

21st Annual Granite State Senior Games July 30 thru August 23, 2008 Manchester, NH Registration Packet

Please refer to the **EVENT SCHEDULE** for information

Phone: 603-622-1690 Fax: 603-622-9041 www.nhseniorgames.org

ELIGIBILITY & AGE GROUPS

Granite State Senior Games is open to anyone 50 years of age or better as of December 31, 2007. There are 8 competition age groups for men & women: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.

AGE GROUP PLACEMENT IS DETERMINED BY YOUR AGE AS OF DECEMBER 31, 2008

For Doubles, Mixed Doubles. & Team sports, the youngest player's age determines the age bracket.

REGISTRATION FEES

The **Early Bird Fee**, (postmarked By **June 20**) is **\$15** for New Hampshire residents and **\$25** for non-Residents.

Entries postmarked by **July 24** require a fee of **\$25** for New Hampshire residents and **\$35** for non-residents.

Entries postmarked after **July 24** require a **Late Fee of \$5** and will be accepted only if space is available in the selected event(s).

Please note: There is an additional fee for **GOLF**.

The fee includes: entry into all competitive events, a GSSG commemorative t-shirt, games program book and the Friday Night Athlete Social.

Refunds: No refunds for no shows.

CHECK-IN PROCEDURE

There is **NO** central check-in location. All athletes must check in at their respective sport venues at least 30 minute prior to the listed event start time. Pick up your t-shirt and games program book there; venue locations and directions are shown on the following pages.

AWARDS and 2009 National Senior Games Qualifiers

At the conclusion of each sport competition, **Gold, Silver & Bronze medals** will be presented to 1st, 2nd, and 3rd place finishers in each event and age group. Medals will be awarded to those finishers regardless of their state of residence.

NOTE: GSSG's 2008 games are a qualifying event for the 2009 National Senior Games August 1 thru 15, 2009 in the San Francisco Bay area of CA. All first, second and third finishers in each age bracket will qualify for that event, except: in tennis & cycling only 1st & 2nd will qualify; Golfers must qualify by score; in horseshoes, doubles is not a qualifying event; in basketball only top 2 teams qualify. Pistols is not a qualifying event. Since NH is an "open state" the "Qualifying Down" rules comes into play; if any of the top 3 spots are taken by a non-NH resident, the top 3 NH residents will qualify.

THIS & THAT

Big Thanks to ANTHEM BCBS, MERCHANTS AUTO, HILLCREST TERRACE RETIREMENT COMMUNITY, THE COGSWELL BENEVOLENT TRUST, STRUCTURES UNLIMITED, ANHEUSER BUSCH, THE BIRCHES AT CONCORD, QUIRK CHEV/BUICK/HUMMER, and others who supply the fuel for the successes of GSSG.

This year's Athlete Social is set for Friday Night, August 8, 2008, 6 to 8 PM, once again at The Chateau Restaurant at Hanover & Union Streets in downtown Manchester. There will be a light buffet, fun, fellowship and entertainment that are guaranteed to tickle your funny bone. Tell us if you'll be there; yes or no & how many (2 max). We need a count of attendees. The Social is free, but sign up only if you plan to attend.

REGISTRATION REMINDERS

There are several changes, both dates and venues since last year. Check the **EVENT SCHEDULE** carefully. Choose your sports with the knowledge that events will start on time. It's difficult to be in 2 places at the same time.

For all **doubles events**-You need to find your own partner. For Tennis & Table Tennis, indicate your USTA or USATT rating, if you have one.

Take advantage of the "**Early bird**" cost savings. **Registration by June 20 will put \$10 back in your pocket!!**

Be sure to sign & date the **Waiver of Liability**. Unsigned entries will be returned for signature.

Be sure to use the **FEE SCHEDULE** & make your check for the correct amount.

Tell us your **T-shirt size**, so that all will get the proper fit.

If you plan to compete if you qualify for the 2009 National Games in San Francisco, tell us "yes"

2008 SCHEDULE OF EVENTS

Wednesday July 30 - **CLOSED**

GOLF: 9:00 am shot-gun start at Candia Woods Golf Links, Candia NH (483-2307). The number of participants will be capped at 72 so register early. 18 hole scratch-Par 72; greens fee includes ½ a cart; please sign in by 8:00 am as we will start promptly. **If you prefer to play in a specific foursome please call 603-471-0605 BEFORE July 25th. Please use online registration as it makes immediate confirmation of your foursome registration.** Directions at www.candiawoods.com

Saturday August 2

TENNIS: 8:30am-Singles, then 12:30pm-Mixed Doubles at YMCA-Allard Ctr, Goffstown, NH (497-4663) Format will be determined by No. of entrants in each age bracket; Players must provide their own racquets & practice balls.
Directions: from I-293, exit 6 (Amoskeag Bridge/Manchester); Following signs to Goffstown Road; follow Goffstown Rd. approx. 4 miles; Allard center will be on your left.

