



## 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.*

The New Hampshire 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.

### 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.

Competition in men’s and women’s categories feature five-year age groups starting at 35-39 for some sports, with Gold, Silver and Bronze medals awarded. Athletes starting at 50-54 may qualify for the National Senior Games.



*Register Online!*

To view the full schedule and to register, please visit

[www.NHSeniorGames.org](http://www.NHSeniorGames.org)

### How Does One Get Involved in NHSG

We’re always looking for more volunteers, sponsors and athletes.

To learn more visit our web site,

[www.NHSeniorGames.org](http://www.NHSeniorGames.org)

or contact us at

**603-488-0229**

[info@nhseniorgames.org](mailto:info@nhseniorgames.org)

### New Hampshire Senior Games

497 Hooksett Road, Unit 252

Manchester, NH 03104

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## 2022 New Hampshire Senior Games

*Where Fun & Fitness Meet!*

PRESENTED BY



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Colonial Printing	Playa Bowls
Crown Trophy Hooksett	Salem Athletic Club
Culture Pop	New Hampshire Audubon
Exeter Parks and Recreation	The Common Man Family
Game Changer Sports Bar & Grill	U-Haul Manchester Airport
Great NH Restaurants	Yankee Lanes Manchester

# 2022 SPORTS SCHEDULE

**ONLINE REGISTRATION DEADLINE:**

is usually one (1) week prior to first day of event

\* Same day registration permitted on certain Sports:  
cash & checks, no credit cards.

**ATHLETES APPRECIATION LUNCHEON**

**SAT, APR 30 - 11:30 AM to 1:00 PM**  
New Hampshire Audubon, Concord, NH

**ARCHERY**

**SUN, JUL 10 - 9:00 AM**  
Pioneer Sportsmen, Dunbarton, NH

**BADMINTON**

**SUN, AUG 14 - 10:00 AM**  
Mercer Gym - Colby-Sawyer Coll., New London, NH

**BASKETBALL 3 on 3**

**SAT, JUL 23 - 9:00 AM**  
Hogan Center - Colby-Sawyer Coll., New London, NH

**BOWLING (CANDLEPIN) \***

**FRI, JUN 24 - 1:00 PM**  
Boutwell's Bowling Center, Concord, NH

**BOWLING (TEN PIN) \***

**FRI, JUL 8 - 3:00 PM**  
Yankee Lanes Manchester, Manchester, NH

**CORNHOLE \***

**SAT, JUL 16 - 1:00 PM (DOUBLES)**  
**SUN, JUL 17 - 1:00 PM (SINGLES)**  
Game Changer Sports Bar & Grill, Londonderry, NH

**CYCLING 20K/10K/TT**

**SUN, SEPT 18 - 9:00 AM, 10:30 AM, 10:30 AM**  
The Landing, Brunswick, ME

**DISC GOLF**

**SAT, JUL 9 - 9:00 AM**  
The Hollows, Manchester, NH

**GOLF 18 HOLE SCRATCH**

**WED, AUG 24 - 9:00 AM**  
Beaver Meadow Golf Course, Concord, NH

**PICKLEBALL**

**FRI, AUG 12 - 1:00 PM (SINGLES)**  
**SAT, AUG 13 - 8:00 AM (DOUBLES)**  
**SUN, AUG 14 - 8:00 AM (MX DBLS)**  
Exeter Parks and Recreation - Exeter, NH

**POWER WALK (1500m) \***

**SUN, AUG 21 - 9:00 AM**  
TBD, Manchester, NH

**RACE WALK (1500m) \***

**SUN, AUG 21 - 9:00 AM**  
TBD, Manchester, NH

**RACQUETBALL**

**SAT, AUG 6 - 9:00 AM**  
Salem Athletic Club, Salem, NH

**ROAD RACE 5K/10K \***

**SAT, JUL 23 - 10:00 AM/8:00 AM**  
Sanford-Springvale YMCA, Sanford, ME

**SHUFFLEBOARD**

**THU, JUL 14 - 8:30 AM**  
JFK Memorial Coliseum, Manchester, NH

**SWIMMING**

**SAT, JUL 23 - 12:00 PM**  
Hogan Center - Colby-Sawyer Coll., New London, NH

**TABLE TENNIS**

**SUN, AUG 7 - 11:00 AM**  
Boys & Girls Club of Manchester, NH

**TENNIS**

**SAT, AUG 27 - 12:30 PM (SINGLES)**  
**SUN, AUG 28 - 10:00 AM (DBLS/MX DBLS)**  
YMCA Allard Center, Goffstown, NH

**TRACK & FIELD \***

**SUN, AUG 21 - 9:00 AM**  
TBD, Manchester, NH

**VOLLEYBALL**

**SUN, JUL 24 - 10:00 AM**  
Hogan Center - Colby-Sawyer Coll., New London, NH



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