To compete in the 2019 National Senior Games presented by Humana, you must first qualify in 2018

- Local Games happening in 22 counties
- Open to all 50+
- Out-of-State athletes are welcome
- Athletes compete in 5-year age divisions
- Register online at www.nmseniorolympics.org
- Game Headquarters will be at MCM Elegante

Senior Olympics making a difference in the lives of active Seniors 50+!
Game Headquarters & Athlete Check-in

MCM Elegante Hotel
2020 Menaul Blvd. NE
(505) 392-6305 • 888-623-6676

Monday, July 16 - 1:00 - 7:00 pm
Tuesday, July 17 - Friday, July 20
7:00 am - 5:00 pm
Saturday, July 21 - 7:00 am - 12:00 noon

Sports Dinner Banquet
Saturday, July 21 • 6:00 pm • Sandia Hotel & Resort

Join us as we honor our Spirit Athletes

Menu
Mixed green salad
Grilled salmon with mango salsa
Sliced London broil with cracked pepper demi glaze
Buttered baby carrots, or broccolini
Red skin mashed potatoes
Wild rice blend with pine nuts
Assorted cakes and pies
Dinner rolls and drink
TICKET REQUIRED

Dance
Saturday, July 21 • 8:00 pm
Sandia Hotel & Resort
featuring - Roundabout Band
New Mexico Senior Olympics, Inc., is a 501c3 organization that is dedicated to promoting healthy lifestyles for all seniors age 50 years and older through education, fitness and sporting events. Through Senior Olympic programs, NMSO assists local games in achieving greater value and quality in the lives of local senior adults.

**Mission**

- Improve and maintain health and wellness of senior adults 50+.
- Focus attention on the importance of regular exercise and constructive activity.
- Celebrate the vitality of life through example and create an awareness of opportunities that promote a healthy lifestyle.
- Provide competitive athletic and recreational experience at Local, State and National levels.

**Goals**

**Board of Directors**

- **Chair**
  - Steve Duran
  - Las Cruces
  - Service to the Board since 1998

- **Vice Chair**
  - Dick Griffith
  - Grants
  - Rules Committee Chair
  - Service to the Board since 1982

- **Treasurer**
  - Vernon Dyer
  - Roswell
  - Resource Committee Chair
  - Service to the Board since 1998

- **Secretary**
  - Dorothy Terrazas
  - Roswell
  - Nomination Committee Chair
  - Service to the Board since 1992

- **LoriAnn Keith**
  - Alcalde
  - Past Chair
  - Service to the Board since 2005

- **Jerrett Koenigsberg**
  - Albuquerque
  - Sanctioning Committee Chair
  - Service to the Board since 2016

- **Joe Quintana**
  - Alamogordo
  - Site Selection Committee Chair
  - Service to the Board since 1991

- **Pete Salazar**
  - Placitas
  - Bylaws Committee Chair
  - Service to the Board since 1996

- **Dorie Sandoval**
  - Grants Planning Committee Chair
  - Service to the Board since 1996

- **Kelley Kenne**
  - Albuquerque
  - New Board Member - 2018

New Mexico Senior Olympics, Inc. • PO Box 2690 • Roswell, NM 88202-2690 • 1-888-623-NMSO (6676)
(575) 623-5777 • Fax (575) 622-9244 • e-mail: nmso@nmseniorolympics.org • www.nmseniorolympics.org
Greetings Athlete

On behalf of the New Mexico Senior Olympics Board of Directors and the State Planning Committee we would like to welcome you to the 40th Annual State Summer Games July 18-22, 2018 in Albuquerque, New Mexico. The 2018 State Summer Games are filled with a variety of 24 sport competitions and various special events to make some new game memories. Game registrations are due by May 31st and for all late registrants you have until June 8th for the final cut-off date. The 2018 State Games will qualify New Mexico and out of state athletes for the next National Senior Games presented by Humana scheduled for Albuquerque, New Mexico in June 2019. New Mexico athletes will qualify separate from out of state per National qualifying criteria.

We encourage you to take a look through this comprehensive Registration Booklet and register for your event(s) after reviewing the competition schedule. A few ’18 Event schedule highlights include Bowling at Santa Ana Starlight; Huachas at MCM Hotel; Frisbee competitions at Manzano Mesa Park and Race Walk, Powerwalk, Archery and Soccer Kick at Balloon Fiesta Park. The Saturday Evening Banquet and Dance will be held at Sandia Hotel and Resort. Please review the full competition schedule; check the NMSO website ongoing for schedule updates, playing rules, and again before you arrive at the Games.

Many athletes volunteer to work at the State Summer Games and we appreciate your support when you are finished competing. Volunteer sign up is online and sports coordinators will confirm volunteer assignments in advance of the Games. Volunteers are needed not only for State Summer Games but for Nationals in ’19 as well! Plan now to support Nationals by being a game volunteer!

NMSO Board of Directors are celebrating forty years this year and continue to bring you opportunities for a healthy active lifestyle for many years to come! The road to 2019 National Senior Games starts here at the 2018 State Summer Games.

Good luck to all –
Cecilia (Ceci) J. Acosta,
Director

STATE PLANNING COMMITTEES

State Planning Committee members are excited about implementing successes that worked last year and committed to make 2018 State Summer Games even better. Area community partners include City of ABQ Department of Senior Affairs, Parks and Recreation, Visit ABQ, Fire Department, Police Department, and Transit; Sandoval County Senior Programs, Bernalillo County, and University of New Mexico. Committee meets monthly with NMSO staff and recognizes the many hours of planning will have everyone ready for 2019! Senior athletes of New Mexico will be very proud of the job that the City of Albuquerque and New Mexico Senior Olympics have in store for you.

REGISTRATION
Karen Lopez, Debbie Tavarez, Berlinda Trujillo

VOLUNTEER
Denise King, Wendy Luck, Sofia Sanchez, Garry Wolfe

EVENTS
Joel Mahoney, Susan Rice, Terry Delgado, Debby Knotts, Jason Martinez

MEDIA
Brenna Moore, Anthony Romero, Andrew Faber, Charlotte Lane

SPONSORSHIP
Jorja Armijo-Brasher, Ceci Acosta, Anthony Romero

AWARDS
Rhonda Methvin, Melissa Pochiro, Terry Delgado

TRANSPORTATION
Danny Holcomb, Kyle Kemp, Thomas Martinez

SPECIAL EVENTS
Ceci Acosta, Jorja Armijo-Brasher

MEDICAL & FIRST AID
Michael Rose, Bobbie McKenzie, Capt. Paul Syzch, Danny Holcomb

SENIOR OLYMPICS MAKING A DIFFERENCE IN THE LIVES OF ACTIVE SENIORS 50+!
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Thank you to our Sponsors
New Mexico Senior Olympics Summer Games is open to all 50+ seniors regardless of being from in state or out of state. Athletes must register in advance before the established deadline and sign a liability waiver in order to compete. 2018 is a qualifying year for 2019 National Senior Games presented by Humana. State athletes are no longer required to participate at local games to register for State Summer Games. NMSO strongly encourages athletes to still compete in Local Games held at any of the 22 sites throughout New Mexico to be versed on the latest playing rules and the sport playing format prior to state competition. Local Games are open to all regardless of the county you reside in.

OPEN STATE

Out of state athletes can compete in the 18 sports that are offered at National Senior Games. See Event Schedule for notation of sports offered at Nationals and registration form for all applicable event fees. As an OPEN State, awards will be presented for overall winners. Game results will reflect overall winners in each age division. State Game records will be maintained for in-state winners only. To qualify for Nationals, NMSO will qualify both in state and out of state athletes in compliance with NSGA qualifying rules. Out of state residents will not take away a qualifying spot from a state resident.

ATHLETE CHECK-IN AT THE GAMES

All athletes are strongly encouraged to check-in prior to their competition at the Games Headquarters located at the MCM Eleganté Hotel, 2020 Menaul Blvd. NE (University and Menaul Ave). Bring a photo ID with date of birth. Athletes will receive game shirt, welcome bag and game credentials. Athletes are responsible for wearing credentials during competition.

At athlete check in, check out the sports tables that will include event updates, course maps and bracket info along with driving directions to your specific sport venue. Check our website for sport brackets after July 10th.

Hours for athlete check-in are provided in the event schedule. For all questions/inquiries contact game headquarters at 1-888-623-6676. An athlete cannot check in for another athlete. In the event of extenuating circumstances an athlete may go directly to his/her event competition and will be required to present a photo ID at the sport venue event check-in.

GAME SHUTTLE

City of Albuquerque Department of Senior Affairs will be providing courtesy vans for shuttle rides to most sport venue locations during game week. Specific shuttle schedule on page 14 and will be provided at athlete check-in.

UNM PARKING

University of New Mexico main campus will require a parking permit each day. Permits are only needed if you are on campus for swimming, dorms and dining. Rate for parking permits is $8 daily or $24 for full week. Order your parking permit on entry form. Pre-ordered permits are available for pick up at athlete check-in. Parking lots will be designated for permits.

There is hourly parking available at the Cornell Visitor parking structure located close to the bookstore. Senior program vehicles with government plates can park on campus in Lot A, off Central/Stanford on Redondo Rd (South) without any special permit.

For all latest UNM parking inquiries stop by the transportation office located at 2401 Redondo Dr. NE, or see the website at PATS.UNM.EDU. South Lot (track/field) will not require a parking permit.

MEDICAL INSURANCE

Medical/Health Insurance is the responsibility of each participant. Every participant should be sure to have proof of insurance in the case of emergency.
There are three ways to register for the Senior Olympics State Summer Games – online, mail and through group registration. The registration entry form will require all pertinent information to include shirt size, request for housing and meals, event fees, event entry data, partner information, liability waiver and an emergency contact. Athletes can enter a maximum of five (5) Sports with unlimited number of events in each Sport. Payment method accepted by NMSO includes check, money order, cashier’s check or debit/credit card. Cash by mail is not accepted.

• Registration booklets are mailed directly to athletes who attended the Games in previous years. To request a booklet for a friend or to have additional booklets at the local game site, call NMSO. An entry form can be downloaded from the NMSO website, www.nmseniorolympics.org.

• Entry forms are processed in Roswell. All registered athletes will receive an entry confirmation mailing to confirm events, fees and entry data. It is the responsibility of the athlete to read and confirm entry confirmation data is correct. Contact NMSO at 1-888-623-6676 or nmso@nmseniorolympics.org to request corrections. Deadline for events corrections is June 8th.

• Registration fees support athlete social activities, insurance, data management, awards, game promotion and newsletter. Registration deadline is May 31st. Entry Fee for in-state is $60 and out-of-state is $75.00. Late registrations will be received through June 8th for an additional $15.00. Bowling and golf will incur additional fees. All registrations fees are NON-REFUNDABLE except for housing/meals up to deadline.

• Guest(s) planning to attend the Games who wish to have the same game perks as an athlete, can register for fifteen dollars ($15.00) by June 8th and receive a Guest Pass at the Games. A guest pass is not required to be a spectator. Guest passes will not be sold on-site.

MAIL

Complete the paper entry form in ink with all required information and sign the waiver. Keep a copy for your records. Payment must accompany entry form. NMSO is not responsible for lost or misdirected mail. Please call our office if you do not receive an entry confirmation mailing.

ONLINE EASY METHOD

Athletes can find a link to register online at www.nmseniorolympics.org. You will need an email address and a credit card to register.

• All athletes will click “Register Here for 2018 Games”. Enter your personal info and the system will match your account. An account will be set up for all new athletes.

• Continue through the registration system by selecting your sports (max of 5), housing, meals, banquet, and guest pass, if applicable. Before completing the registration, you will be asked to review your entry selections. If you need to make changes use the previous button to go back and make any corrections.

• Your final step to complete your online registration will be payment with a debit/credit card.

• For online registrations for Partner Events - your partner will receive an email and be invited to register for the Games. Partner events are not valid unless your partner completes or submits an entry form as well. NMSO is not responsible for finding partners for athletes.

• A receipt will be emailed to you verifying payment and event entry confirmation. We recommend you print a hard copy of your entry confirmation. On your Entry Confirmation form is a confirmation number that will allow you to go back and access your registration to update later, if needed.

GROUP REGISTRATIONS

NMSO has provided each local game site a supply of registration booklets to promote State Summer Games. An athlete can request assistance at any local game site to complete and mail a registration entry form to NMSO. In the event there are sufficient athletes to warrant a group mailing, a local game coordinator may elect to collect registrations and mail to NMSO. Athletes are strongly encouraged to confirm receipt of his/her entry form with NMSO. Local Game sites are not responsible for lost or misdirect mail.

