

NEW MEXICO SENIOR OLYMPICS SUMMER GAMES REGISTRATION BOOKLET



Opening Ceremony

Wednesday, June 7th

7:00 pm

Downtown Las Cruces

*Join us downtown to
kick off our Summer Games*

Athlete Social will follow

**FREE FOOD
&
REFRESHMENTS
LIVE MUSIC**

ATHLETE CHECK-IN TIMES

Corbett Center - Level III

Monday, June 5th

1:00 pm - 7:00 pm

Tuesday, June 6th

7:00 am - 7:00 pm

Wednesday - Friday,

June 7th - 9th

7:00 am - 5:00 pm

SPORT TABLES

All athletes are
encouraged to
check sport tables prior to
competition at
Game Headquarters
at NMSU Corbett Center

SPORTS HEALTH FAIR

Corbett Center – Level III

Wednesday, June 7

9:00 am - 3:00 pm

SPORTS DINNER BANQUET \$30

Saturday, June 10 • 6:00 pm

Corbett Center Ballroom

Please mark your registration form,
indicating if you would like to attend
the Sports Banquet/Dance.

Tickets will go on sale once a
final decision is announced.

*Final Ball Dance to follow
FREE*



New Mexico Senior Olympics, Inc.

BOARD OF DIRECTORS



Mission

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.

Goals

- 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.

Chair

Dick Griffith

Grants

Retired Parks and Recreation Director and Ex-officio of the NMALTS Policy Advisory Committee. Board member since 1982.



Vice Chair

Kenneth Lindsey

Clovis

A long record of business, education, and management as a small business owner for over 50 years. Board member since 2020.



Secretary

Jerrett Koenigsberg

Albuquerque

Retired teacher/program coordinator. Former sporting goods salesman, former inventory specialist for retirement community. Board member since 2016.



Treasurer

Joe Quintana

Alamogordo

Retired Director RSVP/SCP/FGP, City of Alamogordo. Board member since 1991.



Bill Adams

Clovis

Retired from education as a Vocational Instructor. Bill currently assists with county local games for air marksmanship and assists at state competition as range officer with Air Gun. Board Member since 2020.

Laurie Archuleta Dudek

Roswell

Retired Recreation Superintendent with the City of Roswell SE Region Health Promotion Program Manager with the NM Dept of Health. Board member since 2021.



David Salazar

Cedar Crest

Holds a BA in Accounting and MBA in Finance from UNM. A USATF Certified Coach, High School Certified Coach, and Adaptive Sports Program Clinician and Instructor. Board Member since 2020.

Pete Salazar

Placitas

Semi-retired and still involved with Sandoval County Volunteer Senior Program. Board member since 1994.



Dorie Sandoval

Grants

Retired Director of Cibola County Senior Programs. Served as local games coordinator for 28 years. Board member since 1996.



Dorothy Terrazas

Anthony

Retired Senior Program Director for Las Cruces/Doña Ana County area. Board member since 1992.



Ex-Officio

Steve Duran

Roswell

Multiple sport athlete. Alumni Office New Mexico Military Institute. Board Member since 1998.





Message from the DIRECTOR



Hello 50+ Athletes –

Tis the season when you make plans to compete in various senior competitions throughout the year, both in-state and out of state. New Mexico Senior Olympics is excited for the return of our Annual Summer Games, June 7-11, 2023, in Las Cruces. The Pandemic truly did a number on all of us, and we have become sedentary. Well, it's time to get back on the track, get in the pool or on the playing court to become more active. The 2023 year is filled with opportunities to compete, Sports Clinics, 14 Local Games in early spring, Summer Games in June, and National Senior Games July 7-18, 2023.

This registration booklet is filled with information to help you register for the New Mexico Senior Olympics Ernesto Ramos State Summer Games, dba State Summer Games. If this is your first year or your tenth year, you'll notice some changes from last year. We've added more sports/events to the competition schedule and added one new sport, cornhole. In 2022, we had 585 athletes participate in the State Summer Games, and it is our goal to rebuild our attendance and once again reach 1200 athletes if not this year, maybe next! The registration booklet will answer lots of questions regarding events, venues, deadlines, fees, and special events planned, if you the athlete will give us feedback on what social events you want to attend. By the booklet print deadline, some final details were not available. Visit our website regularly at www.nmseniorolympics.org for all game updates and final details or call our office at 1-888-623-6676. Please note some events will require a minimum number of registered participants to hold the event.

We are sure you will find the '23 State Summer Games worthwhile to help you reach your personal fitness goals and create new fond memories. Remember, *"You don't stop playing because you grow old, you grow old because you stop playing"*. Good luck to you and we look forward to seeing you at the "23 Games! We are so thankful for the many efforts of local games throughout the state to keep the torch burning, keeping seniors active and healthy!

Sincerely,
Cecilia Acosta, Executive Director
New Mexico Senior Olympics, Inc.



STATE PLANNING COMMITTEES

NMSO staff will be working with a local organizing committee with our Aging Program Partners, Doña Ana County Senior Olympics, New Mexico State University Conference Services and City of Las Cruces. Committee will meet monthly as we plan all areas of the Summer Games to include – Registration, Social Events, Volunteers, Events, Media and Promotion, Awards, Medical and First Aid.

GAME EVENT STAFF

Cosette Atherton
Conference and Event Sales Manager
New Mexico State University

Edward S. Carnathan, CSEE
Sports Sales Manager, Visit Las Cruces
City of Las Cruces

NMSO EVENT STAFF

Cecilia Acosta, Executive Director
Terry Delgado, Events Co-Coordinator
Julio Acosta, Program Clerk

Gina Montague, Administrative Assistant
Frank Montoya, Bookkeeper

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NEW MEXICO SENIOR OLYMPICS

Thanks our Partners & Sponsors 2023



Looking Back



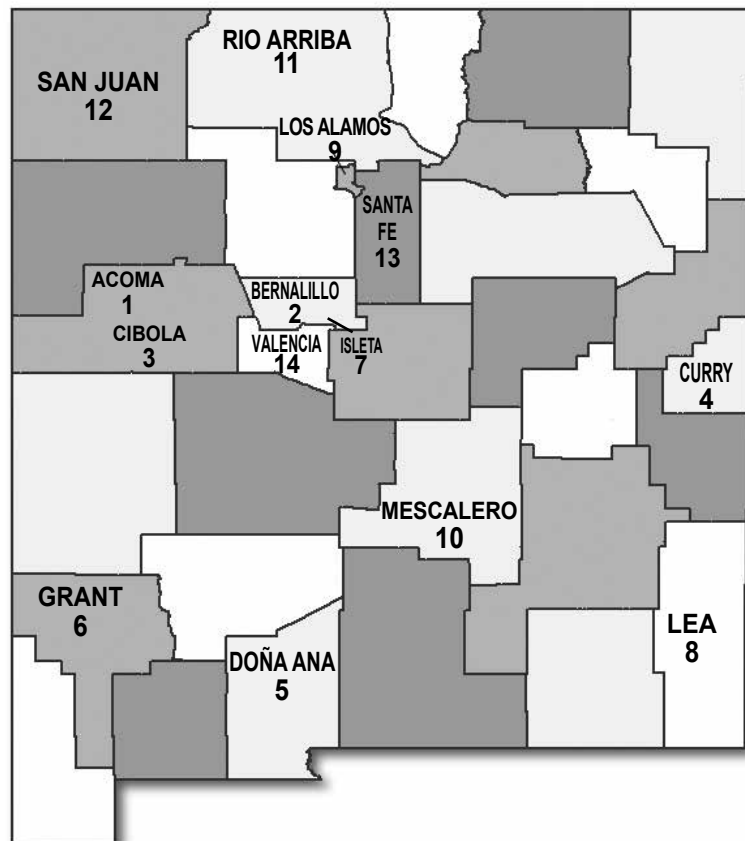
2008 Las Cruces Local Games Office Team
 (left to right) Inez Friezte, Margaret Gold, Cecilia Acosta,
 Dee Harris and Genevieve Garcia

LOCAL GAMES

Athletes in New Mexico are very fortunate to have fourteen 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.

