

2011 Schedule of Events

Friday August 5

Bowling-Ten Pin: 3:00 p.m. at Spare Time Lanes, 216 Maple St (entrance Valley St). 3 games of scratch bowling, singles only. DIRECTIONS: Same as Shuffleboard except @ Maple Street go straight & then 1st left, into venue parking lot.

PICKLEBALL : Singles, Doubles and Mixed Doubles at Memorial High School, 1 Crusader Way, Manchester NH 03103
Directions: 293 N/101 Exit 1 on to S. Willow St./Rte 28N turn right/left, stay right lane; 4th Light Weston Rd. School on left after one light, entrance in back of school.

Saturday August 6

Basketball - Men's: 9:00 a.m. at the Rochester, NH Community Center, Rochester, NH. 3-on 3, 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.

Horseshoes: 9:00 a.m. at Cercle National Club, 550 Rockland Ave. 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, 1 Highlander Way @ Manchester Airport (668-4753). 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.

Sunday August 7

Archery: 9:00 a.m. at the Pioneer Sportsman's Club Rte 13 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.

POWER WALK 5K 10:00 am on same course as 5K Race walk,(see below) Non-Technical Race one foot on ground at all times.

Road Race 5K: 9:00 a.m. in the East Industrial Park area of Manchester. Electronic timing will be used. **5k & 10k will be run together this year.** 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.

Road Race 10K

Race Walk 5K: 10:00 a.m. on the same course as the 5K 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.

Tuesday August 16

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 Rt. 101 East; at exit 3, go to the end of the ramp, follow Candia Woods sign to South Rd, go right to venue.

Friday August 12

Bowling - Candlepin: 1:30 p.m. in **Two locations**--Lakeside Lanes, Massabesic Traffic Cir. Manchester & Boutwell's Bowling Center, 152.N. State St. Concord; **choose one or the other.** 3 strings of scratch bowling, singles only. Medals will be awarded to top 3 bowlers & a ribbon to 4th place 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.

Saturday August 13

Swimming: 1:30 p.m. warm-ups @ 1:00 p.m. at the YMCA-Allard Center, Goffstown Back Rd., 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.

Bullseye Pistol: 9:00 a.m. at Pioneer Sportsman's Club, Rte 13 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 August 14

Badminton: 10:00 a.m. at the Racquet Club of Concord, 10 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.

Cycling: Same location as Road Race; 9:00 a.m. – 5k & 10k Time Trials; 10:30 a.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.

Friday August 19

Shuffleboard: 8:00 a.m. at the JFK Coliseum, 303 Beech St. (Maple St. Entrance) 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. 1/2 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.

Saturday August 20

Tennis: . **Singles**, 12:30 p.m. at YMCA Allard Center, Goffstown Back Rd. 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 August 21

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

Track & Field and 1500M Race Walk and 1500M Power Walk: At the Gatsas Complex, Livingston Park, Hooksett Rd 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. 1/4" spikes allowed. The 1500M Race Walk starts at approximately 11:30 a.m. Power Walk noon.

Note: Track & Field has new division (45-49).

Sunday August 28

Table Tennis: 9:00 a.m. Boys & Girls Club- 555 Union St. 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 to Exit 8 .Turn Rt (West) on Bridge St., turn left at 4th traffic light (Union St.), 2 blocks to venue on left.

RAFFLE

Many exciting prizes, don't be left out!

Last year's prizes included two Southwest Airline tickets and a Plasma TV from Auto Fair Hyundai

RAFFLE

To benefit
Granite State Senior Games

Donation: \$5 each (or 3 for \$10)
Winners drawn Closing ceremonies

Name: _____

Phone: _____
Send with check to: GSSG
P O Box 775
Newport NH 03773-0775

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24th Annual Granite State Senior Games AUGUST 5 thru August 28, 2011 Manchester, NH Registration Packet

Please refer to the EVENT SCHEDULE for information

Phone: 603-504-8425

www.nhseniorgames.org

ELIGIBILITY & AGE GROUPS

Granite State Senior Games is open to anyone 50 (track only: age 45+) years of age or better as of December 31, 2011 which will also determine your age group placement. There are 8 competition age groups for men & women: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+. For Doubles, Mixed Doubles & Team sports, the youngest player's age determines the age bracket.

REGISTRATION FEES

The **Early Bird Fee**, (postmarked By June 17 is **\$25** for New Hampshire residents and **\$35** for non-Residents. Entries postmarked by July 17th require a fee of **\$35** for New Hampshire residents and **\$45** for non-residents. Entries postmarked after July 17th, require a **Late Fee of \$10** and will be accepted only if space is available in the selected event(s) with approval of the venue manager. Please note: There is an additional fee for **GOLF**. (\$35 in 2011)

The fee includes: entry into all competitive events, a GSSG commemorative t-shirt and games program book. **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 & 4th place ribbons** will be presented to 1st, 2nd, and 3rd & 4th place finishers in each event and age group. Medals will be awarded to those finishers regardless of their state of residence. **Except in Golf, Tennis and Basketball, 1st thru 4th will qualify for Nationals. The qualifying down rule will apply.**

REGISTRATION REMINDERS

There are several reminders & changes, both dates and venues and certain rule changes 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 June 17 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.

Plan to enter the GSSG **RAFFLE!** This year there will be many exciting items available. The drawing will be held AT CLOSING CEREMONIES Last years main raffles were Two Southwest Airline Tickets and a large screen plasma TV.

PLEASE REGISTER ON LINE * NHSeniorgames.org ** Help to keep done costs.**

Granite State Senior Games
PO BOX 775
NEWPORT NH 03773-0775

Address Service Requested

Non Profit Org
US Postage
PAID
Manchester, NH
Permit No. 542



Don't Take Life for Granite

NHSeniorsGames.org

Time Sensitive Material

NEW FOR 2011
PICKELBALL
POWER WALKING
TRACK & FIELD: NEW DIVISION (45-49)

