

NEW HAMPSHIRE SENIOR GAMES ATHLETE'S PROGRAM - TRACK & FIELD

MEMORIAL HIGH SCHOOL - MANCHESTER, NEW HAMPSHIRE - 8/23/26

DECLARATION PROCEDURES – Please follow instructions listed on *last page* of this packet.

ENTRIES – No “additions” or “changes” are allowed. **Scratches only.**

TRACK EVENTS – Mandatory check in & scratches at the **declaration tables** in center of field.

Arrive at starting line no later than final call for your event.

Lane assignments and hip #'s will be provided at that time.

FIELD EVENTS – Check in & scratches are at the location of each field event.

THROWERS – Implements must be certified in the press box with an **USATF** official.

ATHLETES COMPETING IN MULTIPLE EVENTS – You must check in & out with each field event official when leaving for another event.

RUNNING EVENTS HAVE PRIORITY – Failure to appear for the start of a race(s) will result in a DNS (did not start).

RAIN DATE – No makeup date for this meet. Rain may delay but not cancel an event. The meet will be temporarily suspended if lightning is in the local area (1/2 hour after latest flash).

2026 NHSG TRACK & FIELD SCHEDULE ORDER OF EVENTS & START TIMES

TRACK			FIELD - JUMPS		
WOMEN are 1st, MEN are 2nd, Oldest to Youngest Track events are final - No prelim's or semi's.			You must "CHECK OUT" of a <i>field</i> event prior to competing in another event. "CHECK BACK IN" to <i>field</i> event immediately after the other event is complete.		
1	5000m Run	9:00	JUMPS ONLY	LONG JUMP	09:00 - 10:00 - OPEN PIT - MEN & <i>WOMEN</i>
2	1500m Power Walk	<i>After the 5000</i>		TRIPLE JUMP	10:00 - 11:00 - OPEN PIT - MEN & <i>WOMEN</i>
3	50m Dash	10:30		HIGH JUMP	11:00 - 12:00 - <i>WOMEN</i> 1st, then MEN Based on opening height. Bar will not be lowered.
4	800m Run	<i>After the 50</i>		POLE VAULT	09:00 - 11:00 - MEN & <i>WOMEN</i> COMBINED Based on opening height. Bar will not be lowered.
5	100m Dash	<i>After the 800</i>		1/2 HOUR LUNCH BREAK - ATHLETES & OFFICIALS APPROXIMATELY 12-12:30	
6	1500m Race Walk	<i>After the 100</i>		Four (4) attempts only. <i>Field events are final.</i> <i>No prelim's or semifinals.</i>	
1/2 HOUR LUNCH BREAK - ATHLETES & OFFICIALS APPROXIMATELY 12-12:30				RESULTS CAN BE FOUND AT LANCERTIMING.COM	
7	400m Dash	12:30			
8	1500m Run	<i>After the 400</i>			
9	200m Dash	<i>After the 1500</i>			
10	Relays - Any age/gender	<i>After the 200</i>			

THROWS SCHEDULE ON PAGE 2

2026 NEW HAMPSHIRE SENIOR GAMES

THROWS SCHEDULE

DISCUS & SHOT BEGIN AT 09:00
WEIGHT & JAV BEGIN AFTER LUNCH
SEE PAGE 6 FOR IMPLEMENT SPECIFICATIONS

FOUR (4) ATTEMPTS ONLY. ***Field events are final.***
No prelim's or semifinals.

You must "CHECK OUT" of a field event prior to competing in another event.
"CHECK BACK IN" to field event immediately after the other event is complete.

MORNING	DISCUS		SHOT PUT	
	1st	WOMEN - ALL AGE GROUPS	1st	MEN - AGE GROUPS 70+
	2nd	MEN - AGE GROUPS 35-59	2nd	MEN - AGE GROUPS 60-69
	3rd	MEN - AGE GROUPS 70+	3rd	WOMEN - ALL AGE GROUPS
	4th	MEN - AGE GROUPS 60-69	4th	MEN - AGE GROUPS 35-59

1/2 HOUR LUNCH BREAK - ***ATHLETES & OFFICIALS -***
APPROXIMATELY 12-12:30

AFTERNOON	WEIGHT		JAVELIN	
	1st	WOMEN - ALL AGE GROUPS	1st	MEN - AGE GROUPS 70+
	2nd	MEN - AGE GROUPS 35-59	2nd	MEN - AGE GROUPS 60-69
	3rd	MEN - AGE GROUPS 70+	3rd	WOMEN - ALL AGE GROUPS
	4th	MEN - AGE GROUPS 60-69	4th	MEN - AGE GROUPS 35-59

RESULTS CAN BE FOUND AT LANCERTIMING.COM

BIB NUMBERS: Pin to front of singlet or shirt. **Mandatory**, cannot compete without a BIB.

SPIKES: ¼ inch maximum (pyramid preferred). For sale at the Registration Desk (10 for \$1).

BREAK: A “**MANDATORY**” half hour break will be observed around 12:00 to 12:30 (**or at the conclusion of the race walk and discus/shot put**) for both athletes & officials.

AUTOMATIC TIMING: Provided by “Lancer Timing”, Rick Berryman, 603-398-1754, PO Box 5472, West Lebanon, NH.

RESULTS: Posted shortly after completion of an event on the large board across from the timing tent. Live, on line results available at **lancertiming.com**. Previous year’s results available at **lancertiming.com** dating back to 2013. Meet results will be forwarded to “mastersrankings.com”.

MEDALS: First, second and third place finishers receive medals irrespective of their state of residence. Please pick up your awards after results of your event have been posted. Medals will be presented upon request for athletes leaving the meet early. The medal tent is located across from the timing tent.

CONFLICT RESOLUTION: It is the athlete’s responsibility to review their results when posted and report any anomalies to the “Meet Director” (**not the timing tent**). Your support is greatly appreciated.

COMPETITION RULES: This meet is sanctioned by USATF. **Sanction ID: #161661**. USATF 2026 rules will be followed. Rule interpretations handled by Marty Kahler (field) & Mike Monahan (track).



FIRST AID & ATHLETIC TRAINERS: Athletic Trainers (ATC) from the Safe Sports Network will be available for the duration of the meet (35 Kosciuszko Street Manchester, NH 03101, Tel: 603-627-9728). They are First Aid, CPR and AED certified. Ice is available through them.

QUALIFYING YEARS: State Senior Games held in even numbered years “qualify” athletes for competition at the National Senior Games (NSG’s) that are held in odd numbered years. **This year, 2026, is a qualifying year for 2027.** Competition will be July 6th through July 11th in Tulsa, Oklahoma. Venue to be determined.

QUALIFYING STANDARDS FOR NSG’s: In an **even** numbered year, the **top 4** finishers in each event will automatically qualify to compete at the following year’s National Senior Games meet. **Additionally**, any athlete meeting the **minimum performance standards (MPS)** is also eligible to compete. **MPS** can be achieved at any NSG qualifying state meet. Non-New Hampshire residents cannot take away a qualifying spot from a NH resident. The **MPS’s** can be found at: <https://nsga.com/wp-content/uploads/2026/01/2027-NSG-Minimum-Performance-Standards-12.22.25-FINAL.pdf>

AGE GRADED PERCENTAGE: A measure of performance based upon best open class results, age, gender and age-related athletic decline. Used to **compare results** of different athletes of different ages, genders and track disciplines. See **masterstrack.com** for more info.

