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MISSION

New Mexico Senior Olympics, Inc., is a non-profit organization dedicated to providing adults over 50 years of age with opportunities for a healthy active lifestyle. Our mission is to promote physical fitness for seniors statewide: provide year-round opportunities and motivation for adults 50 years and older to participate in local, state and national games.

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.

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NEW MEXICO SENIOR OLYMPICS SUMMER GAMES

REGISTRATION INFORMATION

WELCOME

We are excited to make the Senior Olympics Summer Games information available to all Seniors in New Mexico. Regardless of whether you are a new senior participant or a returning athlete we want you to read the following game info very carefully as some things have changed.

The format of the Registration Booklet has also changed. New participants will be thrilled to learn so much of the Games even before arriving. Game dates are May 27-31st and the place to be is the City of Las Cruces.

For all registration questions, please call our office at (575) 623-5777 or email us at nmso@nmseniorolympics.org and we will answer your questions with a smile. 😊

HOW TO REGISTER

Senior Olympics Registration is open to all NM residents 50 years of age on or before December 31, 2009. Pre qualifying is not required to register for 2009 Summer Games. There are several ways to register for the Games:

- 1) **Mail in** – Complete the registration form in this booklet and mail to
New Mexico
Senior Olympics Inc.
P O. Box 2690
Roswell NM 88202-2690
NMSO cannot be responsible for lost or misdirected mail.
- 2) **Local Coordinator** – Each city/county and pueblo has a dedicated game volunteer

to promote Senior Olympics on behalf of NMSO and are affiliated with the annual Local Games in their area. The Local Coordinator has registration forms and is available to assist senior participants in completing game registrations online and paper forms to be mailed. Local coordinators are not responsible for lost or misdirected mail.

- 3) **Online** – Go to www.nmseniorolympics.org and click the link to online registration. Payment can be made with credit card online. Be sure to read both the instructions and the sport description before filling out your individual registration form.

- 4) Registration booklets are also available from Senior Centers, Public Libraries, and Recreation Centers throughout the State; or visit us online at www.nmseniorolympics.org or call us at (575) 623-5777 to request a registration form.

Whether an athlete registers by mail or online, all athletes need to register as an individual. Registration entry form data will require partner/team information, event facility fee(s) as applicable; liability waiver signature; emergency contact; shirt size and campus lodging requests.

Participants will receive a confirmation after your entry has been processed. Allow 2-4 weeks. Registrations will be accepted March 1st thru May 6th.

REGISTRATION FEES

The fee to register for the Games is \$45.00 (forty five dollars) per person, for up to ten sports. Bowling and Golf require an additional usage fee. Registration fee will include an athlete social, opening ceremony, game shirt, welcome giveaways, refreshments, game shuttle on campus; quarterly newsletter mailing.

Guest(s) planning to attend the games and wish to have the same game privileges must register and pay the guest pass fee of \$15.00 (fifteen dollars). Guest pass must be requested on registration form. Guest pass is not required to watch the competition events as a spectator.

CAMPUS HOUSING AND MEALS

University lodging and meals are available to registered participants for a very reasonable rate of \$64.00 per day, per person, to include "All You Care to Dine" style cafeteria meals and dormitory housing. All meals will be available at Taos Cafeteria with full buffet style meals and continuous dining during daily cafeteria serving hours of 6:00 a.m. to 7:00 p.m.

Housing requests may be single or double occupancy. Campus housing will be at Garcia Hall, dormitory style - each two rooms (suite) share a bathroom facility. Campus housing packages are indicated in detail on a separate page and

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REGISTRATION INFORMATION

must be requested in writing on or before May 6, 2009. Campus housing options available are five nights, four nights, or two nights, (two nights must be consecutive).

Cancellation policy for campus housing/meal plans are subject to a one day (\$64.00) cancellation fee. Bed linens will be provided for dormitory except for towels and wash cloths. Elevator is located in the building. Double occupancy requests must include roommate information. Each individual person requesting housing accommodations must register for campus housing and pay applicable fees. Lost campus housing/meal cards will be assessed a \$10.00 replacement fee.

Meals only for commuters (no lodging) will also be available in advance. A meal card can be purchased on game registration form for \$40.00, with "All You Care to Dine" service at Taos Cafeteria. Meal Cards can be purchased at Game Headquarters on site and will be \$50.00 each. Each meal card holder is entitled to three meals. Meal Cards are non-refundable.

AGE FOR COMPETITION

Participants should register according to their age as of 12/31/09. Age categories for both men and women are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+, with the exception of Bowling Teams, Talent and Dance. Talent and Dance have two age categories, 50-69 and 70+. Bowling teams

age divisions are 50+, 55+, 60+, 65+, 70+, 75+ and 80+. Age categories for doubles and teams will be determined by the youngest player as of 12/31/09.

PROFESSIONAL ATHLETE

A professional is someone who competes in a sport for money as a primary source of personal revenue. Individuals whose primary activity is teaching a sport but who occasionally play for a minor amount of money are not deemed professionals. Professional athletes shall not be eligible to compete in Senior Olympics Summer Games in the sport in which they are a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

PARTNERS

A partner must be indicated on the registration to be eligible for the tournament - no partners will be assigned. You may only participate with one doubles and one mixed doubles partner per event. A doubles team where partners reside in two different counties must indicate which county they want to represent. The age of the youngest partner will determine the age category.

GAME CHECK IN

Registered participants are strongly encouraged to come by Athlete Check In at NMSU-Corbett Center, Level II, prior to scheduled competition and

pick up your game credential, welcome bag, game shirt and sport event information. Bring a photo identification or game confirmation letter. See hours on Game Schedule.

PARKING

Participants have FREE campus parking available at designated Senior Olympics parking lots. Free parking lots are indicated on University Map in this registration booklet. All other lots require a visitors parking permit. **Parking in restricted areas is monitored and citations will be enforced.** A parking permit is available for purchase on registration form, at game check in or by visiting the University website at www.nmsuparking.com. Handicap parking is available with proper placard and does not require an additional parking permit.

SPORT RULES

All sport playing rules will be available online at www.nm-seniorolympics.org. In this booklet, we have provided a sport description information to include format, specific schedule, sport coordinator contact information. It is the responsibility of each registered athlete to be familiar with all playing rules in advance of the competition. A copy of sport rules can be requested at sport tables located at athlete check-in.

If an individual athlete, a doubles or mixed doubles pair does not have any competition in their age group, an exhibition

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REGISTRATION INFORMATION

match must be played to qualify for medals at Senior Olympics Summer Games in that event.

INCLEMENT WEATHER

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

REFUND/CANCELLATION

NEW FOR 2009!

Refund/Cancellation deadline for Campus Meal/Dorm plan is May 11th and is subject to a one day meal/dorm plan fee of \$64.00 AND a \$10.00 processing fee regardless of the reason for cancellation.

Refund/Cancellation deadline for Game Registration is Friday, May 22nd at 12 noon.

All requests must be in writing and submitted to NMSO Game Headquarters at NMSU in Las Cruces and will be assessed a \$10.00 processing fee. Phone calls will not be accepted as cancellations. There will be NO EXCEPTIONS.

Refunds will be issued thirty days following the Games.

Campus meal card cancellations must be received by May 11 and are subject to a one day meal plan fee of \$40.00 and a service fee of \$10.00 for cancellations, regardless of the reason for cancellation. No exceptions.

AWARDS

Award medallions are presented for first, second and third place finishers. Ribbons are presented for 4th and 5th as is appropriate to the sport. Winners are recognized Olympic style at the conclusion of each sport. In the event awards are not claimed at the Event, awards will be mailed to local game coordinators following the Games.

RESULTS

Game results will be collected from each Sports Coordinator at the conclusion of each sport competition and posted near the Game Headquarters in Corbett Center. Results will be posted on the NMSO website.

Any result inquiry must be resolved by the athlete in question with the Sport Coordinator immediately following the conclusion of the event. Final game results will be presented and ratified at the NMSO Board of Directors Annual Meeting.

SPECIAL EVENTS

Senior Olympics Summer Games will include many opportunities to share friendships and enjoy the camaraderie of your fellow athletes. The first of the special events is the highlight of the Games - **WEDNESDAY**, the Celebration of Athletes or "Opening Ceremony", torch run and athlete recognition parade into the gymnasium by community and be introduced by teams. Parade line up information will be available at ath-

lete check in. Athletes will have a chance to win a resort drawing for two to include dinner and a game of golf. Must be present to win! Following the Opening will be an "Athlete Social" with refreshments, music and dance. **FRIDAY** a Sport Health Fair will take place in Corbett Center, Level II, 9:00 a.m. – 4:00 p.m. **SATURDAY** evening will be a Dinner Banquet with special guest speaker, Johnny Bench, former baseball player, and Spirit Athlete recognition. Banquet dinner will require a ticket be purchased in advance. Following Banquet will be a FREE Dance with Live Music. For all special event location and details check out the Sport Schedule of Competition.

NATIONALS

NMSO is a member organization of the National Senior Games Association. NSGA conducts the Summer National Senior Games – The Senior Olympics biennial during the odd number years. The 2009 Games will be held August 1 -15 in Palo Alto, CA. For more information visit www.2009seniorgames.org.


Stop by Souvenirs
 and check out the
New Mexico Senior Olympics
 merchandise.
The Souvenir Store is located
in the Art Gallery, Corbett
Center Level II.


2009 SENIOR OLYMPICS SUMMER GAMES CAMPUS OPTIONS (worksheet only)

GARCIA HALL DORMITORY FEATURES:

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Rooms are located on three floors/levels. <input type="checkbox"/> Rooms are paired every two rooms per suite <input type="checkbox"/> Each two rooms share a bathroom <input type="checkbox"/> Suites will be grouped by gender/couples <input type="checkbox"/> Double occupancy requests must indicate roommate preference or one will be assigned. <input type="checkbox"/> Linens will be provided except towels and wash cloths. <input type="checkbox"/> Air conditioner unit located in each room <input type="checkbox"/> First floor rooms are available on a limited basis | <ul style="list-style-type: none"> <input type="checkbox"/> Limited Handicap rooms are available and must be requested. <input type="checkbox"/> Check-in hours are 10:00 a.m. thru 10:00 p.m. <input type="checkbox"/> Telephones are not available in rooms <input type="checkbox"/> Elevator available in building on north side <input type="checkbox"/> Dorm check-in office located on South Side of building <input type="checkbox"/> Parking permit required on NMSU Campus <input type="checkbox"/> Room key will be programmed for cafeteria access for 5 and 4 day plans |
|---|--|

DINING - TAOS CAFETERIA

For a dining schedule to accommodate your busy event schedule the "ALL YOU CARE TO DINE" will afford you the opportunity to eat when it is convenient for you, the athlete. Taos Cafeteria will have many eating choices and continuous hours 6:00 a.m. to 7:00 p.m. daily, with the exception on Saturday due to our Banquet dinner scheduled off campus. Taos Cafeteria will welcome you to return for a late breakfast, dessert in the middle of the day or enjoy one more cup of coffee. Meal card holders will have unlimited access to TAOS CAFETERIA! Order yours with your Game Registration Form.