DEADLINES AND CANCELLATIONS

Registrations are accepted through May 31st and late registrations will be accepted through June 8th and will be assessed a late fee of $15.00. All registrations fees are NON-REFUNDABLE except for housing/meals. Cancellations for housing/meals will be refunded to the extent the University contract cancellation policy allows. Housing cancellation will incur a one night fee; meals will incur a $20.00 fee. Deadline to add or cancel housing and/or meals is July 2nd.
EVENTS

AGE DIVISION

Participants will register according to their age as of December 31, 2018. Age categories are in five-year age divisions, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+.

Basketball 3 Point Shot will be offered to age divisions 50-79 only. Dance and talent have two age categories: 50+ and 70+. Bowling teams and partner events age categories are: 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+. Age categories for doubles and teams will be determined by the youngest player as of December 31, 2018.

EVENT CHANGES

Registration event change(s) is allowed, when an athlete requests to drop or add an event; make a change for meals or housing; or to request a partner change. Event and partner changes must be received in writing by June 8th; housing and meals by July 2nd via mail, email or fax. A telephone call requesting a change(s) is no longer valid. Athlete is responsible to verify request for change(s) is received and processed. All entry fees are nonrefundable except housing/meals before the deadlines.

PARTNERS

A partner’s name must be indicated on the entry form to be processed. If your partner is not listed for the event, you will not be entered in that event until partner information is provided. If your partner does not register for the event by the final registration deadline of June 8th, you will be removed from that event and receive a new entry confirmation by email. NMSO is not responsible for finding partners for athletes.

Partner changes can be requested until June 8th so Sport Coordinator can develop brackets. After this date, partner changes can only be made on-site provided the reason for change meets this criteria.
1. Partner is out due to a medical reason or injury, documentation will be required.
2. Partner did not attend the Games.

New partner can be changed if it does not change the age category and new partner must be registered for the Games. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator at the sport venue and confirmed by Game Headquarters with a phone call.

SPORT EVENT CHECK-IN

At each sport venue is a check-in table with an event listing/sign in of eligible registered competitors. Every athlete must check-in and sign on the list next to their name. This will be confirmation that the athlete participated in that sport/event. In the event an athlete does not appear on the event listing, the athlete may produce entry confirmation form or call Game Headquarters for verification of registration for that sport/event.

SPORT COORDINATORS

Sport Coordinators are New Mexico Senior Olympics’ finest game volunteers entrusted to manage the various 24 sport tournament competitions, in accordance to national governing playing rules and playing format that adheres to National Senior Games and State Games rules. Athletes may contact individual Sport Coordinators after June 20th for specific tournament format that is not addressed in the athlete registration booklet. Sport Coordinators cannot and will not accommodate individual athlete’s schedule onsite and are required to adhere to posted event schedules. In the event an athlete competes out of scheduled times, athletes will risk being disqualified.

SCHEDULING

Check for ongoing Schedule and Game updates on NMSO website at www.nmseniorolympics.org. Game time is forfeit time. It is the athlete’s responsibility to carefully select their events to avoid conflicts for their competition. Play will not be held up due to time conflicts and scheduling will not be done to accommodate other events. In the event an athlete competes out of scheduled times, athletes risk being disqualified.
AWARDS

Awards will be presented for first, second, and third place as overall finishers per age division and gender. Athletes not competing in their scheduled age group will not be considered for medals. Athletes are strongly encouraged to stay for award presentations at the conclusion of each event. Awards will only be presented to the athlete or the local game coordinator in the athlete’s absence. Any unclaimed medals can be picked up at the Game Headquarters through Sunday morning. For a complete read on the playing rules for awards, tie breakers, etc. see general rules of the NMSO official rulebook, section S.

PROTEST POLICY

Any person desiring to make a protest in regards to any aspect of competition at the State Games shall make such protest to the Sport Coordinator of the competition in question. All protests must be in writing and submitted to the Sport Coordinator with a copy to the Game Headquarters within 24 hours of the conclusion of the sport competition. Game Management, along with Game Arbitrators will evaluate the protest and render a decision. All decisions by NMSO Game Management are final and not subject to further appeal.

GAME RESULTS

Game management will require each Sports Coordinator to provide game results to Game Headquarters at the conclusion of the event and preferably daily for posting. All game results are considered preliminary until results are verified by the game registration team. Each Sport Coordinator is encouraged to post results onsite. Results will be posted at the NMSO website and available for local media. Athletes may purchase a copy of the complete game results and records in advance on the entry form or during the Games at the souvenir store. The result verification process includes results be adopted by NMSO Board of Directors at the annual board meeting, scheduled for October.

INCLEMENT WEATHER

Senior Olympic events will be conducted rain or shine, unless it is unsafe to do so. Call your Sports Coordinator for updates. There will be no refunds for cancellations which are due to inclement weather.

NATIONALS

New Mexico Senior Olympics, Inc. and Local Games throughout New Mexico are member organizations of the National Senior Games Association. New Mexico Senior Olympic State Games serves as a National qualifier in the even numbered years. 2018 State Summer Games will qualify athletes in 18 sports for the 2019 National Senior Games presented by HUMANA to be held in Albuquerque June 14-25. The National Games will attract 10,000+ athletes from over fifty qualifying states and organizations. For more information visit www.nsga.com.

SPECTATORS

Spectators are welcome at all sporting events. Please refrain from interfering with, or assisting athlete during actual competition which will risk athlete being disqualified.
For general playing rules and specific sport rules visit the New Mexico Senior Olympics website at www.nmseniorolympics.org. State athletes are no longer required to participate at local games to register for State Summer Games.

It is the responsibility of each athlete to know playing rules in advance. Sport descriptions are provided in this athlete registration booklet to highlight only playing format, Sport Coordinator contact information, and sport venue location. See rules for exhibition games and non-ambulatory sports. Athletes can register for a maximum of five (5) Sports with an unlimited number of events in each Sport. NMSO may place a cap on the total number of entries for Bowling, Pickleball and Shuffleboard due to the growing numbers in these Sports.

For a summary list of revised playing rules for 2018, see below. A copy of a specific sport rule is available upon request at athlete check-in at the Games.

PLAYING RULES AS REVISED FOR 2018

1. Archery – An Archer may designate an agent to remove their arrows from the target
2. Basketball 3 Point Shot will only be offered to age divisions 50-79.
3. Basketball Free Throw, Frisbee Accuracy and Soccer Kick Accuracy – During a tie-breaker, 80+ and above age divisions will move 5 feet closer to the target(s)
4. Golf – NMSO reserves the right to change tournament format to include tee time or shotgun starts.
5. Road Race – athlete must register for each event – 5K and 10K
7. Sport Coordinator has the authority to disqualify or suspend any participant per the liability waiver.
8. NEW SPORTS ADDED FOR 2018 - HAMMER THROW (field event) and POWER WALK. See rules in sport pages.
SPECIAL EVENTS

Special Events during the Senior Olympics State Summer Games offers athletes a chance to catch up with friends, meet new friends or just hang out with their peers! All special event activities are free to athletes, except for the dinner banquet. Special Events include an Opening Ceremony, Athlete Social, Sports Health Fair, Sports Dinner Banquet and a Saturday Evening Dance. The Sports Dinner Banquet is a ticket event and a ticket must be purchased in advance. Game Shuttle will provide transportation to all the special events, plan to be where the fun is happening! Hotels may provide courtesy shuttle, check at your respective hotel.

SPORTS HEALTH FAIR

Sports Health Fair will entice Athletes to visit with exhibitors for health information, senior leisure activities, health screening and free giveaways. Health Fair will take place at the MCM Elegante Hotel, (indoor location) on Wednesday, July 18th, 9:00 a.m. – 3:00 p.m. Come by Ballroom and thank our game sponsors.

OPENING CEREMONY

Opening Ceremony is happening Wednesday, July 18th at 7:00 p.m. at Balloon Fiesta Park under the stars! Come early as there will be entertainment and lots of fun things to do prior to Opening Ceremony. Venue offers a “pitch and putt 6-hole golf course”. Opening Ceremony will recognize Golden Athletes - Male and Female; Courage Award, Torch Run Relay and an athlete drawing. Drawing is for a hotel resort stay and must be present to win. This event is high energy and lots of fun! Bring your noise makers and plan to make some noise as each local game site is introduced in the Parade of Athletes! You just may see some hot air balloons!

ATHLETE SOCIAL

Athlete Social will follow the Opening Ceremony. Athletes can dance, eat and enjoy refreshments. Event is free to athletes and guests with game credentials.

SPORTS DINNER BANQUET

Sports Dinner Banquet will be held Saturday evening, July 21st at 6:00 p.m. at Sandia Hotel and Resort, 30 Rainbow Rd, Albuquerque NM. A buffet dinner is guaranteed to please many different palates! The Sports Dinner is a ticket event and tickets can be purchased on the game entry form in advance or at the Souvenir Store before Friday, July 20th. Pre-ordered Sports Dinner tickets can be picked up at athlete check-in or as a will call at the door on Saturday evening. Sports dinner is $28.00 per person. Seating will be open and Sunday best dress attire is generally the norm! For any special seating arrangements for groups of 10+, request in writing to NMSO, 14 days out!

SATURDAY EVENING DANCE

A Dance with live music will follow the Dinner Banquet starting at 8:00 p.m. and end at 12:00 midnight, Saturday July 21st. Dance social is free to athletes and their guests. Dance will be held at Sandia Hotel and Resort. Sunday best attire is recommended.
UNM HOUSING

Shuttle will service Housing/Dining

SUITE STYLE DORMS

Single $39 or Double $32 per bed, per night, per person, including linen

University of New Mexico Campus will house game participants for an affordable rate. Reserve your room on the game entry form or by calling NMSO by July 2nd. A parking resident permit will be required for all residence halls. Parking permits are $8 per day or $24 for the week.

Game participants will be housed at the Laguna/DeVargas Hall (LDV). Recently remodeled, each suite consists of a mix of single and double rooms (extra-long twin beds) with a shared bathroom, accommodating up to five residents, offering slightly more privacy than the traditional halls but the same great atmosphere. Both Laguna/DeVargas buildings have small lounges by the rooms, with kitchen and laundry facilities in the basement. Free internet/Wi-Fi, cable TV, “24-hour” service desk.

Linens are provided to include sheets, blanket, pillow, pillow case, wash cloth, bath towel, soap and cup. Rates are based on no linen exchange with a stay less than five days. Housing rates do not include bellman luggage service or daily custodial room cleaning. A fee will be assessed for lost room keys. There are no elevators in the building.

Cancellations for dorm housing will incur a one-night fee. Deadline to cancel is July 2nd, 2018. Dorm check-in will be at Hokona Hall (505) 277-2806 or contact the Conference Guest Assistant at (505) 269-8215.

GAME HOTELS

MCM Elegante
2020 Menaul Blvd, NE
(505) 884-2511
Single/Double $77.00+ Tax
Triple/Quad $87.00+Tax

The NMSO State Planning Committee is proud to announce our partnership with National Travel System (NTS) to give our athletes a user friendly and convenient way to book your hotel room. NTS provides you with options on booking your specific lodging needs for the 2018 State Summer Games. This fundraiser will provide NM Senior Olympics with a rebate from all booked rooms, so book your room through the link below and we thank you for your contribution. Reservations can be made through July 22nd. The NTS travel agent is ready to assist you with your hotel booking needs.

Go to the website below & book your room today!
www.ntssportstravel.com/events/state-senior-games.shtml

For assistance:
Email - sportsinfo@nationaltravelsystems.com or call 806-794-3135
and there will be the live chat option also during business hours.
MEALS

UNM CAMPUS MEALS

Athletes can purchase a meal plan that includes flexibility. Meal Plan options must be purchased in advance on the game entry form or by calling NMSO by July 2nd. Meals will be served at La Posada Dining Hall. Meal Plan options will include Dining Dollars that can also be redeemed in the SUB, convenience stores and coffee shops on campus. A parking resident permit will be required for all meal plans. Parking permits are $8 per day or $24 for the week.

HOURS
La Posada Dining Hall

Breakfast ..................6:30 a.m. – 9:00 a.m.
Lunch .....................11:00 a.m. - 1:30 p.m.
Dinner ....................4:30 p.m. – 6:30 p.m.

BREAKFAST: Scrambled eggs, bacon or sausage, hash browns, biscuits and gravy; hot/cold cereal, sweet breads, coffee and juices.

LUNCH and DINNER: Salad bar, selections of breads, pizza, grilled and veggie burgers, chicken breast, variety of hot entrees and side dishes, desserts, coffee, tea and soft drinks.

Meal Plan A14: 14 meals/swipes $ 120.00 – starts Tuesday with lunch through Saturday dinner, includes $10 Dining dollars.

Meal Plan A11: 11 meals/swipes - $100.00; starts Wednesday at lunch through Saturday Dinner, includes $10 Dining dollars.

