplines:

RUNNING (800, 1500 & 5000)

SPRINTING (50, 100, 200 & 400)

THROWING (SP, DT, JT and WT)

JUMPING/VAULTING (HJ, LJ, TJ & PV)

WALKING (RW & PW).

The awards are open to all athletes from **any state**. Five men’s and five women’s trophies will be awarded to the winners after the meet. Last year’s award winners are listed below:

2022 NEW HAMPSHIRE SENIOR GAMES

TRACK & FIELD AWARDS

BEST AGE GRADED PERFORMANCES BY DISCIPLINE

SPONSORED BY: Anthem  

	EVENT DISCIPLINE	EVENT	RESULT	AGE GRADED %	FIRST NAME	LAST NAME	AGE	STATE
WOMEN	SPRINTING	50m	8.35	92.78	Claire	DeLombaert	62	CT
	RUNNING	5000m	23:34.80	90.78	Dawn	Ebbetts	69	NH
	WALKING	1500m PW	10:36.76	76.28	Hannah	Nedzbala	73	NH
	JUMPING	Pole Vault	4' 6"	138.38	Florence	Meiler	88	VT
	THROWING	Shot Put	16' 10"	91.94	Florence	Meiler	88	VT
MEN	SPRINTING	50m	6.92	96.97	Robert	Aekins	60	NH
	RUNNING	5000m	18:26.47	82.89	Francis	Burdett	57	MA
	WALKING	1500m PW	9:49.18	84.13	John	Micavich	80	NH
	JUMPING	Pole Vault	8' 6"	87.48	Stephen	Prouty	77	MA
	THROWING	Discus	116' 5"	94.44	Roger	Busch	81	CT

RETIRED AWARDS CAN BE FROM 2010 - 2019 CAN BE FOUND ON LINE AT:

<https://nhseniorgames.org/sports/track-and-field>

CLICK ON THE "RETIRED AWARDS BUTTON

THROWERS: Please note!

1. **All throwing implements must be weighed & certified** in the Press Box located at the top of the east side bleachers. This must be done prior to the **start** your event.
2. All athletes must compete in their assigned age group's flight as per the THROWS schedule. ***ALL THROWERS MUST WEAR THEIR BIB NUMBER (FRONT OR BACK).***
3. Athletes may take a trial or attempt out of turn one round at a time if they have a conflict with another event.
4. Missed trials or attempts may not be made up; but any remaining trials or attempts after a late arrival to an event may be taken provided the athlete has been entered in that event.

(Ref. USATF 2023 Rule Book)

SENIOR THROWING IMPLEMENTS

***THE APPROPRIATE WEIGHT IMPLEMENT MUST BE USED FOR COMPETITION.
USE OF AN IMPROPER IMPLEMENT WILL RESULT IN DISQUALIFICATION!***

AGE DIVISION	DISCUS	JAVELIN	SHOTPUT	WEIGHT
Men 30-49	2.0kg	800g	16#	35 lbs.
Men 50-59	1.5kg	700g	6kg	25 lbs.
Men 60-69	1.0kg	600g	5kg	20 lbs.
Men 70-79	1.0kg	500g	4kg	16 lbs.
Men 80+	1.0kg	400g	3kg	12 lbs.

A shaded area denotes the implement is provided for use by the New Hampshire Senior Games

Women 30-49	1.0kg	600g	4kg	20 lbs.
Women 50-59	1.0kg	500g	3kg	16 lbs.
Women 60-74	1.0kg	500g	3kg	12 lbs.
Women 75+	.75kg	400g	2kg	8.8 lbs.