MEAL AND DORM PACKAGES

FIVE NIGHTS – Arrive Tuesday; depart Sunday. Includes "All You Care to Dine" in TAOS Cafeteria during scheduled hours, beginning at 11:00 a.m. Tuesday thru 10:00 a.m. on Sunday.

- Private/Single \$350.00
- Double Occupancy \$325.00

FOUR NIGHTS – Arrive Wednesday; depart Sunday. Includes "All You Care to Dine" in TAOS Cafeteria during scheduled hours, beginning at 11:00 a.m. Wednesday thru 6:00 a.m. on Sunday.

- Private Room..... \$280.00
- Double Occupancy \$260.00

TWO NIGHTS – Indicate two specific days (must be consecutive days).

A) Tue/Wed B) Wed/Thu C) Thu/Fri D) Fri/Sat
 5/26 - 5/27 5/27 - 2/28 5-28 - 5/29 5/29 - 5/30
 Includes "All You Care to Dine" in TAOS Cafeteria during scheduled hours, beginning with Lunch on arrival date, thru Breakfast on check out date. Participants on the 2-day plan will need two cards. One from the Housing Office for access to the residence hall and a separate card for the meal plan.

- Private Room..... \$145.00
- Double Occupancy \$130.00

MEALS ONLY - \$40.00 per day – (For Commuters) "All You Care to Dine". Must indicate specific day you will be eating.

TAOS CAFETERIA
 "All You Care to Dine" Serving Hours
 Tuesday – 11:00 a.m. - 7:00 p.m.
 Wednesday, Thursday, & Friday–6:00 a.m. - 7:00 p.m.
 Saturday–6:00 a.m. - 3:00 p.m. Sunday–6:00 a.m. - 10:00 a.m.

CAMPUS FEES			
Housing	Private	Double	
5 nights	\$350	\$325	\$ _____
4 nights	\$280	\$260	\$ _____
2 nights	\$145	\$130	\$ _____
Meal Card	\$40.00 per day		\$ _____
For anyone not staying in dorms			
Indicate day(s) card to be used			
TOTAL CAMPUS			\$ _____
My Roommate is:			
Name _____		City _____	
Please designate a roommate or one will be assigned.			
FEE BOX			
Registration	\$45.00		_____
Bowling	\$5.00 / event		_____
Golf	\$32.00	* * * * *	_____
Banquet	\$20.00	* * * * *	_____
Parking Pass	\$5.00		_____
Mailed with event confirmation			
Guest Pass	\$15.00		_____
Result Book	\$10.00		_____
Polo Shirt	\$28.00		_____
Circle Size	S M L XL 2X		_____
Total Registration Fees			_____

2009 Senior Olympics Summer Games

Please do not register for events held at the same time. The Games Management cannot guarantee you will be able to compete in all events. Please (X) mark the event(s) you wish to enter. (Refer to Schedule of Competition for dates, time and locations.) **Maximum of Ten (10) Sports.** For Doubles Partner events, please indicate which county you wish to represent.

Athlete's Name (Please Print)

AIR GUN

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

ARCHERY

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

BADMINTON

- | | |
|--|---|
| <input type="checkbox"/> Singles | <input type="checkbox"/> Doubles _____
Partner's Name County |
| <input type="checkbox"/> Mixed Doubles | _____ County
Partner's Name |

BASKETBALL

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Basketball Free Throw | <input type="checkbox"/> 3 Point Shot |
|--|---------------------------------------|

BOWLING

Captain must complete Team information form on page 8
Partner's Name _____

- | | |
|--|--------------|
| <input type="checkbox"/> Singles | |
| <input type="checkbox"/> Doubles | _____ County |
| <input type="checkbox"/> Mixed Doubles | _____ County |
| <input type="checkbox"/> Team M or W | _____ |

CYCLING

- | | | |
|---------------------------------|------------------------------|------------------------------|
| <input type="checkbox"/> 1 mile | <input type="checkbox"/> 5K | <input type="checkbox"/> 10K |
| <input type="checkbox"/> 20K | <input type="checkbox"/> 40K | |

DANCE

- | | |
|--|------------|
| <input type="checkbox"/> Country Western | _____ |
| <input type="checkbox"/> Polka | _____ |
| <input type="checkbox"/> Jitterbug | _____ |
| <input type="checkbox"/> Waltz Ballroom | _____ |
| <input type="checkbox"/> Latin Ballroom | _____ |
| <input type="checkbox"/> Waltz Country | _____ |
| <input type="checkbox"/> *Line Dance | _____ |
| | Group Name |

Captain must complete Introduction Sheet on page 9

8-BALL POOL

- 8-Ball Pool

FIELD

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

GOLF

- Golf - 18 Holes

HORSESHOES

- Horseshoes

PICKLE BALL

- | | |
|--|---|
| <input type="checkbox"/> Singles | <input type="checkbox"/> Doubles _____
Partner's Name County |
| <input type="checkbox"/> Mixed Doubles | _____ County
Partner's Name |

RACE WALK

- | | |
|--------------------------------|-----------------------------|
| <input type="checkbox"/> 1500M | <input type="checkbox"/> 5K |
|--------------------------------|-----------------------------|

RACQUETBALL

- | | |
|--|---|
| <input type="checkbox"/> Singles | <input type="checkbox"/> Doubles _____
Partner's Name County |
| <input type="checkbox"/> Mixed Doubles | _____ County
Partner's Name |

RECREATIONAL EVENTS

- | | |
|---|--|
| <input type="checkbox"/> Huachas (Washers) | <input type="checkbox"/> Soccer Accuracy Kick |
| <input type="checkbox"/> Frisbee Distance Throw | <input type="checkbox"/> Softball Distance Throw |
| <input type="checkbox"/> Frisbee Accuracy Throw | |

ROAD RACE RUN

- | | |
|-----------------------------|------------------------------|
| <input type="checkbox"/> 5K | <input type="checkbox"/> 10K |
|-----------------------------|------------------------------|

SHUFFLEBOARD

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Singles | <input type="checkbox"/> Doubles |
| Indicate your level of play <input type="checkbox"/> Recreational <input type="checkbox"/> National | |
| Partner's Name _____ | |

SWIMMING

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

Captain must complete Team information form on page 8

Team Name _____

SENIOR OLYMPICS SUMMER GAMES INTRODUCTION SHEET

Leader must fill out this form. Enter only one act on this form. This form may be duplicated. Please type or print legibly.

Leader: _____ Phone: (W) _____ (H) _____

Name of Music: _____ County Representing: _____

Name of Act: _____		Talent: <input type="checkbox"/> Solo <input type="checkbox"/> Group	
<input type="checkbox"/> Line Dance	<input type="checkbox"/> Band with Instruments	<input type="checkbox"/> Comedy	<input type="checkbox"/> Dance
<input type="checkbox"/> Kitchen Band-Pre-recorded Music	<input type="checkbox"/> Instrumental	<input type="checkbox"/> Reading	<input type="checkbox"/> Vocal

This information will be used by the Master of Ceremonies to introduce each group/act.

- How long has the group been together? _____
- What inspired the group/act to get started: _____

- Where in the community does this group/act perform during the year? _____

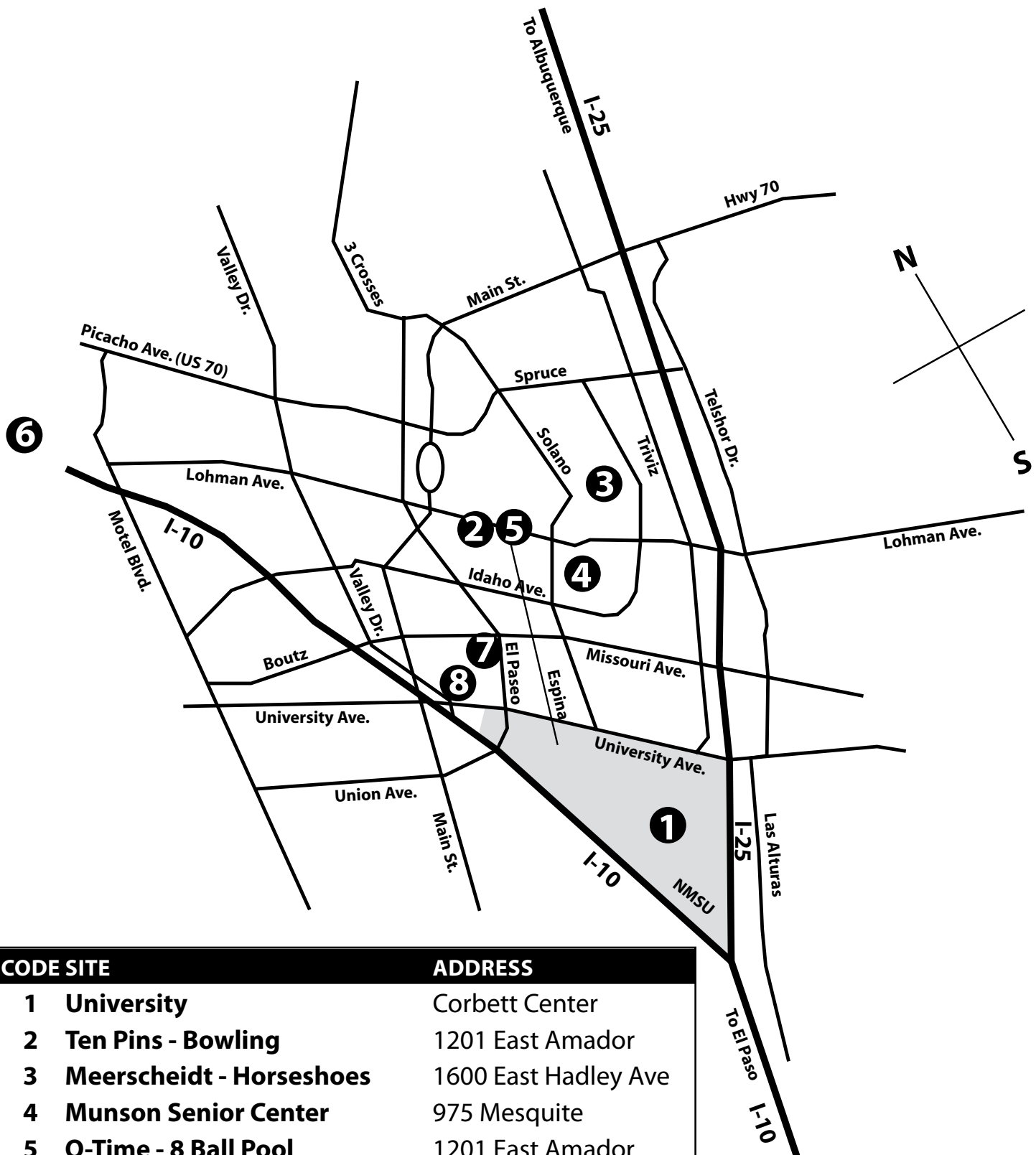
- Previous awards or accomplishments for the group/act? _____