RACQUETBALL: 9:00 am at the Executive Court Club, at the Manchester Airport (668-4753).Note: Doubles is a new event for 2008. Athletes must provide their own racquets; balls will be provided; protective eyewear designed for racquetball sports is mandatory.
Directions: I-93 to I-293 West, then exit 2-Brown Avenue-South; then follow signs to Manchester Airport.

PISTOL SHOOT: 11:00 am-Pioneer Sportsmen's Club-Dunbarton, NH (774-4462). A 900 round (slow fire, national match, timed fire, rapid fire); Shooters to supply their own .22 caliber pistol or revolver; NRA rules will govern; eye & ear protection required.
Directions: I-93 to I-89-North; 3 miles to exit 2 (Rt. 13); left at bottom of ramp; go approx. 3.8 miles; look for Pioneer sign on rt.

BASKETBALL: 9:00 am at the Rochester, NH Community Center; 3-on-3 half court; team members must be same sex; Playing time is 2 halves of 12 minutes each; ties will be broken by a 1 minute stop-clock overtime. Directions: NH Rt. 16 North to exit 16 to Rt. 202 East; exit to Rt. 225 (Wakefield Street) South; pass the Lilac Mall; The Community Center will be a short distance on the right.

Sunday August 3

TENNIS: 8:30 am- Doubles at YMCA-Allard Center, Goffstown; Rules and Directions are the same as Saturday Tennis.

ARCHERY: 10:00 am Richard Hanson Park, Albin Rd. Bow, NH. An American 900 round, 30 arrows each at 40, 50 & 60 yards. Archers to bring their own bows and arrows.
Directions: Take I-93 to I-89N. Take exit 2, Clinton St. At end of ramp, turn left. At top of hill, take first left onto Silk Farm Rd. This road becomes Albin Rd. Richard Hanson Park is on your right once you enter Bow town line. Go to 2nd entrance (do not enter where sign is, continue on Albin Rd to next entrance on your right).

ROAD RACE: 9:00am in the East Industrial Park Drive area of Manchester; 5K and 10K will be run concurrently (a race within a race). Competitors in all age groups and sexes will run together. Directions: From I-93 North or South, exit 6 and go East on Candia Road about ¼ mile; turn right onto E. Ind. Park Drive, following the Union Leader signs and left onto Holt Avenue.

RACE WALK 5K: 10 am- on the same course as the 5K/10K 9 am Road Race. This is a TECHNICAL race walk conducted in

accordance with USATF rules. Failure to use proper techniques will mean disqualification.

Thursday August 7

SHUFFLEBOARD: 8:30 am @ JFK Coliseum, Maple Street, Manchester. Four courts will be available; cues & discs provided; format will be determined by number of players in each bracket.

BOWLING-TEN PIN: 3:30 pm – Stadium Lanes, Valley & Maple Streets, Manchester, NH (635-9656) 3 Games of scratch bowling, singles only.
Directions: I-93 North or South- Exit 6 to Candia Road; go West approx. ½ mile to dead end; Turn right and take immediate left; at the fork, bear left onto Valley Street; Approx. 0.7 mile to venue.

Friday August 8

BOWLING-CANDLE PIN: 1:30pm in two locations – Lakeside Lanes, Manchester & Boutwell's Bowling Center, Concord. Chose only one site. 3 strings of scratch bowling, singles only. Medals will be awarded to top 3 bowlers in each age bracket at location. Directions at Lakeside Lanes, Candia Road, Manchester, NH (627-7722). 3 strings of scratch bowling- singles only.
Directions: I-93, exit 6, head East on Candia Road approx. 1 mile to venue on the right. Alternate: I-93, exit 7 to Rt.101 East to exit 1, then right to traffic circle; ¼ way around circle to Candia Road; venue is on the left.

FRIDAY NIGHT ATHLETE SOCIAL: 6pm to 8pm at The Chateau Restaurant, downtown Manchester, Hanover & Union Streets. Light buffet with meats, salads, desserts, beverages and entertainment. This is your chance to meet old friends, make new friends and "tell stories"!!! No charge for each senior athlete and a guest. Tell us you will be there via the registration form.

Saturday August 9

HORSESHOES: 9:00am at Cercle National Club, West Manchester, NH (623-8243); horseshoes will be provided; 30 shoes shall be pitched by each singles competitor or doubles team; a 4-shoe tie-breaker will decide ties. Women 50-74 will pitch at 30 feet; 75+ at 20 feet; Men 50-69 will pitch at 40 feet; men 70+ may pitch at 30 feet.
Directions: I-293, exit 6; from the North, at the stop sign, turn left (Eddy Road); from the South, follow around the rotary & exit at the sign for West Manchester; in both cases proceed to traffic light at Bridge Street & turn right; at the first traffic light go right and then a quick left onto Kelly Street; continue across the bridge; at dead end, turn left and then a quick right at Cumberland Farms; Cercle National will be on your right.