TRACK & FIELD

2023 NEW HAMPSHIRE SENIOR GAMES

PRE-REGISTERED ATHLETES

COMPLETE LIST – AS OF AUGUST 15th, 2023

BIB #	LAST NAME	FIRST NAME	AGE GROUP	ACTUAL AGE	STATE	50	100	200	400	800	1500	5000	RACE WALK	POWER WALK	VAULT	DISCUS	JAVELIN	SHOT	WEIGHT	LONG JUMP	TRIPLE JUMP	HIGH JUMP
1	Allgair	Kenneth	M45	49	NH											DT			WT			
2	Arnould	Josef	M75	75	MA			200	400	800												
3	Bakkensen	Ralph	M70	73	MA											DT		SP				
4	Ballou	Richard	M75	78	NH												JT	SP	WT			
5	Barrett	Arthur	M65	67	NH						15											
6	BARRETT	OWEN	M60	61	NY	50	100	200	400	800												
7	Beaulieu	Regis	M70	73	ME														WT			
8	Bemis	John	M75	77	MA	50															LJ	
9	Boyea	Weslie	M75	75	NY											DT	JT	SP				
10	Bresciano	Peter	M80	82	NH								RW	PW								
11	Brown	Marcia	W60	60	NH																	HJ
12	Brubaker	William	M65	68	CT						15					DT	JT					
13	Buckley	Rodney	M65	69	NH	50	100															
14	Carter	Conrad	M75	77	NH									PW				SP				
15	clement	Darrin	M50	54	ME											DT		SP	WT			
16	Crivaro	James	M45	47	MA	50	100	200														
17	Cronan	Kevin	M65	68	RI	50										DT						
18	Curran	Michael	M65	68	MA										PV							
19	Cusack	Christopher	M50	54	NH					800	15											
20	Diaz	Trisha	W60	63	MA					800												
21	Du Bois	Michelle	W80	80	MA	50															LJ	
22	Dudley	Andrew	M55	59	MA																	HJ
23	Dunn	Chris	M50	55	NH							5K					JT					
24	Ellsworth	Karen	W60	61	NY										PV	DT		SP	WT	LJ	TJ	HJ
25	Flint	Lawrence	M75	77	NH								RW									
26	Gagne	Buzz	M75	76	NH												JT					
27	Gamer	Douglas	M65	67	NH																	HJ
28	Gaudreau	Michael	M65	68	MA												JT	SP				HJ
29	GIFFORD	DEBRA	W60	64	MA											DT	JT	SP	WT			
30	Gobeille	Keith	M55	59	MA												JT					
31	Guild	Matt	M60	60	VT			200	400	800	15	5K										
32	Guion	Gary	M60	62	NH										PV							
33	Gunneson	Pamela	W60	63	CT												JT	SP		LJ	TJ	HJ
34	hamilton	christopher	M70	70	VT											DT		SP				
35	Hartnett	Richard	M50	54	MA											DT	JT	SP	WT			
36	Heath	Barb	W60	61	VT	50									PV	DT	JT					HJ
37	Hesseltine	Ronald	M85	89	NY			200	400													
38	Hudziec	Jen	W45	49	NH																LJ	TJ
39	Jacobs	James	M55	59	NH		100	200	400													
40	Jemelka	Ivan	M70	74	NH														WT			

BIB #	LAST NAME	FIRST NAME	AGE GROUP	ACTUAL AGE	STATE	50	100	200	400	800	1500	5000	RACE WALK	POWER WALK	VAULT	DISCUS	JAVELIN	SHOT	WEIGHT	LONG JUMP	TRIPLE JUMP	HIGH JUMP	
90	Youngs	Joan	W85	86	CT											DT	JT						
91	Yurtsever	Tanju	M55	58	NH		100	200													LJ	TJ	

PAST ATTENDANCE: 2018 – 196 (qualifying year)
2019 – 142 (non-qualifying year)
2020 – Meet cancelled due to COVID-19
2021 – 192 (qualifying year)
2022 – 171 (qualifying year)

MEET STATISTICS

EVENTS		50	100	200	400	800	1500	5000	RACE WALK	POWERWALK	VAULT	DISCUS	JAVELIN	SHOT	WEIGHT	LONG JUMP	TRIPLE JUMP	HIGH JUMP
ATHLETES	MEN & WOMEN	31	25	27	19	12	11	4	3	5	6	20	24	23	14	17	10	12
	MEN ONLY	23	21	23	16	9	8	2	2	3	4	15	17	18	10	12	6	8
	WOMEN ONLY	8	4	4	3	3	3	2	1	2	2	5	7	5	4	5	4	4

INDIVIDUAL STATES and COUNTRIES	NEW HAMPSHIRE	MASSACHUSETTS	CONNECTICUT	VERMONT	MAINE	RHODE ISLAND	FLORIDA	MINNESOTA	NEW YORK	WISCONSIN	CANADA	ALL AREAS
		37	26	4	4	8	3	2	1	4	2	0

AGE GROUPS	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W45	W50	W55	W60	W65	W70	W75	W80	W85
		2	0	2	4	6	8	14	12	19	2	1	1	1	3	9	4	1	0	1
<u>M</u>&<u>W</u> - 91	<u>M</u>EN - 70											<u>W</u>OMEN - 21								