- What other information or facts would you like the audience to know about? _____

GROUP LIST (please print legibly)

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

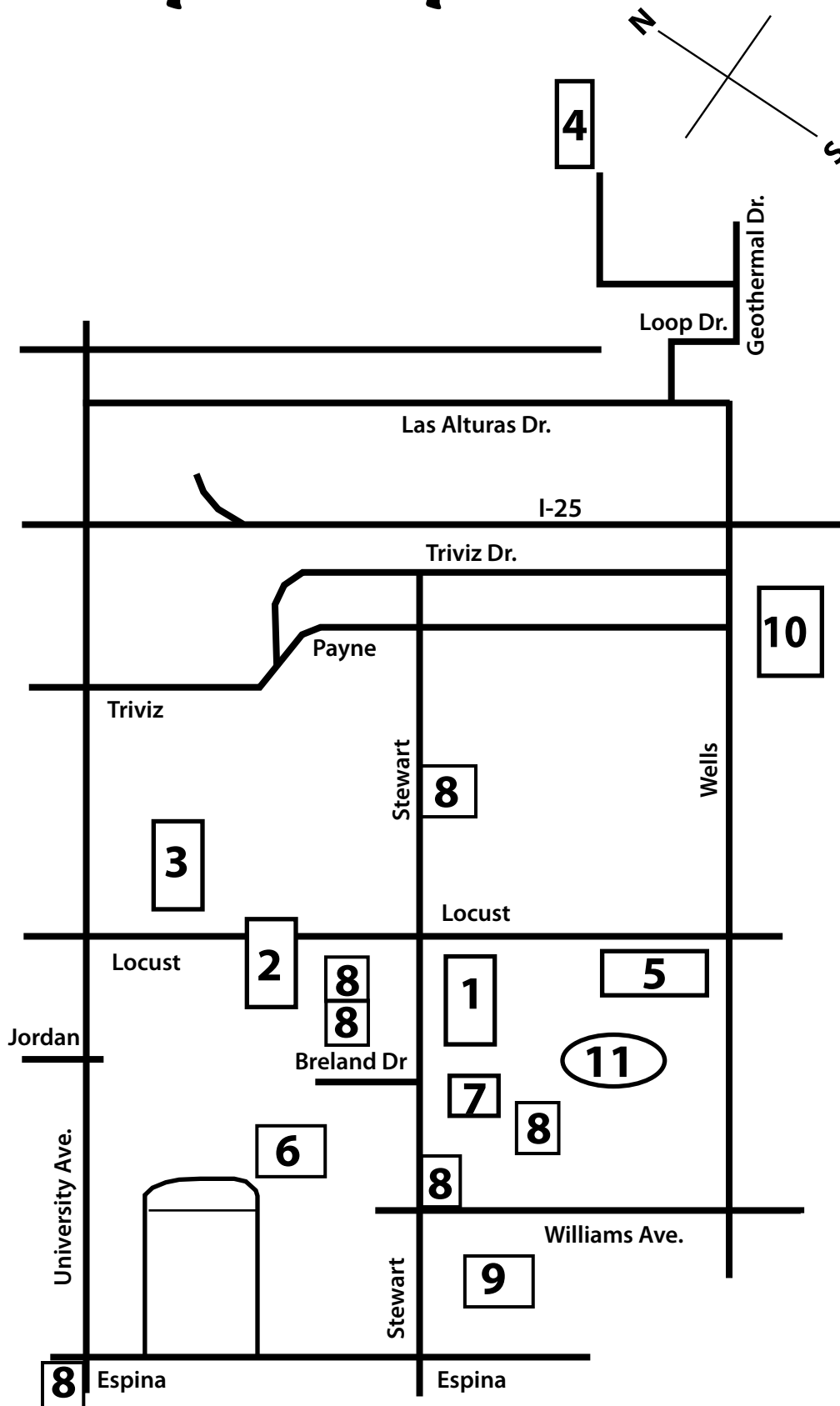
Las Cruces City Map



CODE	SITE	ADDRESS
1	University	Corbett Center
2	Ten Pins - Bowling	1201 East Amador
3	Meerscheidt - Horseshoes	1600 East Hadley Ave
4	Munson Senior Center	975 Mesquite
5	Q-Time - 8 Ball Pool	1201 East Amador
6	Cycling	W & I-10, Exit 132
7	Las Cruces High School	1755 El Paseo Road
8	Ramada Palms de Las Cruces	201 E. University

New Mexico State University Campus Map

- 1. Activity Center**
Badminton
Basketball Free Throw
Basketball 3 Point Shot
Frisbee Accuracy
Huachas (Washers)
Opening Ceremony
Pickleball
Racquetball
Table Tennis
- 2. Corbett Center**
Athlete Check In
Fun Events
Game Headquarters
Result Posting
Shuffleboard
Sports Health Fair Expo
Sport Tables
- 3. Garcia Hall**
Dormitory
- 4. Golf Course**
Golf
- 5. Intramural Field**
Archery
Recreational Events
- 6. Herschel Zohn Theatre**
Dance
Line Dance
Talent
- 7. Natatorium**
Swimming
Triathlon
- 8. Parking**
"Do Not Cite Lots"
Lots 4, 39, 42, 43, 48, 100
- 9. Road Race Run Williams Ave.**
5K Race Walk
5K Road Race
10K Road Race
- 10. Tennis Courts Wells Street and Payne**
Tennis
- 11. Track**
Field
Race Walk
Track



SENIOR OLYMPIC 2009 SUMMER GAMES SCHEDULE

AGE DIVISIONS	W = Women	50 = 50-54	60 = 60-64	70 = 70-74	80 = 80-84	90+
	M = Men	55 = 55-59	65 = 65-69	75 = 75-79	85 = 85-89	
EVENTS	WEDNESDAY, MAY 27	THURSDAY, MAY 28	FRIDAY, MAY 29	SATURDAY, MAY 30		
AIR GUN Las Cruces High Aux Gym 1755 E. Paseo Road Mike Dixon, (575) 649-3602	Pistol Supported Position 8:00 am W 55 Pistol Standing 10:00 am W 50 Rifle Supported Position 8:00 am M 70 10:00 am M 80 W 60 M 50, 55 3:00 pm M 65 Rifle Standing 1:00 pm W 55, 60 M 50, 55, 60, 65 3:00 pm M 70, 80, 85, 90+	Pistol Supported Position 8:00 am W 50, 60 10:00 am M 50, 55 1:00 pm M 60, 65 Pistol Standing 10:00 am W 55, 60 3:00 pm M 50, 55, 60, 65 Rifle Supported Position 8:00 am W 65, 70, 75 M 85, 90+ 10:00 am M 75 Rifle Standing 1:00 pm W 65, 70, 75, 80, 85, 90+ 3:00 pm M 75	Pistol Supported Position 8:00 am W 65, 70 10:00 am M 85, 90+ W 75, 80, 85, 90+ 1:00 pm M 70, 75, 80 Pistol Standing 8:00 am W 75, 80, 85, 90+ 10:00 am W 65, 70 3:00 pm M 70, 75, 80, 85, 90+ Rifle Supported Position 8:00 am W 50, 55 10:00 am M 60 1:00 pm W 80, 85, 90+ Rifle Standing 1:00 pm W 50			
ARCHERY NMSU Upper Intramural Fields Bob Duke, (575) 524-0106					8:00 am M & W All Ages	
BADMINTON NMSU Activity Center Main Gym June Decker, (575) 590-2350			8:00 am M & W Doubles 1:00 pm Mixed Doubles		8:00 am M & W Singles	
BASKETBALL FREE THROW NMSU Activity Center Main Gym Jo Anna Salsberry (505) 565-0141	8:00 am MEN 10:00 am WOMEN					
BASKETBALL 3 POINT SHOT NMSU Activity Center Main Gym Jo Anna Salsberry (505) 565-0141	9:00 am MEN 11:00 am WOMEN					
BOWLING REVISED 4/22/09 Ten Pins, 1201 E Amador Gary Tuttle, (575) 649-6356	Teams 8:30 am 50, 55 11:45 am 65, 70, 75, 80+ 3:00 pm 60	M & W Singles 8:30 am 65, 75 12:15 pm 70, 80, 85, 90+ 4:00 pm 50, 55, 60	M & W Doubles 8:30 am 55, 65 12:15 pm 70, 75, 80, 85, 90+ 4:00 pm 50, 60	M & W Mixed Doubles 8:30 am 50, 55, 60 12:15 pm 65, 70, 75, 80, 85, 90+		
CYCLING W & I-10, Exit 132 Frances De La O (575) 640-8342 or (575) 647-2524	M & W 7:00 am Check-in 8:00 am 20K Road Race 9:30 am 10K Time Trial 10:30 am 5K Time Trial	M & W 7:00 am Check-in 8:00 am 1 Mile 9:00 am 40K				
DANCE NMSU Herschel Zohn Theatre		8 am -12 Line Dance Practice 7:00 pm Line Dance Competition	8 am -12 Dance Practice 7:00 pm Dance Competition			
8-BALL POOL Q-Time, 1201 E. Amador Susan Pearson, (575) 527-2604		8-11 am Practice M 12:00 pm M 70, 75, 80, 85, 90 4:00 pm M 50, 55, 60, 65	11 am -1 pm Practice W 2:00 pm W All Ages			