LOCAL GAME COORDINATORS

- 1 **ACOMA**
Darren Concho
505-918-9165
- 2 **ALBUQUERQUE**
Fermin Gallegos
505-880-2800
Game Dates January - May
- 3 **CIBOLA**
Dorela Chavez
505-285-3922
- 4 **CLOVIS/CURRY**
Melinda Coslett
575-799-6485
- 5 **DOÑA ANA**
Paul Fetterhoff
575-288-0750
Game Dates March - April
- 6 **GRANT COUNTY**
Mario Quintana
575-590-2352
Game Dates March - May
- 7 **ISLETA**
Brian Stearley
505-869-9770 Ext. 9336
- 8 **LEA - City of Hobbs**
Angela Courter
575-397-9301
- 9 **LOS ALAMOS**
Ted Williams
505-709-0423



- 10 **MESCALERO**
Cindy Prelo
575-464-1614
Game Dates March - May
- 11 **RIO ARRIBA**
Napoleon Garcia
505-753-6663
- 12 **SAN JUAN / FARMINGTON**
Jack Lowery
505-599-1380
Game Dates March - May
- 13 **SANTA FE**
Cristina Villa
505-955-4725
Game Dates March - May
- 14 **VALENCIA**
Jorge Venegas
505-639-6805
Game Dates April - May

GAME GENERAL INFORMATION 5

New Mexico Senior Olympics Annual Summer Games is open to all 50+ seniors, in-state or out-of-state. Athletes must register in advance before the established deadline and sign a liability waiver in order to compete. State athletes are not required to participate at local games to register for Summer Games. NMSO strongly encourages athletes to compete in Local Games held at any of the 14 sites throughout New Mexico to be versed on the latest playing rules, and to learn sport playing format prior to state competition. Local Games are open to all regardless of the county you reside in.

Out-of-state athletes can compete in only the sports that are offered at National Senior Games. See Sports Descriptions 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.

As we build our numbers post pandemic again, some sports may not have sufficient registrants to conduct a tournament. NMSO Game Management reserves the right to cancel a sport on the Competition Schedule that does not meet the required number of registrants to conduct the Sport(s).

NMSO Game Management will announce by May 15th which sports will be impacted. In the event an athletes' sport(s) is cancelled, and it is the only sport(s) registered, athletes may be entitled to a full game refund.

ATHLETE CHECK-IN AT THE GAMES

All athletes are strongly encouraged to check-in prior to their competition at the Game Headquarters located at the New Mexico State University Corbett Center. Bring a photo ID with date of birth. Athletes will receive game shirt, and game credentials. Athletes are responsible for wearing credentials during competition. Game athletes/guests can pick up prepaid parking permits at Athlete check-in as ordered on your registration form.

At athlete check-in, stop by the sports tables that will include event updates, course maps and bracket information along with driving directions to your specific sport venue. Check our website for sport brackets after May 30th.

Hours for athlete check-in are provided in the event schedule. For all questions/inquiries contact game headquarters at 1-888-623-6676 or 505-392-6305. An athlete cannot check-in for another athlete. An athlete may go directly to his/her event

competition and will be required to present a photo ID at the sport venue check-in.

Designated Athlete check-in parking will be located on the West side of Corbett Center and will allow athletes to park short-term.

NMSU PARKING

A current NMSU parking permit is required to park in NMSU parking lots or along any street on campus, **only exceptions are vehicles with properly displayed handicap placard and vehicles with state government plates.** Purchase a parking permit on the registration form. Permit regulations are enforced between the hours of 7:30 a.m. and 4:30 p.m. Monday through Friday.

Game parking will be allowed at any and all parking lots on campus with a properly displayed parking permit except where noted for staff or service vehicles. Dormitory occupants/guests will require a parking permit at Piñon Hall.

Athletes/Guests may obtain a free, 1 day e-permit online at <http://www.park.nmsu.edu/visitor>. E-Permits are the responsibility of each Participant. **Parking in restricted areas is monitored and citations will be issued. Campus Police station headquarters is located on campus at NMSU Bookstore, 1400 E. University Ave. for all parking issues.**

MEDICAL INSURANCE

Medical/Health Insurance is the responsibility of each participant. Every participant should be sure to have proof of insurance in case of an emergency.

DEADLINES/ CANCELLATIONS

Registrations are accepted through April 30th, late registrations will be accepted through May 15th and assessed a late fee of \$15.00. All registration fees are NON-REFUNDABLE except for Housing/Dining Packages. Housing/Dining cancellations will incur a one-night fee. Deadline to add or cancel Housing/Dining is May 15th.



There are three ways to register for the Senior Olympics State Summer Games - paper form, online, or through group registration. The registration entry form will require all pertinent information to include shirt size, request for housing/dining 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 all major debit/credit cards (all credit cards will be assessed a 2.5% processing fee). Cash by mail is not recommended.

- Registration booklets are mailed to local game sites. 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 May 15th.
- Registration fees support athlete social event, insurance, data management, awards, game promotion and newsletter. Registration deadline is April 30th. Entry Fee for in-state and out-of-state is \$60.00. Late registrations will be received through May 15th for an additional \$15.00. All athletes will pay a one-time \$5.00 administration fee. Golf will incur additional fees. All registration fees are NON-REFUNDABLE except for housing/dining up to the deadline, May 15th.

PAPER FORM

Complete the paper registration entry 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

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

- All athletes will click "Register Here". 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) and housing/dining 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. If you are looking for a doubles partner, be sure to view the "Partner Find" web page on our website. There you will find available athletes or you can post your own contact info to help you find a doubles partner.
- 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 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 number of 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.

AGE OF DIVISION

Participants will register according to their age as of December 31, 2023, 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+.

Dance and Talent have two age categories: 50+ and 70+. 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, 2023.

EVENT CHANGES

Registration event change(s) are allowed, when an athlete requests to drop or add an event, make a change for housing/dining, or to request a partner change. Event and partner changes must be received in writing by May 15th; housing/dining by May 15th via mail, email or fax. A telephone call requesting a change(s) is no longer valid. Athletes are responsible for verifying their request for change(s) are received and processed. All entry fees are nonrefundable except housing/dining 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 May 15th, 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 May 15th so Sport Coordinators can develop brackets. After this date, partner changes can only be made on-site provided the reason for change meets these criteria.

1. Partner is out due to a medical reason or injury; documentation will be required.
2. Partner did not attend the Games.

Partner can be changed if it does not change the age category and the new partner is registered for the Games. On-site partner change(s) are 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 is registered in that sport/event. In the event an athlete does not appear on the event listing, the athlete may produce an 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 27 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 May 25th for any 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 athletes' responsibility to carefully select their events to avoid conflicts for their competition. Play will not be held up. In the event an athlete competes out of scheduled times, athletes' risk being disqualified.



SUMMER GAMES

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 athletes' absence. Any unclaimed medals can be picked up at the Game Headquarters through Sunday 10:00AM. Post games, check with your local coordinator for any unclaimed medals. For a complete read on the playing rules for awards, tie breakers, etc. see general rules of the NMSO official rulebook, section R.

PROTEST POLICY

Any person desiring to make a protest regarding any aspect of competition at the Summer 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 booklet 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. The National Games 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 athletes during actual competition which could result in the athlete being disqualified.



SPORT RULES

For general playing rules and specific sport rules visit the New Mexico Senior Olympics website at www.nmseniorolympics.org. Summer Game athletes are no longer required to participate at local games to register for Summer Games.

It is the responsibility of each athlete to know the playing rules in advance. Sport descriptions are provided in this athlete registration booklet to highlight playing format. 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 Pickleball and Shuffleboard due to the growing numbers in these Sports. Out-of-state qualifiers will not take away a qualifying spot from a state resident.

NMSO Game Management reserves the right to cancel a sport on the Competition Schedule that does not meet the required number of registrants to conduct the sport(s).

PLAYING RULES AS REVISED FOR 2023

AIR GUN

All scoring will be done with the Orion scoring system using Orion rifle and pistol targets

CYCLING

Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the Time Trial events. Bicycles used in competition must be propelled solely by the rider's legs moving in a circular motion, without electric or other assistance.

NEW SPORT - CORNHOLE has been added to the Menu of Events for 2023. See Sports Descriptions for Playing Format and our website for a complete set of rules.



