



NEW MEXICO SENIOR OLYMPICS

ERNESTO RAMOS STATE SUMMER GAMES
LAS CRUCES, NEW MEXICO
JUNE 18-22, 2025

LARGEST MULTI-SPORT EVENT OFFERED FOR SENIORS 50+

Compete in a 5-year
age division

50-54 • 55-59 • 60-64... 95+

Open Registration
(Pre-qualifying not required)

Volunteers Wanted

Register online
or Paper Form

REGISTRATION BOOKLET



www.nmseniorolympics.org



P.O. BOX 2690 * ROSWELL, NM 88202-2690 * 1-888-623-NMSO (6676) * FAX: (575) 622-9244

E-MAIL: NMSO@NMSENIOROLYMPICS.ORG * WWW.NMSENIOROLYMPICS.ORG

24 SENIOR OLYMPIC SPORTS OFFERED

Air Gun * Archery * Basketball Skills Free Throw and 3-Point * Billiards * Cornhole
Cycling * Field * Frisbee Accuracy * Frisbee Distance * Golf * Huachas (washers)
Pickleball * Powerlifting * Power Walk * Race Walk * Road Race Run * Shuffleboard
Soccer Kick * Softball Distance * Swimming * Table Tennis * Tai Chi * Tennis * Track

THIS IS NOT A QUALIFYING YEAR FOR NATIONALS



ATHLETE CHECK-IN

Convention Center - 680 E University Ave.

- Tuesday, June 17 - 8:00am-7:00pm
- Wednesday-Friday, June 18-20 - 7:00am-5:00pm
- Saturday, June 21 - 7:00am-12 Noon

**JUNE
17-21**

OPENING CEREMONY W/ATHLETE SOCIAL

*Appetizers
Refreshments
Music*

Convention Center
680 E University Ave

FREE TO ATHLETES - MUST RSVP
Wednesday, June 18 - 6:00pm-8:00pm

**JUNE
18**

HEALTH FAIR

Convention Center
680 E University Ave.

Thursday, June 19 - 9:00am - 3:00pm

*Exhibitors
Free
Giveaways!*

**JUNE
19**

SPORT TABLES

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

More Info at: www.nmseniorolympics.org

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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 older 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.



Special Thanks To Our Sponsors



BlueCross BlueShield
of New Mexico

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





New Mexico Senior Olympics Board of Directors

- ❖ Chair – Dick Griffith, Grants, NM
- ❖ Vice Chair-David Salazar, Albuquerque, NM
- ❖ Treasurer – Joe Quintana, Alamogordo, NM
- ❖ Laurie Dudek, Roswell, NM
- ❖ Pete Salazar, Bernalillo, NM
- ❖ Dorie Sandoval, Grants, NM
- ❖ Dorothy Terrazas, Anthony, NM
- ❖ Ex-Officio – Steve Duran, Roswell, NM



NOMINATION & BOARD APPLICATION PROCESS

The future of NMSO is determined by the quality of our leadership. There is a need for board members who can bring to the organization experience and knowledge in the areas of financial, legal, marketing, public relations, fund raising, and sports management. It is important that interested Board nominees complete an application and return to the State office. The NMSO Board of Directors will review the committee's nominations and vote for each nominee individually by a simple majority vote. All nominees will be notified by phone, and mail, as to the outcome of the Board's decision.

{Board members are solicited based on the overall ongoing needs of the Organization in relationship to the mission and current scope of work.}

➤ **Eligibility requirements:**

- *Applicant must be in good standing with the aging, healthcare and their own community*
- *Must be at least 21 years of age*
- *Must be a permanent resident of the state of New Mexico*

➤ **Application Instructions:**

- *Complete and sign the Board of Directors Application Form*
- *Provide three (3) Letters of recommendation from people who have known you within the past five (5) years.*
- *Attach a current resume*
- *Applications will be kept on file for 1 year and these submissions will be considered*

If interested, or for more information, e-mail, nmso@nmseniorolympics.org or call (575) 623-5777.



Greetings from the Director

Athletes-the year 2025 will go down in the books as the year of expansion. As many of you know the New Mexico Senior Olympics Board of Directors voted to expand the State Games and we added a second State Games for the participants living in Northern New Mexico. The State Games North were held in January in Santa Fe and attracted 460 registered participants. We conducted 15 sports, and we registered 209 “new” first year athletes to our Games. Still to go for 2025 is the State Summer Games, three Team Tournaments and National Senior Games for our New Mexico athletes planning to compete in Des Moines, IA, in July. The NMSO State Summer Games will remain the largest multi-sport event in the state for senior adults 50+ and we thank you for participating. The State Games and Team Tournaments in New Mexico continue to attract out-of-state participants as they enjoy the camaraderie and competition that the games offer. We hope you will join us at the Opening Ceremony Celebration, Wednesday, June 18th at 6:00pm, to be held indoors at the Las Cruces Convention Center Ballroom, to help kick off the 2025 State Summer Games. Good luck to everyone! Athletes, join me in thanking the NMSO Board and Event staff for the great job that they do at each event.

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



LOCAL PLANNING COMMITTEE

NMSO staff heads up the 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 meets monthly in Las Cruces to plan all areas of the Summer Games to include – Registration, Social Events, Volunteers, Events, Media and Promotion, Awards, Medical and First Aid.

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 Coordinator

Julio Acosta
Program Clerk

Stephanie Gallegos
Administrative Secretary/
Game Registrar

General Game Info

New Mexico Senior Olympics State 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. NMSO reminds athletes to check out and compete at 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 are welcome to register for all sports held at the '25 State Summer Games. 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 recognize, 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 (approximately 25) to conduct the Sport. NMSO Game Management will announce by May 15th any sports that may 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.