Meal Plan A9: 9 meals/swipes – $75.00 (Must specify consecutive days on registration form) includes $10 Dining dollars

Meal Plan A6: 6 meals/swipes, $50.00 (Must specify consecutive days on registration form) includes $10 Dining Dollars

No Sunday Breakfast

Meal plan cards will be distributed at ATHLETE CHECK-IN at Game Headquarters at MCM Eleganté Hotel. Parking permits will be required of all on campus. Deadline to cancel meal plan options is July 2nd, 2018. Cancellations for meal plan options will be assessed a $20.00 fee.

Lunch at Local Senior Centers

Athletes and guest(s) can stop by or call in advance to any of the local senior centers listed below to reserve a lunch. See map page 16 for senior centers in the vicinity of sport venues. The senior center policy for reserving a meal is: an athlete must be 60 years and older and you must reserve a meal by 1:00 p.m. a day in advance.

Palo Duro Senior Center
(505) 888-8102

Raymond Sanchez Community Center
(505) 468-7800

Los Volcanes Senior Center
(505) 836-8745

Manzano Mesa
Multigenerational Center
(505) 275-8731

North Domingo Baca
Multigenerational Center
(505) 764-6475

Highland Senior Center
(505) 256-2000

Student Union Building (SUB) will have limited service for the Food Court area during summer school hours for cash paying patrons.
## 2018 Senior Olympics Annual State Summer Games Schedule

<table>
<thead>
<tr>
<th>Sport Open to Out of State</th>
<th>Venue</th>
<th>Wed July 18</th>
<th>Thur July 19</th>
<th>Fri July 20</th>
<th>Sat July 21</th>
<th>Sun July 22</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Air Gun</strong></td>
<td>Jefferson Middle School</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Archery</strong></td>
<td>Balloon Fiesta Park North Field</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Badminton</strong></td>
<td>TBD</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td><strong>Bowling</strong></td>
<td>Starlight Bowling at Santa Ana</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>Cycling</strong></td>
<td>Atrisco Vista Blvd NW / 1-40</td>
<td></td>
<td>✔</td>
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<tr>
<td><strong>Dance</strong></td>
<td>African American Performing Arts</td>
<td></td>
<td>✔</td>
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<tr>
<td><strong>Disc Golf</strong></td>
<td>Balloon Fiesta Park Golf Center</td>
<td></td>
<td>✔</td>
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<tr>
<td><strong>8 Ball Pool</strong></td>
<td>Palo Duro Senior Center</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td><strong>Field</strong></td>
<td>UNM Track South Campus</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fun Events</strong></td>
<td>MCM Elegante</td>
<td>✔</td>
<td>✔</td>
<td>❌</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Golf</strong></td>
<td>UNM Championship Golf Course</td>
<td></td>
<td>✔</td>
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<tr>
<td><strong>Horseshoes</strong></td>
<td>Los Altos Park</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td><strong>Pickleball</strong></td>
<td>Manzano Mesa Park</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Powerwalk</strong></td>
<td>Balloon Fiesta Park</td>
<td></td>
<td>✔</td>
<td></td>
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<tr>
<td><strong>Racewalk</strong></td>
<td>Balloon Fiesta Park</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td><strong>Racquetball</strong></td>
<td>Midtown Sports &amp; Wellness</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td><strong>Basketball Free Throw</strong></td>
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<td></td>
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<tr>
<td><strong>Basketball 3 Point Shot</strong></td>
<td>TBD</td>
<td></td>
<td>✔</td>
<td></td>
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</tr>
<tr>
<td><strong>Frisbee Accuracy</strong></td>
<td>Manzano Mesa Multigenerational Center</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
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<tr>
<td><strong>Frisbee Distance</strong></td>
<td>Manzano Mesa Park</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Huachas (Washers)</strong></td>
<td>MCM Elegante</td>
<td>✔</td>
<td>✔</td>
<td></td>
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</tr>
<tr>
<td><strong>Soccer Accuracy</strong></td>
<td>Balloon Fiesta Park Launch Field</td>
<td></td>
<td>✔</td>
<td></td>
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</tr>
<tr>
<td><strong>Softball Distance</strong></td>
<td>Balloon Fiesta Park Launch Field</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
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<tr>
<td><strong>Road Race Run</strong></td>
<td>Embudo Channel Trail</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td><strong>Shuffleboard</strong></td>
<td>Balloon Fiesta Park Sid Cutter Pavilion</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
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<tr>
<td><strong>Swimming</strong></td>
<td>UNM Natatorium</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td><strong>Table Tennis</strong></td>
<td>Raymond G Sanchez Community Center</td>
<td>✔</td>
<td>✔</td>
<td></td>
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</tr>
<tr>
<td><strong>Talent</strong></td>
<td>African American Performing Arts</td>
<td>✔</td>
<td>✔</td>
<td></td>
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</tr>
<tr>
<td><strong>Tennis</strong></td>
<td>Jerry Cline Complex</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Track</strong></td>
<td>UNM Track South Campus</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
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<tr>
<td><strong>Triathlon</strong></td>
<td>West Mesa Aquatics</td>
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See www.nmseniorolympics.org for regular updates.

Schedule subject to change 1/9/18.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>MON JULY 16</th>
<th>TUE JULY 17</th>
<th>WED JULY 18</th>
<th>THU JULY 19</th>
<th>FRI JULY 20</th>
<th>SAT JULY 21</th>
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<tr>
<td>Athlete Check-in</td>
<td>1:00 pm - 7:00 pm</td>
<td>7:00 am - 5:00 pm</td>
<td>7:00 am - 5:00 pm</td>
<td>7:00 am - 5:00 pm</td>
<td>7:00 am - 5:00 pm</td>
<td>7:00 am - 12:00 noon</td>
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<tr>
<td>Sports Table</td>
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<tr>
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<tr>
<td>S.A.F.E.</td>
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<td></td>
<td>10:00 am - 2:00 pm</td>
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<tr>
<td>Senior Athletic Fitness Exam - FREE</td>
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<td>Result Posting</td>
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<td>POSTING</td>
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<tr>
<td>Game Headquarters</td>
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<tr>
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</tr>
<tr>
<td>Opening Ceremony</td>
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<td></td>
<td>6:30 pm Line-up</td>
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<tr>
<td>Balloon Fiesta Park</td>
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<td></td>
<td>7:00 pm Program</td>
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<tr>
<td>5000 Balloon Fiesta Pkwy NE</td>
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<tr>
<td>Athlete Social</td>
<td></td>
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<td>After Opening</td>
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<tr>
<td>Balloon Fiesta Park</td>
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<td>Ceremony</td>
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<tr>
<td>5000 Balloon Fiesta Pkwy NE</td>
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<tr>
<td>Sports Health Fair</td>
<td></td>
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<td>9:00 am - 3:00 pm</td>
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<td>MCM Elegante</td>
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<tr>
<td>2020 Menaul Blvd NE</td>
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</tr>
<tr>
<td>Sports Dinner Banquet</td>
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<td></td>
<td></td>
<td></td>
<td>6:00 pm</td>
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<tr>
<td>TICKET REQUIRED</td>
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</tr>
<tr>
<td>Sandia Hotel &amp; Resort</td>
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<tr>
<td>30 Rainbow Road</td>
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</tr>
<tr>
<td>Dance</td>
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<td></td>
<td></td>
<td>8:00 pm - 12:00 pm</td>
</tr>
<tr>
<td>Sandia Hotel &amp; Resort</td>
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<tr>
<td>30 Rainbow Road</td>
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</tbody>
</table>

VISIT WWW.NMSENIOROLYMPICS.ORG FOR REGULAR UPDATES
GAME SHUTTLE

Shuttle provided by the City of Albuquerque
FREE FARE to ride for registered athletes and guests with game credentials.
Schedules/time table guides are available at Athlete check-in

THREE ROUTES WILL BE OFFERED

SOUTH ROUTE
Shuttle will leave MCM Eleganté approximately every 30 minutes
MCM Eleganté
Jefferson Middle School
UNM Housing/Dining
UNM Natatorium
UNM Track and Field Stadium

NORTH ROUTE
Shuttle will leave MCM Eleganté approximately every 45 minutes
MCM Eleganté
Balloon Fiesta Park
Raymond Sanchez Community Center

EAST ROUTE
Shuttle will leave MCM Eleganté approximately every 45 minutes
MCM Eleganté
Palo Duro Sr. Center
African American Performing Arts Center
Jerry Cline Park
Los Altos Park
Manzano Mesa Multigenerational Center
Manzano Mesa Park

OPERATION HOURS:
Wednesday ..........................................7:00 am to 6:00 pm
Thursday .............................................7:00 am to 6:00 pm
Friday ..................................................7:00 am to 6:00 pm
Saturday ..............................................7:00 am to 6:00 pm

If shuttle is required before 7:00 am, please sign up at Game Headquarters.

Board the shuttle at the posted bus stop sign.

For evening shuttle - 6:00 pm - 10:00 pm sign-up is required at Games Headquarters.

For assistance call
Thomas Martinez at 505-977-4573 or
Kyle Kemp at 505-239-9624
The 2018 NM Senior Olympics Summer Games is recruiting volunteers for the State Games in ALBUQUERQUE. Over 500 volunteers are needed in support of the sporting events during pre-game and/or Game Week. Sport venues will be located throughout Albuquerque to include Balloon Fiesta Park, UNM, Palo Duro Senior Center, Santa Ana and other locations. To receive a t-shirt, certificate and invitation to attend a volunteer kick-off event, you MUST SIGN UP ONLINE and work a four-hour shift. Volunteers must be 16 years or older unless supervised by an adult. For GROUPS of 10 or more, we’ve made it very easy online.

Sign up online at: https://18nmstatesummergamesvols.my-trs.com/ (email address will be required)
ALL REGISTERED VOLUNTEERS WILL BE REQUIRED TO ATTEND AN ORIENTATION PRIOR TO THE GAMES

Dates to sign up: February 15, 2018 through June 1, 2018. SIGN UP EARLY!

This is what you will see when you open the site at https://18nmstatesummergamesvols.my-trs.com/:

<table>
<thead>
<tr>
<th>1 Registrant Type</th>
<th>2 Activity Selector</th>
<th>3 Profile</th>
<th>4 Review</th>
<th>5 Confirmation</th>
</tr>
</thead>
</table>

- **Already have an account?**
  - Login
- **Not registered for this event yet?**
  - Click Here to Volunteer

2018 NM Senior Olympics Summer Games in Albuquerque

Sport Coordinators will confirm all volunteers’ specific assignments and provide training in advance.

** Certain sports require specific skills. **

### SENIOR OLYMPIC SUMMER STATE GAMES VOLUNTEER AREAS

<table>
<thead>
<tr>
<th></th>
<th>Air Gun</th>
<th>Cycling</th>
<th>Horseshoes</th>
<th>Shuffleboard</th>
<th>Tennis</th>
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<tbody>
<tr>
<td>Office</td>
<td>W, Th, F</td>
<td>Sa, Su</td>
<td>W, Th, F</td>
<td>W, Th, F, Sa</td>
<td>W, Th</td>
</tr>
<tr>
<td>Set-up and Facilities</td>
<td>Water</td>
<td>Dance</td>
<td>Huachas</td>
<td>Soccer Accuracy</td>
<td>Track</td>
</tr>
<tr>
<td>M, W, Th, F, Sa</td>
<td>F, Sa</td>
<td>F</td>
<td>F, Sa</td>
<td>W, Th, F, Sa</td>
<td>F, Sa</td>
</tr>
<tr>
<td>Athlete Check-In</td>
<td>Badminton</td>
<td>Field</td>
<td>Power Walk</td>
<td>Softball Distance</td>
<td>Triathlon</td>
</tr>
<tr>
<td>M, W, Th, F</td>
<td>W, Th</td>
<td>W, Th, F</td>
<td>W</td>
<td>W</td>
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</tr>
<tr>
<td>Souvenir Sales</td>
<td>Basketball</td>
<td>Frisbee</td>
<td>Race Walk</td>
<td>Swimming</td>
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</tr>
<tr>
<td>M, W, Th, F, Sa</td>
<td>F</td>
<td>Th</td>
<td>Th</td>
<td>Th</td>
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</tr>
<tr>
<td>Information Table</td>
<td>Bowling</td>
<td>Golf</td>
<td>Road Race</td>
<td>Talent</td>
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<td>M, W, Th, F</td>
<td>W, Th, F</td>
<td>Th</td>
<td>Th</td>
<td>Th</td>
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<tr>
<td>First Aid</td>
<td>Pre-Game</td>
<td></td>
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<tr>
<td>M, W, Th, F</td>
<td>W, Th, F</td>
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</tr>
</tbody>
</table>

All areas require a limited number of volunteers. When areas are filled, you may be asked to choose an alternate sport or area.