SENIOR OLYMPIC 2009 SUMMER GAMES SCHEDULE

2/17/09

AGE DIVISIONS	W = Women M = Men	50 = 50-54 55 = 55-59	60 = 60-64 65 = 65-69	70 = 70-74 75 = 75-79	80 = 80-84 85 = 85-89	90+
EVENTS	WEDNESDAY, MAY 27	THURSDAY, MAY 28	FRIDAY, MAY 29	SATURDAY, MAY 30		
FIELD NMSU - Track Josefina Mata, (575) 521-9814		M & W Pole Vault 7:00 am 50, 55 9:00 am 60, 65 11:00 am 70, 75, 80, 85, 90+ Standing Long Jump 7:00 am 70, 75, 80, 85, 90+ 9:00 am 50, 55 11:00 am 60, 65 Shot Put 7:00 am 60, 65 9:00 am 70, 75, 80, 85, 90+ 11:00 am 50, 55 Exhibition Triple Jump 1:00 pm M & W	M & W Discus 7:00 am 50, 55 9:00 am 60, 65 11:00 am 70, 75, 80, 85, 90+ High Jump 9:00 am 50, 55 11:00 am 60, 65 1:00 pm 70, 75, 80, 85, 90+ Long Jump 7:00 am 70, 75, 80, 85, 90+ 11:00 am 50, 55 1:00 pm 60, 65 Javelin 7:00 am 60, 65 9:00 am 70, 75, 80, 85, 90+ 1:00 pm 50, 55			
FUN EVENTS NMSU Corbett Center, Level II			M & W 10:00 am Walk-ins Welcome			
GOLF NMSU Golf Course Doug Hammond (575) 646-3219		7:00 am M All Ages	7:00 am W All Ages			
HORSESHOES Meerscheidt Park 1600 East Hadley Ave Stephanie Vargas City of Las Cruces	7:00 am M&W 75, 80, 85, 90+ 10:00 am M 70 12:30 pm W 65 2:00 pm M 60	7:30 am M 65 10:30 am W 60, 70 M & W 50, 55				
PICKLEBALL NMSU Activity Center Main Gym June Decker, (575) 388-4876		10:00 am Singles, Doubles, M & W 12:00 pm Doubles, M & W 2:00 pm Doubles, Mixed				
RACE WALK NMSU Track Paulette Caron, (575) 522-4455	2:00 pm M & W Meeting @ Corbett Center Auditorium Level II	8:00 am M & W 1500M	7:00 am M & W 5K			
RACQUETBALL NMSU Activity Center Monica Reynolds, (575) 526-6361		8:00 am M & W Singles, Doubles, Mixed				
RECREATION FRISBEE ACCURACY NMSU Activity Center Main Gym LoriAnn Keith, (505) 927-4671		M & W 8:00 am 65 1:00 pm 70 9:00 am 60 2:00 pm 75 10:00 am 80, 85, 90+ 11:00 am 50, 55				
FRISBEE DISTANCE NMSU Upper Intramural Field		M & W 8:00 am 80, 85, 90+ 9:00 am 75 1:00 pm 60 10:00 am 70 2:00 pm 50, 55 11:00 am 65				

SENIOR OLYMPIC 2009 SUMMER GAMES SCHEDULE

2/17/09

AGE DIVISIONS	W = Women M = Men	50 = 50-54 55 = 55-59	60 = 60-64 65 = 65-69	70 = 70-74 75 = 75-79	80 = 80-84 85 = 85-89	90+
EVENTS	WEDNESDAY, MAY 27	THURSDAY, MAY 28	FRIDAY, MAY 29	SATURDAY, MAY 30		
HUACHAS (Washers) NMSU Aux Gym Wally Hill, (575) 382-9758				M & W 9:00 am 70-90+ 11:00 am 50-69		
SOCCER ACCURACY NMSU Upper Intramural Field Dorie Sandoval, (505) 285-3922			M & W 8:00 am 65 9:00 am 60 10:00 am 80, 85, 90+ 11:00 am 50, 55 1:00 pm 70 2:00 pm 75			
SOFTBALL DISTANCE NMSU Upper Intramural Field Francesca Smith (575) 639-1722 or (575) 541-2460			M & W 8:00 am 80, 85, 90+ 9:00 am 75 10:00 am 70 11:00 am 65 1:00 pm 60 2:00 pm 50, 55			
ROAD RACE RUN NMSU Williams Avenue David Nuñez, (575) 527-9430 or (575) 644-1321		M & W 6:00 am 10K Run	M & W 6:00 am 5K Run			
SHUFFLEBOARD Corbett Center, Level III	8:00 am M & W Singles Begin	8:00 am - 4:00 pm Singles Continue 6:00 pm Doubles Begin	8:00 am Doubles Continue			
SWIMMING NMSU - Natatorium Jack Welch, (575) 524-2160	1:00 pm - 3:00 pm Practice	M & W 7:00 am Warm Up 8:00 am Competition 200 Free, 100 Fly, 50 Breast, 200 IM 100 Back, 50 Free, 200 Breast	M & W 7:00 am Warmup 8:00 am Competition 100 IM, 200 Back, 100 Free, 50 Fly, 100 Breast, 50 Back, 200 Medley Relay, 500 Free			
TABLE TENNIS NMSU Activity Center Aux Gym Marv Sommers, (505) 239-1443	Practice 1:00 pm - 4:00 pm	M & W 8:00 am - 5:00 pm	M & W 8:00 am - 5:00 pm			
TALENT SHOW Herschel Zohn Theatre Harry McCaffrey, (575) 522-0861			M & W PRACTICE 1:00 pm - 5:00 pm All Talent Events	M & W COMPETITION 8:00 am - 5:00 pm All Talent Events		
TENNIS NMSU Tennis Courts Don Ball, (575) 646-1942	M & W 7:00 am	M & W 7:00 am	M & W 7:00 am (if necessary)			

SENIOR OLYMPIC 2009 SUMMER GAMES SCHEDULE

2/17/09

AGE DIVISIONS	W = Women M = Men	50 = 50-54 55 = 55-59	60 = 60-64 65 = 65-69	70 = 70-74 75 = 75-79	80 = 80-84 85 = 85-89	90+
EVENTS	WEDNESDAY, MAY 27	THURSDAY, MAY 28	FRIDAY, MAY 29	SATURDAY, MAY 30		
TRACK NMSU Track Dick Griffith, (505) 285-3542	M & W 9:00 am 800M Estimated Run/Walk 10:00 am 400M Estimated Run/Walk			M & W 7:00 am 1500M 8:00 am 800M 8:30 am 100M 9:30 am 400M 10:00 am Intergenerational Relay 10:30 am 200M 11:30 am 400M Co-Ed Relay		
TRIATHLON/ CO-ED RELAY NMSU Natatorium City of Las Cruces				M & W 7:00 am SUNDAY		

SPECIAL EVENTS	EVENTS	MONDAY, MAY 25	TUESDAY, MAY 26	WEDNESDAY, MAY 27
	Athlete Check-In Corbett Center Level II	8:00 am - 4:00 pm	8:00 am - 4:00 pm	8:00 am - 4:00 pm
	Dorm Check-In Garcia Hall Lobby		10:00 am	10:00 am
	Sport Tables Corbett Center Level II	8:00 am - 4:00 pm	8:00 am - 4:00 pm	8:00 am - 4:00 pm
	Opening Ceremony NMSU Activity Center			6:30 pm - Lineup 7:00 pm - Program
	Athlete Social			After Opening Ceremony
	EVENTS	THURSDAY, MAY 28	FRIDAY, MAY 29	SATURDAY, MAY 30
	Athlete Check-In Corbett Center Level II Gallery	8:00 am - 4:00 pm	8:00 am - 12:00 pm	
	Dorm Check-In Garcia Hall Lobby	10:00 am	10:00 am	
	Sport Tables Corbett Center Level II Gallery	8:00 am - 4:00 pm	8:00 am - 4:00 pm	
Result Posting Corbett Center Level I	POSTING	POSTING	POSTING	
Sports Health Fair Expo Corbett Center Level II		9:00 am - 4:00 pm		
Banquet TICKET REQUIRED Ramada Palms de Las Cruces			6:00 pm	
Final Dance (FREE) Ramada Palms de Las Cruces			8:00 pm - 12:00 am	



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Personalized Hip Solutions

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505-864-2663
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**Local Coordinators
are not responsible for
lost or misdirected
registration forms.**

AIR GUN

Las Cruces High School Aux Gym
1755 El Paseo Road

SPORT COORDINATOR:

Mike Dixon, 575-527-8794,
mdixon@lcps.k12.nm.us

PLAYING FORMAT

1. Air Gun competition will be conducted in accordance the rules of the National Rifle Association (NRA) (Precision Air Rifle Position Rules and International Style Pistol Rules) except as noted below.

NRA

11250 Waples Mills Road
Fairfax, VA 22030
1-800-336-7402]

2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. The shooting program shall consist of the following events: Rifle Standing, Rifle Supported, Pistol Standing, and Pistol Supported. Shooters will compete in five-year age categories (50-54, 55-59, etc.). Males and females will compete separately. Shooters may compete in any or all events with confirmed advance registration.
5. SCHEDULE

The shooting schedule is as published in the NMSO Registration Information Booklet and will be posted at the Air Gun Sports Desk and at the shooting venue. NMSO Office has directed that competitors shoot for record only during their scheduled periods. There is no provision for early or late shooting for record. 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.

6. 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 al-

WEDNESDAY, MAY 27	THURSDAY, MAY 28	FRIDAY, MAY 29
Pistol Supported Position 8:00 am W 55	Pistol Supported Position 8:00 am W 50, 60	Pistol Supported Position 8:00 am W 65, 70
Pistol Standing 10:00 am W 50	10:00 am M 50, 55 1:00 pm M 60, 65	10:00 am M 85, 90+ W 75, 80, 85, 90+
Rifle Supported Position 8:00 am M 70 10:00 am M 80 W 60 M 50, 55	Pistol Standing 10:00 am W 55, 60 3:00 pm M 50, 55, 60, 65	1:00 pm M 70, 75, 80 Pistol Standing 8:00 am W 75, 80, 85, 90+
3:00 pm M 65	Rifle Supported Position 8:00 am W 65, 70, 75 M 85, 90+	10:00 am W 65, 70 3:00 pm M 70, 75, 80, 85, 90+
Rifle Standing 1:00 pm W 55, 60 M 50, 55, 60, 65	10:00 am M 75 Rifle Standing 1:00 pm W 65, 70, 75, 80, 85, 90+	Rifle Supported Position 8:00 am W 50, 55 10:00 am M 60 1:00 pm W 80, 85, 90+
3:00 pm M 70, 80, 85, 90+	3:00 pm M 75	Rifle Standing 1:00 pm W 50

lowed 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 bulls eye is the sole responsibility of the competitor.