New Mexico Senior Olympics, Inc.
2023 Health Promotion Series

FREE to SENIORS 50+
RSVP RECOMMENDED – CALL 1-888-623-NMSO (6676)

EVENTS WILL FEATURE
PROFESSIONAL SPEAKERS
SPORT DEMO WORKSHOPS
EXERCISE AND MOVEMENT SESSIONS
9:00 am to 3:00 pm

SAVE THE DATE BRING A FRIEND
SENIOR PROGRAMS - PLAN A DAY TO BRING A VAN LOAD OF SENIORS
TRAVEL STIPEND AVAILABLE – CALL NMSO FOR INFORMATION

FEBRUARY 2023
Santa Fe Swim Clinic, February 4th


MARCH 2023
Rio Arriba, Espanola – Senior Olympics Health & Wellness Day - March 28
Sandia Prep High School Albuquerque – Track and Field Clinic, March 11

APRIL 2023
Volleyball Clinic – Albuquerque
Basketball 3 on 3 Clinic – Albuquerque, featuring Lady Lobos

Keep checking our website for more details as they become available
www.nmseniorolympics.org

"You don't stop playing because you grow old, you grow old because you stop playing."
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: nmsso@nmseniorolympics.org * www.nmseniorolympics.org


TEAM TOURNAMENTS



Volleyball
"FIELD" "HOUSE"

Softball
City of Las Cruces
THE GREAT BALL GAME

Basketball
Saiita Fe 3-on-3



SPECTATORS WELCOME

- Open State
- Great Officiating
- Athletic Trainer
- Concessioner
- National Senior Games happens every two years. NMSO is a qualifying state.
- Economic impact in NM \$2,642,265.00

GAME HOTELS

New Mexico Senior Olympics Summer State Games June 7-11, 2023

Hotel properties are within range of most event facilities.

Courtyard by Marriott

456 E. University, Las Cruces, NM 88011
575-526-1722 option 2 \$129-\$149 plus tax
Deadline May 24th includes breakfast

Fairfield Inn by Marriott

2101 Summit Ct., Las Cruces, NM 88011
575-522-6840 \$114 plus tax
Deadline 5/15/23

Holiday Inn Express & Suites North

2142 Telshor Court, Las Cruces, NM 88011
575-522-0700 \$114 plus tax
Deadline 5/24/23

TownePlace Suites by Marriott

2143 Telshor Court, Las Cruces, NM 88011
575-532-6500 \$129 plus tax
Deadline 5/15/23

HOUSING/DINING OPTIONS

Housing and meal plans are offered on campus during the Summer Games as full day packages at Taos Dining Hall, Corbett Center Food Court, Petes Patio Restaurant, and Piñon Hall Dormitory

Package plan goers are provided one ID card at check-in that will serve as both your room key for dormitory access and your meal card. Lost ID cards will be assessed a fee for replacement.

Piñon Hall Dormitory Features

- Piñon Hall has been reserved for athletes.
- Rooms are located on three floors/levels.
- Rooms are paired every two rooms per suite
- Each two rooms share a bathroom
- Each room has two twin beds
- Suites will be grouped by gender/couples
- Linens will be provided
- Air conditioners located in each room
- First floor rooms are available on a limited basis
- Limited Handicap rooms (located on all three floors) are available and must be requested but cannot be guaranteed

- Check-in hours are Tuesday 6/6, 7:00 a.m. thru 7:00 p.m.; Wednesday 6/7 & Thursday 6/8, 7:00 a.m. thru 5:00 p.m. at Game Headquarters
- Telephones are not available in rooms
- Elevator located in lobby area (limited access)

GOLD PACKAGE (Housing/Dining)**\$400 per Person**

5 Nights Olympic Village Experience

5 Consecutive Nights

Check-in: Tuesday June 6th &

Check-out: Sunday June 11th

Includes

- Overnight lodging at Olympic Village (Piñon Hall - based on double occupancy) with all bed linens and bath towels
- NMSU Campus Parking Pass
- \$125.00 Aggie Dining Dollars pre-loaded directly on a temporary ID & Access card

SILVER PACKAGE (Housing and Dining)**\$340 per Person**

4 Nights Olympic Village Experience

Any 4 consecutive nights between June 6th & June 11th

Check-in: 6/6 or 6/7 & Check-out: 6/10 or 6/11

Includes

- Overnight lodging at Olympic Village (Piñon Hall - based on double occupancy) with all bed linens and bath towels
- NMSU Campus Parking Pass
- \$100.00 Aggie Dining Dollars pre-loaded directly on a temporary ID & Access card

BRONZE PACKAGE (Housing and Dining)**\$270 per Person**

3 Nights Olympic Village Experience

Any 3 consecutive nights between June 6th – 11th

Check in: 6/6, 6/7 or 6/8 and check-out: 6/9, 6/10 or 6/11.

Includes

- Overnight lodging at Olympic Village (Piñon Hall- based on double occupancy) with all bed linens and bath towels
- NMSU Campus Parking Pass
- \$75.00 Aggie Dining Dollars pre-loaded directly on your temporary ID & Access card

Aggie Dining Dollars

Redeemable at various locations on campus including:

- Taos Dining Hall (covers breakfast, lunch and dinner)
Average Breakfast price \$9.50
Average Lunch price \$10.50
Average Dinner price \$10.50
- Corbett Center Food Court (lunch and dinner only)
- Pete's Patio Restaurant (lunch and dinner only – redeemable for Food & non-alcoholic beverages only)

All Package Plans are to be requested on registration form. Housing/Dining cancellations will incur a one-night fee. Deadline to add or cancel housing/ dining options is **May 15th**.

Check-in/check-out for Housing/Dining will be at Game Headquarters in Corbett Center. Hours are:

Tuesday	June 6	7 am - 7 pm
Wednesday-Friday	June 7-9	7 am - 5 pm
Saturday	June 10	7 am - 12 pm
Sunday	June 11	8 am - 10 am

ENHANCEFITNESS – A Lifestyle for Healthy Aging



Ready to start your fitness routine?

EnhanceFitness can help!



EnhanceFitness is a FREE evidence based fitness group program that has been designed for Seniors 50+ who want to see results.

Classes offered throughout New Mexico

Classes meet 3 times per week for one hour.

Classes are taught by certified fitness instructors.

You can join Enhance Fitness at any of the following cities:

Albuquerque, Clovis, Hobbs, Las Cruces, Los Lunas,
Placitas, Rio Rancho, Roswell, Ruidoso, Santa Fe

12 SOCIAL EVENTS AT SUMMER GAMES

(Subject to change)

We are so excited that we are back in-person to conduct the Games. Generally during the games, we conduct an Athlete Social and an Opening Ceremony for registered athletes and their guests. The Opening Ceremony takes place on Day One of the Games with a “parade of athletes”, and we recognize the fourteen sanctioned local game sites, along with athlete recognition for certain awards. The Athlete Social follows the Opening Ceremony with food and refreshments. See below for a description of each event and stay tuned for more details on what is planned for the 2023 Summer Games. Visit our website as we make plans to gather for a fun social event.

In the registration form we have an informal survey asking if athletes are interested in attending a Banquet dinner social event scheduled for the final day of the Games. Based on the responses, we will announce if the banquet dinner / dance will take place this year as well. Your feedback is important.

BANQUET/DANCE

New Mexico Senior Olympics, Inc. recognizes Senior Athletes that make a difference with their Local Games at a dinner banquet. Sports Dinner Banquet will be held Saturday evening June 10th at 6:00 p.m. at the NMSU Corbett Center Ballroom. Dinner tickets will go on sale once a final decision is announced. Dinner tickets will be \$30.00 per person. Pre-sale banquet tickets will be a “will call” at the door on Saturday evening. 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, by May 15th.

A Dance with live music will follow the Dinner Banquet starting at 8 pm – 11 pm, Saturday June 10th at the NMSU Corbett Center Ballroom. The Dance is free to registered athletes and one guest. It is not required that you attend the Banquet to attend the Dance. Dress attire is informal, with Sunday-best recommended.

SPORTS HEALTH FAIR

Sports Health Fair will have fun exhibitors to provide senior health information, senior leisure activities, health screenings and free giveaways. Health Fair will take place one day only, on Wednesday June 7th at the athlete check-in area at NMSU Conference Services Corbett Center Level III. Hours of the Health Fair will be 9:00 a.m. – 3:00 p.m. Tai Chi is planning a demonstration and competition.

OPENING CEREMONY

Tentative • Opening Ceremony is Wednesday, June 7th at 7:00 p.m. in downtown Las Cruces at the Plaza de Las Cruces located at 100 N. Main Street. Opening Ceremony is fun and inter-active for local game sites to be introduced as Teams representing the 14 game sites that support Senior Olympics as a sanctioned local game organization year-round. Plan to have dinner in downtown Las Cruces and stay over for the Opening Ceremony. This event is high energy and lots of fun! Bring your noise makers to make some noise as each local game site is introduced in the Parade of Athletes! Program will also include athlete recognition awards and free athlete drawings!

ATHLETE SOCIAL

Tentatively, following the Opening Ceremony will be the Athlete Social with food, refreshments and live music to entertain athletes and their guests. A must event for athletes to attend and socialize.