Masters Men's All American Standards

	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50m	6.60	6.60	6.70	6.90	7.10	7.40	7.70	8.10	8.50	9.20	10.20	11.60	14.80	n/a
55m	7.10	7.10	7.30	7.50	7.70	8.00	8.40	8.80	9.30	10.00	11.00	12.60	16.00	n/a
60m	7.60	7.60	7.80	8.00	8.20	8.50	8.90	9.30	9.90	10.60	11.80	13.40	17.10	n/a
100m	11.30	11.40	11.80	12.00	12.30	12.80	13.30	14.30	15.20	16.80	19.30	22.40	30.60	49.70
200m	22.50	23.20	24.10	24.90	25.60	26.40	27.70	29.50	31.90	37.20	44.30	56.70	1:19.00	n/a
400m	53.00	54.00	56.00	57.00	58.00	60.00	1:04.00	1:10.00	1:20.00	1:35.00	1:50.000	2:25.00	3:20.00	n/a
800m	2:05.00	2:05.00	2:10.00	2:14.00	2:19.00	2:28.00	2:40.00	2:55.00	3:15.00	3:50.00	4:25.00	5:30.00	7:30.00	n/a
1500m	4:25.00	4:26.00	4:32.00	4:39.00	4:47.00	5:14.00	5:45.00	6:20.00	7:05.00	8:10.00	9:40.00	12:00.00	15:55.00	n/a
Mile	4:50.00	4:51.00	4:58.00	5:06.00	5:14.00	5:44.00	6:20.00	6:55.00	7:45.00	8:55.00	10:35.00	n/a	n/a	n/a
3000m	10:00.00	10:05.00	10:25.00	10:45.00	11:05.00	11:55.00	12:50.00	14:15.00	15:55.00	18:15.00	22:05.00	n/a	n/a	n/a
5000m	17:25.00	17:40.00	18:10.00	18:45.00	19:30.00	20:30.00	21:40.00	24:20.00	27:40.00	32:00.00	39:10.00	n/a	n/a	n/a
10000m	36:55.00	37:20.00	38:25.00	39:40.00	41:00.00	44:20.00	48:15.00	52:35.00	57:50.00	1:08:00	n/a	n/a	n/a	n/a
55m Hurdles	9.00	9.40	9.80	10.20	10.50	10.80	10.80	12.00	12.40	12.60	15.60	n/a	n/a	n/a
60m Hurdles	9.70	10.20	10.60	11.00	11.40	11.70	11.70	13.00	13.40	13.60	n/a	n/a	n/a	n/a
Short Hurdles	17.90	18.20	18.90	19.60	18.30	19.50	20.30	22.80	19.80	21.70	26.30	n/a	n/a	n/a
Long Hurdles	59.00	1:01.00	1:04.00	1:07.00	1:12.00	1:18.00	1:01.00	1:10.00	1:21.00	1:40.00	n/a	n/a	n/a	n/a
Steeplechase	11:25.00	11:55.00	12:30.00	13:05.00	13:40.00	14:15.00	9:55.00	11:35.00	13:30.00	15:40.00	n/a	n/a	n/a	n/a
High Jump	1.92m	1.84m	1.75m	1.67m	1.58m	1.47m	1.37m	1.27m	1.17m	1.07m	0.98m	0.89m	0.78m	n/a
Pole Vault	4.00m	3.80m	3.60m	3.40m	3.20m	2.9m	2.60m	2.40m	2.10m	1.8m	1.60m	1.30m	n/a	n/a
Long Jump	6.20m	6.00m	5.70m	5.40m	5.00m	4.80m	4.50m	4.00m	3.60m	3.00m	2.50m	2.00m	1.30m	n/a
Triple Jump	11.40m	11.20m	10.60m	10.00m	9.40m	8.80m	8.10m	7.50m	6.90m	6.00m	5.20m	4.40m	3.40m	n/a
Shot Put	13.30m	12.90m	12.70m	12.20m	13.10m	12.00m	12.80m	11.50m	11.00m	9.00m	8.00m	6.00m	4.20m	2.70m
Discus	39.00m	38.00m	37.00m	35.00m	42.00m	37.00m	42.00m	37.00m	33.00m	28.00m	20.00m	16.00m	12.00m	8.00m
Hammer	41.00m	40.00m	37.00m	34.00m	36.00m	31.00m	33.00m	28.00m	27.00m	23.00m	20.00m	16.00m	12.00m	n/a
Javelin	50.00m	49.00m	46.00m	43.00m	42.00m	41.00m	40.00m	33.00m	30.00m	26.00m	22.00m	14.00m	9.00m	4.00m
Wt. Throw	12.90m	12.60m	11.80m	11.00m	13.90m	12.80m	13.60m	12.30m	11.00m	9.70m	9.00m	7.60m	n/a	n/a
Super Wt.	8.15m	7.95m	7.45m	6.96m	6.40m	6.10m	6.40m	5.60m	6.10m	4.70m	3.50m	2.80m	n/a	n/a
Decathlon	5000pts	4900pts	4800pts	4700pts	4600pts	4500pts	4400pts	4300pts	4200pts	4000pts	3200pts	n/a	n/a	n/a
Heptathlon	3500pts	3400pts	3350pts	3300pts	3200pts	3100pts	3050pts	3000pts	2900pts	2700pts	2300pts	n/a	n/a	n/a
Pentathlon	2500pts	2450pts	2400pts	2350pts	2300pts	2250pts	2200pts	2150pts	2100pts	2000pts	1600pts	n/a	n/a	n/a
Throws Pent	2700pts	2700pts	2900pts	2900pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a	n/a
Ultra Wt. Pent	2900pts	2900pts	2900pts	2900pts	2900pts	3000pts	3100pts	3100pts	2900pts	2800pts	2800pts	n/a	n/a	n/a

