

New Mexico Senior Olympics STATE SUMMER GAMES

June 12-16, 2024 Las Cruces, NM

REGISTRATION BOOKLET



DISCOUNT AVAILABLE
REGISTER EARLY

\$20 off

*Registration must be received by March 22nd



Humana.



NMSO * PO Box 2690 * Roswell, NM 88202 * 1-888-623-6676 * 575-623-5777 * Fax: 575-622-9244

E-mail: nmso@nmseniorolympics.org * Website: nmseniorolympics.org

Athlete Check In Times

(Indoor Location TBD)

Tues, Thurs, Fri

June 11th, 13th, 14th

7:00am-7:00pm

Wednesday ONLY

June 12th

7:00am-5:00pm

Saturday, June 15th

7:00am-12:00pm

Opening Ceremony Celebration

Wednesday, June 12th
6:00pm

Downtown Plaza Las Cruces

Join us to kick off our

Summer Games

and a 1-mile run event

Athlete Social will follow

Food

Refreshments

Live Music

Sport Tables

All Athletes are encouraged to
check the sport tables prior to
competition at Athlete Check-In.

SPORTS HEALTH FAIR

At Athlete Check-In

Thursday, June 13

9:00am-3:00pm



Athlete Dinner

\$28



Friday, June 14 - 6:00pm
Corbett Center Ballroom

RSVP >>>

Please check (X) RSVP on your registration
form, indicating that you would like to attend.
*Tickets will go on sale once a final decision is
announced, provided there is sufficient
interest.

Final Ball Dance to follow
FREE

TABLE OF CONTENTS

Table of Contents	1
Board of Directors	2
Message from the Director	3
Local Games.....	4
Game Information	5-7
How to Register	8
Sport Rule/Updates	9
Hotel/Housing/Dining	10
Social Events.....	11
Detailed Game Schedule.....	12-15
Other Scheduled Events.....	16
One Page Game Schedule	17
Maps	18
Volunteer Information	19
Entry Form	20-22

SPORTS DESCRIPTIONS

Air Gun.....	23
Archery	24
Badminton	24
Basketball Skills 3-Point Shot/Freethrow.....	25
Billiards 8-Ball	25
Cornhole	26
Cycling	26
Field	27
Frisbee Accuracy/Distance	27
Golf.....	27
Horseshoes	28
Huachas	28
Pickleball.....	28
Power Lifting	29
Power Walk	30
Race Walk.....	30
Road Race.....	30
Shuffleboard	31
Soccer Kick	31
Softball Distance	31
Swimming	32
Table Tennis.....	32
Tennis	33
Track	33
Notes.....	34



NEW MEXICO SENIOR OLYMPICS Thanks to our 2024 Partners



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

Honoring Our Veterans



The New Mexico Senior Olympics proudly honors and celebrates the brave veterans who have served in the military. Your sacrifice and dedication inspire us. Let us come together to express our gratitude and appreciation for your service. Thank you for defending our freedom and embodying the spirit of strength and resilience. We stand united in honoring our veterans at the New Mexico Senior Olympics – where heroes are celebrated, and legacies are cherished.

**Join us at opening ceremonies in
paying tribute to those who have
selflessly served our country.**



New Mexico Senior Olympics



BOARD OF DIRECTORS



Chair
Dick Griffith
Grants, NM

Retired Parks and Recreation Director.
Board member since 1982.



Vice Chair
Kenneth
Lindsey
Clovis, NM

A long record of business, education,
and management.
Board member since 2020.



Treasurer
Joe Quintana
Alamogordo,
NM

Retired Director RSVP/SCP/FGP.
Board member since 1991.



Bill Adams
Clovis, NM

Retired from education. Assists local
games and state competition as range
officer with Air Gun.
Board Member since 2020.



Laurie Dudek
Roswell, NM

SE Region Health Promotion Program
Manager with the NM Dept of Health.
Board member since 2021.



David
Salazar
Albuquerque,
NM

Holds a BA in Accounting and MBA in
Finance from UNM. An Adaptive Sports
Program Clinician and Instructor.
Board Member since 2020.



Pete Salazar
Bernalillo,
NM

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



Dorie
Sandoval
Grants, NM

Retired Director of Cibola County
Senior Programs.
Board member since 1996.



Dorothy
Terrazas,
Anthony, NM

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



Ex-Officio
Steve Duran
Roswell, NM

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



2024 BOARD OF DIRECTORS MEETING SCHEDULE

February 15, 2024 - Albuquerque

April 18, 2024 - Albuquerque

June 12-16, 2024 - State Summer Games - Las Cruces

Arrive Tuesday June 11th- Board Meeting 3:00 p.m.

August 15, 2024 - Albuquerque

October 17, 2024 - Annual Meeting - Albuquerque

December 5, 2024 - Albuquerque



MESSAGE FROM THE DIRECTOR

To all our incredible athletes, I want to express my heartfelt gratitude. Senior Games in New Mexico thrive because of your enthusiasm and dedication. Your participation is the heartbeat of our event, and I am truly grateful for each and every one of you. The New Mexico Senior Olympics, also known as Senior Olympics, has not only survived the challenges posed by the pandemic, survived the National Senior Games in New Mexico and despite staff shortages and the unique obstacles faced, our organization has stood resilient, thanks to the collective efforts of our amazing team. I am elated to share a remarkable achievement with my state coordinator colleagues. In 2023, New Mexico witnessed the participation of 1200 athletes, defying the trend seen in many states that experienced a drastic decline. This success is a testament to the perseverance and spirit of our athletes and supporters. The 2024 New Mexico Senior Olympics Board of Directors is under the leadership of Dick Griffith. Dick Griffith has served the State Senior Olympics organization for over 40 years. As a founding member and recently re-elected leader, Dick's commitment, and hard work, especially during Summer Games and Team Tournaments, go above and beyond the call of duty. We are fortunate to have him leading our organization. I extend my deepest gratitude to the entire Board of Directors for their unwavering dedication and tireless efforts in supporting the New Mexico Senior Olympics. Meeting by Zoom when necessary and traveling to attend bi-monthly meetings to ensure the integrity of the organization, is addressing the scope of work required by funding grantors. Your commitment has been instrumental in the success and resilience of our organization. This year, in an effort to make participation more accessible, I am thrilled to announce that the New Mexico Senior Olympics is implementing a limited-time discount. We hope this initiative not only makes the Games more affordable but also encourages even more athletes to join us in celebrating the spirit of competition.

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



STATE PLANNING COMMITTEE

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. The 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

Cecelia Acosta, Executive Director

Terry Delgado, Events Co-Coordinator
Julio Acosta, Program Clerk

Stephanie Gallegos, Administrative Secretary/Registrar
Cara Dunn, EnhanceFitness Program Coordinator

LOCAL GAMES

- Motivates Seniors 50+ to be active and involved in sports.
- 5-year age divisions.
- Statewide game rules for all games
- Opportunity to practice for the Annual State Games.
- Fourteen organized local games held in various cities and pueblos.



- Generally held February through May each year.
- Athletes can attend any local game site of their choice.
- Athletes are not required to pre-qualify at local games in 2024.
- Local games are sanctioned by New Mexico Senior Olympics.