FOR VOLUNTEER QUESTIONS, CONTACT WENDY LUCK, (505) 210-1930
EMAIL: volunteer@nmseniorolympics.org * TOLL FREE: 1-888-623-NMSO (6676)
2018 STATE SUMMER GAMES
UNIVERSITY OF NEW MEXICO
CAMPUS MAP

MAP KEY
1. Laguna/ DeVargas Residence Hall
2. Student Union Building (SUB)
3. G. F. O UNM Track Stadium
4. Dreamstyle Arena aka “The Pit”
5. La Posada - Dining Hall
6. UNM - Championship Golf Course
   3601 University Blvd. SE
7. UNM Swim Natatorium

SOUTH CAMPUS

1  2  3  4  5  6  7

1. Laguna/ DeVargas Residence Hall
2. Student Union Building (SUB)
3. G. F. O UNM Track Stadium
4. Dreamstyle Arena aka “The Pit”
5. La Posada - Dining Hall
6. UNM - Championship Golf Course
   3601 University Blvd. SE
7. UNM Swim Natatorium
RECOGNITION OF ATHLETES

Tell us about an athlete you want recognized.
Award program at Senior Olympics State Summer Games, deadline is May 1st.
For any questions call NMSO at 1.888.623.6676

GOLDEN ATHLETE

Nominate a deserving athlete from your area to be recognized at the New Mexico Senior Olympics Summer Games. One (1) Male athlete and one (1) Female athlete will be chosen.

To nominate a senior athlete is very easy! Send a one-page typed biography on the individual and tell us why this person should be selected. Tell us what contributions this individual has made to the overall mission of the local games and has enhanced the quality of life for seniors in your community. Golden athlete winner will be presented at Opening Ceremony on Wednesday evening during the Games with a special gift from New Mexico Senior Olympics Board of Directors.

SPIRIT ATHLETE

NMSO is looking for one athlete per Game site to be honored at the Sports Banquet during the Games on Saturday evening. It is required the honoree be in attendance to receive this recognition. Each Game site can nominate one athlete who demonstrates the Senior Olympics Spirit and inspires other individuals. Local Games will be provided a nomination form that requires a brief bio (300 words or less) to be submitted to NMSO before the May 1st deadline. All nominees will be confirmed by NMSO and athletes selected will receive instructions on a pre-meeting held before the banquet. Each honoree receives a complimentary dinner and Sunday best dress attire required. Honorees are seated at the head table for this event.

Golden Athlete Award
2017 Andrea Weiss
James McCollum
2016 Maria Galindo
Fred Baca
2015 Jean Duncan
Nick Blea
2014 Fern Harrison
Mario Quintana
2013 Mary Kirsling
Walter Baker

Courage Award
2017 Ralph Paytiamo
N/A
2016 Robert Graham
2015 Emma Liptow
2013 Pat Schear

The Courage Award was established in 2005 by the William Lizut family to celebrate the joy their father experienced in competing in the games for several years.

Nominate an athlete that has competed at least two years and in spite of a non-reversible medical condition. Submit your nomination and a brief biography about your athlete to NMSO. Courage award recipient is recognized at the Opening Ceremony during the State Summer Games; a luncheon is held in his/her honor at the December Board of Directors meeting in Albuquerque and a plaque with his/her name will hang in the state office in Roswell.
All athletes and/or guests who will be staying in dorms or participating in events must complete entry form on this page or register online.

2018 SENIOR OLYMPICS
SUMMER GAMES ENTRY FORM

ATHLETE / GUEST (circle one)

LAST _________________________________________________________   FIRST _______________________________________

ADDRESS  ________________________________________________  CITY __________ STATE  _______  ZIP  ________________

DATE OF BIRTH  ____________________ GENDER  □ F  □ M    MILITARY VETERAN  □ YES  □ NO

ETHNICITY:  □ CAUCASIAN  □ HISPANIC  □ NATIVE AMERICAN  □ AFRICAN AMERICAN  □ ASIAN

PHONE - HOME ______________________________________  PHONE - WORK/CELL ______________________________________

E-MAIL __________________________________________________________

T-SHIRT SIZE (DRIFIT-UNISEX):  □ SMALL  □ MEDIUM  □ LARGE  □ X-LARGE  □ 2X  □ 3X

EMERGENCY CONTACT _________________________________________________

(Preferably someone NOT attending Summer Games)

PHONE - HOME ______________________________________  PHONE - WORK/CELL ______________________________________

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<thead>
<tr>
<th>UNM HOUSING</th>
<th>MEALS</th>
<th>DORMS</th>
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<tr>
<td>All options are per person.</td>
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<tr>
<td><strong>Five Day – Arrive Tue depart Sun</strong></td>
<td>M14 – 14 meals/swipes =$120.00</td>
<td>S5 - $195</td>
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<td>D5 - $160</td>
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<tr>
<td><strong>Four Day – Arrive Wed depart Sun</strong></td>
<td>M11 – 11 meals/swipes = $100.00</td>
<td>S4 - $156</td>
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<td>D4 - $128</td>
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<tr>
<td><strong>Three Day – must be consecutive days, please specify.</strong></td>
<td>M9 – 9 meals/swipes = $75.00</td>
<td>S3 - $117</td>
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<td>D3 - $96</td>
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<tr>
<td><strong>Two Day – must be consecutive days, please specify.</strong></td>
<td>M6 – 6 meals/swipes = $50.00</td>
<td>S2 - $ 78</td>
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<td>D2 - $64</td>
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<table>
<thead>
<tr>
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<tr>
<td>Indicate as of date post marked to NMSO Office Online closes at midnight</td>
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<tr>
<td>IN STATE</td>
<td>February 1 - May 31 $ 60.00</td>
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<td></td>
<td>June 1 - June 8 $ 75.00</td>
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<td>OUT OF STATE</td>
<td>February 1 - May 31 $ 75.00</td>
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<tr>
<td></td>
<td>June 1 - June 8 $100.00</td>
</tr>
<tr>
<td>Bowling number of events</td>
<td>$7.50 per event</td>
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<tr>
<td>Golf (includes cart)</td>
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<tr>
<td>Sport Dinner number of tickets</td>
<td>$28.00</td>
</tr>
<tr>
<td>Guest Pass – number of passes</td>
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</tr>
<tr>
<td>Guest Name</td>
<td></td>
</tr>
<tr>
<td>Result Book</td>
<td>$15.00</td>
</tr>
<tr>
<td>Meals (please indicate code provided above) Example: M14</td>
<td>Meal Code</td>
</tr>
<tr>
<td>Dorms (please indicate code provided above) Example: S5/D5</td>
<td>Dorm Code</td>
</tr>
<tr>
<td>Parking permit on UNM Campus (only needed for swimming, dorms and meals)</td>
<td>$8.00 a day / $24.00 a week</td>
</tr>
<tr>
<td>Consider becoming a Friend of Senior Olympics with your donation of any amount.</td>
<td></td>
</tr>
<tr>
<td>TOTAL FEES DUE TO NMSO</td>
<td></td>
</tr>
</tbody>
</table>

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CHECKS, MC, VISA, AMEX, DISCOVER CREDIT CARDS ACCEPTED, CASH NOT ACCEPTED. Call NMSO office to pay by phone.

New Mexico Senior Olympics, Inc. • PO Box 2690 • Roswell, NM 88202 • 888-623-6676 • (575) 623-5777 • Fax (575) 622-9244 • E-mail: nmso@nmseniorolympics.org • www.nmseniorolympics.org
# 2018 Senior Olympics Summer Games
## Event Registration

Please register for events that are not held at the same time. The Games Management cannot guarantee you will be able to compete in all events. Refer to Sport Descriptions for dates, time and locations. Liability Waiver must be signed to complete registration process. Maximum of Five (5) Sports. PLEASE RETURN ALL 3 PAGES OF THE ENTRY FORM.

### Air Gun – Jefferson Middle School
- [ ] Pistol-Standing
- [ ] Rifle-Standing
- [ ] Pistol-Supported Position
- [ ] Rifle-Supported Position

### Archery – Balloon Fiesta Park - North Field
- [ ] Barebow Compound
- [ ] Compound Fingers
- [ ] Barebow Recurve
- [ ] Compound Release

### Badminton –
- [ ] Singles
- [ ] Doubles
- [ ] Mixed Doubles

### Bowling – Starlight Bowling @ Santa Ana
- [ ] Singles
- [ ] Doubles
- [ ] Mixed Doubles

### Dancing – African American Performing Arts Center
LIMITED TO 2 DANCES PER CATEGORY

**Ballroom**
- [ ] Ballroom Waltz
- [ ] Foxtrot

**Latin**
- [ ] Salsa/Mambo
- [ ] Corrido
- [ ] Rumba

**Swing**
- [ ] Jitterbug
- [ ] West Coast Swing

**Tango**
- [ ] American Tango
- [ ] Argentine Tango

**Western Category**
- [ ] Western Two-Step
- [ ] Western Waltz

**Miscellaneous**
- [ ] Night Club Two Step
- [ ] Polka

**Line Dance**
- [ ] Line Dance

### Disc Golf – Balloon Fiesta Park
- [ ] Disc Golf (18 holes)

### 8-Ball Pool – Palo Duro Senior Center
- [ ] 8-Ball Pool

### Field – UNM Track Complex

- [ ] Discus
- [ ] Javelin
- [ ] Shot Put
- [ ] Hammer Throw
- [ ] Standing Long Jump
- [ ] High Jump
- [ ] Pole Vault
- [ ] Long Jump
- [ ] Triple Jump

### Fun Events – MCM Eleganté - no registration required

### Golf – UNM Championship Golf Course
- [ ] Golf

### Horseshoes – Los Altos Park
- [ ] Horseshoes
- [ ] Horseshoes Non-Ambulatory

### Pickleball – Manzano Mesa Park
- [ ] Singles
- [ ] Doubles
- [ ] Mixed Doubles

### Power Walk - Balloon Fiesta Park
- [ ] 1500M
- [ ] 5K

### Race Walk - Balloon Fiesta Park
- [ ] 1500M
- [ ] 5K

### Racquetball – Midtown Sports & Wellness
- [ ] Singles
- [ ] Doubles
- [ ] Mixed Doubles

---

**National Qualifier**

**Open to out of state**

**Athlete’s Name (Please Print)**
RECREATIONAL – Various Venues  
See sport descriptions  
- Basketball Free Throw  
- Basketball 3 Point Shot  
- Frisbee Accuracy Throw  
- Frisbee Distance Throw  
- Huachas (Washers)  
- Soccer Kick Accuracy  
- Softball Distance Throw

ROAD RACE RUN – Embudo Channel Trail  
- 5K  
- 10K

SHUFFLEBOARD – Sid Cutter Pilots Pavilion  
Balloon Fiesta Park  
- Singles  
- Doubles  
- Doubles Non-Ambulatory

SWIMMING – UNM Natatorium  
- 50Y Back  
- 50Y Free  
- 100Y Fly  
- 100Y Breast  
- 100Y Breast  
- 200Y Breast  
- 200Y Co-Ed Medley Relay (not a National Qualifier)
Teams can be formed on-site, must be registered for Summer Games

TABLE TENNIS – Raymond Sanchez Community Center  
- Singles  
- Doubles  
- Mixed Doubles

TALENT – African American Performing Arts Center  
- Comedy Solo  
- Comedy Group  
- Dance Solo  
- Dance Group  
- Instrumental Solo  
- Reading Solo  
- Vocal Solo  
- Vocal Group

TENNIS – Jerry Cline Tennis Complex  
- Singles  
- Doubles  
- Mixed Doubles

TRACK – UNM Track Complex  
- 50M  
- 60M  
- 100M  
- 200M  
- 400M  
- 4 x 100M Co-Ed Relay (not a National Qualifier)
Teams can be formed on-site, must be registered for Summer Games

TRIATHLON – West Mesa Aquatics  
- 400M Swim/20K Cycling/5K Road Race  
- Co-Ed Triathlon Relay (not a National Qualifier)
Teams can be formed on-site, must be registered for Summer Games

New Mexico Senior Olympics, Inc.  
LIABILITY WAIVER

In consideration of my being accepted in this event, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, my personal representatives and assigns, waive release, and forever discharge any and all rights and claims for damages which I may have or may hereafter occur to me against all Senior Olympic Summer Games sponsors, or their officers, agents, representatives, successors and/or assigns or any other corporations or individuals associated with the New Mexico Senior Olympics from any and all damages, claims, injuries or actions sustained or suffered in connection with my association or entry in or arising out of my participation in said event. If in doubt as to my physical condition to engage in this event, I have been advised to seek the advice of a competent physician, and to abide by his advice. I attest and verify that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate in this event. Further, I grant full permission to any and all the foregoing to use my likeness and photograph participating in this event without obligation or liability to me. I understand that my paid entry fee is non refundable.