Game Schedule

The registration booklet provides a Game Schedule that is subject to change as planning is finalized. Athletes should check for ongoing Schedule and Game updates on the NMSO website at www.nmseniorolympics.org. 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. Game time is forfeit time.

Medical Insurance

Proof of Medical/Health Insurance is the responsibility of each participant in the event of an emergency.



Athlete Check-In

Athletes plan to check-in at the Las Cruces Convention Center at Game Headquarters. Athletes must bring a photo ID with date of birth. Athletes will receive a game shirt, and game credentials. Athletes are requested to wear credentials during competition. Game athletes/guests can pick up prepaid parking permits at Athlete check-in as ordered on your registration form.

At the Convention Center will be sports information tables that 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 without coming to Athlete Check-In and will be required to present a photo ID at the sport venue check-in. Registered athletes not attending the State Summer Games forfeit game collateral.

Campus Parking

A current New Mexico State University parking permit is required to park in NMSU parking lots or along any street on campus, the only exceptions are vehicles with properly displayed handicap placards 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 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 online a free, 1 day e-permit 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 Divisions

A Participant's age as of December 31, 2025, will determine age divisions. 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, 2025.

Registration changes

Registration event changes are allowed when an athlete requests to delete or add an event, or to request a partner change. Event and partner changes must be received in writing by May 22nd. 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 valid. In the event, your partner is not listed for the event, you will not be entered in that event until partner information is provided. The deadline to finalize partner registration details is May 22nd, no exceptions.

The Partner changes deadline is vital, in order for Sport Coordinators to build playing 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. My 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 Venue Check-In

At each sport venue there is a check-in table with a SIGN IN Sheet of registered competitors. Every athlete must check-in and sign on the line next to their name. In the event an athlete does not appear on the event listing, the athlete may produce an entry confirmation form to the Sport Coordinator or call Game Headquarters for verification of registration for that sport/event.

Sport Coordinators

Sport Coordinators are New Mexico Senior Olympics' finest volunteers contracted to manage the various sport competitions, in accordance with 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 30th for any specific tournament format that is not addressed in the athlete registration booklet. Sport Coordinators are trained to not accommodate individual athlete's schedule requests 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 midnight on **May 15th**. All registration fees are NON-REFUNDABLE except for Housing/ Dining Packages. Housing/Dining cancellations will incur a one-night fee. The deadline to add or cancel Housing/Dining is **May 15th**.



Medals

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 Saturday, June 21st, at Noon. 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.

Game Protests

Any person desiring to file a game protest regarding any aspect of competition shall first 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

Each Sports Coordinator will provide game results to Game Headquarters at the conclusion of the event and preferably for daily 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 on the NMSO website and available for local media. The result verification process includes results to be presented and adopted by the 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. Spectators are expected to 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 2025 National Senior Games will be held in Des Moines, IA. New Mexico athletes planning on attending the Games in Des Moines are invited to attend the State Reception for New Mexico athletes. For more information contact NMSO at 1-888-623-6676 or nmso@nmseniorolympics.org. The 2026 NMSO State Games will be the next qualifier for Nationals. Biennially, the National Games attract 10,000+ athletes from over fifty qualifying states and organizations. For more information visit www.nsga.com.





2025 SENIOR OLYMPICS SUMMER GAMES

SPORTS SCHEDULE AT A GLANCE



SCHEDULE IS SUBJECT TO CHANGE

Check our website for age division detailed schedule

4-9-25

SPORT OPEN TO OUT OF STATE	VENUE	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SAT/SUN JUNE 21/22
AIR GUN	Zia Middle School	X	X	X	
ARCHERY	NMSU Upper Intramural Field				X
BASKETBALL SKILLS FREE THROW	NMSU Activity Center	X			
BASKETBALL SKILLS 3 POINT	NMSU Activity Center	X			
BILLIARDS 8 BALL	The Game Billiards		X		
CORNHOLE	Las Cruces Convention Center	X	X		
CYCLING	Las Alturas Dr.				X/X
FIELD	TBD		X	X	
FRISBEE ACCURACY	NMSU Activity Center	X			
FRISBEE DISTANCE	NMSU Lower Intramural Field		X		
GOLF	NMSU Golf Course		X		
HUACHAS (Washers)	Las Cruces Convention Center			X	
PICKLEBALL	NMSU Activity Center		X	X	
POWERLIFTING	One More Rep Gym			X	
POWER WALK	NMSU Sisbarro Park		X	X	
RACE WALK	NMSU Sisbarro Park		X	X	
ROAD RACE RUN	NMSU Williams Ave.	X	X		
SHUFFLEBOARD	Las Cruces Convention Center			X	X
SOCCER ACCURACY	NMSU Club Soccer Pitch Field	X			
SOFTBALL DISTANCE	NMSU Lower Intramural Field	X			
SWIMMING	NMSU Aquatic Center – indoor pool		X	X	
TABLE TENNIS	Mesilla Valley Christian School			X	
TAI CHI	Las Cruces Convention Center		X		
TENNIS	NMSU Tennis Courts		X		
TRACK	TBD			X	X

SCHEDULE IS SUBJECT TO CHANGE

HOW TO REGISTER

There are three ways to register for the State Summer Games; paper form, online, or through group registration.

• PAPER FORM

Fill out the paper registration in ink, sign, keep a copy for your records and mail to NMSO. Payment must be included. NMSO is not responsible for lost mail. Contact the office if you don't receive a confirmation email.

• ONLINE REGISTRATION

Register at www.nmseniorolympics.org or scan the QR code. You will need an email address and credit card.

- ✓ Click the link and enter your personal info. New athletes will have accounts created.
- ✓ Select up to 5 sports.
- ✓ Review your selections before finalizing registration.
- ✓ Pay with a debit/credit card to complete registration.



