

22nd Annual Granite State Senior Games May 2 thru July 26, 2009 Manchester, NH Registration Packet

Please refer to the **EVENT SCHEDULE** for information
Phone: 603-232-3900 www.nhseiniorgames.org

ELIGIBILITY & AGE GROUPS

Granite State Senior Games is open to anyone 50 years of age or better as of December 31, 2009. 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, 2009.** For Doubles, Mixed Doubles. & Team sports, the youngest player's age determines the age bracket.

REGISTRATION FEES

The **Early Bird Fee**, (postmarked By **March 13**) is **\$25** for New Hampshire residents and **\$35** for non-Residents. Entries postmarked by **April 16** require a fee of **\$30** for New Hampshire residents and **\$40** for non-residents. Entries postmarked after **April 16** 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**. (\$30 in 2009)

The fee includes: entry into all competitive events, a GSSG commemorative t-shirt, games program book. **(The Friday Night Athlete Social is an additional \$5 per person.)**

Refunds: May be made for valid reasons, preceding the day of your event and will be made at the discretion of GSSG.

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

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.

SOCIAL

This year's Athlete Social is set for Friday Night, May 8, 2009, 6:00 p.m. to 8:30 p.m., once again at The Chateau Restaurant at Hanover & Union Streets in downtown Manchester. There will be a light buffet, fun, fellowship & entertainment that is guaranteed to tickle your funny bone!!! Tell us if you'll be there; yes or no & how many (2 max). We need to have a count. Remember, this year there will be a charge, \$5 per person.

REGISTRATION REMINDERS

There are several reminders & 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. **NOTE: In doubles and mixed doubles, you may compete in ONLY one age bracket.** Take advantage of the "**Early bird**" cost savings. Register by March 13th and put \$\$\$ 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 correct **FEE SCHEDULE** & make your check for the correct amount. Tell us your **T-shirt size**, so that all will get the proper fit. Tell us if you plan to attend the **Friday Night Athlete Social**. We need an accurate count for planning.

Plan to enter the GSSG **RAFFLE**!! This year there will be many exciting items available. The drawing will be held Friday, May 8th at the Friday Night Athlete Social.

2009 Schedule of Events

SATURDAY MAY 2

TENNIS: 8:30 a.m. **Singles**, then 12:30 p.m. **Mixed Doubles** at YMCA Allard Center, Goffstown (497-4663). Format will be determined by number of entrants in each bracket; players must provide their own racquets & practice balls. DIRECTIONS: From I-293-exit 6 (Amoskeag Bridge/Manchester) follow Goffstown Road approx. 4 miles; YMCA will be on your left.

SUNDAY MAY 3

TENNIS Doubles: 8:30 a.m. - at YMCA-Allard Center, Goffstown. Rules & directions are same as Saturday Tennis.

ARCHERY: 9:00 a.m. at the Pioneer Sportsman's Club Dunbarton, NH; an American 900 round, 30 arrows each from 60, 50 & 40 yards; archers to supply their own bows & arrows. 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 right.

BADMINTON: 10:00 a.m. 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 the number of entries. DIRECTIONS: I-93, North or South, Exit 13; travel South Approx. 1 mile; turn right @ Dunkin Donuts to the venue.

THURSDAY MAY 7

SHUFFLEBOARD: 8:00 a.m. at the JFK Coliseum, Maple Street in Manchester. 4 courts will be available; cues & discs will be provided; format will be determined by number of players in each bracket. DIRECTIONS: I-93 North or South, exit 6 to Candia Road; go West approx. ½ mile to dead-end; turn right & take immediate left; at the fork, bear left onto Valley Street; approx. 0.7 mile, turn right onto Maple Street; venue will be on the left.

FRIDAY MAY 8

BOWLING-TEN PIN: 3:00 p.m. at Stadium Lanes, Valley & Maple Streets; 3 games of scratch bowling, singles only. DIRECTIONS: Same as Shuffleboard except @ Maple Street go straight & then 1st left, into venue parking lot.

FRIDAY NIGHT ATHLETE SOCIAL: 6:00 p.m. to 8:30pm at The Chateau Restaurant, Hanover & Union streets in downtown Manchester. A light buffet with meats, salads, desserts, beverages, plus entertainment. This is your opportunity to meet old friends, make new friends, and "tell stories"!!! \$5 per person. Bring a guest. **TELL US YOU'LL BE THERE VIA THE REGISTRATION FORM. We need a count.**

SATURDAY MAY 9

HORSESHOES: 9:00 a.m. at Cercle National Club, West Manchester (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; follow signs to WEST MANCHESTER; at the first traffic light turn right onto Amory Street; go right at the first light and then a quick left onto Kelly street; continue over the Biron bridge to dead end; turn left and then a quick right at Cumberland Farms; Cercle National will be on your right.