NEXT YEAR’S MEET: Tentative date for **2027 is Sunday, August 22nd** at Memorial high school.

Lee Hess
Track & Field Meet Director
New Hampshire Senior Games Track & Field
Email: coach_hess@earthlink.net
Cell: 603-401-4484



CERTIFIED OFFICIALS & KEY PERSONNEL

MEET DIRECTOR: Lee Hess

HEAD CLERK: Karin Hess

ANNOUNCER: Larry Martin

STARTERS: Mike Monahan

ASST. STARTER: Jenn Fitt

AUTO TIMING: Rick Berryman & Jaime Berryman (Lancer Timing)

TRACK REFEREE: Mike Monahan

FIELD REFEREE: Marty Kahler

THROWING IMPLEMENT CERTIFICATION: Dennis Vienneau

MEMORIAL FACILITIES: Ed Poisson

CERTIFIED ATHLETIC TRAINER(s): From the Safe Sports Network

FIELD EVENT OFFICIALS (USATF and/or NHTOA Certified):

- | | |
|------------------------|--|
| 1. McKenna Blake | – Line Clerk & Starters Assistant |
| 2. Rober Earl | – Javelin |
| 3. Marty Kahler | – Javelin (Head) |
| 4. Carlos Furtes | – Javelin |
| 5. Doug Dixon | – Weight Throw & Discus (Head) |
| 6. Steven Roy | – Weight Throw & Discus |
| 7. Dylan Tuttle | – Weight Throw & Discus |
| 8. Pat Haskell | – Shot Put |
| 9. Kathryn Lynn | – Shot Put |
| 10. Mike Gooden | – Shot Put (Head) |
| 11. Caitlin Boufford | – High Jump (Head) |
| 12. Peg Donovan | – Long Jump (Head) & Triple Jump (Head) |
| 13. Brandon Richards | – Long Jump & Triple Jump (laser operator) |
| 14. Maryanne Morcom | – Pole Vault (Head), Race & Power Walk |
| 15. Dave Cook | – Race & Power Walk (Head) |

SPECIAL NHSG AWARDS

“Best Meet Performances” (Age Graded %) by men & women in the following five (5) event disciplines:

1. **RUNNING** (800, 1500 & 5000)
2. **SPRINTING** (50, 100, 200 & 400)
3. **THROWING** (SP, DT, JT and WT)
4. **JUMPING/VAULTING** (HJ, LJ, TJ & PV)
5. **WALKING** (RW & PW).

The awards are open to all athletes from **any state**. Five men’s and five women’s trophies will be awarded to the winners after the meet. Last year’s award winners are listed below:

2025 NEW HAMPSHIRE SENIOR GAMES

TRACK & FIELD AWARDS

BEST AGE GRADED PERFORMANCES BY DISCIPLINE

SPONSORED BY: Anthem  

	EVENT DISCIPLINE	EVENT	RESULT	AGE GRADED %	FIRST NAME	LAST NAME	AGE	STATE
WOMEN	SPRINTING	100m	13.54	85.69	Krista	Benson	54	CT
	RUNNING	1500m	05:57.63	77.28	Terry	Ballou	58	NH
	WALKING	1500m PW	9:58.47	56.31	Zsuzsanna	Laughland	52	NH
	JUMPING	Long Jump	15' 7.5"	78.30	Krista	Benson	54	CT
	THROWING	Discus	80' 8"	61.04	Valerie	Thompson	68	NH
MEN	SPRINTING	100m	13.17	89.37	David	Neuman	66	RI
	RUNNING	800m	2:12.79	79.32	Erik	Travis	42	NH
	WALKING	1500m PW	10:21.76	49.70	Stephen	Peckiconis	66	MA
	JUMPING	High Jump	4' 11.5"	84.08	Thomas	Foley	67	MA
	THROWING	Shot Put	42' 11.5"	69.59	James	Radzelovage	60	CT

RETIRED AWARDS FROM 2010 - 2019 CAN BE FOUND ON LINE AT:

<https://nhseniorgames.org/sports/track-and-field>

CLICK ON THE "RETIRED AWARDS BUTTON

THROWERS: Please note!

1. All throwing implements must be weighed & certified in the garage area at the north end of the track (opposite the high jump pit). This must be done prior to the **start** of your event.
2. All athletes must compete in their assigned age group's flight as per the THROWS schedule. ***ALL THROWERS MUST WEAR THEIR BIB NUMBER (FRONT OR BACK).***
3. Athletes may take a trial or attempt out of turn one round at a time if they have a conflict with another event.
4. Missed trials or attempts may not be made up; but any remaining trials or attempts after a late arrival to an event may be taken provided the athlete has been entered in that event.

(Ref. USATF 2026 Rule Book)

SENIOR THROWING IMPLEMENTS

***THE APPROPRIATE WEIGHT IMPLEMENT MUST BE USED FOR COMPETITION.
USE OF AN IMPROPER IMPLEMENT WILL RESULT IN DISQUALIFICATION!***

AGE DIVISION	DISCUS	JAVELIN	SHOTPUT	WEIGHT
Men 30-49	2.0kg	800g	16#	35 lbs.
Men 50-59	1.5kg	700g	6kg	25 lbs.
Men 60-69	1.0kg	600g	5kg	20 lbs.
Men 70-79	1.0kg	500g	4kg	16 lbs.
Men 80+	1.0kg	400g	3kg	12 lbs.
<i>A shaded area denotes the implement is provided for use by the New Hampshire Senior Games</i>				
Women 30-49	1.0kg	600g	4kg	20 lbs.
Women 50-59	1.0kg	500g	3kg	16 lbs.
Women 60-74	1.0kg	500g	3kg	12 lbs.
Women 75+	.75kg	400g	2kg	8.8 lbs.