• PARTNER EVENTS

Both athletes must register separately for your event to be valid. Your partner will receive an email to register. Please note that NMSO does not assist in finding partners for partner events.

• CONFIRMATION

A receipt and event confirmation will be emailed. Keep a printed copy. You can use the confirmation number to update your registration later if needed.

• GROUP REGISTRATIONS

Local game sites have registration booklets. Athletes can get help completing forms or request a group mailing via their local game coordinator. Confirm your entry with NMSO, as local sites are not responsible for lost or misdirected mail.

GAME HOTELS

Hotel properties are within range of most event facilities.

❖ Courtyard by Marriott

456 E. University, Las Cruces, NM 88011

575-526-1722

\$144 plus tax/fees

Ask for the NM Senior Olympics rate

Deadline June 3rd (discount rate not available after this date)

❖ Fairfield Inn by Marriott

2101 Summit Ct., Las Cruces, NM 88011

575-522-6840

Single King Room

\$119 plus tax/fees

Double Queen Room

\$114 plus tax/fees

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

❖ Holiday Inn Express & Suites North

2142 Telshor Court, Las Cruces, NM 88011

575-522-0700

\$123 plus tax/fees

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/fees

Studio Double Queen

\$139 plus tax/fees

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

Campus Housing and Meal Plan

NMSO has arranged for a Housing and Meal Plan for athletes that wish to stay on Campus during Game week, June 17-21, 2025. The Campus lodging/meal plan will include dormitory housing in Pinon Hall for 2-4 nights and Cafeteria at Taos Dining Hall. Bed linens are **not** provided. For a Housing/Meal Reservation Form please contact NMSO for all details. Dormitory occupants/guests will require a valid campus parking permit for your stay. Housing/Meal cancellations will incur a one-night, no show fee. The deadline to request a housing/meal plan option will be May 15, 2025, and must be paid in advance to NMSO. Dormitory check-in arrivals are self-guided, and athletes will be responsible for picking up dorm key from NMSO prior to checking into the dorm.

Package plan goers are provided with 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 as a replacement fee. The housing check-in will be located at Las Cruces Convention Center at Athlete Check-in for all advanced reservations.

2025 NEW MEXICO SENIOR OLYMPICS STATE SUMMER GAMES EVENT REGISTRATION

June 18-22, 2025

Registration Deadline: May 15, 2025 - NO LATE REGISTRATION

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DOB: ____/____/____ GENDER: Male Female

ETHNICITY: CAUCASIAN HISPANIC NATIVE AMERICAN AFRICAN AMERICAN ASIAN

PHONE _____ Alt. Phone if applicable _____

E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

(Preferably someone NOT attending the State Games)

- I am interested in housing and meal options on campus during my stay at the Summer Games?
 Yes No

Opening Ceremony w/Athlete Social-June 18, 2025, 6:00pm at the Convention Center-Exhibit Hall Ballroom.

- I would like to RSVP to attend the Opening Ceremony Celebration and Athlete Social

- I am interested in volunteering with the State Summer Games Yes No

Sport/Area that I would like to volunteer with _____

Date/Time Availability _____

FEE BOX		TOTALS
Registration Fee (Includes T-shirt) Registration Fee is NON-REFUNDABLE	\$ 60.00 up to 5 Sports	\$ 60.00
Golf (includes cart)	\$ 38.50	\$
Result Book (will be available online only)		
NMSU Parking Permit (only needed if competing on NMSU campus grounds)	\$ 4.00/week	
Administrative Fee per Athlete, if applicable.	\$ 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.

Liability Waiver and Release:

In consideration of my participation in the New Mexico Senior Olympics, I, the undersigned, for myself and my heirs, waive and release all claims against New Mexico Senior Olympics, sponsors, organizers, and associates for any injury, damage, or loss arising from my participation. I confirm that I am physically fit and have sought medical advice if needed. I grant permission for the use of my likeness in event-related media without liability or obligation. I understand that my entry fee is non-refundable. I agree to follow all rules, regulations, and instructions from authorized personnel. I understand that failure to comply may result in disqualification or suspension.

Athlete Signature

Date

2025 NEW MEXICO SENIOR OLYMPICS STATE SUMMER GAMES

EVENT REGISTRATION – JUNE 18-22, 2025

Mark (X) the sport/event(s) you wish to compete in, for a **Maximum of Five (5) Sports**. The Games Management cannot guarantee you will be able to compete in all events. Refer to the Event Schedule for dates, time and locations. Liability Waiver must be signed to complete the 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 sports/events require a minimum number of registrants. **PLEASE RETURN ALL PAGES OF THE ENTRY FORM.**

AIR GUN

- Pistol-Standing Rifle-Standing
 Pistol-Supported Rifle-Supported

ARCHERY

- Barebow Recurve Compound Release

BASKETBALL SKILLS

- Free Throw 3-Point

BILLIARDS

- 8-Ball Pool

CORNHOLE

- Singles
 Doubles _____
Partner's Name

CYCLING

- 5K 10K 20K

FIELD

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

FRISBEE ACCURACY

- Accuracy Throw

FRISBEE DISTANCE

- Distance Throw

GOLF

- Golf

HUACHAS (WASHERS)

- Huachas

PICKLEBALL

- Singles
 Doubles _____
Partner's Name

POWERLIFTING EXHIBITION

- Powerlifting

POWER WALK

- 1500M 5K

RACE WALK

- 1500M 5K

ROAD RACE RUN

- 5K 10K

SHUFFLEBOARD

- Singles
 Doubles _____
Partner's Name

SOCCER KICK ACCURACY

- Soccer Kick Accuracy

SOFTBALL DISTANCE

- Softball Distance

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"/> 200Y 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 | | |

TABLE TENNIS

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

TAI CHI EXHIBITION

- Single Group

TENNIS

- Singles
 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)

Visit our website for a detailed competition schedule in order to minimize scheduling