7. EQUIPMENT

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

8. SAFETY

- a. All air guns and equipment (including rests) will be inspected for safety and compliance with the rules prior to the beginning of the relay. Air guns (and rests) will be marked to indicate they have passed inspection. Inspection stickers will remain on the (equipment) throughout the competition. Competitors should allow a minimum of 30 minutes for inspection of personal equipment or obtaining a NMSO air gun from the Armory before the starting time of the match.
- b. Safety is the most important consideration in all shooting activities. It is imperative that all competitors know all rules for safe gun handling and observe them at all times. Any shooter deemed a safety hazard to themselves or others may be denied the opportunity to shoot.
 - i. M - Muzzle. Whenever touching a gun, the first thing the shooter must do is control the muzzle, by keeping the muzzle pointed in a safe direction. The only two safe directions in which to point the muzzle are downrange (in the direction of the targets) or up (muzzle pointed toward the ceiling). When casing or uncasing a gun on the firing line, ensure that the muzzle is pointed downrange (even while in the case).
 - ii. A - Action. The second thing a shooter must do when handling a gun is to make sure that the action is open and that a Clear Bore Indicator (CBI) is inserted into the receiver, through the barrel, and out the muzzle (protruding 4 - 6 inches). Shooters can make their own CBI using plastic line such as that used in line trimmers (weed whackers). Any color is acceptable; however, orange is the color of choice as it is the most visible. CBIs will also be available at the air gun competition site at no cost to shooters.
 - iii. T - Trigger. Shooters must keep their finger off the trigger until they are ready to shoot. Once a shot is away, immediately remove your finger from the trigger. Gun cases required. All guns moved to or from the firing line must be safe and cased. Once placed on the firing line no gun may be removed from the case, or returned to the case until told to do so by the Range Safety Officer.
 - iv. Procedures: Place cased air gun on floor at firing point; remove on command; insert CBI and take to firing line; place on table and do not handle air gun until the Preparation Period.
 - v. Air guns may be loaded only on the firing line and only with the muzzle pointed down range. Air guns may not be loaded until after the command, "COMMENCE FIRING" or "START." No more than one pellet will be loaded at any time.
 - vi. Sighting shots (unlimited in number) may be fired after the command "COMMENCE FIRING" or "START" within the time limit for that stage. Once the first record shot has been fired in a stage, no further sighting shots are allowed unless permitted by the Range Official. If the first sighting shot falls outside the scoring area for the sighting target or outside the "racetrack" on the rifle target, the contestant will halt firing, call a Range Official, and have the Range Official verify the shot is not in the sighting bulls eye. The Range Official will observe the sighting shots until the competitor's shots hit the sighting bulls eye. The Range Official will verify all previous shots (they will not be scored as misses), and the competitor will continue firing the relay under the rules of the match. For standing events, sighting shots may be shot with the aid of a rest.
 - vii. At the command, "CEASE FIRE." Each shooter must stop firing immediately, open the action, and place the air gun on the table with the action visible. If the last pellet loaded has not been fired, it will still be in the barrel. The shooter shall inform the Range Official immediately by saying "PELLET STILL IN THE BORE." The Range Official will command, "UNLOAD, CLEAR THROUGH THE BORE." Any unfired pellets will be fired into the backstop at this time and may not be fired at the target.
 - viii. Shooters claiming a misfire, malfunction, or disabled air gun shall notify the Range Official immediately. The Range Official shall determine the validity of any such claim.
 - ix. 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

Coaching is permitted on the firing line only when conducted so as not to interfere with other competitors. While on the firing line, competitors may speak only with Range Officials or coaches. 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 are encouraged.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

ARCHERY

NMSU – Upper Intramural Fields

SPORT COORDINATOR: Bob Duke, 575-524-5184

Saturday, May 30

8:00 am M & W

All Ages

PLAYING FORMAT

1. Archery matches will be conducted in accordance with National Archery Association rules and National Field Archery Association and National Senior Games except as noted below. For a copy of complete rules please contact:

National Archery Assoc. (N.A.A.)

One Olympic Plaza
Colorado Springs, CO 80909
(719) 578-4576

National Field Archery Assoc.

31407 Outer I-10
Redlands, CA 92373
(800) 811-2331

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Archers may only compete in one event.
5. There will be no practice after competition begins. N.A.A. Target Rules of Shooting will apply.
6. NMSO reserves the right to reschedule or cancel event due to inclement weather.
7. The "900" AMERICAN Round will be used for all competition.

SECTION 1—There will be 5 divisions:

- A—RECURVE BOWS—finger shooter with sights
- B—BAREBOW RECURVE—finger shooter with no sights
- C—COMPOUND BOWS—finger shooter with sights
- D—BAREBOW COMPOUND—finger shooter with no sights
- E—COMPOUND RELEASE—with or without sights

- All freestyle shooters should compete together and instinctive shooters should compete with one another.
- The two divisions should not compete against one another.

- Sights will not be permitted in Barebow Recurve and Barebow Compound.

SECTION 2—90 arrows will be shot as follows:

- 30 arrows from 60 yards (5 ends of 6 arrows)
- 30 arrows from 50 yards (5 ends of 6 arrows)
- 30 arrows from 40 yards (5 ends of 6 arrows)
- All arrows must be of same length and weight.

SECTION 3—Each END (6 arrows) will consist of 2 sets of 3 arrows with 50 seconds allowed for each arrow to be shot. Shooters will rotate with target mates after each 3 arrow set.

SECTION 4—N.A.A. (National Archery Assn.) Target Rules of Shooting will apply

8. EQUIPMENT

SECTION 1—N.A.A. equipment rules apply to the conventional bow shooter and the compound bow shooter.

SECTION 2—Should equipment failure occur, a 10-minute repair time is allowed the archer; then the end will be completed.

SECTION 3—Field glasses or scopes are permitted for spotting arrow hits. Archers must shoot matched arrow set (all will be the same weight, length, fletch and point). No broad heads will be permitted.

SECTION 4—Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No stabilizers, levels or draw checks are allowed.

SECTION 5—Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No levels are allowed. Archer may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window.

SECTION 6—Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 280 feet per seconds with a variance of 3%. Lighted sights may be used.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

BADMINTON

NMSU Activity Center Main Gym

SPORT COORDINATOR: June Decker, 575-590-2350

crittercountry@signalpeak.net

PLAYING FORMAT

1. All badminton matches will be conducted in accordance with USA Badminton Association rules and National Senior Games except as noted below. For a complete copy of these rules please write or call:

US Badminton Association

One Olympic Plaza

Colorado Springs, CO 80909

(719) 866-4808

National Senior Games Association

8919 World Ministry Ave.

Baton Rouge, LA 70810

(225) 766-6800

www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Playing format will be either double elimination or round robin tournaments based on the numbers of registered entrants. (Single elimination tournament will only be considered with the approval of NMSO office.)
5. Events will be singles, men's and women's doubles and mixed doubles.
6. Doubles must be two individuals of the same gender. Mixed doubles must be two individuals of opposite

Friday, May 29

8:00 am M & W Doubles

1:00 pm Mixed Doubles

Saturday, May 30

8:00 am M & W Singles

gender.

7. All doubles and mixed doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.
8. Partner changes must be made by 12 pm, the Friday before the first day of Senior Olympics Summer Games.
9. Equipment: Athletes must provide own racquets. Birds will be provided.
10. Each match consists of two out of three games. Rally scoring will be used.
11. Finals will generally be two out of three games.
12. Tournament format will depend on number of registered athletes.
13. Any match missed/forfeited during bracket play will be considered a loss.
14. Check the Sport Table to confirm specific playing schedule and practice times.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

OPENING CEREMONY



WEDNESDAY • MAY 27, 2009

NMSU ACTIVITY CENTER

6:30 p.m. - Lineup

7:00 p.m. - Program

ATHLETE SOCIAL
TO FOLLOW

BASKETBALL FREE THROW

NMSU Activity Center Main Gym

SPORT COORDINATOR: Jo Anna Salsberry,
505-565-0141, calientedesigns@comcast.net

Wednesday, May 27

8:00 am MEN
10:00 am WOMEN

PLAYING FORMAT

1. Basketball Free Throw will be conducted in accordance with rules developed by New Mexico Senior Olympics Board of Directors.
2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Men and Women's competition in 5 year age groups.
5. All contestants must use the basketballs that are provided by NMSO Games Management.
6. An official men's basketball will be used for men. An official women's basketball will be used for women.
7. The rim will be 10' high.
8. All athletes in an age group will shoot from the same basket if numbers are conducive.
9. There will be a court monitor/volunteer and referee at each basket.
10. Please check Sport Table for up-to-date information prior to your event.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.



BASKETBALL 3-POINT SHOT

NMSU Activity Center Main Gym

SPORT COORDINATOR: Jo Anna Salsberry,
505-565-0141, calientedesigns@comcast.net

Wednesday, May 27

9:00 am MEN
11:00 am WOMEN

PLAYING FORMAT

1. Basketball Free Throw will be conducted in accordance with rules developed by New Mexico Senior Olympics Board of Directors.
2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Men and Women's competition will be held separately.
5. An official men's basketball will be used for men. An official women's basketball will be used for women.
6. The rim will be 10' high.
7. There will be a court monitor/volunteer and referee at each basket.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.