TRACK & FIELD

PRE-REGISTERED ONLY

2026 NEW HAMPSHIRE SENIOR GAMES

COMPLETE AS OF AUGUST 17th, 2026

BIB #	LAST NAME	FIRST NAME	AGE GROUP	ACTUAL AGE	STATE	50	100	200	400	800	1500	5000	RACE WALK	POWER WALK	VAULT	DISCUS	JAVELIN	SHOT	WEIGHT	LONG JUMP	TRIPLE JUMP	HIGH JUMP
1	Abel	Richard	M75	76	NH													SP				
2	Adams	Christopher	M55	55	MA					800	15											
3	Allgair	Kenneth	M50	52	NH											DT		SP	WT			
4	Ballou	Terry	W55	59	NH				400	800												
5	Barratt	Melinda	W55	55	NE											DT		SP				
6	Barrett	Owen	M60	64	NY	50	100	200	400	800												
7	Bayley	Chris	M65	65	AZ	50	100	200														
8	Beidleman	Eric	M50	51	NH						15	5K						SP				
9	Benson	Krista	W55	55	CT	50	100													LJ		
10	Berardinelli, Jr	Jack	M55	58	MA											DT	JT	SP	WT			
11	Berry	Charles	M90	91	NH						15	5K										
12	Black	David	M70	74	MN	50	100													LJ	TJ	HJ
13	Boyea	Weslie	M75	78	NY											DT	JT	SP				
14	Bradecamp	Denny	M55	56	VA									PW								
15	Brooker	David	M80	83	NH													SP	WT			
16	Brookins	Oscar	M80	84	MA	50										DT		SP	WT			
17	Brower	William	M75	77	NH												JT					
18	Brown	Donald	M40	42	NH	50																
19	Buckley	Rodney	M70	72	NH	50	100	200														
20	Carter	Conrad	M80	80	NH									PW				SP				
21	Casey	Dennis	M65	68	VT			200	400	800											TJ	
22	de la Maza	Michael	M55	56	MA															LJ		
23	de Villiers	Peter	M80	80	MA											DT	JT	SP	WT			
24	DeLosh	Stephen	M70	71	MA	50	100															
25	Dolan	Terrence	M65	68	NH											DT		SP				HJ
26	Dorman	Christine	W55	57	VT		100		400													
27	Downey	Kristina	W35	37	NH	50												SP				
28	Effler	Kenneth	M70	74	MA		100									DT						
29	Ellsworth	Karen	W60	64	NY			200							PV	DT	JT	SP	WT	LJ	TJ	HJ
30	Felix	Paul	M65	65	NH	50	100	200														
31	Fennessey	Gerald	M75	79	MA	50	100	200														
32	Foley	Tim	M60	63	PA		100	200	400													
33	Fortuna	Paula	W65	66	NH	50	100	200														
34	Gamer	Doug	M70	70	NH															LJ		HJ
35	Gelinas	Catherine	W55	56	NH	50	100	200	400													
36	Gibson	Margaret	W65	65	VT	50	100	200												LJ	TJ	
37	Gifford	Debra	W65	67	MA											DT	JT	SP	WT			
38	Gillen	Thomas	M70	72	NH	50	100															
39	Gingras	Claire	W80	83	NH	50	100	200														
40	Gunneson	Pamela	W65	66	CT												JT	SP			TJ	HJ
41	Gustavson	Darlene	W50	50	NH	50	100	200	400													
42	Hall	Stuart	M50	53	MA				400													
43	Hare	Brian	M60	62	MA						15											
44	Hastings	Doug	M75	77	VA	50	100													LJ	TJ	HJ
45	Hatem	Michael	M60	62	NH	50																
46	Hemond-Wilson	Louise	W60	62	MI	50		200												LJ	TJ	HJ

47	Holt	George	M90	91	VT	50	100	200									DT	JT	SP	WT	LJ	TJ	
48	Horn	Lauren	W35	38	NH		100											JT				LJ	
49	Hudziec	Jennifer	W50	52	NH	50															LJ	TJ	
50	Ingram	Peter	M50	50	ME					800													
51	Jacobs	James	M60	62	NH		100	200	400														
52	Jean	Jacsonn	M55	56	MA	50	100	200	400	800													
53	Johns-Rees	Gail	W70	71	NH		100	200															
54	Kelly	Craig	M50	50	CT												DT						
55	Kiefer	Michael	M70	74	MA	50	100	200															
56	Kyle	James	M70	74	NH						15												
57	LaPlume	Kendra	W40	42	NH					15						PV							
58	Laplume	Michael	M50	54	NH					15													
59	Laughland	Zsuzsanna	W50	53	NH										PW								
60	Lee	Ramona	W65	67	ME	50	100														LJ		
61	Lewbel	Samuel	M75	76	MA			200	400	800					PW								
62	Liu	David	M60	62	MA	50															LJ		
63	Livingston	Cathleen	W60	60	NH						15												
64	Livingston	Eileen	W80	83	NH										PW								
65	Loyd	Susan	W65	68	NH	50	100	200	400	800													
66	manning	craig	M50	51	VT	50			400							PV	DT	JT	SP				
67	Marchetti	Robert	M75	75	MA	50	100	200													LJ		
68	Martiniello	John	M65	66	MA					800	15												
69	May	George	M80	81	ME	50	100	200	400														
70	McFadden	John	M60	61	MA		100	200															
71	McGee	John	M75	75	MA												DT		SP				HJ
72	Meiler	Florence	W90	92	VT	50									PW	PV	DT	JT	SP	WT	LJ	TJ	WT
73	Melnick	Roy	M45	47	MA	50	100	200	400														
74	Micavich	John	M80	84	NH					800	15				PW								
75	Molinski	Michael	M60	63	NY			200													LJ		HJ
76	Narlee	David	M80	80	NH						15												
77	Neumann	David	M65	67	RI		100		400														
78	Nunziata	Nicole	W55	55	CT					800													
79	Nunziata	Stephen	M55	59	CT	50	100																
80	ODONNELL	FRANCIS	M70	71	NH												DT		SP	WT			
81	Otto	Kenneth	M50	50	NH												DT						
82	Pasquill	Elena	W65	66	NY	50	100														LJ	TJ	HJ
83	Peckiconis	Stephen	M65	67	MA					800					PW								
84	Pelletier	Steven	M75	75	ME													JT					
85	Perkins	Patrick	M45	48	NH	50	100																
86	Radzelovage	James	M60	61	NH												DT		SP	WT			
87	Rand	Paul	M55	55	MA	50																	HJ
88	Reardon	Karen	W65	68	ME												DT	JT	SP	WT			
89	Richburg	Ginny	W65	67	ME	50	100	200	400							PV							
90	Rist	John	M75	77	NH												DT		SP	WT			
91	Robbins	Donald	M60	64	NH														SP	WT			
92	Rodriguez	Zane	M65	67	VT												DT	JT					
93	Rossetti	Chuck	M65	69	MA	50	100	200	400							PV	DT	JT	SP	WT	LJ	TJ	HJ
94	rubel	alan	M80	80	VT													JT					
95	Savilonis	Brian	M75	76	MA						15				PW		DT						
96	Seminerio	Steven	M70	71	MA												DT	JT	SP				
97	Shinnick	William	M75	76	MA	50	100	200															
98	Siegler	Stuart	M65	66	TN					800	15												
99	Simpson	Rebecca	W35	35	NH											PV							
100	Sowell	John	M60	61	TN												DT						
101	Spanagel	David	M65	65	MA		100	200	400														
102	Spirdione	Bill	M80	81	NH	50	100	200															
103	Springer	Audrey	W45	46	NH											PV							
104	Stern	Lee	M50	51	PA	50	100	200													LJ	TJ	
105	Stout	Duncan	M80	80	ME	50	100	200	400														
106	Tavares	Wayne	M75	79	MA	50	100														LJ		HJ

M&W - 126

MEN - 87

WOMEN - 39

PAST ATTENDANCE – REGISTERED ATHLETES

2018 – 196 (qualifying year)
2019 – 142 (non-qualifying year)
2020 – Meet cancelled due to COVID-19
2021 – 192 (qualifying year)
2022 – 170 (qualifying year)
2023 - 125 (non-qualifying year)
2024 - 160 (qualifying year)
2025 - 129 (non-qualifying year)

TENTATIVE DATE FOR 2027: AUGUST 22nd

THE MEET WILL BE HELD AT MEMORIAL HIGH SCHOOL'S TRACK.

CHECK OUR WEBSITE NEXT YEAR FOR DETAILS.