**2025 NEW MEXICO SENIOR OLYMPICS
ERNESTO RAMOS STATE SUMMER GAMES SCHEDULE
LAS CRUCES, NM JUNE 18-22, 2025**

4/8/25

SPECIAL EVENTS	TUESDAY JUNE 17	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21
ATHLETE CHECK-IN SOUVENIR STORE Las Cruces Convention Center LOBBY	8:00 AM TO 7:00 PM	7:00 AM TO 5:00 PM	7:00 AM TO 5:00 PM	7:00 AM TO 5:00 PM	7 AM TO 12 NOON
OPENING CEREMONY Las Cruces Convention Center EXHIBIT HALLS		6:00 PM			
HEALTH FAIR Las Cruces Convention Center LOBBY/HALLWAY			9:00 AM TO 3:00 PM		

SPORTS AND EVENTS

SCHEDULE IS SUBJECT TO CHANGE

SPORT/EVENTS	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21	SUNDAY JUNE 22
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	M & W ALL AGES 8:00 am Barebow Recurve Compound Release	
BASKETBALL SKILLS FREE THROW NMSU Activity Center 1600 Stewart St Kerri McLain 575-288-5268	ALL AGES 8:00 am Men 10:00 am Women				
BASKETBALL SKILLS 3 POINT SHOT NMSU Activity Center 1600 Stewart St Kerri McLain 575-288-5268	ALL AGES 9:00 am Men 11:00 am Women				

EVENTS	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21	SUNDAY JUNE 22
BILLIARDS 8 BALL The Game Billiards 254 E. Lohman Ave Cathy Cowger 575-202-4506		Men ALL AGES 9:00 am Women All Ages 1:00 pm			
CORNHOLE Las Cruces Convention Center East Ballroom 1 680 E University Ave Jaime Flores 575-993-8634	M & W Doubles 8:00 am 50, 55, 85, 90+ 10:00 am 70, 75, 80 1:00 pm 60, 65	M & W Singles 8:00 am 50, 55, 80, 85, 90+ 10:00 am 70, 75 1:00 pm 60, 65			
CYCLING NMSU Campus and Las Alturas Dr. Staging TBD Shane Asbury 512-400-8485				M & W All Ages 7:00 am Check-in 7:30 am 5K Time Trial 9:00 am 10K Time Trial	M & W All Ages 7:00 am Check-in 7:30 am 20K Road Race
FIELD Location TBD		M & W Triple Jump 7:00 am 50, 55, 60, 65, 70, 75, 80, 85, 90+ Standing Long Jump 8:00 am 50, 55, 60, 65 9:00 am 70, 75, 80, 85, 90+ Running Long Jump 7:00 am 70, 75, 80, 85, 90+ 9:00 am 50, 55, 60, 65 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+	M & W Javelin 8:00 am 50, 55, 60, 65 10:00 am 70, 75, 80, 85, 90+ Shot Put 7:00 am 50, 55, 60, 65 10:00 am 70, 75, 80, 85, 90+ Discus 8:00 am 70, 75, 80, 85, 90+ 10:00 am 50, 55, 60, 65		
FRISBEE ACCURACY NMSU Activity Center 1600 Stewart St Jon Johnson 575-313-5119	M & W 1:00 pm 70, 75 2:00 pm 50, 55, 80, 85, 90+ 3:00 pm 60, 65				
FRISBEE DISTANCE NMSU Lower 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			

SCHEDULE IS SUBJECT TO CHANGE

EVENTS	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21	SUNDAY JUNE 22
GOLF NMSU Golf Course 3000 Herb Wimberly Dr. Jason White 575-646-3362		M & W ALL AGES 7:30 am Shotgun Start			
HUACHAS (Washers) Las Cruces Convention Center East Ballroom 2 680 E University Ave			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		8:00 am Women's Singles All Age Divisions 10:00 am Men's Singles All Age Divisions 1:00 pm Women Doubles 50,55 3:00 pm Men Doubles 50, 55	8:00 am Men's Doubles 70, 75, 80, 85, 90+ 10:00 am Women Doubles 70, 75, 80, 85, 90+ 1:00 pm Men Doubles 60, 65 3:00 pm Women Doubles 60, 65		
POWERLIFTING One More Rep Gym 1400 El Paseo Rd Ste 2 Rich Kahle 575-644-5415			8:00 am All Ages Men and Women		
POWER WALK NMSU Sisbarro Park	3:00 pm Athlete Meeting Las Cruces Convention 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 Location TBD		
RACE WALK NMSU Sisbarro Park	2:00 pm Athlete Meeting Las Cruces Convention 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 Location TBD		
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 Las Cruces Convention Center 680 E University Ave Lucas Chavez 505-401-4417			Doubles 8:00 am 70, 75 11:00 am 50, 55, 80, 85, 90+ 2:00 pm 60, 65	M & W Singles 8:00 am 70, 75 11:00 am 50, 55, 80, 85, 90+ 2:00 pm 60, 65	

SCHEDULE IS SUBJECT TO CHANGE

EVENTS	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21	SUNDAY JUNE 22
SOCCER ACCURACY NMSU CLUB SOCCER PITCH Field Wells St & Williams Ave Cynthia Davis 915-503-9562	M & W 7:00 am 65 8:00 am 80, 85, 90+ 9:00 am 70, 75 10:00 am 50, 55, 60				
SOFTBALL DISTANCE Lower Intramural Field Corner of Wells St & Williams Ave	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		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 200Y Breast 50Y Free 400Y IM		
TABLE TENNIS Mesilla Valley Christian 3850 Stern Dr. Marv Sommers 505-239-1443			M & W ALL AGES 8:30 am Singles 11:00 am Doubles 1:00 pm Mixed Doubles		
TAI CHI Las Cruces Convention Center East Ballroom 2 680 E University Ave Dawn Armstrong 575-496-8573		M & W ALL AGES 10:00 am			
TENNIS NMSU Tennis Courts 1800 Wells St		ALL AGES 7:00 am Singles M & W 4:00 pm Doubles Men Doubles Women			
TRACK Location TBD 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 50M 8:00 am 1500M 9:00 am 100M 9:30 am 200M 10:00 am 800M 10:30 am 400M 11:00 am 400M Co-Ed Relay	