2023 NEW MEXICO SENIOR OLYMPICS

ERNESTO RAMOS STATE SUMMER GAMES SCHEDULE - LAS CRUCES







SPORTS OPEN TO OUT OF STATE

2/24/23






EVENTS	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	SATURDAY JUNE 10
AIR GUN Zia Middle School Robert Distlehorst 575-202-4061	Pistol Supported 8:00 am M 50, 55, 60 1:00 pm W 50, 55, 60 Rifle Supported 8:00 am W 50, 55, 60 1:00 pm M 50, 55, 60 Pistol Standing 10:00 am M 50, 55, 60 3:00 pm W 50, 55, 60 Rifle Standing 10:00 am W 50, 55, 60 3:00 pm M 50, 55, 60	Pistol Supported 8:00 am M 65, 75, 80 1:00 pm W 65, 75, 80 Rifle Supported 8:00 am W 70, 85, 90+ 1:00 pm M 70, 85, 90+ Pistol Standing 10:00 am M 65, 75, 80 3:00 pm W 65, 75, 80 Rifle Standing 10:00 am W 70, 85, 90+ 3:00 pm M 70, 85, 90+	Pistol Supported 8:00 am M 70, 85, 90 1:00 pm W 70, 85, 90+ Rifle Supported 8:00 am W 65, 75, 80 1:00 pm M 65, 75, 80 Pistol Standing 10:00 am M 70, 85, 90+ 3:00 pm W 70, 85, 90+ Rifle Standing 10:00 am W 65, 75, 80 3:00 pm M 65, 75, 80	
ARCHERY NMSU Intramural Field Bob Duke 575-640-4192				M & W All Ages 8:00 am Recurve-w/sights Barebow Recurve-no sights Compound Fingers-w/sights Barebow Compound-no sights Compound Release
BADMINTON TBD Andrea Weiss (505) 250-2936	Practice Singles 8:15 – 8:45 am 9:00 am Singles M & W Practice Mixed 1:00 1:30 pm Mixed Doubles	Practice 8:15 – 8:45 am 9:00 am M & W Doubles		
BASKETBALL FREE THROW TBD TBD	ALL AGES 8:00 am Men 10:00 am Women			
BASKETBALL 3 POINT SHOT TBD TBD	ALL AGES 9:00 am Men 11:00 am Women			
CORNHOLE NMSU Campus Jaime Flores 575-993-8634			M & W Singles 8:00 am 50, 55, 85, 90+ 9:00 am 60, 65, 70, 75, 80 Doubles 10:00 am 50+, 55+, 85+, 90+ 11:00 am 60+ 65+ 70+ 75+80+	

EVENTS	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	SATURDAY JUNE 10
CYCLING  TBD TBA				<u>SATURDAY, JUNE 10</u> M & W All Ages 7:00 am Check-in 7:30 am 10K Time Trial 9:00 am 20K Road Race <u>SUNDAY, JUNE 11</u> M & W All Ages 7:00 am Check-in 7:30 am 5K Time Trial
DANCE NMSU Corbett Center Theatre TBD			1 pm - 5 pm Dance and Line Dance Practice 7:00 pm Dance and Line Dance Competition	
8 BALL POOL Munson Senior Center 975 S Mesquite St Richard McKinley 575-650-2591		Men All Ages 9:00 am Women All Ages 1:00 pm		
FIELD  TBD	M & W Shot Put 7:00 am 50, 55, 60, 65 10:00 am 70, 75, 80, 85, 90+ Triple Jump 9:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+ Discus 8:00 am 70, 75, 80, 85, 90+ 10:00 am 50, 55, 60, 65 Standing Long Jump 3:00 pm 70, 75, 80, 85, 90+ 4:00 pm 50, 55, 60, 65	M & W Running Long Jump 7:00 am 70, 75, 80, 85, 90+ 9:00 am 50, 55, 60, 65 Javelin 8:00 am 50, 55, 60, 65 10:00 am 70, 75, 80, 85, 90+ Pole Vault 3:00 pm 50, 55, 60, 65, 70, 75, 80, 85, 90+ High Jump 3:00 pm 50, 55, 60, 65 4:00 pm 70, 75, 80, 85, 90+		
FRISBEE ACCURACY TBD TBD	M & W 1:00 pm 70, 75 2:00 pm 80, 85, 90+ 3:00 pm 50, 55 4:00 pm 60, 65			

SCHEDULE IS SUBJECT TO CHANGE

EVENTS	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	SATURDAY JUNE 10
FRISBEE DISTANCE NMSU Intramural Field Connie Limon 575-640-3649		M & W 8:00 am 80, 85, 90+ 9:00 am 70, 75 10:00 pm 60, 65 11:00 pm 50, 55		
GOLF  NMSU Golf Course 3000 Herb Wimberly Dr. Jason White 575-646-3362		M & W All Ages 7:30 am Shotgun Start		
HORSESHOES Youngblood Horseshoe Courts 1800 E Hadley TBD	M & W 8:00 am 75, 80, 85, 90+ 9:00 am 65, 70 3:00 pm 60 4:00 pm 50, 55			
HUACHAS (Washers) NMSU Campus Andy Polanco 575-640-7239	M & W 9:00 am 50, 55, 60 10:00 am 65 11:00 am 70, 75 1:00 pm 80, 85, 90+			
PICKLEBALL  NMSU Activity Center Felix Rabanal 505-463-8797		8:00 am Women's Singles All Age Divisions 10:00 am Men's Doubles 70, 75, 80, 85, 90+ 2:00 pm Men Doubles 50, 55, 60, 65	8:00 am Mixed Doubles 50, 55 10:00 am Mixed Doubles 80, 85, 90+ 1:00 pm Mixed Doubles 70, 75 3:00 pm Mixed Doubles 60, 65	8:00 am Men's Singles All Age Divisions 10:00 am Women Doubles 70, 75, 80, 85, 90+ 2:00 pm Women Doubles 50, 55, 60, 65
POWER WALK  NMSU Track NMSU Sisbarro Park TBD	4:00 pm Athlete Meeting Corbett Center	8:30 am 5K Men/Women All Ages NMSU Sisbarro Park	8:00 am 1500M Women All Ages 8:30 am 1500M Men All Ages NMSU Sisbarro Park	
RACE WALK  NMSU Track NMSU Sisbarro Park Betty Burgess 575-644-0782	2:00 pm Athlete Meeting Corbett Center	7:00 am 5K Men/Women All Ages NMSU Sisbarro Park	7:00 am 1500M Women All Ages 7:30 am 1500M Men All Ages NMSU Track	
RACQUETBALL  NMSU Activity Center TBD		M & W All Ages 8:00 am Singles, Doubles, Mixed		
ROAD RACE RUN  NMSU Williams Ave. David Nuñez 575-644-1321		7:00 am 10K Run M & W All Ages	7:00 am 5K Run M & W All Ages	

SCHEDULE IS SUBJECT TO CHANGE

EVENTS	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	SATURDAY JUNE 10
SHUFFLEBOARD  NMSU Corbett Center LEVEL III TBD	Practice ALL M & W 9:00 am to 11:00 am M & W Singles 1:00 pm 70, 75	M & W Singles 8:00 am 50, 85, 90+ 10:00 am 55, 80 1:00 pm 60, 65	Doubles 8:00 am 50, 55, 60, 65 10:00 am 80, 85, 90+ 1:00 pm 70, 75	
SOCCER ACCURACY NMSU Upper Intramural Field	M & W 8:00 am 80, 85, 90+ 9:00 am 70, 75 3:00 pm 60, 65 4:00 pm 50, 55			
SOFTBALL DISTANCE NMSU Intramural Field	M & W 8:00 am 70, 75 9:00 am 80, 85, 90+ 3:00 pm 50, 55 4:00 pm 60, 65			
SWIMMING  NMSU Aquatic Center MICHELLE MASON 575-646-4229	Practice – 10am – 1pm	M & W All Ages 7:00 am Warm Up 8:00 am Competition 100Y IM, 200Y Back 100Y Free, 50Y Fly 100Y Breast, 50Y Back 200Y Co-Ed Med Relay 200Y Fly 500Y Free	M & W All Ages 7:00 am Warm Up 8:00 am Competition 200Y Free, 100Y Fly 50Y Breast, 200Y IM 100Y Back, 50Y Free 200Y Breast 400Y IM	
TABLE TENNIS  TBD Marv Sommers 505-239-1443		Practice 2-5 pm	M & W All Ages 9:00 am Singles 1:00 pm Doubles	
TALENT NMSU Corbett Center Theatre TBD		8:00 am– 12:00 noon Mandatory Practice 2:00 pm – 7:00 pm Competition		
TENNIS  NMSU Tennis Courts Emily Wang 785-840-4163	M & W All Ages 7:00 am Singles 4:00 pm Mixed Doubles	M & W All Ages 7:00 am Doubles		
TRACK  David Nuñez TBD				M & W All Ages 7:00 am 1500M 8:00 am 800M 9:00 am 100M 9:30 am 400M 10:00 am 200M 10:30 am 50M 11:00 am 400M EST 11:30 am 800M EST