Masters Women All American Standards

Event	W30-34	W35-39	W40-44	W45-49	W50-54	W55-59	W60-64	W65-69	W70-74	W75-79	W80-84	W85-89	W90-94	W95-99
50m	8.20	8.40	8.50	8.50	8.60	9.20	9.70	10.60	11.60	12.60	13.90	15.60	19.30	n/a
55m	9.00	9.10	9.20	9.30	9.60	10.40	11.20	12.40	13.70	15.30	17.20	19.40	23.60	n/a
60m	9.60	9.70	9.80	10.00	10.30	11.10	11.90	13.20	14.60	16.40	18.30	20.70	25.20	n/a
100m	14.60	14.70	15.10	15.30	15.70	17.00	18.30	20.30	22.50	25.20	28.00	34.20	42.60	n/a
200m	29.40	30.10	30.60	31.80	33.10	36.10	39.30	42.80	46.50	50.50	58.10	1:10.00	n/a	n/a
400m	1:10.00	1:11.00	1:13.00	1:15.00	1:22.00	1:28.00	1:35.00	1:43.00	1:54.00	2:13.00	2:33.00	3:01.00	n/a	n/a
800m	2:49.00	2:52.00	2:54.00	3:04.00	3:15.00	3:30.00	3:45.00	4:05.00	4:35.00	5:10.00	5:50.00	6:45.00	n/a	n/a
1500m	5:35.00	5:45.00	5:50.00	6:05.00	6:25.00	6:55.00	7:35.00	8:25.00	9:20.00	10:35.00	12:00.00	14:20.00	n/a	n/a
One Mile	6:05.00	6:10.00	6:20.00	6:35.00	6:55.00	7:30.00	8:10.00	9:05.00	10:05.00	11:25.00	n/a	n/a	n/a	n/a
3000m	12:50.00	13:00.00	13:30.00	13:35.00	13:50.00	15:25.00	17:15.00	18:40.00	20:15.00	n/a	n/a	n/a	n/a	n/a
5000m	21:50.00	22:05.00	22:45.00	23:50.00	25:20.00	27:05.00	29:00.00	31:20.00	34:00.00	37:15.00	n/a	n/a	n/a	n/a
10000m	46:00.00	47:00.00	48:00.00	50:00.00	53:00.00	58:00.00	1:03:00	1:07:00	n/a	n/a	n/a	n/a	n/a	n/a
55m Hurdles	9.20	9.50	10.10	10.70	11.10	11.70	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
60m Hurdles	10.00	10.30	10.90	11.50	11.90	12.60	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Short Hurdles	17.40	17.80	15.30	16.10	17.30	18.40	17.40	19.30	n/a	n/a	n/a	n/a	n/a	n/a
Long Hurdles	1:15.00	1:17.00	1:21.00	1:27.00	1:05.00	1:10.00	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steeplechase	9:10.00	9:30.00	9:55.00	10:20.00	10:45.00	11:05.00	12:05.00	n/a	n/a	n/a	n/a	n/a	n/a	n/a
High Jump	1.40m	1.35m	1.27m	1.22m	1.12m	1.07m	1.02m	0.97m	0.92m	0.89m	0.84m	n/a	n/a	n/a
Pole Vault	3.20m	3.00m	2.70m	2.50m	2.30m	2.10m	1.90m	1.60m	1.40m	n/a	n/a	n/a	n/a	n/a
Long Jump	3.90m	3.80m	3.60m	3.40m	3.10m	2.90m	2.70m	2.40m	2.10m	1.80m	1.60m	1.30m	n/a	n/a
Triple Jump	10.10m	9.40m	8.70m	8.10m	6.60m	6.10m	5.70m	5.20m	4.80m	4.30m	4.10m	3.50m	n/a	n/a
Shot Put	7.90m	7.50m	7.10m	6.90m	8.20m	7.40m	7.00m	6.40m	5.80m	5.80m	4.90m	4.00m	3.60m	n/a
Discus	27.00m	26.00m	24.00m	22.00m	21.00m	18.00m	16.00m	15.00m	14.00m	12.00m	10.00m	8.00m	7.00m	n/a
Hammer	35.00m	31.00m	26.00m	21.00m	23.00m	22.00m	20.00m	18.00m	16.00m	16.00m	14.00m	n/a	n/a	n/a
Javelin	20.00m	19.70m	18.70m	16.00m	18.00m	16.00m	16.00m	14.00m	12.00m	10.00m	9.00m	7.00m	5.00m	n/a
Weight	10.90m	9.60m	8.40m	8.20m	8.00m	7.30m	9.40m	8.40m	7.20m	6.50m	n/a	n/a	n/a	n/a
Super Weight	6.50m	5.75m	5.30m	4.90m	5.40m	5.00m	6.40m	5.70m	4.90m	n/a	n/a	n/a	n/a	n/a
Decathlon	4800pts	4800pts	4200pts	4200pts	4000pts	4000pts	3800pts	3800pts	3600pts	3400pts	2800pts	n/a	n/a	n/a
Heptathlon	3200pts	3000pts	2900pts	2800pts	2800pts	2700pts	2700pts	2600pts	2500pts	2400pts	2200pts	n/a	n/a	n/a
Pentathlon	2400pts	2400pts	2100pts	2100pts	2000pts	2000pts	1900pts	1900pts	1800pts	1700pts	1400pts	n/a	n/a	n/a
Throws Pent	2600pts	2300pts	2300pts	2900pts	2600pts	2900pts	2800pts	2800pts	2600pts	2800pts	2800pts	n/a	n/a	n/a
Ultra Wt Pent	2800pts	2800pts	2800pts	2800pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a	n/a