BOWLING

REVISED
4/22/09

Ten Pin Alley, 1201 E. Amador

SPORT COORDINATOR: Gary Tuttle, 575-647-0649

gmtut@dishmail.net

Wednesday, May 27 Teams	Thursday, May 28 M & W Singles	Friday, May 29 M & W Doubles	Saturday, May 30 M & W Mixed Doubles
8:30 am 50, 55	8:30 am 65, 75	8:30 am 55, 65	8:30 am 50, 55, 60
11:45 am 65, 70, 75, 80+	12:15 pm 70, 80, 85, 90+	12:15 pm 70, 75, 80, 85, 90+	12:15 pm 65, 70, 75, 80,
3:00 pm 60	4:00 pm 50, 55, 60	4:00 pm 50, 60	85, 90+

PLAYING FORMAT

- All Bowling Events will be conducted in accordance with US Bowling Congress and National Senior Games rules except as noted below. For a complete copy of these rules please write or call:
 - United States Bowling Congress**
5301 S. 76th Street
Greendale, WI 53129
(800) 514-2695
www.bowl.com
 - National Senior Games Association**
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com
- New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- Athletes may compete with only one partner/team per event.
- This is a singles, doubles, mixed doubles and team tournament open to men and women.
- All tournaments will be scratch.
- Practice is on your own.
- Doubles must be two individuals of the same gender. Mixed Doubles must be individuals of opposite gender.
- Teams will consist of either 4 men or 4 women. Teams may carry a fifth and sixth member to serve as substitute if needed for the four regular members. The substitutes must be listed on the Team Roster submitted with the registration packet.
- All doubles, mixed doubles and team members must register individually and list partner or team name on registration form.
- Doubles partners and teams may be made up of any registered athlete 50+ from New Mexico.
- Doubles partners will be allowed to name one substitute on their rosters. Mixed Doubles partners may name one male and one female substitute.
- Age division for team competitions will be determined by the age of the youngest team member. The age categories for team bowling for men and women are: 50+, 55+, 60+, 65+, 70+, 75+ and 80+.
- Partner/Team changes must be made by 12 pm, the Friday before the first day of Senior Olympics Summer Games.
- Competitors are encouraged to provide their only bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
- There will be a lane fee charged for bowling per event (1 set = 3 games). Each team will be assessed only four lane fees.
- For clarification, athletes are not required to present either an ABC or WIBC card to compete at Senior Olympics Summer Games.

SPORT PLAYING RULES

- For specific sport playing rules visit our website as www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

SPORT TABLES

Monday, May 25 - Thursday, May 28
8:00 a.m. - 4:00 p.m. • Corbett Center Level II

Friday, May 29
8:00 a.m. - 4:00 p.m. • Gallery Level II

CYCLING

NM National Guard Armory, W & 1-10, Exit 132

SPORT COORDINATOR: Frances De La O,
575-640-8342, 575-647-2524, fdelao@nmsu.edu

Wednesday, May 27	Thursday, May 28
M & W	M & W
7:00 am Check-In	7:00 am Check-In
8:00 am 20K Road Race	8:00 am 1 Mile
9:30 am 10K Time Trial	9:00 am 40K
10:30 am 5K Time Trial	

PLAYING FORMAT

1. Cycling will be conducted in accordance with USCF, National Senior Games rules except as noted below. For a complete copy of these rules, please write or call:

USA Cycling

One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4581

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Events include 1 mile, 5K and 10K time trials, and 20K and 40K road races. The 20K and 40K may be either road races or time trials depending on number of athletes registered.
5. Cyclists must provide their own bicycles and helmets.
6. All bicycles must be certified by race officials prior to competition. Helmets are mandatory (ANSI or Snell approved with sticker affixed).
7. Multigear (free wheel) bikes with front and rear brakes are required. Fixed gear bicycles are not permitted. Recumbent bicycles that meet USCF rules are permitted. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except that allowed by USCF.
8. Aero-bars will be allowed for the 5K, 10K and 1 mile time trials only.

9. Start line will be indicated with taped strips for the different races and one finish line.
10. If a rider appears later that the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed **starting** time shall be used in computing results.
11. The start sheet with the starting order and appointed **starting** times will be available for the rider's perusal at least one (1) hour before the start of each event.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

DANCE

NMSU Herschel Zohn Theatre

SPORT COORDINATOR: TBD

Thursday, May 28	Friday, May 29
8 am - 12 Line Dance Practice	8 am - 12 Dance Practice
7:00 pm Line Dance Competition	7:00 pm Dance Competition

PLAYING FORMAT

1. The following dance competition rules are adopted by the New Mexico Senior Olympic Board of Directors. Sports coordinator will have additional theatre procedures regarded as "house rules".
2. Senior Olympics DANCE consists of six couple dances and one Line dance event.
Couple dances are: Country Western, Jitterbug, Latin Ballroom, Polka, Waltz and Country Waltz, Line dance. The dance order for competition will be announced by Sports Coordinator.
3. Age categories for all Dances are 50-69 and 70+. Age of the youngest dance member as of December 31, 2009 will determine age category for couple/group.
4. A registration/entry form is required from each individual dance member and name of dance partner/group is required on form.
5. Practice and Sport Competition schedule times are available at: www.nmseniorolympics.org, visit Sports Table Info at Athlete Check In, call sports coordinator or NMSO. Practice time for Line dance groups will be by appointment only.

All Practice for Dance is mandatory to coordinate theatre house logistics. In the event contestants do not attend Dance Practice they may be subjected to disqualification. Please call Sports Coordinator for details.

6. Contestants must check in 30 minutes at the Theatre prior to the Dance Contest or risk being disqualified.
7. Music for couple dances is determined in advance by NMSO and is available upon request.
8. All dance routines and costumes are at the discretion of the dancers provided specific dance rules are followed. Dance rules are listed on website or call NMSO.
9. Judges/Scoring– Sports coordinator will identify and train qualified judges prior to competition. Five judges will be utilized. Judge’s high and low scores will be dropped to arrive at final score. A standard criteria to select dance judges has been developed by NMSO and is available upon request.
10. Introduction sheet is individual dance information to be used by announcer. Introduction sheet must accompany registration entry forms.
11. Time for wardrobe changes will be the responsibility of dance members and not the Sports Coordinator. Couples will wear numbers on their back.
12. Final individual scores will only be provided to couples/groups upon request to NMSO. Please allow 2-4 weeks.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete’s responsibility to be familiar with all sport playing rules prior to the start of competition.

8-BALL POOL

Q-Time, 1201 E. Amador

SPORT COORDINATOR: Susan Pearson
575-527-2604, sbpearson64@msn.com

Thursday, May 28	Friday, May 29
8 - 11 am Practice M	11 am - 1 pm Practice W
12:00 pm M 70, 75, 80, 85, 90	2:00 pm W All Ages
4:00 pm M 50, 55, 60, 65	

PLAYING FORMAT

1. 8-Ball Pool will be governed by standard rules recommended by Billiard Congress of America except as noted below. For complete rules please contact:

Billiard Congress of America
1700 S. First St.
Iowa City, Iowa 52240

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Practice is on your own.
5. Equipment: Contestants are allowed to use their own cues.
6. Competition is singles play only and will be a double elimination tournament. The toss of a coin will determine who shoots first.
7. This is a “non-call” event.
8. Any game missed/forfeited during bracket play will be considered a loss.
9. Check the Sport Table for up to date information on the event.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete’s responsibility to be familiar with all sport playing rules prior to the start of competition.

FIELD

NMSU - Track

SPORT COORDINATOR: Josefina Mata, 575-521-9814
mata@zianet.com

Thursday, May 28	Friday, May 29
M & W	M & W
POLE VAULT	DISCUS
7:00 am 50, 55	7:00 am 50, 55
9:00 am 60, 65	9:00 am 60, 65
11:00 am 70, 75, 80, 85, 90+	11:00 am 70, 75, 80, 85, 90+
STANDING LONG JUMP	HIGH JUMP
7:00 am 70, 75, 80, 85, 90+	9:00 am 50, 55
9:00 am 50, 55	11:00 am 60, 65
11:00 am 60, 65	1:00 pm 70, 75, 80, 85, 90+
SHOT PUT	LONG JUMP
7:00 am 60, 65	7:00 am 70, 75, 80, 85, 90+
9:00 am 70, 75, 80, 85, 90+	11:00 am 50, 55
11:00 am 50, 55	1:00 pm 60, 65
EXHIBITION TRIPLE JUMP	JAVELIN
1:00 pm M & W	7:00 am 60, 65
	9:00 am 70, 75, 80, 85, 90+
	1:00 pm 50, 55

FIELD continued

PLAYING FORMAT

1. Field Events will be governed in general by standard rules recommended by The Athletic Congress(TAC) and National Senior Games Association except as noted below. For a copy of these rules please write or call:

USA Track & Field

One RCA Dome, Suite 140
Indianapolis, IN 46225
(317) 261-0500

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Field Events will be Discus, Javelin, Shot Put, High Jump, Long Jump (running), Long Jump (standing), Pole Vault, and Triple Jump (exhibition). There will be no awards for exhibition events.
5. Track spike up to 1/4" will be allowed, otherwise standard running/track shoes must be worn.
6. All events will be measured in feet and inches.
7. New Mexico Senior Olympics shall provide certified implements for all events and age groups except pole vault. In addition, athletes shall be permitted to use their own implements. Check at Sport Table for specific instructions regarding certification.
8. **THROWING EVENTS - EQUIPMENT**

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

		Shot Put	Discus	Javelin
Men	50-59	6 Kg	1.5 Kg	700 gm
Men	60-69	5 Kg	1 Kg	600 gm
Men	70+	4 Kg	1 Kg	500 gm
Men	80+	3 Kg	1 Kg	400 gm
Women	50+	3 Kg	1 Kg	500 gm
Women	60+	3 Kg	1 Kg	400 gm
Women	80+	3 Kg	.75 Kg	400 gm

9. Athletes will not be allowed to throw implements at a weight greater than allowed in their age group.
10. All age groups will be allowed Warm Up Period (Practice). See Sport Table for further information.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

FUN EVENTS

NMSU Corbett Center, Level II

SPORT COORDINATOR: TBD

Friday, May 29

M & W

10:00 am

Walk-ins Welcome

PLAYING FORMAT

1. Fun Events are held so that seniors may interact with other seniors in a fun atmosphere.
2. Fun Events are open to all senior participants, 50 and over, attending the Senior Olympics Summer Games. Walk-in are welcome. No registration required.
3. Events will be potato carrying relay and balloon popping relay, and may include other fun events to be determined.
4. Chair Exercise will be offered to include easy exercises sitting or standing by a chair.
5. **EQUIPMENT:** All playing equipment will be provided by Games Management.
6. Ribbons will be awarded for team winners only.
7. Relays may be repeated to accommodate the size of the attendance at Fun Events.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.



