Who is Eligible to Participate in NHSG?

New Hampshire is an “open” state which means our games are open to residents and non-residents alike to participate in our summer games. The NH Senior Games provide senior athletes with an opportunity to compete in a variety of athletic events and activities. Competition in men’s and women’s categories feature five-year age groups starting at 40-44, 45-49, 50-54, 55-59, etc. Only athletes 50+ may qualify for NSGA in a qualifying year.

To view the full schedule and to register, please visit www.NHSSeniorGames.org

How Does NHSG Recognize Achievement?

Amateur senior athletes from the ages of 40 to 100+ years old will converge on New Hampshire to compete for Gold, Silver, Bronze in each 5-year age group for both men and women.

How Does One Get Involved in NHSG?

The NH Senior Games is always looking for volunteers, sponsors and athletes to join our organization or participate in one of our many sports. To learn more visit our web page, www.NHSSeniorGames.org or contact us at

603-620-2806
info@nhseniorgames.org

New Hampshire Senior Games
497 Hooksett Road, Unit 252
Manchester, NH 03104

The New Hampshire Senior Games (dba Granite State Senior Games) was founded in 1987 and is a nonprofit 501 (c) 3 all volunteer sports and fitness organization governed by a Board of Directors. We are the only New Hampshire Organization sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games.

Our Mission

Organize healthy physical challenges for those age 50+ in New Hampshire

Present that group with related activities that enhance well being

Promote the development of fitness and active lifestyles in maturity

For Fitness – Be healthier and enjoy a higher quality of life; look better, feel better and live longer.

For Friendship – Meet new people, make new friends; do things with others who have similar interest.

For Fun – Participate in organized fitness and competitive activities; fulfill the desire to renew participation in your favorite sports.
2019 SPORTS/SCHEDULE

ARCHERY
SUN, JUL 21 - 9:00 AM
Pioneer Sportsmen, Dunbarton, NH

BADMINTON
SUN, AUG 11 - 10:00AM
Mercer Gym - Colby-Sawyer Coll., New London, NH

BASKETBALL 3 on 3 **
SAT, AUG 3 - 8:00AM
Hamel Recreation Center, UNH-Durham, NH

BOWLING (CANDLEPIN) *
FRI, JUN 28 - 1:30PM
Lakeside Lanes, Manchester, NH

BOWLING (TEN PIN) *
FRI, JUL 12 - 3:00PM
Spare Time Lanes, Manchester, NH

BEAN BAG TOSS *
SAT, JUL 13 - 10:00AM
Livingston Park, Manchester, NH

DISC GOLF
SAT, JUL 13 - 8:00AM
The Hollows, Manchester, NH

GOLF 18 HOLE SCRATCH *
WED, AUG 28 - 10:00AM
Beaver Meadow Golf Course, Concord, NH

Pickleball
SAT, AUG 3 - 8:00AM (DOUBLES)
SUN, AUG 4 - 8:00AM (MX DBLS)
Hamel Recreation Center, UNH-Durham, NH

POWER WALK (1500m) *
SUN, AUG 18 - 1:45PM
Gatsas Athletic Complex, Livingston Park, Manchester, NH

RACE WALK (1500m) *
SUN, AUG 18 - 10:30AM
Gatsas Athletic Complex, Livingston Park, Manchester, NH

RACQUETBALL
SAT AUG 3 - 9:00AM
Salem Athletic Club, Salem, NH

ROAD RACE 5K*
SAT, AUG. 10 - 9:00AM
Lamprey Health Care, Newmarket, NH

SWIMMING
SAT, AUG 3 - 8:30AM
YMCA of Greater Nashua, Nashua, NH

TABLE TENNIS
SUN, AUG 4 - 11:00AM
Boys & Girls Club of Manchester, NH

TENNIS
SAT, AUG 24 - 12:30PM (SINGLES)
SUN, AUG 25 - 10:00AM (DBLS/MX DBLS)
Mountainside Racquet & Fitness, New London, NH

TRACK & FIELD *
SUN, AUG 18 - 8:00AM
Gatsas Athletic Complex, Livingston Park, Manchester, NH

CLOSING CEREMONIES
SUN, AUG 18 - 2:30PM
Gatsas Athletic Complex, Livingston Park, Manchester, NH

**Basketball online registration Deadline is July 27
*Same day registration permitted on certain Sport(s) – cash & checks, no credit cards.
Online registration deadline is one (1) week prior to first day of event