Masters Men All American Standards

Event	M30-34	M35-39	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80-84	M85-89	M90-94	M95-99
50m	6.60	6.60	6.70	6.90	7.10	7.40	7.70	8.10	8.50	9.20	10.20	11.60	14.80	n/a
55m	7.10	7.10	7.30	7.50	7.70	8.00	8.40	8.80	9.30	10.00	11.00	12.60	16.00	n/a
60m	7.60	7.60	7.80	8.00	8.20	8.50	8.90	9.30	9.90	10.60	11.80	13.40	17.10	n/a
100m	11.30	11.40	11.80	12.00	12.30	12.80	13.30	14.30	15.20	16.80	19.30	22.40	30.60	49.70
200m	22.50	23.20	24.10	24.90	25.60	26.40	27.70	29.50	31.90	37.20	44.30	56.70	1:18.80	n/a
400m	53.00	54.00	56.00	57.00	58.00	60.00	1:04.00	1:10.00	1:20.00	1:35.00	1:50.00	2:25.00	3:20.00	n/a
800m	2:05.00	2:05.00	2:10.00	2:14.00	2:19.00	2:28.00	2:40.00	2:55.00	3:15.00	3:50.00	4:25.00	5:30.00	7:30.00	n/a
1500m	4:25.00	4:26.00	4:32.00	4:39.00	4:47.00	5:14.00	5:45.00	6:20.00	7:05.00	8:10.00	9:40.00	12:00.00	15:55.00	n/a
One Mile	4:50.00	4:51.00	4:58.00	5:06.00	5:14.00	5:44.00	6:20.00	6:55.00	7:45.00	8:55.00	10:35.00	n/a	n/a	n/a
3000m	10:00.00	10:05.00	10:25.00	10:45.00	11:05.00	11:55.00	12:50.00	14:15.00	15:55.00	18:15.00	22:05.00	n/a	n/a	n/a
5000m	17:25.00	17:40.00	18:10.00	18:45.00	19:30.00	20:30.00	21:40.00	24:20.00	27:40.00	32:20.00	39:10.00	n/a	n/a	n/a
10000m	36:55.00	37:20.00	38:25.00	39:40.00	41:00.00	44:20.00	48:15.00	52:35.00	57:50.00	1:05:00.00	n/a	n/a	n/a	n/a
55m Hurdles	9.00	9.40	9.80	10.20	10.50	10.80	10.80	12.00	12.40	12.60	15.60	n/a	n/a	n/a
60m Hurdles	9.70	10.20	10.60	11.00	11.40	11.70	11.70	13.00	13.40	13.60	n/a	n/a	n/a	n/a
Short Hurdles	17.90	18.20	18.90	19.60	18.30	19.50	20.30	22.80	19.80	21.70	26.30	n/a	n/a	n/a
Long Hurdles	59.00	1:01.00	1:04.00	1:07.00	1:12.00	1:18.00	1:01.00	1:10.00	1:21.00	1:40.00	n/a	n/a	n/a	n/a
Steeplechase	11:25.00	11:55.00	12:30.00	13:05.00	13:40.00	14:15.00	9:55.00	11:35.00	13:30.00	15:40.00	n/a	n/a	n/a	n/a
High Jump	1.92m	1.84m	1.75m	1.67m	1.58m	1.47m	1.37m	1.27m	1.17m	1.07m	0.98m	0.89m	0.78m	n/a
Pole Vault	4.00m	3.80m	3.60m	3.40m	3.20m	2.90m	2.60m	2.40m	2.10m	1.80m	1.60m	1.30m	n/a	n/a
Long Jump	6.20m	6.00m	5.70m	5.40m	5.00m	4.80m	4.50m	4.00m	3.60m	3.00m	2.50m	2.00m	1.30m	n/a
Triple Jump	11.40m	11.20m	10.60m	10.00m	9.40m	8.80m	8.10m	7.50m	6.90m	6.00m	5.20m	4.40m	3.40m	n/a
Shot Put	13.30m	12.90m	12.70m	12.20m	13.10m	12.00m	12.80m	11.50m	11.00m	9.00m	8.00m	6.00m	4.20m	2.70
Discus	39.00m	38.00m	37.00m	35.00m	42.00m	37.00m	42.00m	37.00m	33.00m	28.00m	20.00m	16.00m	12.00m	8.00
Hammer	41.00m	40.00m	37.00m	34.00m	36.00m	31.00m	33.00m	28.00m	27.00m	23.00m	20.00m	16.00m	12.00m	n/a
Javelin	50.00m	49.00m	46.00m	43.00m	42.00m	41.00m	40.00m	33.00m	30.00m	26.00m	22.00m	14.00m	9.00m	4.00
Weight	12.90m	12.60m	11.80m	11.00m	13.90m	12.80m	13.60m	12.30m	11.00m	9.70m	9.00m	7.60m	n/a	n/a
Super Weight	8.15m	7.95m	7.45m	6.95m	6.40m	6.10m	6.40m	5.60m	6.10m	4.70m	3.50m	2.80m	n/a	n/a
Decathlon	5000pts	4900pts	4800pts	4700pts	4600pts	4500pts	4400pts	4300pts	4200pts	4000pts	3200pts	n/a	n/a	n/a
Heptathlon	3500pts	3400pts	3350pts	3300pts	3200pts	3100pts	3050pts	3000pts	2900pts	2700pts	2300pts	n/a	n/a	n/a
Pentathlon	2500pts	2450pts	2400pts	2350pts	2300pts	2250pts	2200pts	2150pts	2100pts	2000pts	1600pts	n/a	n/a	n/a
Throws Pent	2700pts	2700pts	2900pts	2900pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a	n/a
Ultra Wt Pent	2900pts	2900pts	2900pts	2900pts	2900pts	3000pts	3100pts	3100pts	2900pts	2800pts	2800pts	n/a	n/a	n/a



Official MPS Standards for the 2027 National Senior Games

2027 MINIMUM PERFORMANCE STANDARDS

Minimum Performance Standards (MPS) are based on results from previous National Senior Games. There are some sports where athletes can qualify by meeting performance standards. An athlete does not have to meet both the placement and MPS in order to qualify—it is by one or the other. In order to qualify by MPS, athletes must meet or exceed the MPS based on their age during the 2026 qualifying year at a sanctioned state senior game.

TRACK & FIELD

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

<u>TRACK</u> MINIMUM PERFORMANCE STANDARDS						
Age	MEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.47	:13.82	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.76	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.98	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.14	:15.53	:32.37	1:15.13	3:05.20	6:42.68
75-79	:8.84	:16.39	:36.90	1:27.09	3:24.88	7:32.90
80-84	:9.31	:17.88	:37.70	1:42.31	4:11.66	8:47.37
85-89	:10.54	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:34.72	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00
Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.81	3:15.36	6:51.28
60-64	:8.73	:16.61	:36.19	1:29.32	3:30.00	7:17.00
65-69	:9.25	:17.89	:37.42	1:36.12	3:31.85	7:31.95
70-74	:10.25	:19.36	:41.94	1:44.17	4:11.21	8:54.97
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.10	:25.28	1:06.03	2:48.07	6:11.80	13:44.30
85-89	:19.31	:35.82	1:40.41	3:28.17	8:34.92	16:30.00
90+	:23.83	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS *(Imperial)*

MEN'S DIVISIONS

Age	IMPERIAL (feet + inches)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	14' 11.25"	4' 10.75"	27' 11.5"	37' 6"	130' 8.75"	132' 6.25"	8' 6.25"
55-59	14' 9.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6.25"	8' 6.25"
60-64	14' 7.5"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"
65-69	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 8.25"
75-79	9' 11.75"	3' 6.5"	20' 7.75"	30' 10.5"	87' 8.25"	89' 5.25"	5' 0.25"
80-84	9' 6.25"	3' 3"	16' 4.5"	29' 9"	74' 7"	74' 3.75"	3' 7.25"
85-89	5' 8"	2' 9"	10' 7.25"	23' 2.25"	56' 9"	60' 8.75"	2' 9.75"
90-94	3' 10.75"	2' 2"	6' 6.75"	17' 3.5"	38' 0"	29' 8.75"	2' 9.75"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 4.75"	2' 9.75"
Age	METRIC (meters)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60
55-59	4.50	1.40	8.52	11.28	35.91	40.39	2.60
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.34
75-79	3.04	1.08	6.29	9.41	26.73	27.26	1.53
80-84	2.90	.99	4.99	9.07	22.73	22.65	1.10
85-89	1.73	.84	3.23	7.07	17.30	18.51	.86
90-94	1.19	.66	2.00	5.27	11.58	9.06	.86
95-99	1.19	.66	2.00	3.44	6.20	6.81	.86
100+	1.19	.66	2.00	3.05	6.20	5.00	.86