SCHEDULE IS SUBJECT TO CHANGE

2/24/23

OTHER EVENTS

EVENTS	MON	TUES	WED	THURS	FRI	SAT
	JUNE 5	JUNE 6	JUNE 7	JUNE 8	JUNE 9	JUNE 10
Athlete Check-In Sports Tables Volunteer Hub Corbett Center Level III	1:00 pm - 7:00 pm	7:00 am - 7:00 pm	7:00 am - 5:00 pm	7:00 am - 5:00 pm	7:00 am - 5:00 pm	7:00 am - 12:00 pm
Result Posting Game Headquarters Corbett Center				POSTING	POSTING	POSTING
Opening Ceremony Downtown Las Cruces			7:00 pm			
Athlete Social Downtown Las Cruces			Following Opening Ceremony			
Sports Health Fair Tai Chi Demo and Competition Corbett Center Level III			9:00 am - 3:00 pm			



NEW MEXICO SENIOR OLYMPICS, INC. * P.O. 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

2023 NEW MEXICO SENIOR OLYMPICS SUMMER GAMES SCHEDULE

2-23-23

 SPORT OPEN TO OUT OF STATE	VENUE	WED. JUNE 7	THURS JUNE 8	FRI JUNE 9	SAT JUNE 10	SUN JUNE 11
AIR GUN	TBD	8 am	8 am	8 am		
ARCHERY 	NMSU Intramural Field				8 am	
BADMINTON 	TBD	9 am	9 am			
BASKETBALL FREE THROW	TBD	8 am				
BASKETBALL 3 POINT SHOT	TBD	9 am				
CORNHOLE 	NMSU Campus			8 am		
CYCLING 	TBD				7 am	7 am
DANCE	NMSU Corbett Center			7 pm		
8 BALL POOL	Munson Senior Center		9 am			
FIELD 	TBD	7 am	7 am			
FRISBEE ACCURACY	TBD	1 pm				
FRISBEE DISTANCE	NMSU Intramural Field		8 am			
GOLF 	NMSU Golf Course		7:30 am			
HORSESHOES	City of Las Cruces Youngblood Park	8 am				
HUACHAS (Washers)	NMSU Campus	9 am				
PICKLEBALL 	NMSU Activity Center		8 am	8 am	8 am	
POWERWALK 	Sisbarro Park NMSU Track		7 am	7 am		
RACE WALK 	Sisbarro Park NMSU Track		7 am	7 am		
RACQUETBALL 	NMSU Activity Center		8 am			
ROAD RACE RUN 	NMSU Williams Ave.		7 am	7 am		
SHUFFLEBOARD 	NMSU Corbett Center	1 pm	8 am	8 am		
SOCCER ACCURACY	NMSU Intramural Field	8 am				
SOFTBALL DISTANCE	NMSU Intramural Field	8 am				
SWIMMING 	NMSU Aquatic Center		7 am	7 am		
TABLE TENNIS 	TBD			9 am		
TALENT	NMSU Corbett Center		2 pm			
TENNIS 	NMSU Tennis Center	7 am	7 am			
TRACK 	TBD				7 am	

Visit www.nmseniorolympics.org for UPDATES

SCHEDULE IS SUBJECT TO CHANGE

**2023 NEW MEXICO SENIOR OLYMPICS
ERNESTO RAMOS STATE SUMMER GAMES**



VOLUNTEERS WANTED

The Senior Olympics Summer Games are recruiting volunteers for LAS CRUCES. The '23 Games will attract 600-800 athletes 50+ in 27 sports. Over 300 volunteers are needed to support the sporting events during pre-game and/or Game Week. Sport venues will be located throughout NMSU and Las Cruces. Volunteers who sign up for a four-hour shift will receive a t-shirt and be included in a \$100 gift card drawing. Volunteer registration is easy, online at www.nmseniorolympics.org. For large GROUPS of 10 or more, register your group by calling 575-642-6048 or email cacosta@nmseniorolympics.org.

Game Dates June 7-11, 2023

SIGN UP Early online for the area of your choice before May 15, 2023!

Visit our website at www.nmseniorolympics.org for the link to register online.

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

Certain sports require specific skills.

Pre-Game HQ May 31- June 11 Air Gun W, Th, F	Game HQ M - Sa Archery Sat	Set-up and Facilities M - Sa Badminton W, Th	Athlete Check-In M - F Basketball W	Fruit/Water W - Sa Cornhole Fr	Result Posting W - Sa Cycling Sat, Sun
Dance Fr	Field W, Th	Frisbee Accuracy Th	Horseshoes Wed	Huachas Wed	Pickleball Th, Fr, Sat
Power Walk Th, Fr Softball Distance W	Race Walk Th, Fr Table Tennis Fri	Racquetball Th Talent Th	Road Race Run Th, Fr Tennis W, Th	Shuffleboard W, Th, Fri Track Sat	Soccer Accuracy Wed Volunteer Hub M - Sa
Souvenir Sales M - Sa	Media/Promotion May 2023	First Aid W - Sa	INFO tables W - Sa	Event Runner W - Sa	Traffic Control W - Sa