Agreement to abide by Rules and Regulations. I agree to abide by all rules and regulations of the New Mexico Senior Olympic Summer Games, to observe all rules of play, to exercise good sportsmanship and follow all written or oral instructions given by authorized personnel of the Games. I agree that failure to do so may result in my disqualification or suspension from the Games.

All Athletes will sign in at every event. This signature is used for this liability waiver.

_________________________________________________  
ATHLETE/GUEST FULL SIGNATURE

City: ____________________________________________  
Date: ____________________________________________
PLAYING FORMAT

1. Air Gun competition will be conducted in accordance with the rules of the National Rifle Association (NRA) (Precision Air Rifle Rules and International Style Pistol Rules) and New Mexico Senior Olympics.

2. Males and females will compete separately. Shooters may register and compete in any or all events.

3. **SCHEDULE:** Contestants will be assigned a shooting lane for each event. Contestants shall mark the face of each target with their name, relay, lane assignment, event (sex, standing/supported) and age category.

4. **COURSE OF FIRE:** The course of fire in each event will be forty (40) record shots fired in two stages of 40 minutes each. Each stage will consist of unlimited sighting shots and 20 shots for record. The Chief Range Official may end a stage early if all competitors have finished firing their record shots. A 10-minute preparation period will be allowed before the first stage. Air guns may be handled during the Preparation Period. Dry firing is permitted. Do not load or charge the air gun during the preparation period. Firing the correct number of shots at each bull’s-eye is the sole responsibility of the competitor.

5. **EQUIPMENT**
   a. Caliber of air guns will be .177” (4.5 mm). Only soft lead pellets will be used and will be provided if needed. Only one pellet will be loaded at a time.
   b. Participants will wear only normal street or athletic clothing. Specialized shooting garments are prohibited; no braces, jackets, shooting coats, corsets, etc.
   c. Ear Plugs and eye protection are strongly encouraged but athletes will need to provide.
   d. Competitors shall use the shooting table provided by New Mexico Senior Olympics.
   e. Air Guns must be cased at all times when not being used in competition. Personal air guns must be in the control of the competitor at all times in the event area. Provision will be made for temporary storage of personal air guns at the event venue. Personal air guns stored must be identified with the competitor’s name. Competitors may obtain NMSO air guns for the competition on a first-come-first-served basis by leaving a driver’s license or other ID for collateral. NMSO air guns will be returned immediately at the completion of the second stage of fire in each relay unless the competitor is using the same air gun in the relay immediately following.

6. **SAFETY**
   a. All air guns and equipment (including rests) will be inspected for safety and compliance with the rules prior to the beginning of the relay. Air guns (and rests) will be marked to indicate they have passed inspection. Inspection stickers will remain on the equipment throughout the competition. Competitors should allow a minimum of 30 minutes for inspection of personal equipment or obtaining an NMSO air gun from the Armory before the starting time of the match.
   b. Safety is the most important consideration in all shooting activities. It is imperative that all competitors know all rules for safe gun handling and observe them at all times. Any shooter deemed a safety hazard to themselves or others may be denied the opportunity to shoot.

7. Targets for standing shall be hung so that the centers are 55 inches above the floor within the capabilities of the target stands 47” to 63”. Target height for supported events within the capabilities of the target stands will be 22” to 38”.

8. Coaching is not allowed on the firing line. While on the firing line, competitors may speak only with Range Officials. Competitors wishing to talk to others must leave their air guns on the firing line in an unloaded and safe condition and leave the firing line after notifying a Range Official. Hearing protection to reduce distractions is recommended. The use of binoculars or spotting scopes is encouraged.
ARCHERY

Balloon Fiesta Park – North Field
5000 Balloon Fiesta Pkwy NE (N I-25 and Alameda)

Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd west and Balloon Fiesta entrance will be on the right (north side of road).

SPORT COORDINATOR: Aimee Brown
505-476-4791 or Aimee.Brown@state.nm.us

PLAYING FORMAT
1. Archery matches will be conducted in accordance with USA Archery Rules, National Senior Games and New Mexico Senior Olympics.
2. The “900” American Round will be used for all competition.

Section 1
There will be 5 styles:
A—RECURVE - with sights
B—BAREBOW RECURVE - no sights
C—COMPOUND FINGERS - with sights
D—BAREBOW COMPOUND - no sights
E—COMPOUND RELEASE
• All freestyle shooters should compete together and instinctive shooters should compete with one another.
• The two divisions should not compete against one another.
• Sights will not be permitted in Barebow Recurve and Barebow Compound.

Section 2
90 arrows will be shot as follows:
30 arrows from 60 yards (5 ends of 6 arrows)
30 arrows from 50 yards (5 ends of 6 arrows)
30 arrows from 40 yards (5 ends of 6 arrows)
• All arrows must be of same length and weight.

Section 3
Each END (6 arrows) will consist of 1 set of 6 arrows with 50 seconds allowed for each arrow to be shot. Shooters will rotate with target mates after each 6-arrow set.

Section 4
USA Archery Target Rules of Shooting will apply.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games. An archer may enter only the style in which he/she has qualified.
SPORTS DESCRIPTIONS

BOWLING

Starlight Bowling at Santa Ana • 54 Jemez Canyon Dam Rd


Sport Coordinator: TBD

<table>
<thead>
<tr>
<th>SCHEDULE WEDNESDAY, JULY 18</th>
<th>SCHEDULE THURSDAY, JULY 19</th>
<th>SCHEDULE FRIDAY, JULY 20</th>
<th>SCHEDULE SATURDAY, JULY 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>M &amp; W Mixed Doubles 8:00 am 50, 55</td>
<td>M &amp; W Singles 8:00 am 50, 55, 70</td>
<td>M &amp; W Doubles 8:00 am 50, 55</td>
<td>Teams 8:00 am 50, 55</td>
</tr>
<tr>
<td>11:00 am 60, 65, 85</td>
<td>11:00 am 60, 65</td>
<td>11:00 am 60, 65, 85, 90+</td>
<td>11:00 am 60, 65, 85</td>
</tr>
<tr>
<td>2:00 pm 70, 75, 80, 90+</td>
<td>2:00 pm 75, 80, 85, 90+</td>
<td>2:00 pm 70, 75, 80</td>
<td>2:00 pm 70, 75, 80, 90+</td>
</tr>
</tbody>
</table>

PLAYING FORMAT
1. All Bowling Events will be conducted in accordance with U.S. Bowling Congress, National Senior Games and New Mexico Senior Olympics rules except as noted.
2. This a singles, doubles, mixed doubles and team tournament. For Non-Ambulatory playing format, contact NMSO or see our website. Doubles will consist of two bowlers of the same gender. Mixed Doubles will consist of one male and one female. Teams will consist of either 4 men or 4 women. Teams may carry a fifth and sixth member to serve as substitute if needed for the four regular members. The substitutes must be listed on the Team Roster submitted with the registration packet.
3. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   a. Partner is out due to a medical reason or injury, documentation will be required.
   b. Partner did not attend the games.
4. Non-Ambulatory athletes must be seated in their wheelchair or scooter for the entire duration of competition. Non-Ambulatory athletes must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.
5. An athlete may compete with only one partner per event.
6. The tournament will be scratch.
7. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes are available.
8. There will be a lane fee charged for bowling per event. Each team will be assessed a lane fee per person (Max of 4). Lane fee to be paid with entry form.
9. For clarification, athletes are not required to present either an ABC or WIBC card to compete at State Summer Games.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games.

CYCLING

Atrisco Vista BLVD NW / I-40

Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul, turn left onto Pan American Freeway and merge onto Pan American Fwy NE, take the first right onto I-40 west and drive approximately 8 1/5 miles to Exit 149. Watch for signs.

Sport Coordinator: TBD

<table>
<thead>
<tr>
<th>SCHEDULE SATURDAY, JULY 21</th>
<th>SCHEDULE SUNDAY, JULY 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>M &amp; W All Ages 7:00 am Check-In</td>
<td>M &amp; W All Ages 7:00 am Check-In</td>
</tr>
<tr>
<td>7:30 am 10K Time Trial</td>
<td>7:30 am 5K Time Trial</td>
</tr>
<tr>
<td>9:00 am 20K Road Race</td>
<td>8:30 am 40K</td>
</tr>
</tbody>
</table>

PLAYING FORMAT
1. Cycling will be conducted in accordance with USCF National Senior Games and New Mexico Senior Olympics rules except as noted.
2. Events include 5K and 10K time trials, and 20K and 40K road races. The 20K and 40K may be either road races or time trials depending on number of athletes registered.
3. All bicycles must be certified by race officials prior to the competition.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games.
DANCE

**African American Performing Arts Center**

**310 San Pedro Dr. NE**

**Driving directions** from the MCM Elegante Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left). Take Exit 161, San Mateo Blvd, right. Turn left onto Lomas Blvd and head to San Pedro. Take a right on San Pedro then a left on Copper. Venue and parking are on the left side.

**SPORT COORDINATOR:** TBD

<table>
<thead>
<tr>
<th>SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRIDAY, JULY 20</strong></td>
</tr>
<tr>
<td>1 pm - 5pm</td>
</tr>
<tr>
<td>7:00 pm</td>
</tr>
</tbody>
</table>

**PLAYING FORMAT**

1. The Dance competition rules are adopted by the New Mexico Senior Olympic Board of Directors. Sport Coordinator will announce any additional theater procedures known as “house rules.”

2. Dance categories are the following: **Ballroom** (Ballroom Waltz, Foxtrot), **Tango** (American, Argentine), **Latin** (Cumbia, Salsa, Mambo, Cha Cha Cha, Rumba, Corrido), **Swing** (Jitterbug, West Coast Swing), **Western** (Two-Step, Country Waltz), and **Miscellaneous** (Night Club Two-Step, Polka). Dance consists of 15 Couples Dances and one Line Dance event. **In the Latin category, dances will be rotated every 2 years except for Rumba.** The prospective dance order for competition and practice will be available on website. The dance order is subject to change during the competition.

3. Age categories for all Dances are 50+ and 70+. Age of the youngest dance member as of December 31st of the current year will determine age category for Dance.

4. An entry form is required from each individual dance member and name of dance partner must be listed on entry form.

5. All Practice for Dance is mandatory to coordinate theater house logistics. In the event contestants do not attend Dance Practice, they may be subjected to disqualification.

6. Practice time for Line dance groups will be by **appointment only**. Practice and Sport Competition schedule times may be obtained:
   - on the website: www.nmseniorolympics.org
   - at the Sports Table at Athlete Check In
   - by calling the Sports Coordinator or NMSO

Please call Sports Coordinator for details.

7. Contestants must check in at the Theater 30 minutes prior to the Dance Contest or risk being disqualified.

8. Music for Couples Dances is provided by NMSO and is available upon request.

9. All dance routines and costumes are at the discretion of the dancers provided specific dance rules are followed. Dance rules are listed on the NMSO website.

10. **Judges/Scoring** – Sports Coordinator will identify and train qualified judges prior to competition. Five judges will be utilized. Standard criteria for judging the Dance and Line Dancing Events have been developed by NMSO. The criteria for Judging will be provided to the judges and is available to the competitors upon request.

11. An introduction sheet is individual dance information to be used by announcer. Introduction sheet is available by calling NMSO.

12. Time for wardrobe changes will be the responsibility of the contestants and not the Sports Coordinator, although every reasonable effort will be made to accommodate the contestants.

The gentleman contestant in the Couple Dances will pin contestant number on their back.

13. **PARTNER CHANGES** can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   - Partner is out due to a medical reason or injury, documentation will be required.
   - Partner did not attend the games.

14. Dance Couples must be one male and one female.
**SPORTS DESCRIPTIONS**

## DISC GOLF

**Golf Center Balloon Fiesta Park**  
5000 Balloon Fiesta Pkwy NE (N I-25 and Alameda)**

**Driving directions** from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. west and Balloon Fiesta entrance will be on the right (north side of road).

**SPORT COORDINATOR:** Marcos Castillo  
505-975-9130 or castillom@loslunasnm.gov

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>FRIDAY, JULY 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>M &amp; W All Ages</td>
</tr>
</tbody>
</table>

**PLAYING FORMAT**

1. Disc Golf will be conducted in accordance with PDGA (Professional Disc Golf Association) Rules, National Senior Games Association, and New Mexico Senior Olympics.
2. This is a singles event open to men and women.
3. Event will be played on a 6 hole golf course.
4. The Disc Golf tournament will consist of 18 holes stroke play.
5. Equipment will be furnished by Sport Coordinator and NMSO. Participants may also use their own discs.

## 8-BALL POOL

**Palo Duro Senior Center**  
5221 Palo Duro NE

**Driving directions** from the MCM Eleganté Hotel – Summer Games HQ - Head east on Menaul Blvd to San Mateo Blvd, approximately 2 1/8 mile then turn left onto San Mateo Blvd NE. Turn right onto Palo Duro Ave and the Center is on the left.