FIELD MINIMUM PERFORMANCE STANDARDS *(Imperial)*

WOMEN'S DIVISIONS

Age	IMPERIAL (feet + inches)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	11' 0.75"	3' 6.25"	21' 7.75"	29' 4"	73' 6"	69' 4.75"	4' 0"
55-59	11' 0.75"	3' 5"	15' 6.25"	29' 3.5"	73' 6"	69' 4.75"	4' 0"
60-64	10' 7.25"	3' 3"	15' 6.25"	29' 3.5"	71' 4"	69' 4.75"	4' 0"
65-69	9' 7"	3' 3"	15' 6.25"	24' 8.5"	63' 0"	58' 2.75"	4' 0"
70-74	8' 3.25"	2' 11.5"	15' 2.25"	22' 7.25"	57' 3"	55' 5.75"	4' 0"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 4.25"	51' 10.5"	45' 8"	4' 0"
80-84	5' 1.75"	2' 2"	11' 6.5"	19' 11.75"	44' 4"	36' 8.25"	2' 11.75"
85-89	2' 9"	1' 10"	8' 2.5"	14' 11.25"	29' 10.75"	21' 5.5"	2' 9.75"
90-94	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
95-99	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
100+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
Age	METRIC (meters)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22
60-64	3.23	.99	4.73	8.93	21.74	21.15	1.22
65-69	2.92	.99	4.73	7.53	19.20	17.75	1.22
70-74	2.52	.90	4.63	6.89	17.45	16.91	1.22
75-79	2.22	.78	3.52	6.51	15.81	13.92	1.22
80-84	1.57	.66	3.52	6.09	13.51	11.18	0.91
85-89	0.84	.56	2.50	4.55	9.11	7.19	0.86
90-94	0.76	.56	2.30	2.13	3.15	4.27	0.86
95-99	0.76	.56	2.30	2.13	3.15	4.27	0.86
100+	0.76	.56	2.30	2.13	3.15	4.27	0.86

TRACK AND FIELD RECORDS THROUGH 2025

NEW HAMPSHIRE RESIDENTS ONLY

New 2025 Records are Shaded (28)

Men - 12

Women - 16

NOTE! USATF rule 262.4 states that for performances to be eligible for record purposes, the tailwind must not exceed 2.0 meters per second. This rule only applies to races 200m and less (200m, 100m & 50m).

50M	MEN				50M	WOMEN			
	M35-39	D. Clements	6.89	2024		W35-39			
	M40-44					W40-44	D. Gustavson	7.58	2019
	M45-49	B. Borromeo	6.43	2013		W45-49	D. Gustavson	7.42	2025
	M50-54	M. Garcia	6.66	2016		W50-54	G. Johns-Rees	7.97	2007
	M55-59	K. Bosma	6.71	2024		W55-59	T. Towle	8.36	2025
	M60-64	R. Aekins	6.92	2022		W60-64	G. Johns-Rees	8.85	2018
	M65-69	S. Snow	7.21	2023		W65-69	S. Loyd	8.83	2025
	M70-74	W. Spirdione	7.66	2016		W70-74	A. Dupuis	11.36	2012
	M75-79	L. Hess	7.97	2024		W75-79	A. Dupuis	11.95	2015
	M80-84	J. Micavich	10.65	2022		W80-84	C. Gingras	13.58	2025
	M85-89	N. Heard	10.7	2002		W85-89			
	M90-94					W90-94			
	M95-99	A. Chamberas	24.0	2000		W95-99			
60M (Retired)	M45-49				60M (Retired)	W45-49	J. Gifford-Coope	9.95	2011
	M50-54	P. Keeley	8.83	2009		W50-54	P. Fortuna	8.64	2012
	M55-59	S. Snow	8.02	2011		W55-59	G. Johns-Rees	9.56	2010
	M60-64	L. Hess	8.45	2009		W60-64			
	M65-69	B. Spirdione	8.89	2011		W65-69			
	M70-74	R. Daschbach	11.41	2010		W70-74	A. Dupuis	13.22	2009
	M75-79	J. Poley	9.60	2009		W75-79			
	M80-84	E. Fleming	17.63	2009		W80-84			
100M	M35-39	D. Clements	11.59	2024	100M	W35-39			
	M40-44					W40-44	D. Gustavson	14.20	2019
	M45-49	B. Borromeo	11.84	2013		W45-49	D. Gustavson	14.38	2024
	M50-54	M. Garcia	11.95	2016		W50-54	G. Johns-Rees	14.72	2007
	M55-59	S. Snow	12.49	2009		W55-59	G. Johns-Rees	15.22	2010
	M60-64	R. Aekins	13.05	2022		W60-64	G. Johns-Rees	17.52	2019
	M65-69	S. Snow	13.55	2021		W65-69	G. Johns-Rees	17.70	2022
	M70-74	W. Spirdione	14.18	2016		W70-74	V. McCloskey	20.16	2019
	M75-79	L. Hess	14.85	2024		W75-79	E. Szawlowski	22.62	2010
	M80-84	R. Croak	20.40	2016		W80-84			
	M85-89	N. Heard	21.3	2002		W85-89			

2025 (2/5)		MEN				WOMEN			
200M	M35-39				200M	W35-39			
	M40-44					W40-44	D. Gustavson	30.00	2018
	M45-49	M. Garcia	25.54	2013		W45-49	D. Gustavson	28.8	2025
	M50-54	M. Garcia	25.42	2016		W50-54	G. Johns-Rees	30.78	2008
	M55-59	S. Snow	25.77	2009		W55-59	G. Johns-Rees	31.88	2010
	M60-64	T. McDonough	27.11	2015		W60-64	G. Johns-Rees	37.39	2018
	M65-69	T. McDonough	28.03	2019		W65-69	S. Loyd	35.50	2025
	M70-74	S. Snow	29.20	2025		W70-74	V. McCloskey	43.05	2019
	M75-79	J. Plevy	33.47	2010		W75-79			
	M80-84	K. Folsom	45.65	2006		W80-84	C. Gringras	01:05.20	2025
	M85-89	N. Heard	54.9	2002		W85-89			
400M	M35-39				400M	W35-39			
	M40-44	E. Travis	0:57.22	2025		W40-44	D. Gustavson	1:08.24	2019
	M45-49	W. Darling	1:07.52	2016		W45-49	D. Gustavson	1:10.28	2025
	M50-54	S. Metz	1:01.9	1996		W50-54	T. Ballou	1:06.11	2018
	M55-59	K. Bosma	0:56.73	2024		W55-59	P. Fortuna	1:27.67	2017
	M60-64	T. McDonough	1:01.06	2015		W60-64	K. Kennedy	1:28.93	2021
	M65-69	T. McDonough	1:03.49	2019		W65-69	S. Loyd	1:19.88	2025
	M70-74	S. Snow	1:07.53	2025		W70-74	V. McCloskey	1:42.87	2019
	M75-79	A. Messenger	1:16.1	1998		W75-79			
	M80-84	S. Moulton	1:51.63	2017		W80-84			
	M85-89	S. Moulton	2:09.19	2019		W85-89			
800M	M35-39				800M	W35-39			
	M40-44	E. Travis	2:12.79	2025		W40-44			
	M45-49	J. Wright	2:26.28	2025		W45-49	L. Towle	2:53.57	2011
	M50-54	C. Cusack	2:19.91	2023		W50-54	T. Ballou	2:35.31	2018
	M55-59	J. McDougale	2:31.59	2010		W55-59	K. Frieden	3:18.56	2008
	M60-64	R. Waterman	2:33.39	2012		W60-64	K. Kennedy	3:16.74	2021
	M65-69	B. Michael	2:47.5	2021		W65-69	S. Loyd	3:16.80	2025
	M70-74	D. Waterman	2:51.28	2024		W70-74	V. McCloskey	3:54.49	2019
	M75-79	A. Messenger	2:55.4	1998		W75-79	E. Szawlowski	4:13.98	2010
	M80-84	B. Spencer	3:29.63	2018		W80-84	C. Gringras	1:05.20	2025
	M85-89	B. Spencer	3:58.32	2021		W85-89			
1500M	M35-39				1500M	W35-39			
	M40-44					W40-44	K. LaPlume	6:33.13	2025
	M45-49	J. Wright	5:41.10	2025		W45-49	L. Towle	5:49.98	2012
	M50-54	C. Cusack	4:47.96	2023		W50-54	T. Ballou	5:51.69	2018
	M55-59	R. Waterman	5:12.36	2010		W55-59	T. Ballou	5:57.63	2025
	M60-64	R. Waterman	5:15.12	2012		W60-64	M. Donovan	6:56.22	2016
	M65-69	J. Tuttle	5:58.13	2023		W65-69	D. Ebbetts	6:41.77	2022
	M70-74	B. Spencer	5:51.35	2008		W70-74	K. Engle	8:43.66	2012
	M75-79	B. Spencer	6:20.70	2012		W75-79			
	M80-84	S. Moulton	7:08.53	2014		W80-84			
	M85-89	S. Moulton	10:23.43	2019		W85-89			