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

Betty Burgess
575-644-0782
Game Dates March - April

6 COPPER COUNTY

Mario Quintana
575-590-2352
Game Dates March - May

7 ISLETA

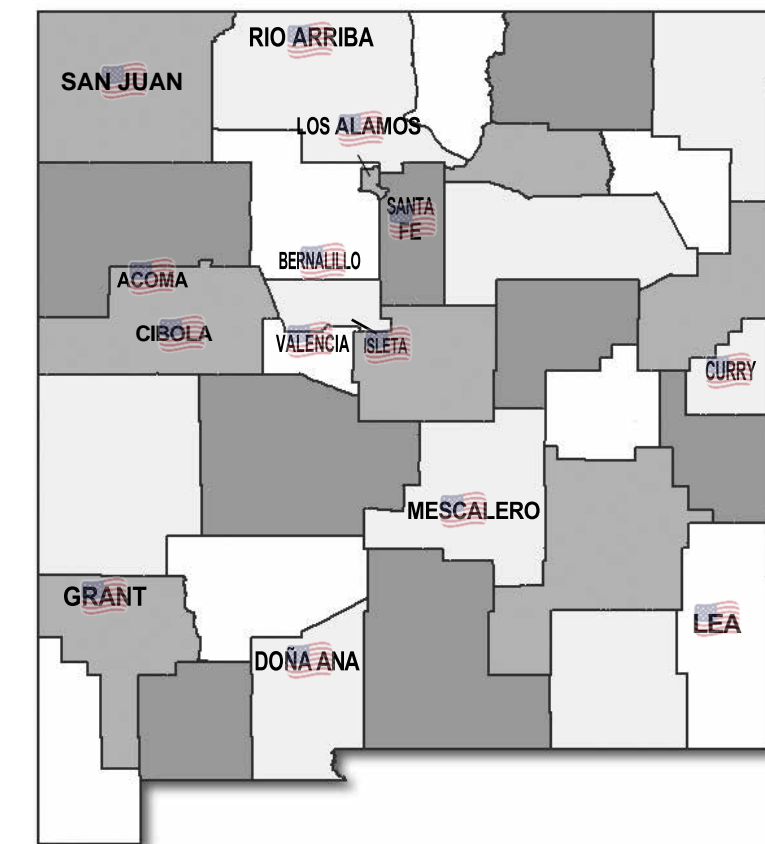
Katrina Trancosa
505-869-9770 Ext. 9336

8 LEA - City of Hobbs

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

Nicole Alire
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 INFORMATION

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 game waiver to compete. This year 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 continue to 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 will be entitled to a full game refund.

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.

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.

ATHLETE CHECK-IN

All athletes are strongly encouraged to check-in prior to their competition at athlete check-in. 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 their competition and will be required to present a photo ID at the sport venue check-in.

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 4:30p.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.



AGE DIVISION

Participants will register according to their age as of December 31, 2024. 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+.

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, 2024.

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.

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.

CHECK-IN AT SPORT VENUE

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 line 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 25 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.

DEADLINES/ CANCELLATIONS

Registrations are accepted through May 3, late registrations will be accepted through May 15th and assessed a late fee of \$25.00. 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.



GAME INFORMATION CONTINUED...

7

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 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

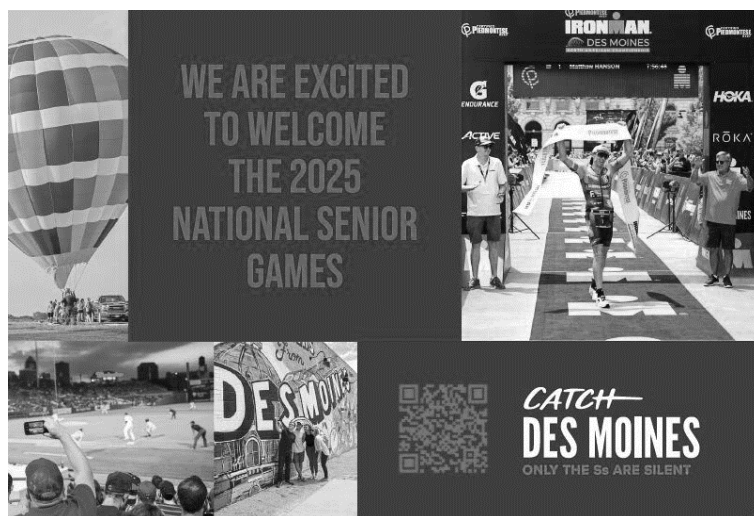
Senior Olympic events will be conducted rain or shine unless it is unsafe to do so. Call your Sports Coordinator for updates. There will be no refunds for cancellations which are due to inclement weather.

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.

NATIONALS

New Mexico Senior Olympics, Inc. and Local Games throughout New Mexico are members 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. Nationals will be held in 2025, in Des Moines, IA. NMSO will send State Summer Game results to NSGA. If you qualify, NSGA will contact you directly. You can check their website for updated information.



HOW TO REGISTER

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. You can also scan the QR code for direct access to online registration.
- 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 May 3rd. Entry Fee for in state and out-of-state is \$60.00. Late registrations will be received through May 15th for an additional \$25.00. 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

Register online at: nmseniorolympics.org or by scanning the QR code. You will need an email address and a credit card to register.

- Click "Register Here". Enter your personal info and the system will match your account. An account will be set up for all new athletes.
- Select 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.

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

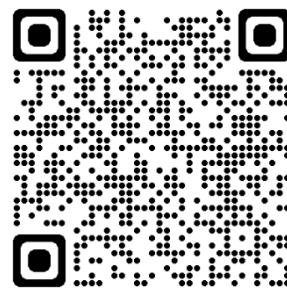
IMPORTANT NOTE: Partner Events

- 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 the 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 enough 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.



SCAN ME

SPORT RULES UPDATES

SPORT RULES

For general playing rules and specific sport rules visit the New Mexico Senior Olympics website at www.nmseniorolympics.org. 2024 Summer Game athletes are not 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).

TALENT/DANCE

Although Talent/Dance will not be an event at the 2024 State Summer Games, we want to extend an opportunity to showcase your talent and dance through special performances during the Summer Games. NMSO aims to reintroduce dance and talent to the schedule of events for future State Senior Olympics. See the flyer on Pg 34 for more information.

WHAT'S NEW IN '24

AIR GUN

Equipment - COMPETITORS MUST FURNISH REGULATION AIR GUNS AND ALL PERSONAL EQUIPMENT NEEDED FOR THIS EVENT (EXCLUDING TARGETS). NMSO will no longer furnish rifles and pistols for competition. Caliber of air guns will be .177" (4.5 mm). Only soft lead pellets will be used. Only one pellet will be loaded at a time. 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.

TRACK

400M and 800M Estimated Run/Walk

The contestant coming closest to run/walk estimated time submitted at check in, whether under OR over, will be declared the winner.

CORNHOLE

Events - Athletes may compete in singles, men's doubles, women's doubles, and mixed doubles. Doubles must be two individuals of the same gender. Mixed Doubles must be one male and one female.

Distance of the Boards - Age 80-84 - 23 feet front edge to front edge 85 Plus/Non-Ambulatory - 21 feet front edge to front edge.

WHAT'S NEW IN 2025

It has been reestablished that the New Mexico Senior Olympics will require athletes to qualify through their local games in order to compete at the State Summer Games In 2025.

See "Sports Descriptions" beginning on page 23

Walk4Fitness

Looking for WALKERS!

Are you 60+ and ready to walk for the health of it?