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



Game dates – June 7-11, 2023, Las Cruces

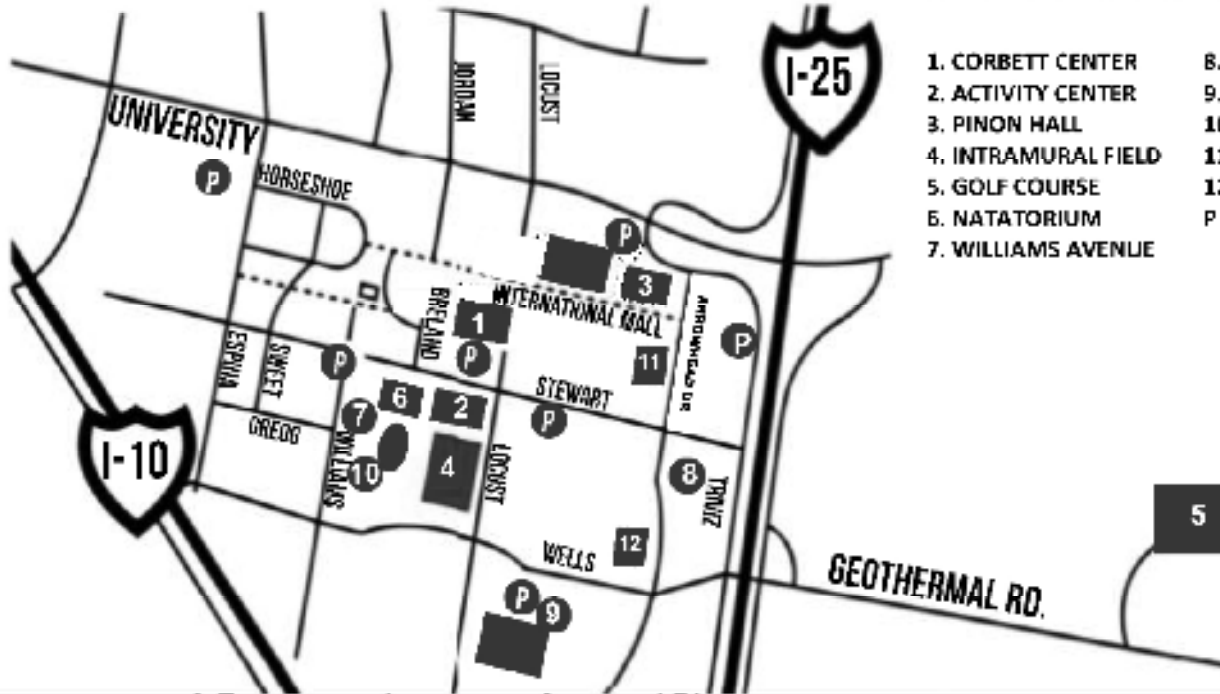


VOLUNTEER QUESTIONS, CALL 575-550-0660 or

EMAIL: volunteer@nmseniorolympics.org

2023 NEW MEXICO SENIOR OLYMPICS STATE SUMMER GAMES

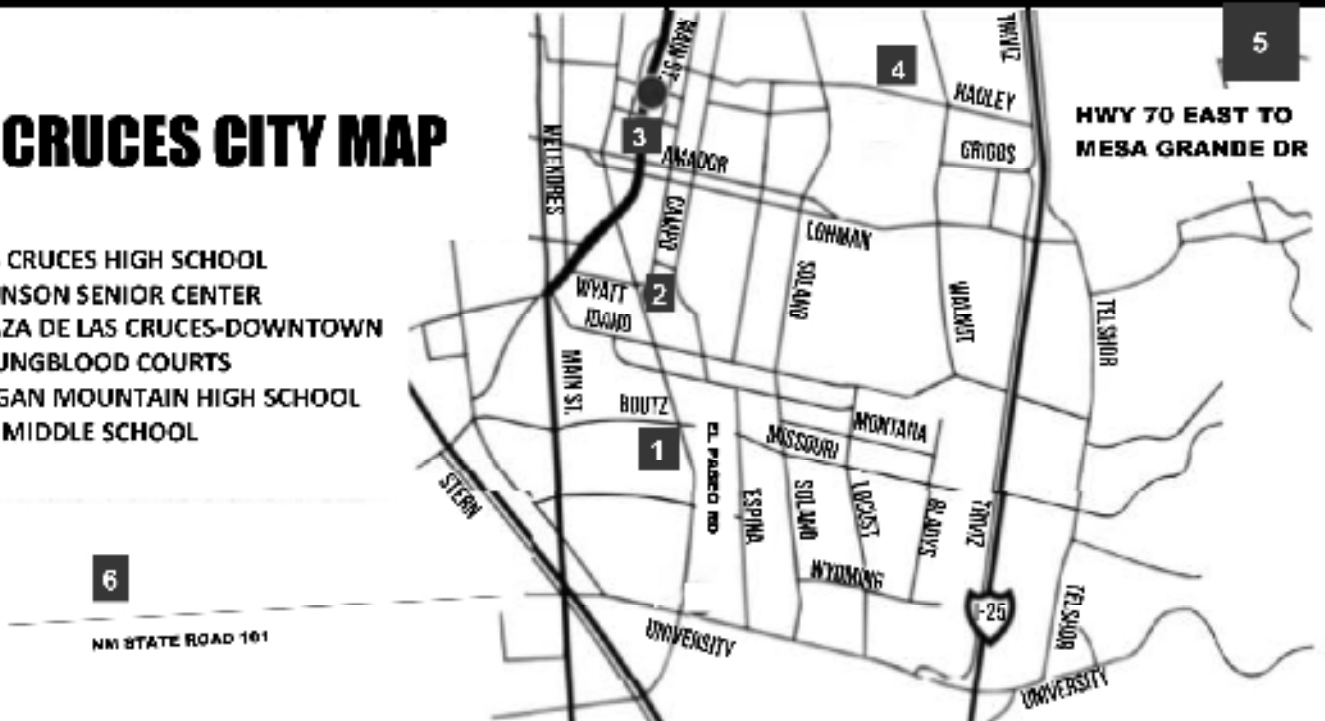
NMSU CAMPUS MAP



- 1. CORBETT CENTER
- 2. ACTIVITY CENTER
- 3. PINON HALL
- 4. INTRAMURAL FIELD
- 5. GOLF COURSE
- 6. NATATORIUM
- 7. WILLIAMS AVENUE
- 8. SISBARRO PARK
- 9. TENNIS COURTS
- 10. TRACK
- 11. PAN AM CENTER
- 12. FULTON CENTER
- P PARKING

LAS CRUCES CITY MAP

- 1. LAS CRUCES HIGH SCHOOL
- 2. MUNSON SENIOR CENTER
- 3. PLAZA DE LAS CRUCES-DOWNTOWN
- 4. YOUNGBLOOD COURTS
- 5. ORGAN MOUNTAIN HIGH SCHOOL
- 6. ZIA MIDDLE SCHOOL



AWARD PROGRAM

Recognition of Athletes

Tell us about a Senior Game Athlete in your area, deserving to be recognized with New Mexico Senior Olympics, (NMSO) for his/her involvement in the State Games for our Award Program. The athlete being nominated can be from State Summer Games, Local Games, Bowling Tournament, or any of the Team sport events. Please note event date, time, and location for the athlete to be recognized is different for each Award. Nominations must have prior approval and be submitted by your local sanctioned game organization.



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.



Nominate an athlete that has competed at least two years 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.

SPIRIT ATHLETE

It is required for the honoree to be in attendance at the banquet to receive this recognition. Each Games 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 April 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, Sunday-best dress attire required. Honorees are seated at the head table for this event.



All athletes and/or guests who will be participating in events or staying in dorms must complete entry form or register online @ www.nmseniorolympics.org

2023 SENIOR OLYMPICS SUMMER GAMES ENTRY FORM

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ / _____ / _____ GENDER F M
MONTH DAY YEAR

ETHNICITY: CAUCASIAN HISPANIC NATIVE AMERICAN AFRICAN AMERICAN ASIAN

PHONE - HOME _____ PHONE - WORK/CELL _____

E-MAIL _____

T-SHIRT *SIZE (UNISEX): SMALL MEDIUM LARGE X-LARGE 2X 3X
*SIZE REQUESTS ARE NOT GUARANTEED

WOULD YOU BE INTERESTED IN ATTENDING A SPORTS DINNER ON SAT EVENING (COST \$30)? YES NO

EMERGENCY CONTACT _____
(Preferably someone NOT attending Summer Games)

PHONE - HOME _____ PHONE - WORK/CELL _____

HOUSING / DINING *all options are per person

GOLD Package - 5 consecutive nights *Dining dollars included – \$400

A Check-in Tuesday, June 6th – check-out Sunday, June 11th

SILVER Package - 4 consecutive nights *Dining dollars included – \$340

B Check-in Tuesday, June 6th – check-out Saturday, June 10th

C Check-in Wednesday, June 7th – check-out Sunday, June 11th

BRONZE Package - 3 consecutive nights *Dining dollars included – \$270

D Check-in Tuesday, June 6th – check-out Friday, June 9th

E Check-in Wednesday, June 7th – check-out Saturday, June 10th

F Check-in Thursday, June 8th – check-out Sunday, June 11th

* See page 10 for Housing/Dining details.

FEE BOX		TOTALS
Entry fees - All Athletes (online closes at midnight)	Through April 30 \$ 60.00	\$
Housing/Dining package	Late registration May 1-15 \$ 75.00	\$
Roomate Preference _____		\$
<input type="checkbox"/> Check if you need a parking permit		\$
Golf (includes cart)	\$38.50	\$
Result Book	\$15.00	\$
NMSU Parking permit (only if you are NOT purchasing a Housing/Dining package)	\$2.50 per week	\$
Administrative Fee per Athlete	\$5.00	\$ 5.00
Donation to New Mexico Senior Olympics, Inc. (501 (c) 3)		\$
TOTAL FEES DUE TO NMSO		

CHECKS, MC, VISA, AMEX, DISCOVER CREDIT CARDS ACCEPTED, CASH NOT ACCEPTED.

A 2.5% card processing fee will be charged. Call NMSO office to pay by phone.

2023 SENIOR OLYMPICS SUMMER GAMES EVENT REGISTRATION

Mark (X) the event(s) you wish to enter. The Games Management cannot guarantee you will be able to compete in all events. Refer to Event Schedule for dates, time and locations. Liability Waiver must be signed to complete registration process. NMSO Game Management reserves the right to cancel a sport on the Competition Schedule that does not meet the required number of registrants to conduct the Sport(s). All events require a minimum number of registrants. **Maximum of Five (5) Sports. PLEASE RETURN ALL 3 PAGES OF THE ENTRY FORM.**

Athlete's Name (Please Print)	STATE

AIR GUN

- | | |
|--|---|
| <input type="checkbox"/> Pistol-Standing | <input type="checkbox"/> Rifle-Standing |
| <input type="checkbox"/> Pistol-Supported Position | <input type="checkbox"/> Rifle-Supported Position |

ARCHERY

- | | |
|---|---|
| <input type="checkbox"/> Barebow Compound | <input type="checkbox"/> Compound Fingers |
| <input type="checkbox"/> Barebow Recurve | <input type="checkbox"/> Compound Release |
| <input type="checkbox"/> Recurve | |

BADMINTON

- Singles
- Doubles _____
Partner's Name
- Mixed Doubles _____
Partner's Name

BASKETBALL

- 3 POINT SHOT Free Throw

CORNHOLE

- Singles
- Doubles _____
Partner's Name

CYCLING

- 5K 10K 20K

DANCE

- Ballroom _____ Partner's Name
- Ballroom Waltz _____
- Foxtrot _____
- Latin
- Corrido _____
- Rumba _____
- Swing
- Jitterbug _____
- West Coast Swing _____
- Tango
- American Tango _____
- Argentine Tango _____
- Western Category
- Western Two-Step _____
- Country Waltz _____
- Miscellaneous
- Night Club Two Step _____
- Polka _____
- Line Dance
- Line Dance _____
Captain's Name