2025 (3/5)	MEN					WOMEN			
5000M	M35-39				5000M	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	S. Audet	19:23.17	2015		W50-54			
	M55-59	I. Charlat	22:09.39	2024		W55-59			
	M60-64	D. Austin	20:46.88	2018		W60-64	L. Durant	24:55.19	2024
	M65-69	J. Matthews	19:45.73	2021		W65-69	D. Ebbetts	23:34.80	2022
	M70-74	A. Viens	24:50.81	2024		W70-74			
	M75-79					W75-79			
	M80-84	J. Micavich	29:45.29	2025		W80-84			
1500 RW	M35-39				1500 RW	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54	R. McElvery	8:09.39	2008		W50-54	M. DeCotis	9:46.8	1998
	M55-59	R. Aucoin	8:56.6	1999		W55-59	R. Beudet	10:51.96	2004
	M60-64	D. Towle	10:24.55	2018		W60-64	C. Pagnotta	11:06.36	2010
	M65-69	J. Diener	9:08.57	2016		W65-69	C. Pagnotta	11:05.85	2016
	M70-74	J. Diener	9:31.83	2019		W70-74	C. Pagnotta	12:47.09	2019
	M75-79	P. Bresiano	10:08.82	2018		W75-79			
	M80-84	P. Bresiano	11:04.31	2021		W80-84			
1500 PW	M35-39				1500 PW	W35-39			
	M40-44					W40-44			
	M45-49					W45-49			
	M50-54					W50-54	Z. Laughland	9:58.47	2025
	M55-59					W55-59	E. Kolb	12:28.47	2018
	M60-64	P. Yankowskas	11:42.30	2018		W60-64	M. Evoy	11:02.20	2022
	M65-69	C. Luck	10:20.80	2022		W65-69	K. Nemeth	11:04.41	2022
	M70-74	L. Flint	12:25.03	2018		W70-74	H. Nedzbala	10:36.76	2022
	M75-79	J. Micavich	9:07.39	2018		W75-79	E. Livingston	11:46.31	2021
	M80-84	J. Micavich	9:49.18	2022		W80-84	E. Livingston	12:00.18	2024
HIGH JUMP	M35-39	D. Clements	3' 11.25	2024	HIGH JUMP	W35-39			
	M40-44	T. Mbungu	4' 11"	2017		W40-44			
	M45-49					W45-49	M. Demirjian	2' 11.50"	2018
	M50-54	M. Brassard	5' 3"	2009		W50-54	J. Thackaberry	3' 9.25"	2011
	Tie	J. Kallfelz	5' 3"	2014					
	M55-59	K. Bosma	5' 3"	2024		W55-59	M. Brown	3' 11.25"	2018
	M60-64	C. Wallin	4' 6"	2001		W60-64	M. Brown	3' 9.25"	2023
	M65-69	R. Walton	4' 4"	2015		W65-69	A. Dupuis	3' 1.75"	2008
	M70-74	M. Mueller	3' 11.25"	2014		W70-74	A. Dupuis	2' 11.5"	2011
	M75-79	J. Stinson	3' 9.5"	2010		W75-79	A. Dupuis	2' 6"	2014
HIGH JUMP	M80-84	B. Maki	3' 4"	1998	HIGH JUMP	W80-84			

2025 (4/5)	MEN					WOMEN			
LONG JUMP	M35-39	D. Clements	13' 11"	2024	LONG JUMP	W35-39			
	M40-44	T. Mbungo	17' 7"	2017		W40-44			
	M45-49	T. Mbungo	15' 11.00"	2021		W45-49	J. Hudziec	12' 8.0"	2023
	M50-54	R. Content	18' 5"	2016		W50-54	J. Hudziec	13' 3.25"	2024
	M55-59	K. Bosma	17' 2"	2024		W55-59	A. Dupuis	8' 10"	1998
	M60-64	R. Aekins	16' 8.5"	2022		W60-64	A. Dupuis	8' 7.5"	1999
	M65-69	D. Conklin	13' 6"	2002		W65-69	A. Dupuis	8' 6"	2004
	M70-74	S. Snow	14' 3.75"	2025		W70-74	A. Dupuis	7' 0.25"	2009
	M75-79	D. Conklin	11' 11.5"	2010		W75-79	A. Dupuis	6' 10"	2015
	M80-84	R. Whittemore	6' 6.50"	2021		W80-84			
	M85-89	R. Whittemore	5' 0.25"	2024		W85-89			

TRIPLE JUMP	M35-39				TRIPLE JUMP	W35-39			
	M40-44	T. Mbungo	36' 5.75"	2017		W40-44			
	M45-49	T. Mbungo	31' 6.75"	2021		W45-49	J. Hudziec	29' 0.5"	2023
	M50-54	R. Content	36' 9.5"	2016		W50-54	J. Hudziec	30' 0.25"	2024
	M55-59	S. Snow	33' 6"	2012		W55-59			
	M60-64	S. Snow	30' 7.5"	2015		W60-64			
	M65-69	S. Snow	29' 5.5"	2023		W65-69	A. Dupuis	14' 7.25"	2008
	M70-74	S. Snow	28' 9.75"	2025		W70-74	A. Dupuis	15' 7"	2012
	M75-79	J. Stinson	25' 2"	2010		W75-79	A. Dupuis	13' 4.25"	2014
	M80-85	R. Whittemore	14' 2.5"	2021		W80-85			
	M85-89	R. Whittemore	11' 2.75"	2024		W85-89			

POLE VAULT	M35-39				POLE VAULT	W35-39			
	M40-44					W40-44	A. Springer	8' 0.5"	2023
	M45-49					W45-49	A. Springer	8' 2.5"	2025
	M50-54	P. Fichter	9' 0"	1999		W50-54			
	M55-59	R. Damery	8' 0"	1996		W55-59	A. Dupuis	4' 0"	1996
	M60-64	G. Guton	9' 1"	2024		W60-64	A. Dupuis	4' 6"	2001
	M65-69	D. Conklin	9' 0"	2002		W65-69			
	M70-74	D. Conklin	8' 0"	2006		W70-74			
	M75-79	B. Morcom	8' 6"	1996		W75-79			