Walk4Fitness **HIGHLIGHTS: FREE**

Walk4Fitness is sponsored by New Mexico Senior Olympics, Inc.

FREE

Walk4Fitness in your community!

FREE

Contact NMSO at 1-888-623-6676 for more information and how to sign up!

- Walk to improve overall health
- Meet three times per week for 1 hour
- Warm up and cool down
- 8 weeks walk session
- Motivation to get up and move
- Encourages participation in other events
- Ability to log walking distances to gauge progress
- FREE Walk incentive giveaways

Walking is a health promotion activity, a great way to make new friends, and a Sports competition in the Annual Summer Games offering fun and exercise for all!

GAME HOTELS

Hotel properties are within range of most event facilities.

Courtyard by Marriott

456 E. University, Las Cruces, NM 88011

575-526-1722 option 2 \$144 plus tax

Ask for the NM Senior Olympics rate

Deadline May 31st (discount rate not available after this date)

Fairfield Inn by Marriott

2101 Summit Ct., Las Cruces, NM 88011

575-522-6840

King Room \$119 plus tax

Queen Room \$109 plus tax

Holiday Inn Express & Suites North

2142 Telshor Court, Las Cruces, NM 88011

575-522-0700 \$119 plus tax

Ask for the NM Senior Olympics rate

Deadline May 28th (discount rate not available after this date)

TownePlace Suites by Marriott

2143 Telshor Court, Las Cruces, NM 88011

575-532-6500

Studio Single Queen \$139 plus tax

Studio Double Queen \$149 plus tax

Two-bedroom Suite \$159 plus tax

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, Pete's 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
- Suites will be grouped by gender/couples
- Linens will NOT 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, 6/11 – Thursday, 6/13, 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)

\$375.00 per Person

5 Consecutive Nights - June 11th through June 16th

Includes

Overnight lodging (Piñon Hall – based on single occupancy)

Continental breakfast at Corbett Center

Linens and Towels are NOT provided

NMSU Campus Parking Pass

\$150.00 Aggie Dining Dollars pre-loaded directly on a temporary ID & Access card

SILVER PACKAGE (Housing and Dining)

\$300.00 per Person

Any 4 consecutive nights between June 11th & June 16th

Includes

Overnight lodging (Piñon Hall - based on single occupancy)

Continental breakfast at Corbett Center

Linens and Towels are NOT provided

NMSU Campus Parking Pass

\$120.00 Aggie Dining Dollars pre-loaded directly on a temporary ID & Access card

BRONZE PACKAGE (Housing and Dining)

\$230.00 per Person

Any 4 consecutive nights between June 11th & June 16th

Includes

Overnight lodging (Piñon Hall- based on single occupancy)

Continental breakfast at Corbett Center

Linens and Towels are NOT provided

NMSU Campus Parking Pass

\$95.00 Aggie Dining Dollars pre-loaded directly on your temporary ID & Access card.

Aggie Dining Dollars

Options will be determined at a later date and are to be determined based on registration.

Taos Dining- \$9.95-Breakfast, \$11.25 Lunch and Dinner.

SOCIAL EVENTS AT SUMMER GAMES

Spending time with fellow athletes to share Game Experiences is vital to a good overall experience while at the Games. Plan now to catch up with other athletes and create new fond memories at the Social Events we have planned in 2024. All social event activities are free to registered athletes, except for the Sports Dinner happening on Friday evening. Social Events include an Opening Ceremony Celebration, followed by an Athlete Social on the first day. Thursday will include a free Heath Fair. A Sports Dinner is planned for Friday evening, provided we have enough interest, ending the evening with a Senior Dance with live music. The Sports Dinner is a ticket event, and a ticket must be purchased in advance. See Entry Form to indicate your interest level. Evening Dance is free to all athletes. Read more below. All Social Events will be finalized by May 1, 2024, and announced on our website at www.nmseniorolympics.org.

OPENING CEREMONY CELEBRATION - is happening on Wednesday, June 12th at 6:00 p.m. at the Las Cruces Downtown Plaza, located at 100 N. Main Street. Come early to participate in a Community Game, One-Mile Run, and other activities prior to Opening Ceremony. Venue offers many downtown eatery options and one can visit the local small business in the area for your souvenirs and unique shopping. The Opening Ceremony will recognize Local Games, Lighting of the Torch, Sponsor recognition, Athlete Drawing, and a Parade of Athletes. An Athlete Torch Run Relay will take place in downtown Las Cruces to kick off the Celebration. This event is high energy and lots of fun! Bring your noise makers and plan to make some noise as each local game site is introduced in the Parade of Athletes! Bring your camera to capture the celebration.

ATHLETE SOCIAL - Immediately following the Opening Ceremony, a Social Event will take place at the Downtown Plaza. Athletes can dance, eat, and enjoy refreshments. The event is free to athletes.

HEALTH FAIR – Thursday, June 13th 9:00 a.m. (Indoor location) Exhibitors will be on hand to provide Health information, senior leisure activities, health screenings and free giveaways. Health Fair location details will be announced later. Plan to come to the Health Fair and thank our game sponsors for supporting the Annual Summer Games. An exhibitor to see will be NM Grown, guaranteed to fill you with fruits and vegetables.

ATHLETE DINNER – Tentatively, an Athlete Dinner event is planned on FRIDAY evening, June 14th, at 6:00 p.m. at NMSU Corbett Center, Level III Ballroom, provided there is sufficient interest. Indicate on your '24 Registration Entry form if you are interested in attending. On May 1st we will announce the final plan for the '24 Athlete Dinner. A dinner is guaranteed to please many different palates! Pending final announcement for the Sports Dinner, tickets can only be purchased by calling NMSO in advance of the Games. All ticket sales will close on May 30th.

Completing the questionnaire on the entry form does not Order dinner tickets.

Pre-ordered Athlete Dinner tickets can be picked up at athlete check-in or as a "will call" at the door on Friday evening. Athlete dinner tickets cost \$28.00 per person. Seating will be open and Sunday best dress attire is generally the norm! For any special seating arrangements for groups of 10+, request in writing to NMSO, 14 days out!

Athlete Dinner will recognize local game sites for their local contributions to support the mission of the Games.

FRIDAY EVENING DANCE – FOLLOWING the Athlete Dinner a Dance with live music will follow starting at 8:00 p.m. and end at 11:00 p.m. Dance social is free to athletes and their guests. The dance will be held at NMSU Corbett Center, Level III Ballroom. Sunday best dress is recommended.