**SPORT COORDINATOR:** Richard McKinley  
575-650-2591 or newdayint31@gmail.com

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>WEDNESDAY, JULY 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>M 50, 55, 60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>THURSDAY, JULY 19</th>
<th>SCHEDULE</th>
<th>FRIDAY, JULY 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>M 65, 70</td>
<td>9:00 am</td>
<td>Women</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>M 75, 80, 85, 90+</td>
<td>All Ages</td>
<td></td>
</tr>
</tbody>
</table>

**PLAYING FORMAT**

1. Eight Ball Pool will be governed by standard rules recommended by the Billiard Congress of America and New Mexico Senior Olympics except as noted.
2. Competition is singles play only. Format of tournament will be double elimination. Competition is best 2 out of 3 or 3 out of 5. Bracket format will be determined by the number of registered participants. The toss of a coin will determine who shoots first.
3. This is a **non-call** event.
4. Any game missed/forfeited during bracket play will be considered a loss.
5. Brackets will be available at www.nmseniorolympics.org and at the Sports Table at Game Headquarters.
UNM Track Complex
1800 Avenida Cesar Chavez SE
Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul to University and take a left (south). Go approximately 3 ¼ miles to Avenida Cesar Chavez and turn left. Use the east parking lot and Track is on the west side of parking lot. Use of the east parking lot is free and the track venue is on the west side of parking lot.

SPORTS DESCRIPTIONS

1. Field Events will be governed by standard rules recommended by The USA Track & Field, National Senior Games Association and New Mexico Senior Olympics except as noted.
2. Field Events will be Hammer Throw, Discus, Javelin, Shot Put, High Jump, Long Jump (running), Long Jump (standing), Pole Vault, and Triple Jump.
3. All events will be measured in feet and inches.
4. New Mexico Senior Olympics shall provide certified implements for all events for each age group and age category except pole vault. In addition, athletes shall be permitted to use their own implements. Check at Sport Table for specific instructions regarding certification.
5. Athletes will not be allowed to throw implements at a weight greater than allowed in their age group.
6. All age groups will be allowed Warm Up Period (Practice). See Sport Table for further information.
7. Throwing Events - Equipment

Following are the weights of the various implements to be used for each gender and age category:

<table>
<thead>
<tr>
<th>Implement</th>
<th>Men 50-59</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>6 Kg</td>
<td>1.5 Kg</td>
<td>6 Kg</td>
<td>700 gm</td>
</tr>
<tr>
<td>Men 60-69</td>
<td>5 Kg</td>
<td>1.0 Kg</td>
<td>5 Kg</td>
<td>600 gm</td>
</tr>
<tr>
<td>Men 70-79</td>
<td>4 Kg</td>
<td>1.0 Kg</td>
<td>4 Kg</td>
<td>500 gm</td>
</tr>
<tr>
<td>Men 80+</td>
<td>3 Kg</td>
<td>1.0 Kg</td>
<td>3 Kg</td>
<td>400 gm</td>
</tr>
<tr>
<td>Women 50-59</td>
<td>3 Kg</td>
<td>1.0 Kg</td>
<td>3 Kg</td>
<td>500 gm</td>
</tr>
<tr>
<td>Women 60-74</td>
<td>3 Kg</td>
<td>1.0 Kg</td>
<td>3 Kg</td>
<td>500 gm</td>
</tr>
<tr>
<td>Women 75+</td>
<td>2 Kg</td>
<td>.75 Kg</td>
<td>2 Kg</td>
<td>400 gm</td>
</tr>
</tbody>
</table>

NATIONAL QUALIFYING RULES

1st – 4th place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.

All athletes who compete in Hammer Throw or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.

SPORT COORDINATOR: TBD

SCHEDULE

WEDNESDAY, JULY 18

Men & Women
Pole Vault
7:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+

Discus
7:00 am 70, 75, 80, 85, 90+
10:00 am 50, 55, 60, 65

Running Long Jump
7:00 am 70, 75, 80, 85, 90+
11:00 am 50, 55
12:00 noon 60, 65

THURSDAY, JULY 19

Men & Women
Standing Long Jump
7:00 am 70, 75, 80, 85, 90+
11:00 am 50, 55, 60, 65

Triple Jump
9:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+

Hammer Throw
9:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+

FRIDAY, JULY 20

Men & Women
Shot Put
7:00 am 50, 55, 60, 65
10:00 am 70, 75, 80, 85, 90+

Javelin
7:00 am 70, 75, 80, 85, 90+
10:00 am 50, 55, 60, 65

QUALIFYING RULES: The Fun Events are open to all participants, 50 and over, attending the Games. Walk-ins are welcome. No registration is required.

PLAYING FORMAT

1. Fun Events are held so that seniors may interact with other seniors in a fun atmosphere where the events are undemanding.
2. Team Events will be the potato carrying relay and balloon popping relay, and may include other fun events to be determined.
3. Chair Exercise will be offered to include easy exercises done with sitting or standing by a chair.
4. Equipment: All playing equipment will be provided by Games Management. No registration required for Fun Events.
PLAYING FORMAT
1. The golf tournament will be conducted in accordance with USGA (United States Golf Association) Rules, National Senior Games Association, and New Mexico Senior Olympics.
2. Golf tournament will be 18 holes medal play except for men and women in age divisions 90 and older. Competitors in age divisions 90 and older will play 9 holes.
   **Start time will be Tee Times for all participants.**
3. There will be a Golf entry fee and cart fee. Fees to be paid on entry form. Golf carts are mandatory.
4. Local golf club rules will also be in effect. Local club will require proper attire (collar shirt) of all competitors.
5. MPS may be adjusted.

NATIONAL QUALIFYING RULES
1st place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.

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**HORSESHOES**

Los Altos Park (Northeast/I-40 area)
9601 Lomas Blvd.

Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left). Take Exit 164, Wyoming Blvd, right. Take the 1st left onto Lomas Blvd NE, Park is on the right.

SPORT COORDINATOR: Sean Blair
505-730-7326 or sdblair007@msn.com

<table>
<thead>
<tr>
<th>SCHEDULE</th>
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</thead>
<tbody>
<tr>
<td><strong>WEDNESDAY, JULY 18</strong></td>
<td><strong>THURSDAY, JULY 19</strong></td>
</tr>
<tr>
<td>8:00 am</td>
<td>8:00 am</td>
</tr>
<tr>
<td>M &amp; W</td>
<td>M 65</td>
</tr>
<tr>
<td>75, 80, 85, 90+</td>
<td>M &amp; W 50, 55</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>11:00 am</td>
</tr>
<tr>
<td>W 65</td>
<td>W &amp; M 50, 55</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>M 70</td>
<td>W 60, 70</td>
</tr>
<tr>
<td></td>
<td>M 60</td>
</tr>
</tbody>
</table>

PLAYING FORMAT
1. All matches will be conducted in accordance with the National Horseshoe Pitching Association rules, National Senior Games Association, and New Mexico Senior Olympics.
2. Event will be singles. For Non-Ambulatory Playing Format, contact NMSO or see our website.
3. A participant will be allowed to use his/her own horseshoes if they are 2 1/2 pound regulation shoes.
4. New Mexico Senior Olympics will provide a limited number of shoes.
5. Non-Ambulatory athletes must be seated in their wheelchairs or scooter for the entire duration of competition. Non-Ambulatory athlete’s feet cannot touch the floor during the competition. In pitching the shoe, the pitcher shall sit on or behind the pitcher’s line.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games.
Pickleball

Manzano Mesa Multi-Generational Park
501 Elizabeth St SE

Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left) approximately 4 ¼ miles. Take Exit 165, right to Eubank Blvd, approximately 1 mile. Turn left on Southern Ave. head east to Elizabeth, turn right to Manzano Mesa.

Outdoor Venue
SPORT COORDINATOR: Gary Rutherford
505-507-3663 or Ruthergary@aol.com

<table>
<thead>
<tr>
<th>SCHEDULE WEDNESDAY, JULY 18</th>
<th>SCHEDULE THURSDAY, JULY 19</th>
<th>SCHEDULE FRIDAY, JULY 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am Women's Singles</td>
<td>7:30 am Mixed Doubles</td>
<td>7:30 am Men's Singles</td>
</tr>
<tr>
<td>All Age Divisions</td>
<td>All Age Divisions</td>
<td>All Age Divisions</td>
</tr>
<tr>
<td>8:30 am Men's Doubles</td>
<td></td>
<td>8:30 am Women's Singles</td>
</tr>
<tr>
<td>70, 75, 80, 85, 90+</td>
<td></td>
<td>70, 75, 80, 85, 90+</td>
</tr>
<tr>
<td>9:00 am Men's Doubles</td>
<td></td>
<td>9:00 am Women's Doubles</td>
</tr>
<tr>
<td>50, 55, 60, 65</td>
<td></td>
<td>50, 55, 60, 65</td>
</tr>
</tbody>
</table>

PLAYING FORMAT
1. Pickleball will be conducted in accordance with the USA Pickleball Association rules, National Senior Games Association, and New Mexico Senior Olympics except as noted.
2. Events will be singles, doubles and mixed doubles.
3. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   a. Partner is out due to a medical reason or injury, documentation will be required.
   b. Partner did not attend the games.
4. Equipment: Players may provide own paddles. NMSO will provide a limited number of paddles. Paddles may be of any material, but shall not contain holes, indentations, etc. that allow a player to impart abnormal spin on the ball. Standard paddle shall measure 8" wide by 15 ½" long, including a 7-inch handle. If athlete uses a magnum paddle, it will be the same size but have only a 5 inch handle. Thickness and weight is not restricted. NMSO will provide balls.
5. Athletes are required to check in 30 minutes prior to scheduled times.
6. Pickleball is a simple paddle game, playing a special perforated, slow-moving ball over a tennis type net on a badminton sized court.
7. Playing format will be double or round robin elimination tournaments based on the numbers of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO office.) Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Game competition.
8. Any game missed/forfeited during bracket play will be considered a loss.
9. This venue does not have restroom facilities in the immediate area, however the Manzano Mesa Multigenerational Center is open to all and portable toilets will be on site.
10. Brackets will be available at www.nmseniorolympics.org and at the Sports table at Game Headquarters.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Pickleball event (singles, doubles, mixed doubles) in which they wish to compete.
POWER WALK

Balloon Fiesta Park  
5000 Balloon Fiesta Pkwy NE (N I-25 and Alameda)

Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. west and Balloon Fiesta entrance will be on the right (north side of road)

SPORT COORDINATOR: Lenny Krosinski  
505-250-2283 or lennykro@aol.com

PLAYING FORMAT

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein.
2. Power Walk is a Monitored Event in which an athlete can be disqualified.
3. Major points of the rules include:
   a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
   b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
   c) creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
   d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
   e) Running or jogging mode is forbidden.
   f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
   g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
   h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
   i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

NATIONAL QUALIFYING RULES

For 2019 only, Power Walk event will be classified as an “OPEN” event. The minimum distance acceptable for qualifying will be 1500M. Athletes do not need to qualify at a 2018 state qualifier.
SPORTS DESCRIPTIONS

RACE WALK

1500 & 5K at Balloon Fiesta Park
315 Alameda Blvd NE (North I-25 and Alameda)

Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. west. Entrance will be on the left (south side of road) just past Balloon Museum Drive.

SPORT COORDINATOR: Lenny Krosinski
505-250-2283 or lennykro@aol.com

PLAYING FORMAT
1. All race walking events will be governed in general by standard rules recommended by the USA Track and Field (USATF), National Senior Games Association, and New Mexico Senior Olympics except as noted.
2. Race Walking events include 1500M and 5K. Athletes must register for each event. 5K and 10K on entry form.
3. Race Walk meeting will be held prior to competition and athletes are strongly encouraged to attend. Sport Coordinator will cover topics to include playing rules, technique and format. Meeting will be at Game Headquarters - MCM Elegante Hotel.
4. Results will be posted on site. Any questions regarding disqualifications are to be addressed with Sport Coordinator.

NATIONAL QUALIFYING RULES
1st – 4th place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.

RACQUETBALL

Midtown Sports & Wellness
4100 Prospect Ave NE

Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head east on Menaul to Solano Dr. NE approximately 1 ½ miles. Turn right on Solano the take 1st left onto Prospect Ave.