DISCUS	M35-39	D. Worden	120' 6"	2022	DISCUS	W35-39			
	M40-44					W40-44			
	M45-49	K. Allgair	126' 6"	2022		W45-49	D. Morey	62' 4"	2014
	M50-54	K. Allgair	153' 9"	2025		W50-54	K. Geurknik	103' 1"	2013
	M55-59	C. Wallin	133' 10"	1997		W55-59	D. Houseman	82' 1"	2017
	M60-64	L. Rosen	145' 6"	1998		W60-64	V. Thompson	81' 6"	2018
	M65-69	S. Holmes	145' 7"	2002		W65-69	V. Thompson	82' 11"	2022
	M70-74	S. Holmes	133' 11"	2008		W70-74	M. Stancer	50' 7"	2018
	M75-79	L. Rosen	116' 0"	2009		W75-79	A. Dupuis	46' 4"	2014
	M80-84	S. Holmes	111' 7"	2017		W80-84	E. O'Connor	29' 2"	2006
	M85-89	S. Holmes	92' 6"	2021		W85-89			
	M90-94	B. Maki	53' 1"	2006		W90-94			

2025 (5/5)	MEN					WOMEN			
JAVELIN	M35-39	A. Hopkins	115' 3"	2019	JAVELIN	W35-39			
	M40-44					W40-44			
	M45-49					W45-49	J. Gifford-Coope	74' 1"	2012
	M50-54	B. Gagne	158' 11"	2001		W50-54	K. Haskins	55' 3"	2022
	M55-59	B. Gagne	164' 8"	2002		W55-59	L. Kling	67' 1"	2017
	M60-64	B. Gagne	176' 8"	2008		W60-64	L. Kling	62' 6"	2019
	M65-69	B. Gagne	165' 1"	2013		W65-69	L. Kling	63' 6"	2024
	M70-74	B. Gagne	150' 3"	2018		W70-74	A. Dupuis	49' 2"	2011
	M75-79	G. Potter	89' 4"	2012		W75-79	A. Dupuis	46' 9"	2015
	M80-84	S. Holmes	87' 0"	2019		W80-84	E. O'Connor	20' 10"	2006
	M85-89	B. Maki	76' 9"	2001		W85-89			
	M90-94	T. Desjourdy	108' 1"	1998		W90-94			
SHOTPUT	M35-39	A. Hopkins	40' 7.75"	2018	SHOTPUT	W35-39	K. Downey	20' 3.75"	2025
	M40-44	J. Mitchell	38' 10.25"	2025		W40-44			
	M45-49	G. Taylor	44' 8.75"	2014		W45-49	D. Morey	21' 11.75"	2014
	M50-54	C. Wallin	49' 11.5"	1996		W50-54	D. Houseman	35' 5.25"	2013
	M55-59	C. Wallin	51' 4.5"	1997		W55-59	D. Houseman	30' 9.25"	2019
	M60-64	C. Wallin	49' 9"	2001		W60-64	V. Thompson	30' 9"	2018
	M65-69	C. Wallin	43' 7.75"	2006		W65-69	V. Thompson	31' 1.0"	2023
	M70-74	C. Wallin	43' 2.75"	2012		W70-74	J. Higgins	20' 9.25"	2018
	M75-79	L. Rosen	36' 0.25"	2009		W75-79	A. Dupuis	20' 6.5"	2015
	M80-84	S. Holmes	36' 9.75"	2017		W80-84	E. O'Connor	13' 2"	2008
	M85-89	S. Holmes	33' 3.25"	2021		W85-89			
	M90-94	B. Maki	20' 0.25"	2006		W90-94			
WEIGHT THROW	M35-39	D. Worden	49' 6.5"	2022	WEIGHT THROW	W35-39			
	M40-44					W40-44			
	M45-49	K. Allgair	35' 6"	2023		W45-49			
	M50-54	K. Allgair	46' 9.5"	2025		W50-54	D. Houseman	41' 4.25"	2015
	M55-59	M. Warenda	37' 3.25"	2016		W55-59	D. Houseman	44' 0"	2018
	M60-64	T. Irving	42' 1.5"	2015		W60-64	V. Thompson	41' 5"	2018
	M65-69	T. Irving	41' 10"	2019		W65-69	V. Thompson	35' 4"	2025
	M70-74	C. Wallin	48' 1.25"	2015		W70-74	J. Higgins	34' 9"	2018
	M75-79	C. Wallin	47' 5.25"	2016		W75-79			
	M80-84	C. Wallin	42' 9.75"	2022		W80-84			
	M85-89					W85-89			
	M90-94					W90-94			

NOTE: TIMES WITH 1 DIGIT TO THE RIGHT OF THE DECIMAL PLACE (27.3) ARE HAND TIMED RESULTS (from a stopwatch). TIMES WITH 2 DIGITS TO THE RIGHT OF THE DECIMAL PLACE (27.35) ARE AUTO TIMED RESULTS (cameras & computer software). TO CONVERT "HAND TIMES" TO "AUTO TIMES" ADD .24 SECONDS TO THE TRACK RESULTS FOR RACES 400 METERS AND LESS. FOR RACES GREATER THAN 400 METERS, ADD .14 SECOND TO THE RESULT.

NATIONAL SENIOR GAMES RECORDS AND RESULTS CAN BE FOUND ON THEIR WEB SITE:

WWW.NSGA.COM.

REGISTRATION & DECLARATION PROCEDURES

2026 NEW HAMPSHIRE SENIOR GAMES

TRACK EVENTS ONLY

FIELD EVENTS CHECK IN AT EVENT LOCATION



1. REGISTER (*upon arrival at the press box on top of the east side bleachers*)

- Obtain **BIB number**. Pin on **front** or **back** of shirt or singlet
- **Cannot** compete without **BIB number** (**NO exceptions**)
 - ➞ Required for both track & field events

2. DECLARE (*anytime up to 30 minutes prior to event*)

- **Cannot** compete without **declaring** your intention to do so
- **CANNOT “ADD” OR “CHANGE” EVENTS, ONLY SCRATCHES**
- Check in (✓) or scratch (by drawing a line through your name) on the event sheets at the declaration table located near the center of the infield.
 - ➞ Sheets are sent to timing table for seeding & lane assignments
- Declaration closes 30 minutes prior to start of event
 - ➞ Failure to declare will result in being scratched from the event

3. BULLPEN (the starting line of your track event)

- Races are announced on PA system
 - ➞ Three calls (1st, 2nd & 3rd)
- “Check Out” with field event official (if a field event is in progress)
- Proceed to **starting line** (*no later than 3rd call*)
 - ➞ Obtain heat #, lane assignment & hip #'s (**place on left hip**)
- “No Shows”, “Undeclared” & “No BIB #” athletes are **scratched** from event

4. COMPETE

- **TRACK EVENTS HAVE PRIORITY OVER FIELD EVENTS**
- No make ups, all races are final
- Return quickly to field event competition & “check back in with officials”

5. RESULTS

- Posted on results board at conclusion of event & live at **lancertiming.com**
- Review results
 - ➞ Report errors to Meet Director, **not timing table**