2024 NEW MEXICO SENIOR OLYMPICS





ERNESTO RAMOS STATE SUMMER GAMES SCHEDULE - LAS CRUCES









SPORTS OPEN TO OUT OF STATE





1/19/24

EVENTS	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14	SATURDAY JUNE 15	SUNDAY JUNE 16
AIR GUN Zia Middle School 1300 E University Ave 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 Upper Intramural Field Stewart and Locust St. 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 Mesilla Valley Christian 3850 Stern Dr. TBD	Practice Singles 8:00 9:00 am Singles M & W Practice D/MD 1:00 pm 1:00 pm Doubles 3:00 pm Mixed Doubles				
BASKETBALL SKILLS FREE THROW Meerscheidt Rec Center 1600 E Hadley Dr Julian Rodriguez 575-574-8883	ALL AGES 8:00 am Men 10:00 am Women				
BASKETBALL SKILLS 3 POINT SHOT Meerscheidt Rec Center 1600 E Hadley Dr Julian Rodriguez 575-574-8883	ALL AGES 9:00 am Men 11:00 am Women				
BILLIARDS 8 BALL TBD Cathy Cowger 575-202-4506		Men ALL AGES 9:00 am Women All Ages 1:00 pm			

EVENTS	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14	SATURDAY JUNE 15	SUNDAY JUNE 16
CORNHOLE  Location TBD Jaime Flores 575-993-8634	M & W Doubles 8:00 am 50, 55, 9:00 am 85, 90+ 10:00 am 60, 65 11:00 am 70, 75, 80 Mixed Doubles 1:00 pm 50, 55, 85, 90+ 2:00 pm 60, 65, 70, 75, 80	M & W Singles 8:00 am 50, 55, 9:00 am 60, 65 10:00 am 70, 75 1:00 pm 80, 85, 90+			
CYCLING  Location TBD				SATURDAY, JUNE 10 M & W All Ages 7:00 am Check-in 7:30 am 10K Time Trial 9:00 am 5K Time Trial	SUNDAY, JUNE 11 M & W All Ages 7:00 am Check-in 7:30 am 20K Road Race
FIELD  Field Of Dreams TBD		M & W Shot Put 7:00 am 50, 55, 60, 65 10:00 am 70, 75, 80, 85, 90+ Triple Jump 7:00 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 8:00 am 50, 55, 60, 65 9:00 am 70, 75, 80, 85, 90+	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 8:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+ High Jump 7:00 am 50, 55, 60, 65 9:00 am 70, 75, 80, 85, 90+		
FRISBEE ACCURACY Meerscheidt Rec Center 1600 E Hadley Dr Julian Rodriguez 575-574-8883	M & W 1:00 pm 70, 75 2:00 pm 80, 85, 90+ 3:00 pm 50, 55 4:00 pm 60, 65				
FRISBEE DISTANCE NMSU Intramural Field Stewart & Locust Connie Limon 575-640-3649		M & W 8:00 am 80, 85, 90+ 9:00 am 70, 75 10:00 am 60, 65 11:00 am 50, 55			
GOLF  NMSU Golf Course 3000 Herb Wimberly Dr. Jason White 575-646-3362		M & W ALL AGES 7:30 am Shotgun Start			

SCHEDULE IS SUBJECT TO CHANGE

EVENTS	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14	SATURDAY JUNE 15	SUNDAY JUNE 16
HORSESHOES Youngblood Horseshoe Courts 1800 E Hadley Javier Flores 575-805-5926	M & W 8:00 am 75, 80, 85, 90+ 9:00 am 65, 70 10:00 am 60 11:00 am 50, 55				
HUACHAS (Washers) Location TBD TBD	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 1600 Stewart St Felix Rabanal 505-463-8797	8:00 am TENT	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 Mix Dbls 50, 55 10:00 am Mix Dbls 80, 85, 90+ 1:00 pm Mix Dbls 70, 75 3:00 pm Mix Dbls 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 LIFTING  TBD TBD			8:00 am Men All Ages 10:00 am Women All Ages	ww	
POWER WALK  NMSU Sisbarro Park Field Of Dreams Betty Burgess 575-644-0782	3:00 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 Field of Dreams		
RACE WALK  NMSU Sisbarro Park Field Of Dreams 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 Field of Dreams		
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			
SHUFFLEBOARD  Location TBD Lucas Chavez 505-401-4417	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	8:00 am If Needed	
SOCCER ACCURACY NMSU CLUB SOCCER PITCH Field Stewart & Locust Santiago Meza 575-644-6634	M & W 7:00 am 65 8:00 am 80, 85, 90+ 9:00 am 70, 75 10:00 am 50, 55, 60				

EVENTS	WEDNESDAY JUNE 12	THURSDAY JUNE 13	FRIDAY JUNE 14	SATURDAY JUNE 15	SUNDAY JUNE 16
SOFTBALL DISTANCE NMSU Intramural Field Stewart & Locust TBD	M & W 7:00 am 50, 55, 60 8:00 am 70, 75 9:00 am 80, 85, 90+ 10:00 am 65				
SWIMMING  NMSU Aquatic Center Indoor Pool 1600 Stewart St 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  Mesilla Valley Christian 3850 Stern Dr. Marv Sommers 505-239-1443		Practice 2-5 pm	M & W ALL AGES 9:00 am Singles 11:00 am Mixed Doubles 1:00 pm Doubles		
TENNIS  NMSU Tennis Courts 1800 Wells St 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  Field of Dreams David Nuñez 575-644-1321			M & W 9:00 am CHECK-IN 9:30 am 800M Estimated Run/Walk 10:00 am 400M Estimated Run/Walk	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 Co-Ed Relay	

SCHEDULE IS SUBJECT TO CHANGE

2024 Senior Olympics Annual Summer Games

OTHER SCHEDULED EVENTS

Athlete Check In Times

(Indoor Location TBD)

Tues, Thurs, Fri
June 11th, 13th, 14th
7:00am-7:00pm Wednesday
ONLY June 12th
7:00am-5:00pm
Saturday, June 15th
7:00am-12:00pm

Game Headquarters

(Corbett Center)
Result Posting Thurs-Sun

VOLUNTEER HUB

AT

ATHLETE CHECK-IN

SPORTS HEALTH FAIR

At Athlete Check-In
Thursday, June 13
9:00am-3:00pm

Opening Ceremony Celebration

Wednesday, June 12th
6:00pm

Downtown Plaza Las Cruces
Join us to kick off our
Summer Games
and a 1-mile run event
Athlete Social will follow

Sports Tables

All Athletes are encouraged to check the sport tables prior to competition at Athlete Check-In.