8-BALL POOL

- 8-Ball Pool

FIELD

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Discus | <input type="checkbox"/> Javelin |
| <input type="checkbox"/> Shot Put | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> Standing Long Jump | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> Pole Vault | <input type="checkbox"/> Triple Jump |

FRISBEE

- Accuracy Throw Distance Throw

GOLF

- Golf

HORSESHOES

- Horseshoes Horseshoes Non-Ambulatory

HUACHAS

- Huachas

PICKLEBALL

- Singles
- Doubles _____
Partner's Name
- Mixed Doubles _____
Partner's Name

POWER WALK

- 1500M 5K

RACE WALK

- 1500M 5K

RACQUETBALL

- Singles
- Doubles _____
Partner's Name
- Mixed Doubles _____
Partner's Name

ROAD RACE RUN

- 5K 10K

SHUFFLEBOARD

- Singles Singles Non-Ambulatory
- Doubles _____
Partner's Name
- Doubles Non-Ambulatory _____
Partner's Name

SOCCER

- Kick Accuracy

SOFTBALL

- Distance Throw

SWIMMING

- 50Y Back 50Y Free 100Y Fly
- 100Y Back 100Y Free 200Y Fly
- 200Y Back 200Y Free 100Y IM
- 50Y Breast 500Y Free 200Y IM
- 100Y Breast 50Y Fly 400Y IM
- 200Y Breast
- 200Y Co-Ed Medley Relay (Teams can be formed on-site, must be registered for Summer Games)

Captains Name _____

TABLE TENNIS

- Singles
- Doubles _____
Partner's Name

TALENT

- Comedy Solo Instrumental Solo
- Comedy Group Reading Solo
- Dance Solo Vocal Solo
- Dance Group Vocal Group

TENNIS

- Singles
- Doubles _____
Partner's Name
- Mixed Doubles _____
Partner's Name

TRACK

- 50M 800M
- 100M 1500M
- 200M 400M Estimated Run/Walk
- 400M 800M Estimated Run/Walk

New Mexico Senior Olympics, Inc. LIABILITY WAIVER

In consideration of 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, 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.

This signature is used for this liability waiver.

ATHLETE/GUEST FULL SIGNATURE

City: _____

Date: _____

AIR GUN

Visit our website for more details

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. It is the athletes' responsibility to have experience playing this Sport and be knowledgeable about the rules.
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. Orion system will be used for scoring using Orion rifle and pistol targets.
 - b. 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.
 - c. Participants will wear only normal street or athletic clothing. Specialized shooting garments are prohibited; no braces, jackets, shooting coats, corsets, etc.
 - d. Ear Plugs and eye protection are strongly encouraged but athletes will need to provide.
 - e. Competitors shall use the shooting table provided by New Mexico Senior Olympics.
 - f. 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. Provisions 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**

It is the athlete's responsibility to have training and experience playing this sport and be knowledgeable about the rules.

 - 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 Sport Coordinator 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

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. Archery matches will be conducted in accordance with USA Archery Association, National Field Archery Association, National Senior Games and New Mexico Senior Olympics.
2. Archers may only compete in one style. Archers must provide their own bows and target arrows.
3. 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 (Freestyle)

- 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 (6 arrow ends)

30 arrows from 50 yards (6 arrow ends)

30 arrows from 40 yards (6 arrow ends)

- All arrows must be of same length and weight.

Section 3

Each END will consist of 1 set of 6 arrows with 5 minutes allowed for each end to be shot. Shooters will rotate with target mates after each 6-arrow set.

It is the athlete's responsibility to have training and experience playing this sport and be knowledgeable about the rules.

BADMINTON

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. All Badminton matches will be conducted in accordance with USA Badminton Association rules, National Senior Games and New Mexico Senior Olympics except as noted.
2. Events will be singles, doubles and mixed doubles. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles or mixed doubles.
3. Playing format will be either double 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.)
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 Coor-

dinator and confirmed by Game Headquarters with a phone call. New partner must be registered for the Games. 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. Equipment: Athletes must provide own racquets. Birds will be provided and must be used.
 6. Each match consists of best of three games. Rally scoring will be used.
 7. Any match missed/forfeited during bracket play will be considered a loss.
 8. Brackets will be available at www.nmseniorolympics.org and at the Sports Table at Game Headquarters.

BASKETBALL

3 POINT SHOT

Visit our website for more details

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.

FREE THROW

Visit our website for more details

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.
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 a court monitor/volunteer at each basket.
5. Tie-breakers will be addressed at the conclusion of each age division.

CORNHOLE

Visit our website for more details

Open to out of state

PLAYING FORMAT

- All Cornhole events will be conducted in accordance with the (ACO) American Cornhole Organization rules and National Senior Games except as modified herein. All sport equipment will be provided for competitors and must be used. Athletes may compete in singles, doubles or mixed. Playing format will be double elimination or round robin tournaments based on the numbers of registered entrants. Tournament format will be the responsibility of New Mexico Senior Olympics and established prior to Senior Olympics Summer Game competition. Championship match will be a traditional double dip where player coming out of loser's bracket must beat the player in the winners bracket twice. Competition schedule for each age group is available at www.nmseniorolympics.org, at the Game check-in Sport Table area or by calling Sport Coordinator.
- Length of Games - The game shall be played to the predetermined number of (21) points or highest score after 10 frames. The first player/team to reach (or exceed) that amount at the conclusion of a frame is the winner.
- Player Conduct - A cornhole player/team while in competition, shall make no disturbing noises or movements that would distract the opponent or players on surrounding courts. Other inappropriate behavior would include profanity, abusive language, obscene gestures, flipping bags etc. First offense shall be a warning, second offense shall call for forfeiture of the game being played. National Senior Games and New Mexico Senior Olympics rules except as noted.

CYCLING

Visit our website for more details

Open to out of state

PLAYING FORMAT

- Cycling will be conducted in accordance with USA, National Senior Games and New Mexico Senior Olympics rules except as noted.
- Events include 5K and 10K time trials, and 20K road race. No recumbent bicycles will be allowed.
- Cyclists must provide their own bicycles and helmets
- Helmets are mandatory and must conform to USA Cycling regulations.
- Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted.
- All bicycles must be certified by race officials prior to the competition.
- Bicycles used in competition must be propelled solely by the rider's legs moving in a circular motion, without electric or other assistance.

DANCE

Visit our website for more details

NMSO reserves the right to cancel a sport or the competition schedule that does not meet the required number of registrants to conduct the sport(s).

PLAYING FORMAT

- 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."
- 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) and Line Dance. In the Latin category, dances will be rotated every 2 years. The prospective dance order for competition and practice will be available on website. The dance order is subject to change during the competition.
- Age categories for all Dance are 50+ and 70+. Age of the youngest dance member as of December 31st of the current year will determine age category for Dance.
- An entry form is required from each individual dance member and name of dance partner must be listed on entry form. Dancers may compete with only one partner per Dance category.
- 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. Please call Sports Coordinator for details.
- 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
- Contestants must check in at the Theater 30 minutes prior to the Dance Contest or risk being disqualified
- Music for Couples Dances is provided by NMSO and is available upon request.
- Dance - Each Round will be approximately two minutes long.
- Line Dance - there is a three minute time limit. Line Dance acts will be penalized for performing past the time limits by subtracting 5 points for each ½ minute or portion thereof over the allotted time.
- 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.
- 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.
- An introduction sheet is individual dance information to be used by announcer. Introduction sheet is available by calling NMSO.
- 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.
- 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. 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.
- Dance Couples must be one male and one female. Athletes may compete with only one partner per event.

8-BALL POOL

Visit our website for more details

NMSO reserves the right to cancel a sport on the competition schedule that does not meet the required number of registrants to conduct the sport(s).

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

FIELD

Open to out of state

Visit our website for more details

PLAYING FORMAT

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 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.