4/8/25

SCHEDULE IS SUBJECT TO CHANGE

LOCAL GAME COORDINATORS

1 ACOMA

Darren Concho
505-918-9165

2 ALBUQUERQUE

Fermin Gallegos
505-880-2800
Game Dates January - May

3 CIBOLA

Suzette DeArmond
505-285-3922

4 CLOVIS/CURRY

Melinda Coslett
575-799-6485

5 DOÑA ANA

Ann McPhee
575-644-0782
Game Dates March - April

6 COPPER COUNTRY- SILVER CITY

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

7 ISLETA

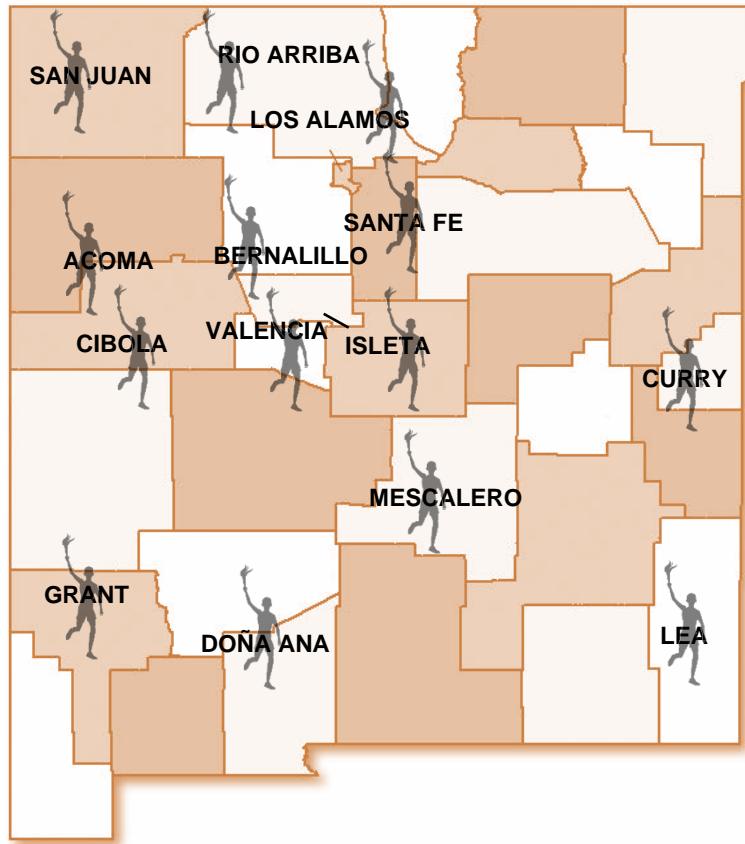
Cheryldine Valencia
505-869-9770 Ext. 9336

8 LEA - City of Hobbs

Mary Puccio
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

Manuel Sanchez
505-955-4725
Game Dates April - May

14 VALENCIA

Jorge Venegas
505-639-6805
Game Dates April - Ma

If your city or community is interested in becoming sanctioned, contact
NMSO at nmso@nmseniorolympics.org or (888) 623-6676

SPORT RULES & UPDATES

SPORT RULES

For general playing rules and specific sport rules visit the New Mexico Senior Olympics website at www.nmseniorolympics.org. 2025 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 highlights are provided in this athlete registration booklet to highlight playing format. 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.

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).

EXHIBITION SPORTS

2025 State Summer Games, will offer 2 Exhibition Sports - Powerlifting and Tai Chi. Athletes wishing to compete in either of these Exhibitions must register and pay online or on the paper form.

CODE OF CONDUCT

New Mexico Senior Olympics activities are organized to promote healthy lifestyles, fellowship, camaraderie, and good sportsmanship. New Mexico Senior Olympics will not tolerate any abusive language or unsportsmanlike behavior. See the complete Code of Conduct on page 8 of the NMSO General Rules Book online.

COMMON RULE HIGHLIGHTS AND CLARIFICATIONS

ATHLETE AGE

Registered athletes must be age 50+ as of December 31st of the current year.

Age categories for Partner events will be determined by the age of the youngest registered partner as of December 31st of the competition year.

EXHIBITION GAME/MATCH

Allows an athlete with no competition in their age division to play the same game/tournament format as all other participants to receive medals. An Exhibition Game/Match must be played against another athlete that is registered in that sport, or risk being disqualified.

PARTNER EVENTS

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

All athletes in an event that requires a partner must name that partner on their registration form. Failure to do so will result in the athlete being removed from that event. **NMSO is not responsible for finding partners.**

MAXIMUM # OF SPORTS

Athletes may register for a MAXIMUM OF 5 SPORTS. NMSO cannot guarantee you will be able to compete in all events. Refer to the detailed Schedule of Events when choosing which sports/events to register for.

CHECK IN AT SPORT/EVENT

An athlete may go directly to their competition without going to Athlete Check-In and will be required to present a photo ID at the sport venue check-in. All athletes must sign in at sport venue.