GOLF

NMSU Golf Course
3000 Champions Drive

SPORT COORDINATOR: Doug Hammond
575-646-3219, dohammon@nmsu.edu

Thursday, May 28 7:00 am M All Ages	Friday, May 29 7:00 am W All Ages
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PLAYING FORMAT

- The golf tournament will be conducted in accordance with USGA (United States Golf Association) Rules and National Senior Games Association. For a copy of these rules please write or call:
United States Golf Association
P. O. Box 206
Far Hills, NJ 07931-0708,
(201) 234-2300
National Senior Games Association
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com
- New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- Golfers must provide their own clubs. USGA/PGA dress code will be enforced.
- Green fees are noted on registration form and must accompany the Athlete registration, regardless of any other membership fees or affiliations.
- No golf fee refund will be made after the refund deadline. No exceptions.
- Local golf club rules will also be in effect.
- Carts are included and are mandatory.
- Golf tournament will be 18 holes medal play in one day. Men and Women will compete on separate days
- Shot Gun start will be used.
- Players will be paired with other players near the same age.
- Practice is on your own and can be played any day before the tournament. Please call venue to schedule practice.

SPORT PLAYING RULES

- For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

HORSESHOES

Meerscheidt Park, 1600 E. Hadley

SPORT COORDINATOR: Stephanie Vargas,
575-541-2563, svargas@las-cruces.org

Wednesday, May 27 7:00 am M & W 75, 80, 85, 90+ 10:00 am M 70 12:30 am W 65 2:00 pm M 60	Thursday, May 28 7:30 am M 65 10:30 am W 60, 70 M & W 50, 55
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PLAYING FORMAT

- All matches will be conducted in accordance with the National Horseshoe Pitching Association rules and National Senior Games Association. For a copy of these rules please write or call:
National Horseshoe Pitchers Assoc.
3085 76th Street
Franksville, WI 53126
(414) 835-1321
National Senior Games Association
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com
- New Mexico residents age 50+ as of December 31, 2009 may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- Event will be singles.
- Equipment: Games Management will provide horseshoes. Participants will be allowed to use his/her own horseshoes if they are 2 ½ pound regulation shoes.
- No tiebreakers allowed.
- 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 NMSO office.)
- Any game missed/forfeited during bracket play will be considered a loss.
- NMSO reserves the right to reschedule or cancel events due to inclement weather.

SPORT PLAYING RULES

- For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In.
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

PICKLE BALL

NMSU Activity Center Main Gym

SPORT COORDINATOR: June Decker
575-388-4876, crittercountry@signalpeak.net

Thursday, May 28

10:00 am Singles, Doubles, M & W
12:00 pm Doubles, M & W
2:00 pm Doubles, Mixed

PLAYING FORMAT

1. Pickleball will be conducted in accordance with the USA Pickleball Association rules except as noted below. For a copy of these rules, please write to:

USA Pickleball Association

P. O. Box 27213
Seattle, WA 98165-1613
Web site: www.usapa.org

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Events will be singles, doubles and mixed doubles held in 5 year age groups for both men and women. Doubles must be two individuals of the same gender. Mixed Doubles must be two individuals of the opposite gender. All doubles and mixed doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.
5. Players may provide own paddles. NMSO will have a few paddles on site. Paddles may be of any material, shall not contain holes, indentations, etc. that allow a player to impart abnormal spin on the ball and standard paddle shall measure 8" wide by 15 1/2" long, including a 7 inch handle. If athlete uses a magnum paddle, it will be the same size but have only a 5 inch handle. Thickness and weight is not restricted. NMSO will provide balls.
6. Net will be 21 feet long by 2 1/2 feet wide. Mesh size: 1 inch minimum – 2 1/2 inches maximum. Net height is 36 inches high at the end—34 inches high in the middle
7. Court size will be 20 feet wide by 44 feet long. Service courts will 10 feet wide by 15 feet long.
8. Pickleball is a simple paddle game, playing a special perforated, slow-moving ball over a tennis type net on a badminton sized court

9. 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 NMSO office.)
10. Any game missed/forfeited during bracket play will be considered a loss.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

RACE WALK

NMSU Track

SPORT COORDINATOR: Paulette Caron
575-522-4455, gcaron552@comcast.net

WEDNESDAY, MAY 27	THURSDAY, MAY 28
2:00 pm M & W Meeting @ Corbett Center Auditorium Level II	8:00 am M & W 1500M
	FRIDAY, MAY 29
	7:00 am M & W 5K

PLAYING FORMAT

1. All race walking events will be governed in general by standard rules recommended by the USA Track and Field (USATF). For a copy of these rules please write or call:

USA Track and Field

One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Race Walking events include 1500M and 5K.

5. All age groups in the 1500M will start together for each men and women's race. However, athletes may be divided in combined heats of 50-64 and 65-100+ for the 1500M.
6. All age groups – men and women – will start together in the 5K race.
7. Numbers will be issued upon check-in and are to be worn in front and back.
8. 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.
9. See sports table for map of the 5K race route. NMSO reserves the right to reschedule or cancel event due to inclement weather.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

RACQUETBALL

NMSU Activity Center

SPORT COORDINATOR: Monica Reynolds
575-526-6361, cchr34.s@aol.com

Thursday, May 28
8:00 am M & W
Singles, Doubles,
Mixed

PLAYING FORMAT

1. All racquetball matched will be governed in general by standard rules recommended by the USA Track and Field (USATF) and National Senior Games Association. For a copy of these rules please write or call:

American Amateur Racquetball Assoc.
1685 West Vintah St.
Colorado Springs, CO 80904
(719) 635-5396

National Senior Games Assoc.
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com
2. Athletes may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.

3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Athletes may compete in singles, doubles and mixed doubles. Doubles must be two individuals of the same gender. Mixed doubles must be two individuals of the opposite gender. All doubles and mixed doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.
5. Playing format will be double elimination or round robin tournaments based on the numbers of registered entrants. (Single elimination tournament will only be considered with the approval of NMSO office.)
6. Any game missed/forfeited during bracket play will be considered a loss.
7. Lensed USAR approved eyewear designed for racquet sports is mandatory and must be provided by the participant.
8. All players will be guaranteed at least two matches if number are conducive.
9. Use of facility will be limited to the courts and locker areas.
10. Participants are to use their own racquet. Balls will be provided.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.



RECREATION EVENTS

NMSU Campus

SPORT COORDINATOR:

Frisbee Accuracy: LoriAnn Keith,
505-927-4671

Frisbee Distance: TBD

Huachas (Washers): Wally Hill,
575-382-9758, hillco50@gmail.com

Soccer Accuracy: Dorie Sandoval,
505-285-3922

Softball Distance: Francesca Smith,
575-639-1722, fsmith@las-cruces.org

PLAYING FORMAT

1. NM Senior Olympics Board of Directors has established rules governing these events. For a copy of these rules please call or contact:

NM Senior Olympics, Inc.

P.O. Box 2690
Roswell, NM 88202
575-623-5777

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. The Sports include Frisbee Accuracy Throw, Frisbee Distance Throw, Huachas, Soccer Accuracy Kick, and Softball Distance Throw.
5. Each sport will be managed and planned by a volunteer Sport Coordinator identified and trained by New Mexico Senior Olympics Event Coordinator.
6. All sport equipment will be provided for competitors and must be used.
7. Object of the game for each sport is defined in playing rules.
8. Competition schedule for each age group is published in registration athlete booklet and available at the Game check-in Sport Table area or by calling Sport Coordinator.
9. Tie breakers will be addressed at the conclusion of each age division. In the event a competitor is required to participate in a tie breaker playoff and is not present, he/she will concede and accept the next lower placement/award. Tie breakers will be limited to 1-3 attempts as defined in playing rules.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

FRISBEE ACCURACY

NMSU Activity Center

Thursday, May 28

8:00 am	65	11:00 am	50, 55
9:00 am	60	1:00 pm	70
10:00 am	80, 85, 90+	2:00 pm	75

FRISBEE DISTANCE

NMSU Upper Intramural Field

Thursday, May 28

8:00 am	80, 85, 90+	11:00 am	65
9:00 am	75	1:00 pm	60
10:00 am	70	2:00 pm	50, 55

SOCCER ACCURACY

NMSU Upper Intramural Field

Friday, May 29

8:00 am	65	11:00 am	50, 55
9:00 am	60	1:00 pm	70
10:00 am	80, 85, 90+	2:00 pm	75

SOFTBALL DISTANCE

NMSU Upper Intramural Field

Friday, May 29

8:00 am	80, 85, 90+	11:00 am	65
9:00 am	75	1:00 pm	60
10:00 am	70	2:00 pm	50, 55

HUACHAS (Washers)

NMSU Aux Gym

Saturday, May 30

M & W

9:00 am	70 - 90+	11:00 am	50, 69
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ROAD RACE RUN

NMSU Williams Avenue

SPORT COORDINATOR: David Nuñez, 575-527-9430 or
575-644-1321, dnunez@lcps.k12.nm.us

Thursday, May 28

M & W
6:00 am 10K Run

Friday, May 29

M & W
6:00 am 5K Run

PLAYING FORMAT

1. All road race events will be governed in general by standard rules recommended by the USA Track and Field (USATF) and National Senior Games Association. For a copy of these rules please write or call:

USA Track and Field

One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.

- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- Road Race Events will be 5K and 10K
- In both the 5K and 10K Road Race, all age divisions, both men and women, will run simultaneously
- Water stops and course marshals will be stationed along the course.

SPORT PLAYING RULES

- For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

SHUFFLEBOARD

Corbett Center, Level III **Recreational/National**

SPORT COORDINATOR: TBD

WEDNESDAY, MAY 27	THURSDAY, MAY 28
8:00 am M & W Singles Begin	8:00 am - 4:00 pm Singles Continue 6:00 pm Doubles Begin
	FRIDAY, MAY 29
	8:00 am Doubles Continue

PLAYING FORMAT

- All shuffleboard matches will be ruled in accordance with official rules of the National Shuffleboard Association, Inc. and National Senior Games Association. For a copy of these rules please write or call:

National Shuffleboard Association
4926 8th St E
Bradenton, FL 34203
(941) 753-3428
www.national-shuffleboard-association.us

National Senior Games Association
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

- New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- Events will be singles and doubles. Doubles may be two individuals of same gender or may be mixed genders. Mixed Doubles must be two individuals of the opposite gender. All doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.

- Age bracket for doubles is determined by the age of the younger partner.
- All substitutes must be registered for Summer Games in order to participate.
- 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 NMSO office.)
- All players will be guaranteed a minimum of 2 games.
- Player(s) with the highest score wins.