SPORT COORDINATOR: Paula Sperling
505-888-4019 or psperling@wellbridge.com

PLAYING FORMAT
1. All racquetball matches will be governed by the standard rules recommended by the United States Racquetball Association, National Senior Games Association, and New Mexico Senior Olympics except as noted.
2. Events will be singles, doubles and mixed doubles.
3. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   a. Partner is out due to a medical reason or injury, documentation will be required.
   b. Partner did not attend the games.
4. Playing format will be double or round robin elimination tournaments based on the number of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO Office.) Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Game competition.
5. Any game missed/forfeited during bracket play will be considered a loss.
6. Lensed USAR approved eyewear designed for racquet sports is mandatory and must be provided by the participant.
7. All players will be guaranteed at least two matches if numbers are conducive.
8. Use of facility will be limited to the courts and locker areas.
9. Participants are to provide their own racquets.
10. Brackets will be available at www.nmseniorolympics.org and at the Sports table at game Headquarters.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Racquetball event (singles, doubles, mixed doubles) in which they wish to compete.
Recreational sports are competitive physical games that are played for fun as an activity as opposed to compete professionally. Recreational activities are included in the Games to promote participation, with the related goals of improved physical fitness, fun, and social involvement. Each event will be managed and planned by a Sport Coordinator. Recreational Sports include the following as events: Basketball Free Throw, Basketball 3 Point Shot, Frisbee Accuracy, Frisbee Distance, Huachas, Soccer Kick Accuracy and Softball Distance Throw.

**BASKETBALL 3 POINT SHOT**

Location: Dana Alexander  
(817) 475-4933 or dalexander.aaa@gmail.com

SPORT COORDINATOR: TBD

<table>
<thead>
<tr>
<th>SCHEDULE</th>
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<tbody>
<tr>
<td>FRIDAY, JULY 20</td>
</tr>
<tr>
<td>3 POINT SHOT  ALL AGES</td>
</tr>
<tr>
<td>9:00 am  Men</td>
</tr>
<tr>
<td>11:00 am  Women</td>
</tr>
</tbody>
</table>

**PLAYING FORMAT**

1. Basketball 3-Point Shot will be conducted in accordance with rules developed by New Mexico Senior Olympics.
2. Men and Women's competition will be held separately and in 5-year age divisions. This event will be offered to men and women 50 - 79 Age Divisions only.
3. An official men's basketball will be used for men. An official women's basketball will be used for women. The rim will be 10' high. Basketballs will be provided by New Mexico Senior Olympics.
4. There will be a court monitor/volunteer at each basket.
5. Tie-breakers will be addressed at the conclusion of each age division.

**BASKETBALL FREE THROW**

Location: Dana Alexander  
(817) 475-4933 or dalexander.aaa@gmail.com

SPORT COORDINATOR: TBD

<table>
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<tr>
<th>SCHEDULE</th>
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<tbody>
<tr>
<td>FRIDAY, JULY 20</td>
</tr>
<tr>
<td>FREE THROW  ALL AGES</td>
</tr>
<tr>
<td>8:00 am  Men</td>
</tr>
<tr>
<td>10:00 am  Women</td>
</tr>
</tbody>
</table>

**PLAYING FORMAT**

1. Basketball Free Throw will be conducted in accordance with rules developed by New Mexico Senior Olympics.
2. Men and Women's competition will be held separately and in 5-year age divisions.
3. An official men's basketball will be used for men. An official women's basketball will be used for women. The rim will be 10' high. Basketballs will be provided by New Mexico Senior Olympics.
4. Athletes in an age group will shoot at the same baskets (only when numbers are conducive).
5. There will be a referee at each basket.
6. Tie-breakers will be addressed at the conclusion of each age division.
7. During a tie-breaker, age divisions 80+ and above, men and women, will move 5 feet closer to target.
**Frisbee Accuracy**

Manzano Mesa Multi-Generational Center  
501 Elizabeth St SE  
**Driving directions** from the MCM Eleganté Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left) approximately 4 ¼ miles. Take Exit 165, right to Eubank Blvd, approximately 1 mile. Turn left on Southern Ave. head east to Elizabeth, turn right to Manzano Mesa.  

SPORT COORDINATOR: LoriAnn Keith  
505-927-4671 or loriannkeith@hotmail.com

| SCHEDULE | THURSDAY, JULY 19 |  |
| --- | --- |  |
| MEN & WOMEN |  |
| 8:00 am | 80, 85, 90+ |  |
| 9:00 am | 75 |  |
| 10:00 am | 70 |  |
| 11:00 am | 65 |  |
| 1:00 pm | 60 |  |
| 2:00 pm | 50, 55 |  |

**Playing Format**  
1. Frisbee Discs will be provided for competitors and must be used.  
2. Object of the game is defined in playing rules.  
3. Tie-breakers will be addressed at the conclusion of each age division.  
4. During a tie-breaker, age divisions 80+ and above, men and women, will move 5 feet closer to target.  
5. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.  
6. Indoor Venue

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**Frisbee Distance**

Manzano Mesa Park  
501 Elizabeth St SE  
**Driving directions** from the MCM Eleganté Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left) approximately 4 ¼ miles. Take Exit 165, right to Eubank Blvd, approximately 1 mile. Turn left on Southern Ave. head east to Elizabeth, turn right to Manzano Mesa.  

SPORT COORDINATOR: Pat Dyer  
505-918-5788 or deven@aol.com

| SCHEDULE | THURSDAY, JULY 19 |  |
| --- | --- |  |
| MEN & WOMEN |  |
| 8:00 am | 75 |  |
| 9:00 am | 80, 85, 90+ |  |
| 10:00 am | 65 |  |
| 11:00 am | 70 |  |
| 1:00 pm | 50, 55 |  |
| 2:00 pm | 60 |  |

**Playing Format**  
1. Frisbee Discs will be provided for competitors and must be used.  
2. Object of the game is defined in playing rules.  
3. Tie-breakers will be addressed at the conclusion of each age division.  
4. **Participants will throw from behind a 10’ throwing line within a defined angle measuring from center of line.**  
5. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.  
6. Outdoor Venue
PLAYING FORMAT
1. All sport equipment will be provided for competitors and must be used.
2. Event will be singles.
3. Playing format will be double or round robin elimination tournaments based on the number of registered entrants.
4. Washers are pitched to the opposite board into the cup opening. Player reaching 11 first or highest score after 20 throws wins the game.
5. Tie-breakers will be addressed at the conclusion of each age division.
6. A foot fault will be called if player steps on or over the designated line and will automatically nullify the attempt.
7. Brackets will be available at www.nmseniorolympics.org and at the Sports Table at Game Headquarters.

SCHEDULE THURSDAY, JULY 19
MEN & WOMEN
10:00 am Practice
1:00 pm 80, 85, 90+
2:00 pm 60
3:00 pm 50, 55

SCHEDULE FRIDAY, JULY 20
MEN & WOMEN
8:00 am Practice
10:00 am 75
11:00 am 70
1:00 pm 65

SCHEDULE WEDNESDAY, JULY 18
MEN & WOMEN
8:00 am 75
9:00 am 80, 85, 90+
10:00 am 65
11:00 am 70
1:00 pm 50, 55
2:00 pm 60

SPORTS DESCRIPTIONS
RECREATIONAL SPORTS
HUACHAS
MCM Elegante
2020 Menaul Blvd. NE
SPORT COORDINATOR: Loretta Martin
505-718-2318 or lmartin@lasvegasnm.gov

SOCcer Kick Accuracy
Balloon Fiesta Park
5000 Balloon Fiesta Pkwy NE (N I-25 and Alameda)
Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. west and Balloon Fiesta entrance will be on the right (north side of road).
SPORT COORDINATOR: Dorie Sandoval
505-285-3922 or dorie@7cities.net
## PLAYING FORMAT

1. All sport equipment will be provided for competitors and must be used.
2. Tie-breakers will be addressed at the conclusion of each age division.
3. Participants will throw from behind a 10’ throwing line within a defined angle measuring from center of line.
4. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.

## SCHEDULE

**WEDNESDAY, JULY 18**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>80, 85, 90+</td>
</tr>
<tr>
<td>9:00 am</td>
<td>75</td>
</tr>
<tr>
<td>10:00 am</td>
<td>70</td>
</tr>
<tr>
<td>11:00 am</td>
<td>65</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>60</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>50, 55</td>
</tr>
</tbody>
</table>

**THURSDAY, JULY 19**

**FRIDAY, JULY 20**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>M &amp; W</td>
<td>All Ages</td>
<td>6:00 am</td>
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<tr>
<td>10K Run</td>
<td></td>
<td>10K Run</td>
</tr>
<tr>
<td>M &amp; W</td>
<td>All Ages</td>
<td>6:00 am</td>
</tr>
<tr>
<td>5K Run</td>
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<td>5K Run</td>
</tr>
</tbody>
</table>

## NATIONAL QUALIFYING RULES

1st – 4th place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.
SHUFFLEBOARD

Sid Cutter Pilots Pavilion
Balloon Fiesta Park
4900 Balloon Fiesta Pkwy NE (N I-25 and Alameda)

Driving directions from the MCM Elegante Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. west and Balloon Fiesta entrance will be on the right (north side of road).

SPORT COORDINATOR: Gladie Peltomaki
505-350-7380 or gladiepel@hotmail.com

SPORTS DESCRIPTIONS

a. Partner is out due to a medical reason or injury, documentation will be required.
b. Partner did not attend the games.

5. Non-Ambulatory athletes must be seated in their wheelchairs or scooter for the entire duration of competition. Non-Ambulatory athlete’s feet cannot touch the floor during the competition. Singles matches will consist of 8 Frames in the preliminary rounds and 12 frames in the championship rounds.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Shuffleboard event (singles, doubles) in which they wish to compete.

<table>
<thead>
<tr>
<th>SCHEDULE WEDNESDAY, JULY 18</th>
<th>SCHEDULE THURSDAY, JULY 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women - Singles</td>
<td>W SINGLES CONT’D. AS NEEDED</td>
</tr>
<tr>
<td>8:00 am 65, 70, 75</td>
<td>SEE SCHEDULE AT VENUE</td>
</tr>
<tr>
<td>11:00 am 55, 60, 80</td>
<td>Men - Singles</td>
</tr>
<tr>
<td>1:00 pm 50, 85, 90</td>
<td>8:00 am 60, 70, 75</td>
</tr>
<tr>
<td></td>
<td>11:00 am 50, 65, 80</td>
</tr>
<tr>
<td></td>
<td>1:00 pm 55, 85, 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCHEDULE FRIDAY, JULY 20</th>
<th>SCHEDULE SATURDAY, JULY 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doubles</td>
<td>DOUBLES CONT’D. AS NEEDED</td>
</tr>
<tr>
<td>8:00 am 55, 60, 65, 70</td>
<td>SEE SCHEDULE AT VENUE</td>
</tr>
<tr>
<td>10:00 am 50, 75, 80</td>
<td></td>
</tr>
<tr>
<td>85, 90</td>
<td></td>
</tr>
</tbody>
</table>

PLAYING FORMAT

1. All shuffleboard matches will be ruled in accordance with official rules of the National Shuffleboard Association, Inc., and National Senior Games Association.

2. Events will be singles and doubles. For Non-Ambulatory Playing Format, contact NMSO or see our website.

3. Playing format will be either double elimination or round robin tournaments based on the number of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO office.) Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Games competition.

4. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:

- Partner is out due to a medical reason or injury, documentation will be required.
- Partner did not attend the games.
- Non-Ambulatory athletes must be seated in their wheelchairs or scooter for the entire duration of competition.
- Non-Ambulatory athlete’s feet cannot touch the floor during the competition. Singles matches will consist of 8 Frames in the preliminary rounds and 12 frames in the championship rounds.
- National Qualifying Rules
  1st – 4th place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Shuffleboard event (singles, doubles) in which they wish to compete.