See "Sports Highlights" beginning on page 19





2025 NEW MEXICO SENIOR OLYMPICS STATE SUMMER GAMES



RECRUITING VOLUNTEERS

for a fourth consecutive State Summer Games to be held in LAS CRUCES, NM. Sport venues are located at the Convention Center, NMSU, Field of Dreams, and other locations in Las Cruces. Volunteers signing up for a four-hour shift will receive a T-shirt and be entered into a drawing for a \$100 gift card. AmeriCorps Seniors-RSVP will receive credit for volunteer hours worked. Large GROUPS of 20+ 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/online general Game orientation (1 hour maximum)

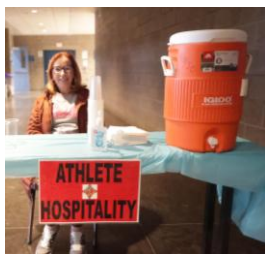
Sign up to volunteer on our website at www.nmseniorolympics.org

Game Dates June 18-22, 2025

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

Certain sports require specific skills.

Pre-Game HQ	Game HQ	Souvenir Sales	Athlete Check-In	Fruit/Water	Result Posting
June 13-16 Fri-Mon	June 16-21 M - Sat	June 18-21 Wed-Sat	June 17-21 Tue - Sat	June 18-22 Wed-Sun	June 18 - 21 Wed-Sat
Convention Cntr.	Convention Cntr.	Convention Cntr.	Convention Cntr.		Convention Cntr.
Basketball Skills	Cornhole	Cycling	Frisbee Accuracy	Huachas (washers)	Pickleball
June 18 Wed	June 18-19 Wed-Thurs	June 21-22 Sat & Sun	June 18 Wed	June 20 Fri	June 19-20 Thurs-Fri
NMSU Activity Cntr	Conv. Cntr-East BR		NMSU Activity Cntr.	Conv. Cntr-East BR	NMSU Activity Cntr
Power Walk/ Race Walk	Shuffleboard	Soccer Accuracy	Softball Distance	Table Tennis	Track
June 19-20 Thurs-Fri	June 20-21 Fri-Sat	June 18 Wed	June 18 Wed	June 20 Fri	June 20-21 Fri-Sat
Sisbarro Park	Conv. Cntr-Exhibit BR	NMSU Pitch Field	NMSU Lower Field	Mesilla Valley	Field of Dreams



VOLUNTEER QUESTIONS ?