Masters Women All American Standards

	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50m	8.20	8.40	8.50	8.50	8.60	9.20	9.70	10.60	11.60	12.60	13.90	15.60	19.30m	n/a
55m	9.00	9.10	9.20	9.30	9.60	10.40	11.20	12.40	13.70	15.30	17.20	19.40	23.60m	n/a
60m	9.60	9.70	9.80	10.00	10.30	11.10	11.90	13.20	14.60	16.40	18.30	20.70	25.20m	n/a
100m	14.60	14.70	15.10	15.30	15.70	17.00	18.30	20/30	22.50	25.20	28.00	34.20	42.60m	n/a
200m	30.10	29.40	30.60	31.80	33.10	36.10	39.30	42.80	46.50	50.50	58.10	1:10.00	n/a	n/a
400m	1:10.00	1:11.00	1:13.00	1:15.00	1:22.00	1:28.00	1:35.00	1:43.00	1:54.00	2:13.00	2:33.00	3:01.00	n/a	n/a
800m	2:49.00	2:52.00	2:54.00	3:04.00	3:15.00	3:30.00	3:45.00	4:05.00	4:35.00	5:10.00	5:50.00	6:45.00	n/a	n/a
1500m	5:35.00	5:45.00	5:50.00	6:05.00	6:25.00	6:55.00	7:35.00	8:25.00	9:20.00	10:35.00	12:00.00	14:20.00	n/a	n/a
Mile	6:05.00	6:19.00	6:20.00	6:35.00	6:55.00	7:30.00	8:10.00	9:05.00	10:05.00	11:25.00	n/a	n/a	n/a	n/a
3000m	12:50.00	13:00.00	13:30.00	13:35.00	13:50.00	15:25.00	17:15.00	18:40.00	20:15.00	n/a	n/a	n/a	n/a	n/a
5000m	21:50.00	22:05.00	22:45.00	23:50.00	25:20.00	27:05.00	29:00.00	31:20.00	34:00.00	37:15.00	na/	n/a	n/a	n/a
10000m	46:00.00	47:00.00	48:00.00	50:00.00	53:00.00	58:00.00	1:03:00	1:07:00	n/a	n/a	n/a	n/a	n/a	n/a
55m Hurdles	9.20	9.50	10.10	10.70	11.10	11.70	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
60m Hurdles	10.00	10.30	10.90	11.50	11.90	12.60	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Short Hurdles	17.40	17.80	15.30	16.10	17.30	18.40	17.40	19.30	n/a	n/a	n/a	n/a	n/a	n/a
Long Hurdles	1:15.00	1:17.00	1:21.00	1:27.00	1:05.00	1:10.00	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steeplechase	9:10.00	9:30.00	9:55.00	10:20.00	10:45.00	11:05.00	12:05.00	n/a	n/a	n/a	n/a	n/a	n/a	n/a
High Jump	1.40m	1.35m	1.27m	1.22m	1.12m	1.07m	1.02m	0.97m	0.92m	0.89m	0.84m	n/a	n/a	n/a
Pole Vault	3.20m	3.00m	2.70m	2.50m	2.30m	2.10m	1.90m	1.60m	1.40m	n/a	n/a	n/a	n/a	n/a
Long Jump	3.90m	3.80m	3.60m	3.40m	3.10m	2.90m	2.70m	2.40m	2.10m	1.80m	1.60m	1.30m	n/a	n/a
Triple Jump	10.10m	9.40m	8.70m	8.10m	6.60m	6.10m	5.70m	5.20m	4.80m	4.30m	4.10m	3.50m	n/a	n/a
Shot Put	7.90m	7.50m	7.10m	6.90m	8.20m	7.40m	7.00m	6.40m	5.80m	5.80m	4.90m	4.00m	3.60m	n/a
Discus	27.00m	26.00m	24.00m	22.00m	21.00m	18.00m	16.00m	15.00m	14.00m	12.00m	10.00m	8.00m	7.00m	n/a
Hammer	35.00m	31.00m	26.00m	21.00m	23.00m	22.00m	20.00m	18.00m	16.00m	16.00m	14.00m	n/a	n/a	n/a
Javelin	20.00m	19.70m	18.70m	16.00m	18.00m	16.00m	16.00m	14.00m	12.00m	10.00m	9.00m	7.00m	5.00m	n/a
Wt. Throw	10.90m	9.60m	8.40m	8.20m	8.00m	7.30m	9.40m	8.40m	7.20m	6.50m	n/a	n/a	n/a	n/a
Super Wt.	6.50m	6.75m	5.30m	4.90m	5.40m	5.00m	6.40m	5.70m	4.90m	n/a	n/a	n/a	n/a	n/a
Decathlon	4800pts	4800pts	4200pts	4200pts	4000pts	4000pts	3800pts	3800pts	3600pts	3400pts	2800pts	n/a	n/a	n/a
Heptathlon	3200pts	3000pts	2900pts	2800pts	2800pts	2700pts	2700pts	2600pts	2500pts	2400pts	2200pts	n/a	n/a	n/a
Pentathlon	2400pts	2400pts	2100pts	2100pts	2000pts	2000pts	1900pts	1900pta	1800pts	1700pts	1400pts	n/a	n/a	n/a
Throws Pent	2600pts	2300pts	2300pts	2900pts	2600pts	2900pts	2800pts	2800pts	2600pts	2800pts	2800pts	n/a	n/a	n/a
Ultra Wt. Pent	2800pts	2800pts	2800pts	2800pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a	n/a