Athlete Dinner

\$28

Friday, June 14 - 6:00pm
Corbett Center Ballroom

RSVP >>>

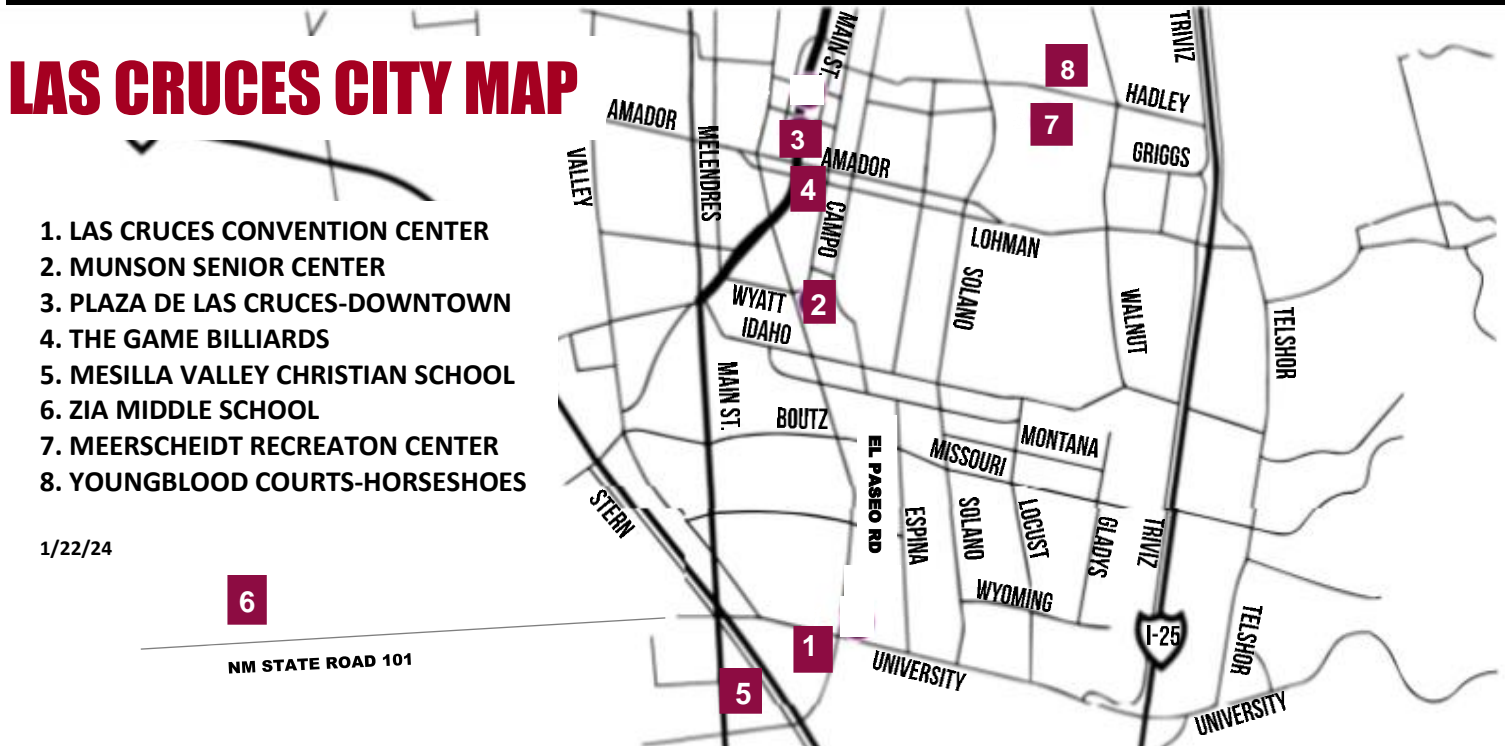
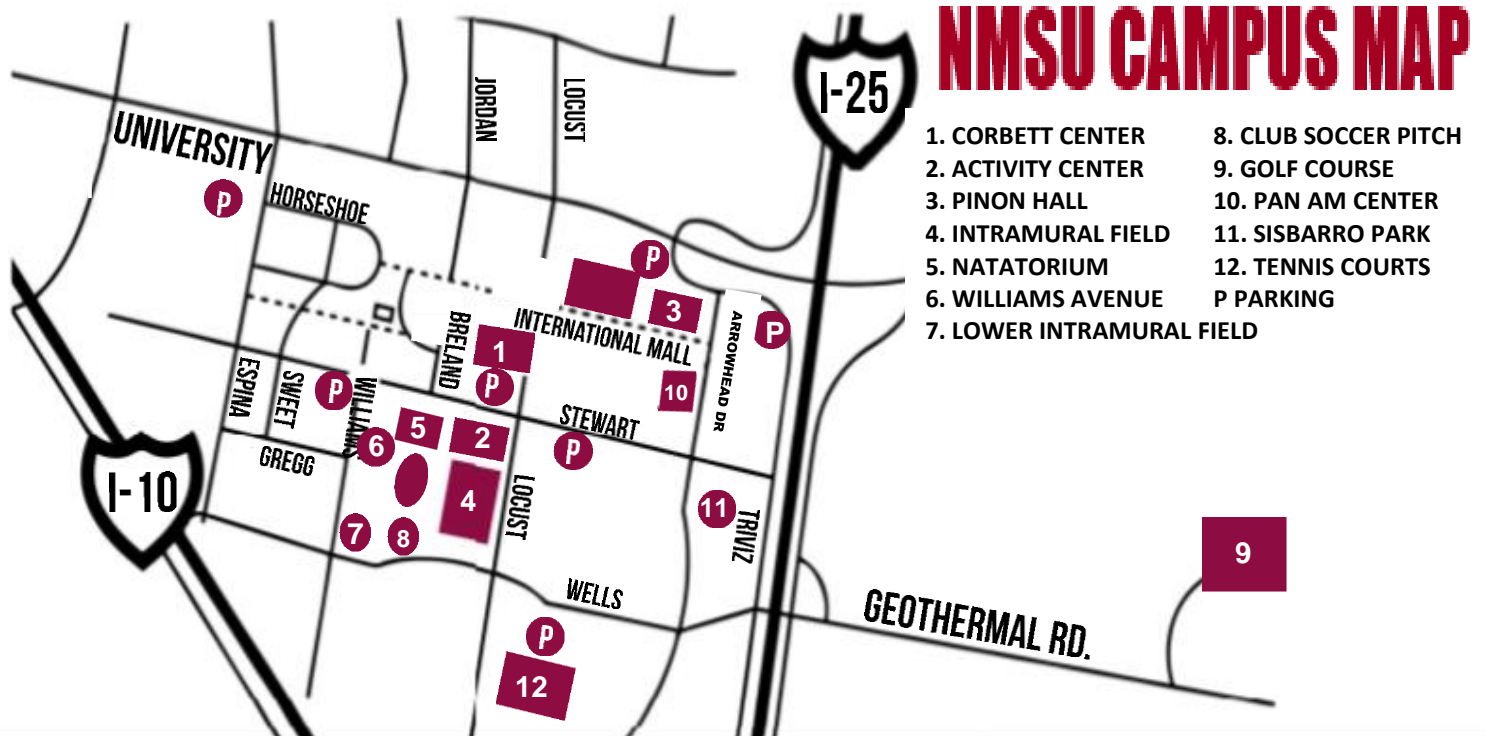
Please check (X) RSVP on your registration form, indicating that you would like to attend.
*Tickets will go on sale once a final decision is announced, provided there is sufficient interest.

Final Ball Dance to follow
FREE

2024 SENIOR OLYMPICS SUMMER GAMES SPORTS VENUES

 SPORT OPEN TO OUT OF STATE	VENUE	WED JUNE 12	THURS JUNE 13	FRI JUNE 14	SAT/SUN JUNE 15/16
AIR GUN	Zia Middle School	X	X	X	
 ARCHERY	NMSU Intramural Field			Practice	X
 BADMINTON	Mesilla Valley Christian School-tent	X			
 BASKETBALL SKILLS FREE THROW	Meerscheidt Rec Center	X			
 BASKETBALL SKILLS 3 POINT	Meerscheidt Rec Center	X			
 CORNHOLE	TBD	X	X		
 CYCLING	TBD				X/X
 BILLIARDS 8 BALL	The Game Billiards	Practice	X		
 FIELD	Field of Dreams		X	X	
FRISBEE ACCURACY	Meerscheidt Rec Center	X			
FRISBEE DISTANCE	NMSU Intramural Field		X		
 GOLF	NMSU Golf Course		X		
HORSESHOES	Youngblood Horseshoe Courts	X			
HUACHAS (Washers)	TBD	X			
 PICKLEBALL	NMSU Activity Center	X	X	X	X
 POWER LIFTING	TBD			X	
 POWERWALK	NMSU Sisbarro Park/Field of Dreams		X	X	
 RACE WALK	NMSU Sisbarro Park/Field of Dreams		X	X	
 ROAD RACE RUN	NMSU Williams Ave.	X	X		
 SHUFFLEBOARD	TBD	Practice X	X	X	X
SOCCER ACCURACY	NMSU Club Soccer Pitch Field	X			
SOFTBALL DISTANCE	NMSU Lower Intramural Field	X			
 SWIMMING	NMSU Aquatic Center – indoor pool	Practice	X	X	
 TABLE TENNIS	Mesilla Valley Christian School		Practice	X	
 TENNIS	NMSU Tennis Courts	X	X		
 TRACK	Field of Dreams			X	X
1-22-24					SCHEDULE IS SUBJECT TO CHANGE

NEW MEXICO SENIOR OLYMPICS ERNESTO RAMOS STATE SUMMER GAMES JUNE 12-16, 2024





RECRUITING VOLUNTEERS

For the 2024 Senior Olympics Summer Games

To be held in LAS CRUCES. Sport venues are located throughout NMSU and Las Cruces. Volunteers signing up for a four-hour shift will receive a t-shirt. Large GROUPS of 20+ or more can register your group by calling 575-642-6048 or by email to cacosta@nmseniorolympics.org.