505-392-6305

OR EMAIL

volunteer@nmseniorolympics.org or nmso@nmseniorolympics.org

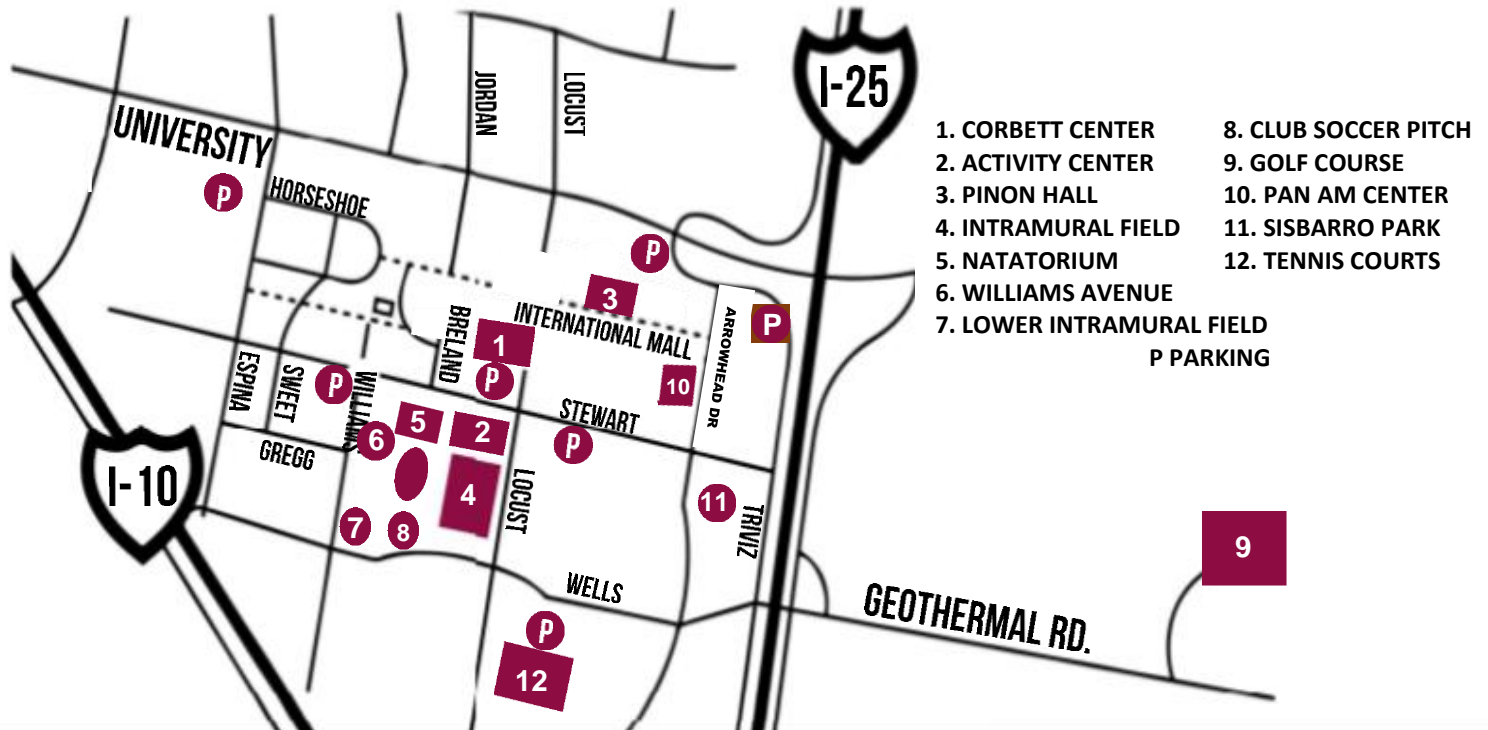


Thank You
Volunteers



NEW MEXICO SENIOR OLYMPICS ERNESTO RAMOS STATE SUMMER GAMES

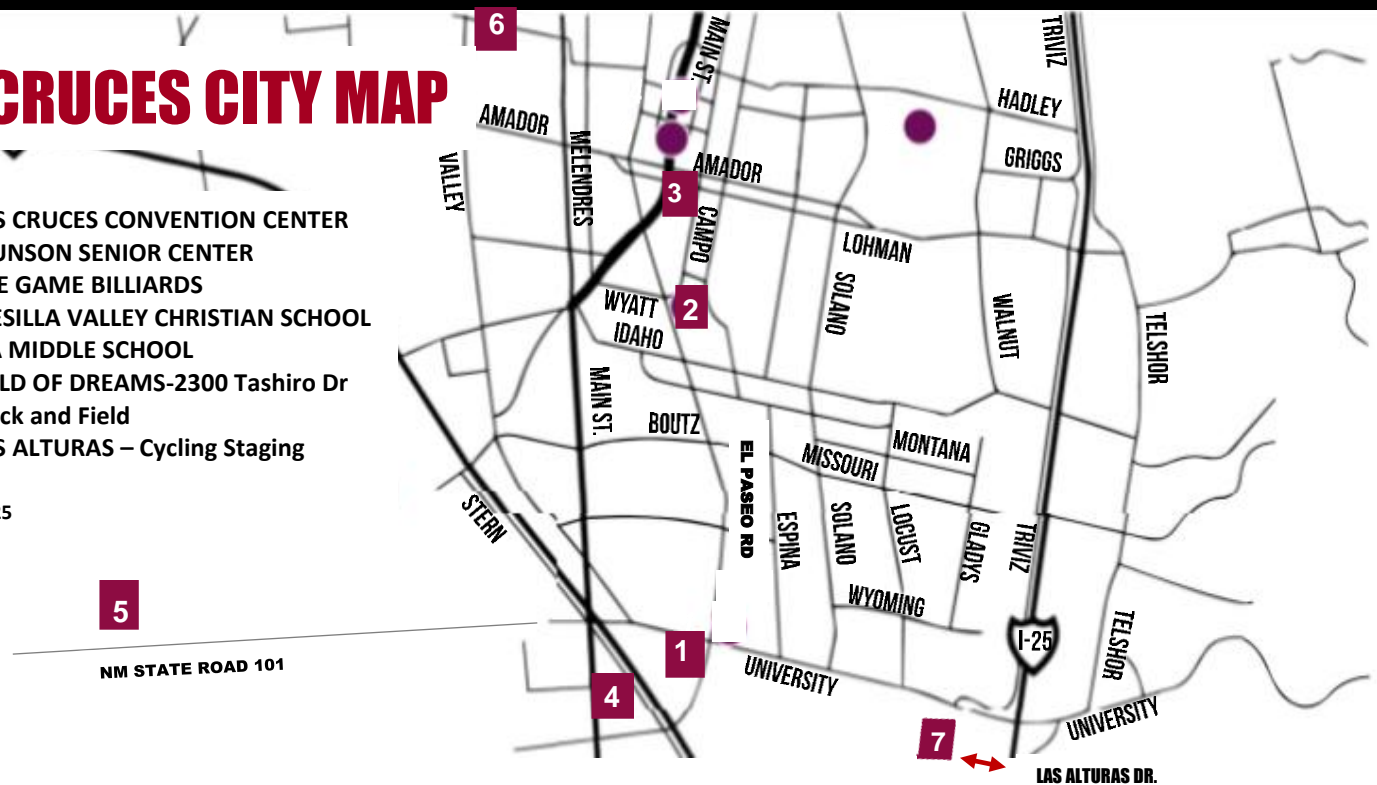
NMSU CAMPUS MAP



LAS CRUCES CITY MAP

1. LAS CRUCES CONVENTION CENTER
2. MUNSON SENIOR CENTER
3. THE GAME BILLIARDS
4. MESILLA VALLEY CHRISTIAN SCHOOL
5. ZIA MIDDLE SCHOOL
6. FIELD OF DREAMS-2300 Tashiro Dr
Track and Field
7. LAS ALTURAS – Cycling Staging

2/25/25



NEW MEXICO SENIOR OLYMPICS, INC. * PO Box 2690 * Roswell, NM 88202-2690

1-888-623-NMSO (6676) * (575) 623-5777 * Fax (575) 622-9244 * e-mail: nmso@nmseniorolympics.org * www.nmseniorolympics.org

New Mexico Senior Olympics Mini Sport Descriptions

For a complete description of **PLAYING RULES** and **PLAYING FORMAT**, go to www.nmseniorolympics.org



AIR GUN - conducted in accordance with the rules of the National Rifle Association (NRA) (Precision Air Rifle Rules and International Style Pistol Rules) and the New Mexico Senior Olympics. Competitors must furnish regulation air guns, and all personal equipment needed for this event (excluding targets).



ARCHERY- conducted in accordance with USA Archery Rules, National Field Archery Association and NSGA. Competitors must furnish all personal equipment. The "900" American Round will be used. Shooters may only compete in one style.



BASKETBALL SKILLS 3 POINT SHOT AND FREE THROW - an official size basketball will be used. The rim will be 10' high.



BILLIARDS EIGHT (8) BALL POOL - governed by standard rules recommended by the Billiard Congress of America. Singles play only in a double elimination tournament.



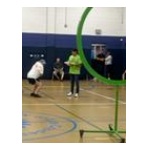
CORNHOLE - All sport equipment will be provided for competitors and must be used. Athletes may compete in singles, men's doubles, women's doubles, and mixed doubles.