The playing format will be based on the number of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO office.) The tournament format will be the responsibility of New Mexico Senior Olympics and established prior to the Senior Olympics Summer Games competition.
SWIMMING

UNM Natatorium
1 University
Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul to University and take a left (south). Go approximately 2 ¼ miles to Central Ave SE exit and turn left onto Yale Blvd SE. Take a right onto Redondo Dr NE and use the parking lot on the left in spaces not numbered or enter into parking garage for a fee. PARKING AT UNM

SPORT COORDINATOR: Angela Morrow
505-220-2208 or amontano90@cnm.edu

<table>
<thead>
<tr>
<th>SCHEDULE WEDNESDAY, JULY 18</th>
<th>SCHEDULE THURSDAY, JULY 19</th>
<th>SCHEDULE FRIDAY, JULY 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm - 4:00 pm M &amp; W Practice</td>
<td>M &amp; W All Ages</td>
<td>M &amp; W All Ages</td>
</tr>
<tr>
<td>7:00 am Warm Up</td>
<td>100’Y IM, 200’Y Back</td>
<td>7:00 am Warm Up</td>
</tr>
<tr>
<td>8:00 am Competition</td>
<td>100’Y Free, 50’Y Fly</td>
<td>8:00 am Competition</td>
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<tr>
<td></td>
<td>100’Y Breast, 50’Y Back</td>
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<td></td>
<td>200’Y Co-Ed Med Relay</td>
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<td></td>
<td>200’Y Fly</td>
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<tr>
<td></td>
<td>500’Y Free</td>
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</tbody>
</table>

PLAYING FORMAT
1. Swimming will be governed by the US Masters Swimming and National Senior Games Association rules except where noted.
2. Strokes will be Backstroke, 50’Y, 100’Y and 200’Y; Breaststroke, 50’Y, 100’Y and 200’Y; Butterfly, 50’Y, 100’Y and 200’Y; Freestyle, 50’Y, 100’Y, 200’Y and 500’Y; Individual Medley (four different strokes), 100’Y, 200’Y and 400’Y; and 200’Y Medley Relay (Bonus Team event)
3. Age groups and gender may be combined so that no swimmer has to swim alone and so that lanes may be filled.
4. All events shall be conducted on a timed final basis.
5. The relay will consist of 2 males and 2 females and is open age. (Not a National Qualifier)
6. A false start will result in disqualification.
7. Participant may be disqualified if the correct stroke is not used.
8. For the 200M Medley Relay, teams may be formed onsite and all team members must be registered athletes

NATIONAL QUALIFYING RULES
1st – 4th place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games.
TABLE TENNIS

Raymond G. Sanchez Community Center
9800 4th Street NW
Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul, turn right onto Pan American Freeway and merge onto I-25 north. Go north approximately 4 ½ miles. Take exit 233 toward NM-528/Alameda Blvd. Head west on Alameda Blvd approximately 2 miles, turn right (north) on 4th Street for approximately ¾ mile and Center is on the right.

SPORT COORDINATOR: Marvin Sommers
(505) 239-1443 or sommersm@comcast.net

PLAYING FORMAT
1. All table tennis matches will be conducted in accordance with U.S. Table Tennis Association (USTTA), National Senior Games Association and New Mexico Senior Olympics rules.
2. Playing clothing may be white if a yellow ball is used. All colors will be allowed, though white may only be used on sleeves and trimmings when a white ball is used. The same applies to yellow when a yellow ball is used. If the shades of yellow differ significantly, a garment and the ball may both be yellow.
3. Playing format will be either double or round robin elimination tournaments based on the number of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO office.) Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Games competition.
4. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   a. Partner is out due to a medical reason or injury, documentation will be required.
   b. Partner did not attend the games.

5. Any game missed/forfeited during bracket play will be considered a loss.
6. Contestants must provide their own paddle and it may be any material, size, shape or weight that is in accordance with USTTA rules.
7. NMSO will provide a limited number of paddles.

NATIONAL QUALIFYING RULES
1st – 4th place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Table Tennis event (singles, doubles, mixed doubles) in which they wish to compete.

SCHEDULE

THURSDAY, JULY 19
2:00 pm - 5:00 pm Practice

FRIDAY, JULY 20
8:00 am M & W

SATURDAY, JULY 21
8:00 am M & W

National Qualifier
Open to out of state
6. Practice is mandatory. At least one member of the act must attend practice during the scheduled times. Failure to attend practice could result in disqualification of the act unless prior arrangements have been made with the Sport Coordinator. See Sports Table for details.

7. Athletes may compete in only one act per talent event.

8. All Talent Acts will be penalized for performing past the time limits or taking more than the allowed set up time limits by subtracting 5 points for each ½ minute or portion thereof over the allotted time.

TALENT DESCRIPTIONS

Comedy – Solo or Group
May include skits, Lip Sync, Pantomime, Stand-Up Comedy, etc.

Dance – Solo or Group
Dance will be folk or ethnic. No Waltz, Polka, Country Western, Latin Ballroom, Jitterbug or Line Dancing is allowed.

Instrumental - Solo
Must use musical instrument(s) that are store bought. No singers permitted.

Reading - Solo
May include reading of poetry, etc.

Vocal – Solo or Group
One voice is considered a solo act. Two or more voices are considered a group act. Accompanist will not be considered part of the act and will not be required to register for New Mexico Senior Olympic Annual Summer Games. Accompanist will not receive award.

Senior Olympics making a difference in the lives of active Seniors 50+!
SPORTS DESCRIPTIONS

TENNIS

Jerry Cline Tennis Complex
7905 Constitution Ave. NE

Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Go east on Menaul Blvd, take a right at Carlisle Blvd NE. Merge onto I-40 to head east (left), Take Exit 162, Louisiana Blvd, and turn right onto Louisiana then left on Constitution.

SPORT COORDINATOR: TBD

SCHEDULE

WEDNESDAY, JULY 19

7:00 am
Singles, Doubles, Mixed Doubles

THURSDAY, JULY 20

7:00 am
Singles, Doubles, Mixed Doubles

PLAYING FORMAT

1. All tennis matches will be conducted in accordance with U.S. Tennis Association, National Senior Games Association, and New Mexico Senior Olympic rules except as noted.

2. If a participant registers in more than one event, a situation may arise wherein they will have to play more than two matches in any given day. Attempts will be made to schedule in order to avoid conflicts between events. However, it is the responsibility of the participant to make conflicts known to the Sport Coordinator with sufficient time in order to reschedule or withdraw.

3. Any game missed/forfeited during bracket play will be considered a loss.

4. Playing format will be either double elimination or round robin tournaments based on the numbers of registered entrants. (Single elimination tournament will only be considered with the approval of the NMSO office.) Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Game competition.

5. Tennis balls will be provided for hard court play.

6. A five-minute warm-up will be allowed before each match.

7. Contestants are to provide their own rackets.

8. PARTNER CHANGES can only be made on-site provided the reason for change meets the criteria and if it does not change the age category. On-site partner change(s) is to be made thirty minutes prior to game time with the Sport Coordinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. New partner can be changed if it does not change the age category. Criteria for on-site partner change(s) includes:
   a. Partner is out due to a medical reason or injury, documentation will be required.
   b. Partner did not attend the games.

NATIONAL QUALIFYING RULES

1st – 3rd place winners will qualify for the 2019 National Senior Games. Athletes must qualify in each Tennis event (singles, doubles, mixed doubles) in which they wish to compete.

TRACK

UNM Track Complex
1800 Avenida Cesar Chavez SE

Driving directions from the MCM Eleganté Hotel – Summer Games HQ - Head west on Menaul to University and take a left (south). Go approximately 3 ¼ miles to Avenida Cesar Chavez and turn left. Use of the east parking lot is free and the track venue is on the west side of parking lot.

SPORT COORDINATOR: TBD

SCHEDULE

FRIDAY, JULY 20

Men & Women
8:00 am 800M Estimated Run/Walk
9:00 am 400M Estimated Run/Walk
(not National Qualifiers)

SCHEDULE

SATURDAY, JULY 21

Men & Women
7:00 am 1500M
8:00 am 800M
8:30 am 100M
9:30 am 400M
10:00 am Intergenerational Relay
10:30 am 200M
11:00 am 50M
11:30 am 4 x 100M Co-Ed Relay
(not a National Qualifier)

PLAYING FORMAT

1. Track events will be conducted in accordance with the USA Track & Field rules, National Senior Games Association, and New Mexico Senior Olympics except as noted.

2. For track events, the number of heats will be determined based on the number of entries.

3. ESTIMATED Run/Walk is an estimated timed event where each contestant must turn in their estimated time on an entry card before the start of the race. The athlete coming closest to running/walking estimated time they submitted at check in, without going over, will be declared the winner. It is the athlete’s responsibility to turn in their time before the start of the race (not a National Qualifier).

4. Results are posted on site. It is athlete’s responsibility to discuss with the Sport Coordinator any injury or disqualification.

NATIONAL QUALIFYING RULES

1st – 4th place winners or athletes meeting this sport’s NSGA MPS will qualify for the 2019 National Senior Games. Athletes that qualify for and compete in the 50, 100, 200, 400 or 800-meter events will be eligible to compete in the 4 x 100-meter relay.
TRIATHLON/Co-Ed Relay

400M Swim/20K Cycling/5K Road Race

West Mesa Aquatics
6705 Fortuna Rd NW

Driving directions from the MCM Elegante Hotel – Summer Games HQ - head west on Menaul, turn left onto Pan American Freeway and merge onto Pan American Freeway NE, take the first right onto 1-40 west and drive approximately 3 miles. Take exit 155 to Coors Blvd. South, turn left and drive approximately .8 miles to Fortuna Road. Turn right at Fortuna Road. Destination is on the right look for signs.

SPORT COORDINATOR: TBD

PLAYING FORMAT
1. Athletes must provide their own bicycles, helmets, running and swim gear, and energy supplements.
2. All equipment must meet USA Triathlon standards.
3. The events in this sport are the 400M swim, 20K cycling and the 5K road race.
4. No rider shall pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
5. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
6. NSGA Swim caps must be worn during the competition.
7. Each age group triathlete shall be permitted to wear a wet suit without penalty up to and including a water temperature of 78 degrees Fahrenheit.
8. Course maps are available at the sport table. Athletes are responsible for scouting the race courses. Course will be marked.
9. Co-Ed Relay team is 3 persons, men and women, any combination in one age category 50+. (not a National Qualifier)

NATIONAL QUALIFYING RULES
Athletes completing the triathlon will qualify for the 2019 National Senior Games.

SCHEDULE

<table>
<thead>
<tr>
<th>National Qualifier</th>
<th>Open to out of state</th>
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</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Men, Women</td>
</tr>
<tr>
<td>Co-Ed</td>
<td>All Ages</td>
</tr>
</tbody>
</table>

National Qualifier 
Open to out of state
Athletes in New Mexico are very fortunate to have over twenty-two organized local games held in various cities and pueblos, conducted by volunteer local board entities and recreation programs. Local Games are generally held February thru May each year. Athletes can attend any local game site of their choice and are encouraged to compete locally to stay versed on all playing rules and sport playing format for seniors 50 and older. For a complete listing of local games visit www.nmseniorolympics.org. Athletes are not required to pre-qualify at local games to register for State Summer Games in New Mexico. Local games are sanctioned by New Mexico Senior Olympics and will conduct competitions in accordance to the same playing rules. All skill levels are encouraged to be involved in Senior Olympics at local and state games. Registration entry fees vary at each local game site.
Senior Olympics Making a Difference!

YEAR  | GAME SITE  
--- | --- 
1979 | ABQ 
Games founded in '79 by Ernesto Ramos. 

1987 | ROSWELL  
'87 is first Year of National Senior Games in St. Louis with 2,500 athletes. 

1994 | LAS VEGAS  
'94 is first year NMSO developed sanctioned Local Games. 

1997 | ALBUQUERQUE  
Ernesto Ramos elected as Chair of the National Senior Games Association. 

‘97 is the year NMSO lowered the age for eligibility to 50. 

2004 | LAS CRUCES  
'04 is the year NMSO made team tourneys separate. 

2008 | LAS CRUCES  
NMSO’s 30th Anniversary 

2018 | ALBUQUERQUE  
NMSO’s 40th Anniversary 

2019 | NATIONALS in ALBUQUERQUE 

2019 NATIONAL SENIOR GAMES ALBUQUERQUE, NM PRESENTED BY Humana.
ALBUQUERQUE WELCOMES THE

2019 NATIONAL SENIOR GAMES

June 14-25, 2019

VISIT
ALBUQUERQUE
CHANGE YOUR PERSPECTIVE
VisitABQ.org

2019 NATIONAL SENIOR GAMES
Presented by Humana
ALBUQUERQUE, NM

www.NSGA.com
SPORTS HEALTH FAIR
MCM Eleganté Hotel
Wednesday, July 18
9:00 am - 3:00 pm

SPORTS DINNER BANQUET
$28
Saturday, July 21 • 6:00 pm
Sandia Hotel & Resort
Pre-order tickets on entry form or purchase at Souvenir Store at Game Headquarters before Friday, July 20 at 12:00 noon

SPORTS TABLES
All athletes are encouraged to check sport tables prior to competition at Game Headquarters at MCM Eleganté Hotel

OPENING CEREMONY
Wednesday, July 18 • 7:00 pm
Balloon Fiesta Park
5000 Balloon Fiesta Pkwy NE
Come help us kick off the State Summer Games with the Parade of Athletes and help your local community compete for the “Spirit Award”
Athlete line up begins at 6:30 pm Athlete Social will follow
FREE FOOD

ATHLETE CHECK-IN TIMES
MCM Eleganté Hotel, 2020 Menaul Blvd. NE
Monday, July 16 - 1:00 pm - 7:00 pm
Tuesday, July 17 – Friday, July 20
7:00 am - 5:00 pm
Saturday, July 21 – 7:00 am - 12:00 noon
Opening Ceremony

Wednesday • Balloon Fiesta Park • 7:00 p.m.
Athlete line-up - 6:30 p.m.