Volunteers will be required to attend an in-person general Game orientation (1 hour maximum)

Sign up to volunteer on our website at <https://24nmsovolunteer.my-trs.com/>

Game Dates June 12-16, 2024

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

Certain sports require specific skills.

Pre-Game HQ May 29 – June 16	Game HQ June 10 – June 16 M - Su	Souvenir Sales June 10 – June 16 M - Su	Athlete Check-In June 10 – June 14 M - F	Fruit/Water June 11 – June 15 T - Sat	Result Posting June 12 – June 15 W - Sat
		Air Gun T, W, Th, F	Archery Sat	Badminton W	Basketball Skills W
Billiards – 8 Ball Th	Cornhole Th, F	Cycling Sat, Su	Field Th, F	Frisbee Accuracy Wed	Horseshoes W
Huachas W	Pickleball W, Th, Fri, Sat	Power Lifting F	Power Walk Th, F	Race Walk Th, F	Road Race Run W, Th
Shuffleboard W, Th, F, Sat	Softball Distance W	Table Tennis Th, F	Tennis W, Th	Track F, Sat	Event Runner W – Sat

All areas require a limited number of volunteers.

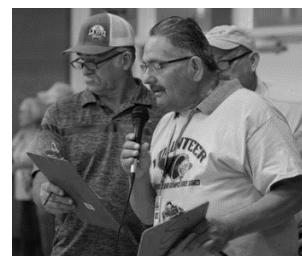


? VOLUNTEER QUESTIONS ?

CALL 575-550-0660 or 505-392-6305

OR EMAIL

volunteer@nmseniorolympics.org or nmso@nmseniorolympics.org



2024 SENIOR OLYMPICS SUMMER GAMES ENTRY FORM

20

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

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____/_____/_____

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

EMERGENCY CONTACT _____

(Preferably someone NOT attending Summer Games)

PHONE - HOME _____ PHONE - WORK/CELL _____

DO YOU PLAN ON ATTENDING THE OPENING CEREMONY CELEBRATION JUN-12 @ 6PM? __ YES __ NO

WOULD YOU BE INTERESTED IN ATTENDING AN ATHLETE DINNER FRI, JUN-14 @6PM? __ YES __ NO

○ HOW MANY WOULD BE IN ATTENDANCE? _____ Cost \$28/person

IF YOU QUALIFY FOR NATIONALS, DO YOU PLAN ON ATTENDING JULY-2025 (DES MOINES, IA)? __ YES __ NO

HOUSING / DINING *all options are per person

GOLD Package – 5 consecutive nights *Dining dollars included – \$375

SILVER Package – 4 consecutive nights *Dining dollars included – \$300

BRONZE Package – 3 consecutive nights *Dining dollars included – \$230

* See *Housing/Dining* for details (Linens and Towels are not provided)

FEE BOX		Totals
Entry Fees-All Athletes (online closes at midnight)	Through May 3 \$60.00 Late Registration May 4-15 \$85.00	\$ \$
Housing/Dining Package Suitemate _____ <input type="checkbox"/> Check if you need a parking permit	5-nights-\$375 4-nights-\$300 3-nights-\$230	\$
Golf (includes cart)	\$38.50	\$
Result Book	\$15.00	\$
NMSU Parking Permit (only needed if competing on NMSU grounds)	\$3.00/week	\$
Administrative Fee per Athlete	\$5.00	\$ 5.00
Donation to New Mexico Senior Olympics, Inc (501c3)		\$
Early Bird Registration Discount > > > >	Discount applied if registration is <u>received</u> by March 22 nd by 12 am	\$ -20.00
A 2.5% credit card processing fee will be charged	2.5% (applied to all credit cards)	\$
Total Fees Due to NMSO		\$

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

ATHLETE SIGNATURE

DATE

2024 SENIOR OLYMPICS SUMMER GAMES

EVENT REGISTRATION

Mark (X) the Sport/Event(s) you wish to enter. Refer to Event Schedule for dates, times, and locations. The Games Management cannot guarantee you will be able to compete in all events. Liability Waiver must be signed to complete registration process. All events require a minimum number of registrants. 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).

Maximum of Five (5) Sports. PLEASE RETURN ALL 3 PAGES OF THE ENTRY FORM.

 **National Qualifier-Open to Out of State**

Athlete's Name (Please Print)		STATE

Date Submitted: _____

AIR GUN

- ☐ Pistol-Standing
- ☐ Pistol-Supported Position
- ☐ Rifle-Standing
- ☐ Rifle-Supported Position

ARCHERY

- ☐ Barebow Compound
- ☐ Barebow Recurve
- ☐ Recurve
- ☐ Compound Fingers
- ☐ Compound Release

BADMINTON

- ☐ Singles
- ☐ Doubles _____
Partner's name
- ☐ Mixed Doubles _____
Partner's name

BASKETBALL SKILLS

- ☐ 3 Point Shot
- ☐ Free Throw

BILLIARDS

- ☐ 8-Ball Pool

CORNHOLE

- ☐ Singles
- ☐ Doubles _____
Partner's name
- ☐ Mixed Doubles _____
Partner's name

CYCLING

- ☐ 5K
- ☐ 10K
- ☐ 20K

FIELD

- ☐ Discus
- ☐ Shot Put
- ☐ Standing Long Jump
- ☐ Pole Vault
- ☐ Javelin
- ☐ High Jump
- ☐ Long Jump
- ☐ Triple Jump

FRISBEE

- ☐ Accuracy Throw

FRISBEE

- ☐ Distance Throw

GOLF

- ☐ Golf

HORSESHOES

- ☐ Horseshoes
- ☐ Horseshoes Non-Ambulatory

HUACHAS

- ☐ Huachas

PICKLEBALL

- ☐ Singles
- ☐ Doubles _____
Partner's name
- ☐ Mixed Doubles _____
Partner's name

POWER LIFTING

- ☐ Power Lifting

POWER WALK

- ☐ 1500M
- ☐ 5K

RACE WALK

- ☐ 1500M
- ☐ 5K

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

- | | | |
|--------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> 50Y Back | <input type="checkbox"/> 50Y Free | <input type="checkbox"/> 100Y Fly |
| <input type="checkbox"/> 100Y Back | <input type="checkbox"/> 100Y Free | <input type="checkbox"/> 200Y Fly |
| <input type="checkbox"/> 200 Y Back | <input type="checkbox"/> 200Y Free | <input type="checkbox"/> 100Y IM |
| <input type="checkbox"/> 50Y Breast | <input type="checkbox"/> 500Y Free | <input type="checkbox"/> 200Y IM |
| <input type="checkbox"/> 100Y Breast | <input type="checkbox"/> 50Y Fly | <input type="checkbox"/> 400Y IM |
| <input type="checkbox"/> 200Y Breast | <input type="checkbox"/> 200Y Co-Ed Medley Relay | |