CYCLING - Bicycles used in competition must be propelled solely by the rider's legs moving in a circular motion, without electricity or other assistance - USA Cycling Rules. Helmets are mandatory. Recumbent bicycles are not allowed.



FIELD - governed by USA Track & Field and NSGA. All events will be measured in feet and inches. Athletes must throw implements at weight allowed for their age group.



FRISBEE ACCURACY - object of the Game: Throw the Frisbee disc through a large hoop opening to earn points and score the highest points in each age division for men and for women.



FRISBEE DISTANCE - object of the Game: to throw one Frisbee disc as far as possible within the designated playing field area. Winners will be determined in respective age divisions and gender.



GOLF - play will be 18 holes for men and women all age divisions except for 90 and above which will play 9 holes. Carts are mandatory. No handicaps will be used.



HUACHAS (WASHERS) - all sport equipment will be provided for competitors and must be used. Event will be singles. Playing format will be double elimination or round robin tournaments.



PICKLEBALL - will be conducted in accordance with the USA Pickleball Association rules. Events will be singles, doubles and mixed doubles.



POWER LIFTING EXHIBITION-Squat, Bench Press, Deadlift - will be conducted in accordance with USA Power Lifting rules. Each competitor will compete in one lifting session and is allowed three attempts on each of three lifts.

New Mexico Senior Olympics Mini Sport Descriptions

For a complete description of **PLAYING RULES** and **PLAYING FORMAT**, go to www.nmseniorolympics.org



POWER WALK – a monitored event similar to Race Walk. One foot must be on the ground at all times. No canes, walkers, headphones, cell phones or water bottles allowed during competition.



RACE WALK – participants must use proper techniques or risk disqualification. One foot must be on the ground at all times. Entire knee must be visible at all times and the advancing leg must be straight (not bent at the knee.)



ROAD RACE RUN – conducted in accordance with the USA Track & Field and NSGA rules. Athlete must register for each event, 5K and 10K separately.



SHUFFLEBOARD - will be ruled in accordance with official rules of the National Shuffleboard Association, Inc. Events will be singles and doubles (doubles may be mixed or of same gender).



SOCCER KICK ACCURACY - players must kick from behind a **centered 10-foot line** 36 feet and parallel to the center points.



SOFTBALL DISTANCE – object of the game: To throw one softball as far as possible within the designated playing field area. Athlete with the longest throw in each age division, male and female will be declared the winner.



SWIMMING - all events shall be conducted on a timed final basis. A false start will result in disqualification. Participant may be disqualified if the correct stroke is not used.



TABLE TENNIS - events will be singles, doubles and mixed doubles. Contestants must use their own paddle and be in accordance with USTTA rules.



TAI CHI - EXHIBITION - competition will be conducted in accordance with USAWKF rules. Participant level of experience and mastery shall be as follows: a. Beginner – 1 year of experience or less; b. Intermediate – 1-3 years of experience; c. Advanced – 3+ years of experience.



TENNIS – events will be Men's and Women's Singles, Men's and Women's Doubles. Athletes must use their own rackets and be in accordance with U.S. Tennis Association. All matches will be best of two out of three sets.



TRACK – 400M & 800M Estimated Run/Walk athlete coming closest to their estimated time submitted in their age division, whether going over or under, will be declared the winner. No watches will be allowed Track events in 50M, 100M, 200M, 400M, 800M, 1500M, conducted in accordance with USA Track & Field rules. Standard track shoes must be worn. Heats will be determined based on the number of entries registered.

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- Class participants make a commitment to attend 3x/week.
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NEW MEXICO SENIOR OLYMPICS

SAVE THE DATE

WINTER GAMES



STATE GAMES NORTH IN SANTA FE FEBRUARY 23-26, 2026

Check our website for the most up to date information

www.nmseniorolympics.org



Join Us For NEW MEXICO SENIOR OLYMPICS OPENING CEREMONY & ATHLETE SOCIAL

Appetizers
Refreshments
Music

Door
Prizes

Las Cruces Convention Center
680 E University Ave
FREE TO ATHLETES—MUST RSVP

**WEDNESDAY, JUNE 18, 2025
6:00PM–8:00PM**

RSVP



888-623-6676



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Opportunity
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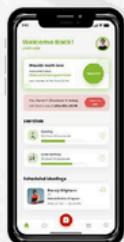
Virtual Athletic Trainer Support



INJURIES ARE EXPENSIVE

\$33 billion

Sports injury costs from rising sports participation



www.waveonhealth.com



VISION AND MISSION

Leveraging cutting-edge technology to seamlessly connect athletes with licensed athletic trainers



PROBLEM

- ✗ Athletes experience injuries
- ✗ Insufficient infrastructure for injury prevention and recovery
- ✗ Delayed access to immediate injury advice



SOLUTION

- ✓ On-demand advice and support
- ✓ Technology platform improves efficiency and support
- ✓ Athletes can access personalized services from anywhere, anytime

What You Get

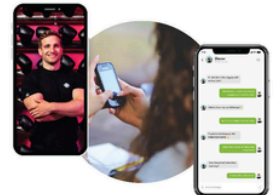
- On-Demand Virtual Athletic Trainer
- Personalized Exercise Programs
- Access to In-Person Care
- Athlete Health Platform
- Specialist Referrals
- Text & Video Calls

Outcomes

- Contact & Non-Contact Support
- Sports Medicine Integration
- Enhanced Communication
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- Improve Performance
- Get Better, Faster

Virtual Advice & Support

- Injury Management
- Injury Prevention
- Performance
- Recovery



It has been really convenient and definitely exceeded my expectations.

Micah - Athlete



I worked with my high school athlete and it was a totally smooth process. I put in notes, prescribed exercises and my athlete used it.

Whitney - Athletic Trainer

Contact for more details
support@waveonhealth.com

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