National
Senior Games
Association™

Official MPS Standards 2023 National Senior Games

TRACK MINIMUM PERFORMANCE STANDARDS

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

Age	MEN'S DIVISION		Metric			
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.99	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:9:27	:16.39	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:11.79	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:42.04	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:18.64	7:03.00
60-64	:8.73	:16.61	:36.19	1:32.44	3:39.72	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.67	:41.94	1:44.17	4:11.21	9:10.00
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.55	:25.28	1:06.55	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	8:37.32	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.395	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.07	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.85	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.05	.99	4.73	8.52	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.73	1.22	14.78
70-74	2.43	.90	4.21	6.40	16.99	15.37	1.22	12.22
75-79	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.37	7.62	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

FIELD MINIMUM PERFORMANCE STANDARDS (English)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.25"
80-84	9' 6.25"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
85-89	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 9.75"	57' 9"
90-94	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 9.75"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 9.75"	16' 5"

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 0"	3' 2"	15' 6.25"	27' 11.5"	71' 4"	67' 2"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
70-74	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5"	4' 0"	40' 1"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 3"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	14' 4"	25' 0"	19' 6"	2' 9.75"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 1"	2' 9.75"	16' 4.75"

RACE WALK MINIMUM PERFORMANCE STANDARDS

Men	1500M	5K	Women	1500M	5K
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	12:43	43:00
80-84	13:04	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

TRACK AND FIELD RECORDS THROUGH 2022

NEW HAMPSHIRE RESIDENTS ONLY

New 2022 Records are Shaded (26)

Men - 10

Women - 16

		MEN						WOMEN			
		Age	Name	Time	Year			Age	Name	Time	Year
50M		M35-39				50M		W35-39			
		M40-44						W40-44	D. Gustavson	7.58	2019
		M45-49	B. Borromeo	6.43	2013			W45-49	D. Gustavson	7.68	2022
		M50-54	M. Garcia	6.66	2016			W50-54	G. Johns-Rees	7.97	2007
		M55-59	L. Hess	6.89	2005			W55-59	T. Towle	8.51	2022
		M60-64	R. Aekins	6.92	2022			W60-64	G. Johns-Rees	8.85	2018
		M65-69	S. Snow	7.23	2021			W65-69	G. Johns-Rees	9.11	2021
		M70-74	W. Spirdione	7.66	2016			W70-74	A. Dupuis	11.36	2012
		M75-79	R. Gillespie	8.54	2021			W75-79	A. Dupuis	11.95	2015
		M80-84	J. Micavich	10.65	2022			W80-84			
		M85-89	N. Heard	10.7	2002			W85-89			
		M90-94						W90-94			
	M95-99	A. Chamberas	24.0	2000		W95-99					
60M (Retired)		M45-49				60M (Retired)		W45-49	J. Gifford-Coope	9.95	2011
		M50-54	P. Keeley	8.83	2009			W50-54	P. Fortuna	8.64	2012
		M55-59	S. Snow	8.02	2011			W55-59	G. Johns-Rees	9.56	2010
		M60-64	L. Hess	8.45	2009			W60-64			
		M65-69	B. Spirdione	8.89	2011			W65-69			
		M70-74	R. Daschbach	11.41	2010			W70-74	A. Dupuis	13.22	2009
		M75-79	J. Poley	9.60	2009			W75-79			
		M80-84	E. Fleming	17.63	2009			W80-84			
100M		M35-39				100M		W35-39			
		M40-44						W40-44	D. Gustavson	14.20	2019
		M45-49	B. Borromeo	11.84	2013			W45-49	D. Gustavson	14.44	2022
		M50-54	M. Garcia	11.95	2016			W50-54	G. Johns-Rees	14.72	2007
		M55-59	S. Snow	12.49	2009			W55-59	G. Johns-Rees	15.22	2010
		M60-64	R. Aekins	13.05	2022			W60-64	G. Johns-Rees	17.52	2019
		M65-69	S. Snow	13.55	2021			W65-69	G. Johns-Rees	17.70	2022
		M70-74	W. Spirdione	14.18	2016			W70-74	V. McCloskey	20.16	2019
		M75-79	J. Poley	15.28	2009			W75-79	E. Szawlowski	22.62	2010
		M80-84	R. Croak	20.40	2016			W80-84			
		M85-89	N. Heard	21.3	2002			W85-89			

		MEN						WOMEN			
200M	M35-39					200M	W35-39				
	M40-44						W40-44	D. Gustavson	30.00	2018	
	M45-49	M. Garcia	25.54	2013			W45-49	E. Hurley	35.32	2018	
	M50-54	M. Garcia	25.42	2016			W50-54	G. Johns-Rees	30.78	2008	
	M55-59	S. Snow	25.77	2009			W55-59	G. Johns-Rees	31.88	2010	
	M60-64	T. McDonough	27.11	2015			W60-64	G. Johns-Rees	37.39	2018	
	M65-69	T. McDonough	28.03	2019			W65-69	G. Johns-Rees	39.21	2022	
	M70-74	W. Spirdione	30.74	2016			W70-74	V. McCloskey	43.05	2019	
	M75-79	J. Poley	33.47	2010			W75-79				
	M80-84	K. Folsom	45.65	2006			W80-84				
	M85-89	N. Heard	54.9	2002			W85-89				