(Teams can be formed on site-must be registered for Summer Games)

Captain's Name _____

TABLE TENNIS

- ☐ Singles
☐ Doubles _____

 Partner's name

- ☐ Mixed Doubles _____

 Partner's name

TENNIS

- ☐ Singles
☐ Doubles _____

 Partner's name

- ☐ Mixed Doubles _____

 Partner's name

TRACK

- ☐ 50M
☐ 100M
☐ 200M
☐ 400M
☐ 800M
☐ 1500M
☐ 400M Estimated Run/Walk (not a national event)
☐ 800M Estimated Run/Walk (not a national event)

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. Orion system will be used for scoring using Orion rifle and pistol targets.
6. **EQUIPMENT:**
 - a) COMPETITORS MUST FURNISH REGULATION AIR GUNS, AND ALL PERSONAL EQUIPMENT NEEDED FOR THIS EVENT (EXCLUDING TARGETS). NMSO will no longer furnish rifles and pistols for competition.
 - b) Caliber of air guns will be .177" (4.5 mm). Only soft lead pellets will be used. 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.

7. 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.
 - b) Safety is the most important consideration in all shooting activities. It is imperative that all competitors know all the 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.
8. 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."
 9. 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

 **National Qualifier, 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.


National Qualifying Rules:

1st-4th place winners, or athletes meeting this sport's NSGA-900 round minimum performance standards, will qualify for the 2025 National Senior Games. An archer may enter only the style in which he/she has qualified.



BADMINTON

Visit our website for more details

 **National Qualifier, 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 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 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. Equipment: Athletes must provide their own racquets. Birds will be provided and must be used.
6. Each match consists of the 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.

National Qualifying Rules:


1st-4th place winners will qualify for the 2025 National Senior Games. Athletes must qualify in each Badminton event (singles, doubles, mixed doubles) in which they wish to compete.



BASKETBALL SKILLS

3 POINT SHOT

Visit our website for more details

 **National Qualifier, Open to out of state**

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.


National Qualifying Rules:

For 2025, Basketball Skills event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.

BASKETBALL SKILLS

FREE THROW

Visit our website for more details

 **National Qualifier, Open to out of state**

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


National Qualifying Rules:

For 2025, Basketball Skills event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.

BILLIARDS

8 BALL POOL

Visit our website for more details

 **National Qualifier, 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. 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


National Qualifying Rules:

For 2025, Billiards 8-Ball event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.



CORNHOLE

Visit our website for more details

 **National Qualifier, Open to out of state**

PLAYING FORMAT

1. 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, men's doubles, women's doubles, and mixed doubles. Doubles must be two individuals of the same gender. Mixed Doubles must be one male and one female.

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.

2. Distance of the Boards – Age 80-84 – 23 feet, front edge to front edge. 85+/Non-Ambulatory – 21 feet front edge to front edge.
3. Length of Games - The game shall be played to the pre-determined 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.
4. 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. The 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.


National Qualifying Rules:

For 2025, Cornhole event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.



CYCLING

Visit our website for more details

 **National Qualifier, Open to out of state**

PLAYING FORMAT

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


National Qualifying Rules:

1st-4th place winners will qualify for the 2025 National Senior Games. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events. Cyclists qualifying in either the 20K or 40K road races may enter both road race events. Cyclists must provide their own bicycles and helmets.



FIELD

Visit our website for more details

 **National Qualifier, Open to out of state**

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 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

National Qualifying Rules:

1st-4th place winners or athletes meeting this sport's NSGA MPS will qualify for the 2025 National Senior Games.



FRISBEE ACCURACY

Visit our website for more details

PLAYING FORMAT

1. Frisbee Discs will be provided for competitors and must be used.
2. The 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. The 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

 **National Qualifier, Open to out of state**

PLAYING FORMAT

1. The golf tournament will be conducted in accordance with USGA (United States Golf Association) Rules, National Senior Games Association, and New Mexico Senior Olympics.
2. Golf tournament will be 18 holes medal play except for men and women in age divisions 90 and older. Competitors in age divisions 90 and older will play 9 holes.
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. The local club will require proper attire (collar shirt) of all competitors.
6. MPS may be adjusted.

National Qualifying Rules:

1st place winners or athletes meeting this sport's NSGA MPS will qualify for the 2025 National Senior Games.

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 ½ 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.



PICKLEBALL

Visit our website for more details



National Qualifier, 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 their own paddles. NMSO will provide a limited number of paddles. Paddles may be of any material, but shall not contain holes, indentations, etc. that allow a player to impart abnormal spin on the ball. Standard paddle shall measure 8" wide by 15 ½" long, including a 7-inch handle. If athlete uses a magnum paddle, it will be the same size but have only a 5-inch handle. Thickness and weight are 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.

National Qualifying Rules:

1st-4th place winners will qualify for the 2025 National Senior Games. Athletes must qualify in each Pickleball event (singles, doubles, mixed doubles) in which they wish to compete.

POWER LIFTING

Visit our website for more details

 **National Qualifier, Open to out of state**

PLAYING FORMAT

Each competitor will compete in one lifting session and is allowed three attempts on each of three lifts (squat, bench press, deadlift).

SPORT RULES

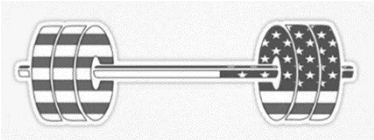
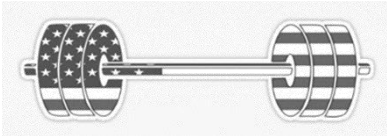
1. All Power Lifting events will be conducted in accordance with USA Power Lifting rules, except as modified herein. For a copy of these rules, please visit: USA Power Lifting <https://www.usapowerlifting.com/>
2. Competition takes place between lifters in categories defined by sex, bodyweight, and age.
3. The following competition lifts are recognized and must be taken in the same sequence in all contests: 1) squat, 2) bench press, and 3) deadlift. The “total” is the sum of the heaviest successful attempt on each lift.
4. Each competitor is allowed three attempts on each lift. The lifter’s most successful attempt on each lift counts toward their competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
5. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.
6. A successful attempt in all three disciplines is required to earn a total. Should a lifter fail to make a successful attempt in the squat and/or bench press, they may continue to compete for the remainder of the contest, but they will not earn an official total (their total will be recorded as 0).
7. Equipment check is required for every competitor. Either the lifter or the lifter’s coach must present the apparel/equipment to be inspected. All personal apparel/equipment that will (or might) be worn/used during competition must be inspected and approved at equipment check.
8. All lifters in the session must attend a formal weigh-in prior to competition.
9. The following weight classes shall be used for competition:

USA Powerlifting Female Weight Classes and Ranges			
Class (kg)	Range (kg)	Class (lb)	Range (lb)
44	up to 44.00	97.00	up to 97.00
48	44.01 - 48.00	105.80	97.01 - 105.80
52	48.01 - 52.00	114.60	105.81 - 114.60
56	52.01 - 56.00	123.40	114.61 - 123.40
60	56.01 - 60.00	132.20	123.41 - 132.20
67.5	60.01 - 67.50	148.80	132.21 - 148.80
75	67.51 - 75.00	165.20	148.81 - 165.20
82.5	75.01 - 82.50	181.80	165.21 - 181.80
90	82.51 - 90.00	198.40	181.81 - 198.40
100	90.01 - 100.00	220.40	198.41 - 220.40
100+	100.01 and above	220.40+	220.41 and above

USA Powerlifting Male Weight Classes and Ranges			
Class (kg)	Range (kg)	Class (lb)	Range (lb)
52	up to 52.00	114.60	up to 114.60
56	52.01 - 56.00	123.40	114.61 - 123.40
60	56.01 - 60.00	132.20	123.41 - 132.20
67.5	60.01 - 67.50	148.80	132.21 - 148.80
75	67.51 - 75.00	165.20	148.81 - 165.20
82.5	75.01 - 82.50	181.80	165.21 - 181.80
90	82.51 - 90.00	198.40	181.81 - 198.40
100	90.01 - 100.00	220.40	198.41 - 220.40
110	100.01 - 110.00	242.40	220.41 - 242.40
125	110.01 - 125.00	275.40	242.41 - 275.40
140	125.01 - 140.00	308.60	275.41 - 308.60
140+	140.01 and above	308.60+	308.61 and above


National Qualifying Rules:

For 2025, Powerlifting event will be classified as an “OPEN” sport. Athletes do not need to qualify at a 2024 qualifier.



POWER WALK

Visit our website for more details

 **National Qualifier, 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 a 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.

National Qualifying Rules:

For 2025, Power Walk event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.

RACE WALK

Visit our website for more details

 **National Qualifier, 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 the website for info on the meeting time and place.
4. Results will be posted on site. Any questions regarding disqualifications are to be addressed with Sport Coordinator.

National Qualifying Rules:

1st-4th place winners or athletes meeting this sport's NSGA minimum performance standards will qualify for the 2025 National Senior Games.

ROAD RACE

Visit our website for more details

 **National Qualifier, 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.

National Qualifying Rules:


All athletes who complete a 5K/10K Road Race will qualify for the 2025 National Senior Games.



SPORTS DESCRIPTIONS cont.

SHUFFLEBOARD

Visit our website for more details

 **National Qualifier, 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. The 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.

National Qualifying Rules:

1st-4th place winners will qualify for the 2025 National Senior Games. Athletes must qualify in each Shuffleboard event (singles, doubles) in which they wish to compete.



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.



SPORTS DESCRIPTIONS cont.

SWIMMING

Visit our website for more details

 **National Qualifier, 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.

National Qualifying Rules:

1st-4th place winners or athletes meeting this sport's NSGA minimum performance standards will qualify for the 2025 National Senior Games.

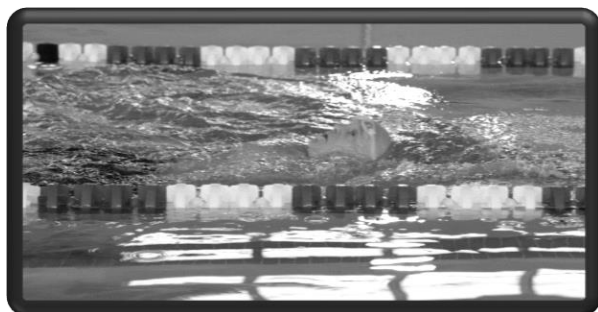



TABLE TENNIS

Visit our website for more details

 **National Qualifier, 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.


National Qualifying Rules:

1st-4th place winners will qualify for the 2025 National Senior Games. Athletes must qualify in each Table Tennis event (singles, doubles, mixed doubles) in which they wish to compete.

SPORTS DESCRIPTIONS cont.

TENNIS

Visit our website for more details

 **National Qualifier, 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 for more than one event, a situation may arise wherein they will have to play more than two matches on any given day. Attempts will be made to schedule to avoid conflicts between events. However, it is the responsibility of the participant to make conflicts known to the Sport Coordinator with sufficient time 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.

National Qualifying Rules:

1st-4th place winners will qualify for the 2025 National Senior Games. Athletes must qualify in each Tennis event (singles, doubles, mixed doubles) in which they wish to compete.

TRACK

Visit our website for more details

 **National Qualifier, 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 the estimated time they submitted at check in, without going over or under, will be declared the winner. It is the athlete's responsibility to turn in their time before the start of the race (not a National Qualifier).
4. Results are posted on site. It is athlete's responsibility to discuss with the Sport Coordinator any injury or disqualification.

National Qualifying Rules:

1st-4th place winners or athletes meeting this sport's NSGA minimum performance standards will qualify for the 2025 National Senior Games. Athletes that qualify for and compete in the 50, 100, 200, 400 or 800 meter events at the 2025 National Senior Games will be eligible to compete in the 4 x 100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.



New Mexico Senior Olympics HAS TALENT Seeking Seniors 50+

Are you a dynamic Senior entertainer 50 and above?

New Mexico Senior Olympics (NMSO) is on the lookout for top-notch talent to perform at the State Summer Games in Las Cruces, NM, June 12th-16th, 2024.

Why Perform at NMSO State Summer Games?

NMSO wants to showcase the vibrant talents of seniors who still have the zest to dance and perform. We aim to reintroduce dance and talent into the Schedule of Events for future State Senior Olympics. If you're an experienced entertainer aged 50 and above, we'd love to hear from you! We're seeking a variety of acts, including couple dancers, ethnic dance groups, line dance ensembles, as well as vocalists, instrumentalists, bands, comedians, and more.

How to Apply:

To be considered, please contact NMSO for entry details via email at nmso@nmseiorolympics.org or by calling the office, 575-623-5777. All levels of performers are welcome. To submit your act, we'll require a brief bio and audition video. While performers are responsible for their own costs to attend and perform at the 2024 State Summer Games, there is no registration fee to perform. All final acts will receive a monetary stipend for their performances.

Submission Deadline: March 30, 2024

Final Entertainment Announcement: May 12, 2024

Note: NMSO is not responsible for lost or undelivered entry submissions.

Special Events Featuring Performers:

Board of Directors Meeting: Tuesday, June 11th, 4:00 p.m.

Opening Celebration: Wednesday, June 12th, 6:00 p.m.

Athlete Social Event: Wednesday, June 12th, 8:00 p.m.

Senior Talent Variety Hour: Thursday, June 13th

Sports Dinner: Friday, June 14th

Please be aware that NMSO Game Management reserves the right to modify the event schedule based on final registrations received.

Join us in making the 2024 State Summer Games a showcase of talent, joy, and vibrant entertainment for seniors! Contact us today and let's bring the spotlight to your incredible talent.

NEW MEXICO SENIOR OLYMPICS STATE BOWLING TOURNAMENT



Visit our website for registration
details:

www.nmseniorolympics.org

or call

1-888-623-6676 to register by
phone

- \$30.00 registration entry fee per person, plus \$5/player.
- \$8.50 lane fee, per event (3 games) includes shoes.
- Singles, Doubles, Mixed Doubles and Teams (**all men or all women**)
- Athletes may only compete on one team
- 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.
- Qualifier for National Senior Games