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

SWIMMING: 1:00 p.m. (warm-ups @ 12:45 p.m.) at the YMCA-Allard Center, Goffstown, NH; a six-lane, 25 yard pool with electronic timing system; swimmers may enter a maximum of **6 events**. DIRECTIONS: Same as for Tennis.

SUNDAY MAY 10

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

RACE WALK 5K: 10:00 a.m. on the same course as the 5K/10K road race. Note that this is a TECHNICAL race walk conducted in accordance with USATF rules. Failure to use proper techniques will face disqualification. DIRECTIONS: Same as the 9 a.m. road race.

FRIDAY MAY 15

BOWLING-CANDLEPIN: 1:30 p.m. in **Two locations**--Lakeside Lanes, Manchester & Boutwell's Bowling Center, Concord; **choose one or the other**. 3 strings of scratch bowling, singles only. Medals will be awarded to top 3 bowlers in each age bracket at each location. DIRECTIONS: To Lakeside- I-93 exit 6 to Candia Road; go East approx. 1 mile to venue on the right; To Boutwell's - I-93 exit 15, go West toward City of Concord; at Main St. bear right onto Rt. 3A; venue is a short distance on the right.

FRIDAY MAY 15

TABLE TENNIS: 9:00 a.m. William B. Cashin Senior Activity Center – 151 Douglas Street - Manchester; players must bring their own paddles; 40mm balls will be provided; all matches will be best 3 Of 5, 11-point games. DIRECTIONS: I-293, North or South to Exit 5 (Granite Street) proceed to West Manchester, at Dunkin Donuts take a right and left at Douglas Street.

SATURDAY MAY 16

BASKETBALL-MEN'S: 9:00 a.m. at the Rochester, NH Community Center, Rochester, NH. 3-on3, half court; team members must be of the 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; pass the Lilac Mall; the Community Center is a short distance on the right.

BASKETBALL-WOMEN'S: 8:30 a.m. at Hesser College – Sundial Avenue – Manchester, NH; 3-on3, half court; team members must be of the same sex; playing time is 2 halves of 12 minutes each; ties will be broken by a 1-minute stop-clock overtime. DIRECTIONS: I-293 Exit 4, turn right off exit and right going across the Queen City Bridge. Follow signs to Hesser College.

BULLSEYE PISTOL SHOOT: 11:00 a.m. at Pioneer Sportsman's Club, Dunbarton, NH(774-4662). A 900 round (slow fire, national match, timed fire, rapid fire); NRA rules will govern. Shooters to supply their own .22 caliber pistol or revolver; eye & ear protection is 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 right.

SUNDAY MAY 17

CYCLING: Same location as Road Race; 9:00 a.m. – 5k & 10k Time Trials; 10:30a.m. – 20k/40k Road Race (a race-within-a-race, timed @ 20k and again @ 40k); electronic chip timing; cyclists to provide own bicycles & helmets (mandatory). DIRECTIONS: Same as for Race Walk/Road Race.

TUESDAY MAY 19

GOLF: 9:00 a.m. at Candia Woods Golf Links, Candia, NH (483-2307); Please check in by 8:30; a shotgun start will begin at 9:00 a.m. 18 holes, scratch golf; greens fee includes ½ a cart. DIRECTIONS: I-93 to exit 7 to Ret. 101 East; at exit 3, go to the end of the ramp, follow Candia Woods sign to South Rd, go right to venue.

SUNDAY July 26

TRACK & FIELD and 1500m RACE WALK: At the Gatsas Complex, Livingston Park, Manchester, NH. 9:00 a.m. – Field & Jump events: Shot Put, Discus, Javelin, Hi Jump, Long jump, triple jump, pole vault. (Mandatory weigh-in for implements prior to 9:00 a.m.) 10:30 a.m. – Track events; order of events is shown on registration form; max. ¼" spikes allowed. The 1500m Race Walk starts at approximately 11:30 a.m.

Meet Our Newest Partner – Home Instead

Concerned about whether or not you will be able to participate? Home Instead Senior Care, the world's most trusted provider of non-medical home care, personal care and companionship for older adults, can help. If you are the primary caregiver and are concerned about the well-being of a loved one during the games, our professional CAREGivers can help. Refer to the enclosed brochure and please call us at 603-668-6868 for assistance.

RAFFLE

Many exciting prizes, don't be left out!

RAFFLE	RAFFLE	RAFFLE
To benefit Granite State Senior Games	To benefit Granite State Senior Games	To benefit Granite State Senior Games
Donation: \$5 each (or 3 for \$10) Winners drawn Friday Night May 8 th	Donation: \$5 each (or 3 for \$10) Winners drawn Friday Night May 8 th	Donation: \$5 each (or 3 for \$10) Winners drawn Friday Night May 8 th
Name: _____	Name: _____	Name: _____
Phone: _____	Phone: _____	Phone: _____
Send with check to: GSSG 37 Everett Street Manchester, NH 03104	Send with check to: GSSG 37 Everett Street Manchester, NH 03104	Send with check to: GSSG 37 Everett Street Manchester, NH 03104