400M	M35-39					400M	W35-39				
	M40-44						W40-44	D. Gustavson	1:08.24	2019	
	M45-49	W. Darling	1:07.52	2016			W45-49	M. Sage	1:30.64	2017	
	M50-54	S. Metz	1:01.9	1996			W50-54	T. Ballou	1:06.11	2018	
	M55-59	S. Snow	1:03.96	2011			W55-59	P. Fortuna	1:27.67	2017	
	M60-64	T. McDonough	1:01.06	2015			W60-64	K. Kennedy	1:28.93	2021	
	M65-69	T. McDonough	1:03.49	2019			W65-69	K. Engle	1:43.04	2007	
	M70-74	A. Messenger	1:13.4	1996			W70-74	V. McCloskey	1:42.87	2019	
	M75-79	A. Messenger	1:16.1	1998			W75-79				
	M80-84	S. Moulton	1:51.63	2017			W80-84				
	M85-89	S. Moulton	2:09.19	2019			W85-89				

800M	M35-39					800M	W35-39				
	M40-44						W40-44				
	M45-49	J. Stanton	3:17.44	2016			W45-49	L. Towle	2:53.57	2011	
	M50-54	J. Tuttle	2:23.68	2008			W50-54	T. Ballou	2:35.31	2018	
	M55-59	J. McDougle	2:31.59	2010			W55-59	K. Frieden	3:18.56	2008	
	M60-64	R. Waterman	2:33.39	2012			W60-64	K. Kennedy	3:16.74	2021	
	M65-69	B. Michael	2:47.5	2021			W65-69	K. Engle	3:34.26	2007	
	M70-74	B. Spencer	2:52.58	2009			W70-74	V. McCloskey	3:54.49	2019	
	M75-79	A. Messenger	2:55.4	1998			W75-79	E. Szawlowski	4:13.98	2010	
	M80-84	B. Spencer	3:29.63	2018			W80-84				
	M85-89	B. Spencer	3:58.32	2021			W85-89				

1500M	M35-39					1500M	W35-39				
	M40-44						W40-44				
	M45-49	J. Stanton	7:18.03	2016			W45-49	L. Towle	5:49.98	2012	
	M50-54	J. Tuttle	4:52.63	2008			W50-54	T. Ballou	5:51.69	2018	
	M55-59	R. Waterman	5:12.36	2010			W55-59	C. Livingston	6:42.72	2021	
	M60-64	R. Waterman	5:15.12	2012			W60-64	M. Donovan	6:56.22	2016	
	M65-69	J. Kyle	6:00.07	2021			W65-69	D. Ebbetts	6:41.77	2022	
	M70-74	B. Spencer	5:51.35	2008			W70-74	K. Engle	8:43.66	2012	
	M75-79	B. Spencer	6:20.70	2012			W75-79				
	M80-84	S. Moulton	7:08.53	2014			W80-84				
	M85-89	S. Moulton	10:23.43	2019			W85-89				

	MEN					WOMEN			
5000M	M35-39				5000M	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	S. Audet	19:23.17	2015		W50-54			
	M55-59	D. Towle	22:35.13	2015		W55-59			
	M60-64	D. Austin	20:46.88	2018		W60-64			
	M65-69	J. Matthews	19:45.73	2021		W65-69	D. Ebbetts	23:34.80	2022
	M70-74					W70-74			
	M75-79					W75-79			
	M80-84					W80-84			

1500 RW	M35-39				1500 RW	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	R. McElvery	8:09.39	2008		W50-54	M. DeCotis	9:46.8	1998
	M55-59	R. Aucoin	8:56.6	1999		W55-59	R. Beaudet	10:51.96	2004
	M60-64	D. Towle	10:24.55	2018		W60-64	C. Pagnotta	11:06.36	2010
	M65-69	J. Diener	9:08.57	2016		W65-69	C. Pagnotta	11:05.85	2016
	M70-74	J. Diener	9:31.83	2019		W70-74	C. Pagnotta	12:47.09	2019
	M75-79	P. Bresiano	10:08.82	2018		W75-79			
	M80-84	P. Bresiano	11:04.31	2021		W80-84			
	M85-89	S. Moulton	12:48.95	2019		W85-89			

1500 PW	M35-39				1500 PW	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54					W50-54			
	M55-59					W55-59	E. Kolb	12:28.47	2018
	M60-64	P. Yankowskas	11:42.30	2018		W60-64	M. Evoy	11:02.20	2022
	M65-69	C. Luck	10:20.80	2022		W65-69	K. Nemeth	11:04.41	2022
	M70-74	L. Flint	12:25.03	2018		W70-74	H. Nedzbala	10:36.76	2022
	M75-79	J. Micavich	9:07.39	2018		W75-79	E. Livingston	11:46.31	2021
	M80-84	J. Micavich	9:49.18	2022		W80-84			