SWIMMING: 1:30 pm (warm-ups at 1:00 pm) at the YMCA Allard Center, Goffstown, NH; a 6 lane 25 yard pool with an electronic timing system; swimmers may enter a maximum of **6 events**; Order of events are shown on the entry form.
Directions: Same as for Tennis.

SCHEDULE of EVENTS CONTINUES
on NEXT PAGE

Schedule of Events (Continued)

Sunday August 10

CYCLING: On the same course as Road Race (See August 3rd schedule). 9:00 am- 5k & 10k Time trials will run separately; 10:30am- 20k & 40k Road Races will be run as a race-within-a-race (timed at 20k & again at 40k); cyclists to provide own bicycles and Helmets (mandatory). DIRECTIONS: as for Road Race and Race Walk

TABLE TENNIS:

9:00 am -The Girls & Boys Club, Union Street, Manchester (625-5982)

Players must bring their own paddles; 40mm balls will be provided; all matches will be best 3 of 5, 11 point games.

Directions: I-93 North or South, exit 8; turn right onto Bridge Street; continue West on Bridge Street, turning left at 4th traffic light (Union Street); 2 blocks to venue on the left.

BADMINTON:

10:00 at the Concord Racquet Club, Garvin Falls Road, Concord, NH (228-8894). Players must bring their own racquets; shuttlecocks will be provided. Format will be decided by number of entries.

Directions: I-93, North or South-exit 13; travel South on Rt.3 approx. 1 mile; turn right at Dunkin Donuts to the venue.

Sunday August 17

TRACK & FIELD + 1500m RACE WALK

9:00 am at Livingston Park, Gatsas complex, Manchester, NH; Field & Jump events (shot put, discus, javelin, high jump, long jump, triple jump, pole vault)

Mandatory weigh-in- field-event implements prior to 9 am.

Order of events shown on registration form; (max. ¼" spikes allowed). The 1500m Race Walk starts at approximately 11:30 am.

Directions: From I-93 North or South; exit 9-S (South); venue is ½ mile South on the right.

Lodging in & Around Manchester

Comfort Inn 669-2600
Courtyard by Marriott 641-4900
Fairfield Inn by Marriott 625-2020**
Highlander Inn 625-6426
Holiday Inn 641-6466
Holiday Inn Express 669-6800**
Radisson Hotel 625-1000
Sheraton Four Points Hotel 668-6110**
Springhill Suites by Marriott 668-9400
Super 8 Motel 623-0883
Wayfarer Inn 6223766

*-Closest to Track & Field, Tennis, Swimming

**Closest to Cycling & Road race

Manchester-Boston Regional Airport is served by US Airways, Delta Airlines, American Airlines, Comair, Continental Airlines, Northwest Airlines, Southwest Airlines & Air Canada.

**Mail only the two-page signed 2008
GSSG Registration Form with your
check to:**

**Granite State Games
11 Stagecoach Way
Manchester, NH 03104-5759**

National Senior Games Association

Granite State Senior Games is a member of NSGA and is the only organization in New Hampshire certified to qualify athletes for the bi-annual National Games.

Future Events

GSSG's 2008 event will serve as a qualifier for the 2009 National games scheduled for mid-Summer in the San Francisco Bay area of California.

GSSG's 2010 event will serve as a qualifier for the 2011 National games scheduled for Houston, Texas.

The National Games is expected to attract 11,000-to-12,000 senior athletes competing in 18 sports.

2008 GSSG Registration Form

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** Registration Early Bird June 20 ** Final Registration July 24**

Name Last First M.I. Male Female

Mailing Address Street City State Zip

Phone email (optional)

Date of Birth Age (As of 12/31/2008)

Emergency Contact Emergency Contact Phone #

WAIVER of LIABILITY (Please read before Signing)

Granite State Senior Games recommends that participants consult their physicians with regard to practice, preparation and competition in the Senior Games program.

I, the undersigned, hereby agree to indemnify, save, and hold harmless Granite State Senior Games, Inc., all contributing companies and agencies, or any of their agents or representatives for my health, safety, or any injury resulting from my participation in The Games.

I have prepared myself for the events that I have entered by practicing prior to The Games. To the best of my knowledge and belief, I have no physical restrictions that would prohibit my participation in the events I have selected. I consent to have my picture or likeness used in any media representation of The Games incidental to my participation.