Throwing Events - Equipment

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

		Discus	Javelin	Shot Put
Men	50-59	1.5 Kg	700 g	6 Kg
Men	60-69	1.0 Kg	600 g	5 Kg
Men	70-79	1.0 Kg	500 g	4 Kg
Men	80+	1.0 Kg	400 g	3 Kg
Women	50-59	1.0 Kg	500 g	3 Kg
Women	60-74	1.0 Kg	500 g	3 Kg
Women	75+	.75 Kg	400 g	2 Kg

FRISBEE ACCURACY

Visit our website for more details

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

FRISBEE DISTANCE

Visit our website for more details

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



GOLF

Visit our website for more details

PLAYING FORMAT

Open to out of state

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.
3. Golfers must provide their own clubs.
4. There will be a Golf entry fee and cart fee. Fees to be paid on entry form. Golf carts are mandatory for practice and competition.
5. Local golf club rules will also be in effect. Local club will require proper attire (collar shirt) of all competitors.
6. MPS may be adjusted.

HORSESHOES

Visit our website for more details

PLAYING FORMAT

1. All matches will be conducted in accordance with the National Horseshoe Pitching Association rules, and New Mexico Senior Olympics.
2. Event will be singles.
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.
6. Brackets will be available at www.nmseniorolympics.org and at the Sports table at game Headquarters.

HUACHAS

Visit our website for more details

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.

PICKLEBALL

Visit our website for more details

Open to out of state

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. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles or 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. 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 1/2" 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 and must be used.
5. Athletes are required to check in 30 minutes prior to scheduled times.
6. 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.
7. Any game missed/forfeited during bracket play will be considered a loss.
8. Brackets will be available at www.nmseniorolympics.org and at the Sports table at Game Headquarters.

POWER WALK

Visit our website for more details

Open to out of state

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. No canes, walkers, headphones, cell phones and water bottles allowed during the event.
 - i. Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
 - j. 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.



RACE WALK

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. All race walking events will be conducted in accordance with 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 separately, 1500M and 5K 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. See website for info on meeting time and place.
4. Results will be posted on site. Any questions regarding disqualifications are to be addressed with Sport Coordinator.



RACQUETBALL

Visit our website for more details *Open to out of state*

NMSO reserves the right to cancel a sport on the competition schedule that does not meet the required number of registrants to conduct the sport(s).

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. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles or 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. 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. Participants are to provide their own racquets.
8. All players will be guaranteed at least two matches if numbers are conducive.
9. Brackets will be available at www.nmseniorolympics.org and at the Sports table at game Headquarters.



ROAD RACE

Visit our website for more details *Open to out of state*

PLAYING FORMAT

1. All Road Race events will be conducted in accordance with USA Track & Field, National Senior Games Association and New Mexico Senior Olympics except as modified herein.
2. Road Race events will be 5K and 10K.
3. In both the 5K and 10K Road Race, all age divisions, both men and women, will run simultaneously.
4. Athlete must register for each event separately, 5K and/or 10K on entry form.



SHUFFLEBOARD

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. All shuffleboard matches will be ruled in accordance with official rules of the National Shuffleboard Association, Inc., National Senior Games Association, and New Mexico Senior Olympics except as noted.
2. Events will be singles and doubles. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles.
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. 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. 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. Doubles matches will consist of 12 frames.

SOCCER KICK ACCURACY

Visit our website for more details

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. During a tie-breaker, age divisions 80+ and above, men and women, will move 5 feet closer to target.
4. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.
5. Participants will kick from behind a centered 10 foot line 36 feet parallel to the center points which will be marked.

SOFTBALL DISTANCE THROW

Visit our website for more details

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.

SWIMMING

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. Swimming will be governed by the US Masters Swimming, National Senior Games Association, and New Mexico Senior Olympics except as noted.
2. Strokes will be Backstroke, 50Y, 100Y and 200Y; Breaststroke, 50Y, 100Y and 200Y; Butterfly, 50Y, 100Y and 200Y; Freestyle, 50Y, 100Y, 200Y and 500Y; Individual Medley 100Y, 200Y and 400Y (four strokes); and 200Y 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.



TABLE TENNIS

Visit our website for more details

Open to out of state

PLAYING FORMAT

1. All table tennis matches will be conducted in accordance with U.S. Table Tennis, National Senior Games Association and New Mexico Senior Olympics rules.
2. Events may be singles, doubles and mixed doubles. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles or mixed doubles.
3. 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.
4. 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.
5. **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. 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.
6. Any game missed/forfeited during bracket play will be considered a loss.
7. Contestants must provide their own paddle and it may be any material, size, shape or weight that is in accordance with USTTA rules.
8. NMSO will provide a limited number of paddles.



TALENT

Visit our website for more details

NMSO reserves the right to cancel a sport on the competition schedule that does not meet the required number of registrants to conduct the sport(s).

PLAYING FORMAT

1. There will be 2 age divisions: 50+ and 70+
2. Talent has 5 events: Comedy – Solo and Group; Dance – Solo and Group; Instrumental Solo; Reading Solo; Vocal – Solo and Group.
3. Each act is allowed a 2 minute set up time. All acts are allowed four (4) minutes for their performance, which does not include set up time.
4. All talent groups will be limited to 20 members per roster in all categories.
5. **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. 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.
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 or background music is 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.

TENNIS

Visit our website for more details

Open to out of state

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. Events will be singles, doubles and mixed doubles. Athletes may compete with only one partner per event. Athletes may not compete in more than one age division for doubles or mixed doubles.
3. 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.
4. Any game missed/forfeited during bracket play will be considered a loss.
5. 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.
6. Tennis balls for competition only will be provided for hard court play.
7. A five-minute warm-up will be allowed before each match.
8. Contestants are to provide their own rackets and practice balls.
9. **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. 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.

TRACK

Visit our website for more details

Open to out of state

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.





Humana

We're honored to join you in supporting New Mexico Senior Olympics

Thanks for standing with the New Mexico community.

Ready to learn more about Humana plans? Get in touch with a licensed Humana sales agent.



Humana MarketPoint® Office
505-338-0853 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.

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Local Games

Offered statewide including Southern New Mexico: Las Cruces, Silver City, Mescalero Apache, Sierra County and City of Hobbs.

- Motivates Seniors 50+ to be active and involved in sports
- Held in early spring
- 5-year age divisions
- Competition schedule varies from site to site



- Statewide same rules for all games
- Opportunity to practice for the Annual State Games

Year-Round Health for Seniors 50+

Presented by New Mexico Senior Olympics



Senior Olympics year-round mission is to motivate Seniors 50+ to be **active**

Fitness Opportunities for Senior Sports and Wellness:

- Local Games -State Summer Games for 2025
- Team Tournaments -FREE Fitness Classes for Seniors

- Virtual Fitness Indoor Cycling 3x per week at Tai-Chi for better balance
- In-Person Balance-Fitness designed for Seniors who want results
- Remote Balance-Fitness from the comfort of your home 3x per week
- Hybrid Enhance-Fitness Participants are both in-person and virtual
- Fitness WALKING Class meets 3x per week - walk outdoors for 1 hour

EnhanceFitness are evidence-based group fitness classes that concentrate on strength training, flexibility, balance and aerobic cardio workouts. Visit our website at www.enhancefitness.com for class information. To sign up for a class, contact instructor for availability. Instructors are all nationally certified, trained in group fitness and organized working with older adults.



PITTSBURGH IS EXCITED TO WELCOME THE 2023 NATIONAL SENIOR GAMES

PRESENTED BY HUMANA



JULY 7-19, 2023

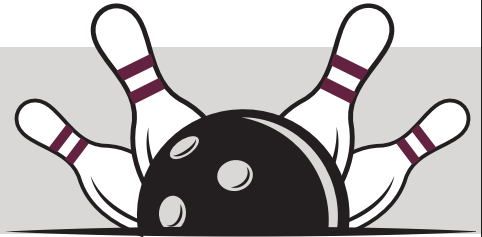


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NEW MEXICO SENIOR OLYMPICS **BOWLING** **TOURNAMENT**

Tuesday - Friday • July 26-28, 2023
Starlight Bowling at Santa Ana



TOURNAMENT

Mixed Doubles
Singles
Doubles
Teams
(Women, Men & Mixed)



Online at
www.nmseniorolympics.org
or call - NMSO at
1-888-623-6676
for an entry form

Beginning March 1st, visit www.nmseniorolympics.org for specific bowling registration details.

- \$60.00 registration entry fee per person
- Athletes may only compete on one team
- \$8.50 lane fee, per event (3 games) includes shoes
- Team bowling - Women, Men and Mixed
- Bowling Non-Ambulatory is available for singles, doubles and mixed doubles
- Tournament will be conducted in accordance with the US Bowling Congress, National Senior Games and NM Senior Olympics playing rules.





New Mexico Senior Olympics, Inc.
Post Office Box 2690
Roswell, NM 88202-2690

www.nmseniorolympics.org



Game Headquarters & Athlete Check-in