HIGH JUMP	M35-39				HIGH JUMP	W35-39			
	M40-44	T. Mbungo	4' 11"	2017		W40-44			
	M45-49					W45-49	M. Demirjian	2' 11.50"	2018
	M50-54	M. Brassard	5' 3"	2009		W50-54	J. Thackaberry	3' 9.25"	2011
	Tie	J. Kallfelz	5' 3"	2014					
	M55-59	R. Walton	4' 11.75"	2010		W55-59	M. Brown	3' 11.25"	2018
	M60-64	C. Wallin	4' 6"	2001		W60-64	A. Dupuis	3' 1"	1999
	M65-69	R. Walton	4' 4"	2015		W65-69	A. Dupuis	3' 1.75"	2008
	M70-74	M. Mueller	3' 11.25"	2014		W70-74	A. Dupuis	2' 11.5"	2011
	M75-79	J. Stinson	3' 9.5"	2010		W75-79	A. Dupuis	2' 6"	2014
	M80-84	B. Maki	3' 4"	1998		W80-84			

	MEN					WOMEN			
LONG JUMP	M35-39				LONG JUMP	W35-39			
	M40-44	T. Mbungo	17' 7"	2017		W40-44			
	M45-49	T. Mbungo	15' 11.00"	2021		W45-49	J. Gifford-Coope	10' 2.5"	2011
	M50-54	R. Content	18' 5"	2016		W50-54	N. Goldstein	10' 2.5"	2010
	M55-59	R. Aekins	17' 1.50"	2018		W55-59	A. Dupuis	8' 10"	1998
	M60-64	R. Aekins	16' 8.5"	2022		W60-64	A. Dupuis	8' 7.5"	1999
	M65-69	D. Conklin	13' 6"	2002		W65-69	A. Dupuis	8' 6"	2004
	M70-74	R. Whittemore	12' 9.25"	2012		W70-74	A. Dupuis	7' 0.25"	2009
	M75-79	D. Conklin	11' 11.5"	2010		W75-79	A. Dupuis	6' 10"	2015
	M80-84	R. Whittemore	6' 6.50"	2021		W80-84			
	M85-89	V. Mattson	3' 2.25"	2005		W85-89			

TRIPLE JUMP	M35-39				TRIPLE JUMP	W35-39			
	M40-44	T. Mbungo	36' 5.75"	2017		W40-44			
	M45-49	T. Mbungo	31' 6.75"	2021		W45-49	J. Hudziec	28' 8.25"	2022
	M50-54	R. Content	36' 9.5"	2016		W50-54			
	M55-59	S. Snow	33' 6"	2012		W55-59			
	M60-64	S. Snow	30' 7.5"	2015		W60-64			
	M65-69	C. Wallin	24' 3.5"	2009		W65-69	A. Dupuis	14' 7.25"	2008
	M70-74	R. Whittemore	27' 1.75"	2008		W70-74	A. Dupuis	15' 7"	2012
	M75-79	J. Stinson	25' 2"	2010		W75-79	A. Dupuis	13' 4.25"	2014

POLE VAULT	M35-39				POLE VAULT	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	P. Fichter	9' 0"	1999		W50-54			
	M55-59	R. Damery	8' 0"	1996		W55-59	A. Dupuis	4' 0"	1996
	M60-64	D. Conklin	9' 0"	1999		W60-64	A. Dupuis	4' 6"	2001
	M65-69	D. Conklin	9' 0"	2002		W65-69			
	M70-74	D. Conklin	8' 0"	2006		W70-74			
	M75-79	B. Morcom	8' 6"	1996		W75-79			

DISCUS	M35-39	D. Worden	120' 6"	2022	DISCUS	W35-39			
	M40-44					W40-44			
	M45-49	K. Allgair	126' 6"	2022		W45-49	D. Morey	62' 4"	2014
	M50-54	J. Radzelovage	131' 6"	2019		W50-54	K. Geurknik	103' 1"	2013
	M55-59	C. Wallin	133' 10"	1997		W55-59	D. Houseman	82' 1"	2017
	M60-64	L. Rosen	145' 6"	1998		W60-64	V. Thompson	81' 6"	2018
	M65-69	S. Holmes	145' 7"	2002		W65-69	V. Thompson	82' 11"	2022
	M70-74	S. Holmes	133' 11"	2008		W70-74	M. Stancer	50' 7"	2018
	M75-79	L. Rosen	116' 0"	2009		W75-79	A. Dupuis	46' 4"	2014
	M80-84	S Holmes	111' 7"	2017		W80-84	E. O'Connor	29' 2"	2006
	M85-89	S. Holmes	92' 6"	2021		W85-89			
	M90-94	B. Maki	53' 1"	2006		W90-94			

	MEN					WOMEN			
JAVELIN	M35-39	A. Hopkins	115' 3"	2019	JAVELIN	W35-39			
	M40-44					W40-44			
	M45-49					W45-49	J. Gifford-Coope	74' 1"	2012
	M50-54	B. Gagne	158' 11"	2001		W50-54	K. Haskins	55' 3"	2022
	M55-59	B. Gagne	164' 8"	2002		W55-59	L. Kling	67' 1"	2017
	M60-64	B. Gagne	176' 8"	2008		W60-64	L. Kling	62' 6"	2019
	M65-69	B. Gagne	165' 1"	2013		W65-69	V. Thompson	62' 2"	2022
	M70-74	B. Gagne	150' 3"	2018		W70-74	A. Dupuis	49' 2"	2011
	M75-79	G. Potter	89' 4"	2012		W75-79	A. Dupuis	46' 9"	2015
	M80-84	S. Holmes	87' 0"	2019		W80-84	E. O'Connor	20' 10"	2006
	M85-89	B. Maki	76' 9"	2001		W85-89			
M90-94	T. Desjourdy	108' 1"	1998	W90-94					