Signature Date

HOW TO BECOME A GSSG MEMBER OR PARTNER

The GRANITE STATE SENIOR GAMES MEMBER / PARTNER PROGRAM provides an excellent vehicle by which you may further support our efforts. As a \$20 MEMBER you will receive a member card and your choice of a GSSG logo pin or an attractive embroidered log patch, both featuring the "Old Man of the Mountains. He may be gone but will always remain in our memories!!! As a \$40 PARTNER you will receive a member card and both the pin and patch. Either way, your participation indicates that you like what we do and the way we do it and wish to give GSSG your additional support!!!!

Fee Schedule for 2008 Granite State Senior Games

Important Information

- NH Resident "Early Bird" postmarked by June 20 \$15
NH Resident postmarked by July 24 \$25
Non-resident "Early Bird" postmarked by June 20 \$25
Non-resident postmarked by July 24 \$35
Add GOLF greens fee (includes 1/2 cart) \$20
Add GSSG Membership (optional) \$40
Add GSSG Partnership (optional) \$90
Basketball Team (\$90 fee includes individual fees) \$5

I WILL / WILL NOT attend the Aug 8 Fri. Nite Social How Many? 1 or 2 (Circle, please)

T-SHIRT SIZE M L XL XXL (Circle, please)

LATE FEE REGISTRATIONS AFTER JULY 24 \$ 5

Total of all entry fees: \$

VERY IMPORTANT: IF YOU QUALIFY for NATIONALS AND INTEND TO COMPETE IN THE AUG 1 - 15, 2009 NATIONAL SENIOR GAMES IN SAN FRANCISCO PLEASE CIRCLE "YES". Only those who circle "Yes" will be entered in the qualified list sent to the National HQ. (YES)

Your cancelled check is your acknowledgements for paper registration. No Refunds for No-Shows

CHECKLIST

Filled in all personal information****Indicated shirt size****Checked Fri Nite Social****Signed & dated waiver of liability Totaled all fees with check to GSSG***Added late fee (if required)***Completed pages 1 & 2***Circle "Yes" if you qualify and intend to compete in the nationals.

Make Check Payable To: Granite State Senior Games

Mail To: GRANITE STATE SENIOR GAMES 11 STAGECOACH WAY MANCHESTER, NH 03104-5759

FOR OFFICE USE ONLY

Date Received: Check #: Amount Date Entered

2008 GSSG Registration Form

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Athlete Name _____

Event Information (Check each event in which you wish to participate)

Please avoid conflicts – Events will start on time.

ARCHERY

- Compound Finger, Compound Release, Recurve, Comp. Finger (barebow), Recurve (barebow)

BADMINTON

- Singles, Doubles/Partner, Mxd. Dbls/Partner

BOWLING (Singles only)

- Ten Pin (Manchester), Candle Pin Lakeside Manchester, Candle Pin Boutwell's - Concord

CYCLING

- 5k Time Trial, 10k Time Trial, 20k Road Race, 40k Road Race

GOLF GOLF REGISTRATION IS CLOSED FOR 2008

HORSESHOES

- Singles, Doubles/Partner

PISTOL SHOOT

- Ninety Shot Match at 25 yards. You must provide your own 22 cal pistol or revolver & eye and ear protection.

RACE WALK (Technical)

- 5000 m (Sunday 8/3), 1500m (Sunday 8/17-see below*)

RACQUETBALL

- (Singles), Doubles/Partner

ROAD RACE

- 5k, 10k

SHUFFLEBOARD

- Singles, Doubles/Partner

SWIMMING (Limit= 6 events) Order of Events

- 100 free, 100 I.M., 50 breast, 50 fly, 200 back, 500 free, 50 back, 100 breast, 100 fly, 200 free, 50 free, 200 I.M., 100 back

TABLE TENNIS (USATT RATING)

- Singles, Doubles/Partner, Mxd. Dbls./Partner

TENNIS (USTA RATING)

- Singles, Doubles/Partner, Mxd. Dbls./Partner

TRACK & FIELD

- Order of Track events: 50m, 800m, 100m, 1500m Racewalk, 400m, 1500m, 200m, Discus, Shot Put, Javelin, High Jump, Long Jump, Triple Jump, Pole Vault

Men's BASKETBALL—(3-on-3) Only TEAM entries will be accepted. Team captains to contact GSSG @ 603-622-1690 for an Official Roster Form. Captains to submit roster with all players' information along with \$90 team fee to GSSG postmarked July 24, latest. (max 8 players per roster).

Women's BASKETBALL—(3-on-3) Contact GSSG @ (603) 669-8882 or (603)-674-9687 for an Official Roster Form. Captains to submit roster with all players' information along with \$90 team fee to GSSG postmarked July 24, latest. (max 8 players per roster).