SHOTPUT	M35-39	A. Hopkins	40' 7.75"	2018	SHOTPUT	W35-39			
	M40-44					W40-44			
	M45-49	G. Taylor	44' 8.75"	2014		W45-49	D. Morey	21' 11.75"	2014
	M50-54	C. Wallin	49' 11.5"	1996		W50-54	D. Houseman	35' 5.25"	2013
	M55-59	C. Wallin	51' 4.5"	1997		W55-59	D. Houseman	30' 9.25"	2019
	M60-64	C. Wallin	49' 9"	2001		W60-64	V. Thompson	30' 9"	2018
	M65-69	C. Wallin	43' 7.75"	2006		W65-69	V. Thompson	30' 0"	2022
	M70-74	C. Wallin	43' 2.75"	2012		W70-74	J. Higgins	20' 9.25"	2018
	M75-79	L. Rosen	36' 0.25"	2009		W75-79	A. Dupuis	20' 6.5"	2015
	M80-84	S. Holmes	36' 9.75"	2017		W80-84	E. O'Connor	13' 2"	2008
	M85-89	S. Holmes	33' 3.25"	2021		W85-89			
M90-94	B. Maki	20' 0.25"	2006	W90-94					

WEIGHT THROW	M35-39	D. Worden	49' 6.5"	2022	WEIGHT THROW	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	G. Steelman	34' 1.50"	2019		W50-54	D. Houseman	41' 4.25"	2015
	M55-59	M. Warena	37' 3.25"	2016		W55-59	D. Houseman	44' 0"	2018
	M60-64	T. Irving	42' 1.5"	2015		W60-64	V. Thompson	41' 5"	2018
	M65-69	T. Irving	41' 10"	2019		W65-69	V. Thompson	34' 2.25"	2022
	M70-74	C. Wallin	48' 1.25"	2015		W70-74	J. Higgins	34' 9"	2018
	M75-79	C. Wallin	47' 5.25"	2016		W75-79			
	M80-84	C. Wallin	42' 9.75"	2022		W80-84			
	M85-89					W85-89			
M90-94				W90-94					

NOTE: TIMES WITH 1 DIGIT TO THE RIGHT OF THE DECIMAL PLACE (27.3) ARE HAND TIMED RESULTS (from a stopwatch). TIMES WITH 2 DIGITS TO THE RIGHT OF THE DECIMAL PLACE (27.35) ARE AUTO TIMED RESULTS (cameras & computer software). TO CONVERT "HAND TIMES" TO "AUTO TIMES" ADD .24 SECONDS TO THE TRACK RESULTS FOR RACES 400 METERS AND LESS. FOR RACES GREATER THAN 400 METERS, ADD .14 SECOND TO THE RESULT.

NATIONAL SENIOR GAMES RECORDS AND RESULTS CAN BE FOUND ON THEIR WEB SITE:

WWW.NSGA.COM.

REGISTRATION & DECLARATION PROCEDURES

2023 NEW HAMPSHIRE SENIOR GAMES

TRACK EVENTS ONLY

FIELD EVENTS CHECK IN AT EVENT LOCATION



1. REGISTER *(upon arrival at the press box on top of the east side bleachers)*

- Obtain **BIB number**. Pin on **front** or **back** of shirt or singlet
- **Cannot** compete without **BIB number** (**NO exceptions**)
 - ➡ Required for both track & field events

2. DECLARE *(anytime up to 30 minutes prior to event)*

- **Cannot** compete without **declaring** your intention to do so
- **CANNOT “ADD” OR “CHANGE” EVENTS, ONLY SCRATCHES**
- Check in (✓) or scratch (by drawing a line through your name) on the event sheets at the declaration table located near the center of the infield.
 - ➡ Sheets are sent to timing table for seeding & lane assignments
- Declaration closes 30 minutes prior to start of event
 - ➡ Failure to declare will result in being scratched from the event

3. BULLPEN (the starting line of your track event)

- Races are announced on PA system
 - ➡ Three calls (1st, 2nd & 3rd)
- “Check Out” with field event official (if a field event is in progress)
- Proceed to **starting line** (*no later than 3rd call*)
 - ➡ Obtain heat #, lane assignment & hip #'s (**place on left hip**)
- “No Shows”, “Undeclared” & “No BIB #” athletes are **scratched** from event

4. COMPETE

- **TRACK EVENTS HAVE PRIORITY OVER FIELD EVENTS**
- No make ups, all races are final
- Return quickly to field event competition & “check back in with officials”

5. RESULTS

- Posted on results board at conclusion of event & live at **lancertiming.com**
- Review results
 - ➡ Report errors to Meet Director, **not timing table**