SPORT PLAYING RULES

- For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

SWIMMING

NMSU - Natatorium

SPORT COORDINATOR: Jack Welch, 575-524-2160
johnwelch@nmsu.edu

WEDNESDAY, MAY 27	FRIDAY, MAY 29
1:00 pm - 3:00 pm M & W Practice	7:00 am Warm Up 8:00 am Competition
THURSDAY, MAY 28	100 IM, 200 Back 100 Free, 50 Fly 100 Breast, 50 Back 200 Medley Relay 500 Free
M & W 7:00 am Warm Up 8:00 am Competition 200 Free, 100 Fly 50 Breast, 200 IM 100 Back, 50 Free 200 Breast	

PLAYING FORMAT

- Swimming will be governed by the US Masters Swimming and National Senior Games Association rules except where noted below. For a complete copy of these rules please contact:

Masters Swimming, Inc.
PO Box 185
Londonderry, NH 03053
(603) 537-0203 or (800) 550-7946

National Senior Games Association
8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Strokes will be Backstroke, 50Y, 100Y and 200Y; Breaststroke, 50Y, 100Y and 200Y; Butterfly, 50Y and 100Y; Freestyle, 50Y, 100Y, 200Y and 500Y; Individual Medley (four different strokes), 100Y and 200Y; and 200Y Co-Ed Medley Relay (Bonus Team event).
5. Age groups and sexes may be combined so that no swimmer has to swim alone and so that lanes may be filled.
6. All events shall be conducted on a timed final basis.
7. The Co-Ed relay will consist of 2 males and 2 females and is open age. Athletes must pre-register for Medley Relay.
8. A false start will result in disqualification.
9. Changes to Co-Ed Relay team must be made by 12:00 pm the Friday before Senior Olympics Summer Games.
10. Contestants may stop to rest at any time during the event and may resume swimming when he/she wishes to continue.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

TABLE TENNIS

NMSU Activity Center Aux Gym

SPORT COORDINATOR:

Marv Sommers, (505) 239-1443,
marvsommers@kirkland.af.md

WEDNESDAY, MAY 27	FRIDAY, MAY 29
1:00 pm - 4:00 pm Practice	8:00 am - 5:00 pm M & W
THURSDAY, MAY 28	
8:00 am - 5:00 pm M & W	

PLAYING FORMAT

1. All table tennis events will be governed in general by standard rules recommended by the USTTA rules and National Senior Games Association. For a copy of these rules please write or call:

U.S. Table Tennis Association (USTTA)

One Olympic Plaza
Colorado Springs, CO 80909
(719) 575-4583
www.nsga.com

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Playing clothing may be white if a yellow ball is used. All colors will be allowed though white may not be all basic part (it may be on sleeves and trimmings) when white ball is used. The same applies to yellow when a yellow ball is used. If the shade of the yellows differ significantly, a garment and the ball can both be yellow.
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 NMSO office.)
6. Doubles must be two individuals of the same gender. Mixed Doubles must be two individuals of the opposite gender. All doubles and mixed doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.
7. Any game missed/forfeited during bracket play will be considered a loss.
8. Contestants must use their own paddle and it must be any material, size, shape or weight in accordance with USTTA rules. Balls will be provided.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.



TALENT SHOW

NMSU Herschel Zohn Theatre

SPORT COORDINATOR: Harry McCaffrey
575-522-0861, haneman09@comcast.net

Friday, May 29 Practice 1:00 - 5:00 pm All Talent Events	Saturday, May 30 Competition 8:00 am - 5:00 pm All Talent Events
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PLAYING FORMAT

- NM Senior Olympics Board of Directors has established rules governing the talent event. For a copy of these rules please call or contact:
 NM Senior Olympics, Inc.
 P.O. Box 2690
 Roswell, NM 88202
 575-623-5777
www.nmseniorolympics.org
- New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
- There will be 2 age divisions: 50-69 and 70+.
- Athletes are only allowed to register in one act per event.
- There will be solo and group acts in each event.
- There will be 7 events: Band, Comedy, Dance, Instrumental, Kitchen Band, Reading and Vocal.
- Each act is allowed a 2-minute set-up time. Bands are allowed 3 minutes.
- All acts except Band are allowed 4 minutes for their performance, which does not include set-up time. Bands are allowed 8 minutes to perform not including set-up time.
- All Talents Acts will be penalized for performing past the time limits or taking more than the allowed set-up time limits by subtracting 5 points for each ½ minute or portion thereof over the allotted time.
- The same act/routine may not be repeated two years in a row.
- All talent groups will be limited to 20 members per roster in all categories.
- Judging Sheets for all Talent are available from NMSO.
- Final individual score tabulations will be provided to solos/groups only upon request to NMSO. Please allow 2-4 weeks.
- Events will be judged separately.
- In the event of a tie, tiebreakers will not be used. If there is a tie for first, then the two acts will be awarded gold, no silver awarded, next highest act will be awarded bronze.

- Talent group changes may be made until 12 noon, the Friday before Summer Games.
- No staff under the age of 50 will be allowed on the stage with the bands.
- Practice is mandatory. At least one member of the act must attend practice during the scheduled times. Failure to attend practice could result in disqualification of the act unless prior arrangements have been made with the Sport Coordinator. See Sports Table for details.
- Sound system and a piano will be provided.
- All Talent events must provide Introduction sheet with registration.

SPORT PLAYING RULES

- For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
- It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

TENNIS

NMSU Tennis Courts

SPORT COORDINATOR: Don Ball,
575-646-1942, donball@nmsu.edu

WEDNESDAY, MAY 27	FRIDAY, MAY 29
7:00 am M & W	7:00 am M & W if necessary
THURSDAY, MAY 28	
7:00 am M & W	

PLAYING FORMAT

- All tennis events will be governed in general by standard rules recommended by the USTA. For a copy of these rules please write or call:
US Tennis Association
 70 West Red Oak Lane
 White Plains, NY 10604
 (914) 696-7000
National Senior Games Association
 8919 World Ministry Ave.
 Baton Rouge, LA 70810
 (225) 766-6800
www.nsga.com
- New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
- Athletes are required to check in at sport venue 30 minutes prior to scheduled times.

4. If a participant qualifies in more than one event, a situation may arise wherein they will have to play more than two matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the participant to make conflicts known to the event director with sufficient time in order to reschedule or withdraw.
5. Any game missed/forfeited during bracket play will be considered a loss.
6. 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 NMSO office.)
7. The tournament will be played on hard surface courts. Tennis balls to be used will be of a type designated for hard court play.
8. A five minute warm-up will be allowed before each match.
9. Contestants are to use their own racket.
10. Competition will be provided in singles, doubles and mixed doubles for men and women. Doubles must be two individuals of the same gender. Mixed Doubles must be two individuals of the opposite gender. All doubles and mixed doubles athletes must register individually and list the name of the athlete who will be their partner on the registration form.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

TRACK

NMSU Track

SPORT COORDINATOR: Dick Griffith,
(505) 285-3542, dickgriffith@hotmail.com

Wednesday, May 27	Saturday, May 30
M & W	M & W
9:00 am 800M Estimated Run/Walk	7:00 am 1500M
10:00 am 400M Estimated Run/Walk	8:00 am 800M
	8:30 am 100M
	9:30 am 400M
	10:00 am Intergenerational Relay
	10:30 am 200M
	11:30 am 400M Co-Ed Relay

PLAYING FORMAT

1. All Track events will be governed in general by standard rules recommended by the USA Track and Field (USATF). For a copy of these rules please write or call:

USA Track and Field

One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. Proper running attire and standard track/running shoes is required. Starting blocks will be available and athletes may use their own.
5. Events will be 100M, 200M, 400M, 800M, 1500M, 400M Estimated Run/Walk, 800M Estimated Run/Walk, 400M Co-ed relay, and 50M Wheelchair.
6. Every event will start on time.
7. Numbers will be issued upon check-in and are to be worn in front of athlete.
8. Track Events will be run in heats with the best times for each age group awarded 1st through 5th Place. All heats are FINALS, determined by the fastest time overall.
9. Athletes must report to the starting line no later than 5 minutes prior to scheduled competition or be scratched.
10. NMSO reserves the right to reschedule or cancel event due to inclement weather.
11. Estimated Run/Walk contestants must turn in their estimated time on their entry card before start of race. Contestant coming closest to running/walking estimated time submitted at check-in, without going over, will be declared the winner.
12. 50M Wheelchair Race is restricted to people confined to wheelchairs.
13. Co-Ed 400M Relay must be a combination of 2 women and 2 men. Each team member will run 100 meters. The winning team takes home the traveling trophy and first place.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

TRIATHLON/ CO-ED RELAY

NMSU Natatorium

SPORT COORDINATOR: City of Las Cruces

Sunday, May 31
7:00 am M & W

PLAYING FORMAT

1. All Triathlon events will be governed in general by standard rules recommended by the USA Track and Field (USATF). For a copy of these rules please write or call:

USA Triathlon

595 E. Fountain Blvd., Ste F-1
Colorado Springs, CO 80910
(719) 597-9090

National Senior Games Association

8919 World Ministry Ave.
Baton Rouge, LA 70810
(225) 766-6800
www.nsga.com

2. New Mexico residents age 50+ as of December 31, 2009, may register for the Senior Olympics Summer Games prior to the deadline. See Registration Information for details.
3. Athletes are required to check in at sport venue 30 minutes prior to scheduled times.
4. The Triathlon consists of a 5K Road Race, 20K Bike Race, and 400Y Swim.
5. Hard shell helmets are required (ANSI or Snell approved with sticker affixed). Multi-gear (free-wheel) bikes with front and rear brakes required. **FIXED GEAR BICYCLES ARE NOT PERMITTED.**
6. Course Maps are available at the sports table. Athletes are responsible for scouting the race courses. Course will be marked.
7. Co-Ed Relay team is 3 persons, men and women, any combination in one age category 50+.

SPORT PLAYING RULES

1. For specific sport playing rules visit our website at www.nmseniorolympics.org or visit Sport Tables at Athlete Check-In
2. It is the athlete's responsibility to be familiar with all sport playing rules prior to the start of competition.

ATHLETE CHECK-IN

Monday, May 25 - Thursday, May 28
8:00 a.m. - 4:00 p.m. • Corbett Center Level II

Friday, May 29
8:00 a.m. - 12:00 noon • Gallery Level II

SENIOR OLYMPICS GAMES HEADQUARTERS

NMSU-Corbett Center Level I

Phone: 575-646-7590 or
575-646-7587
Fax: 575-646-2168

HOTELS

RAMADA PALMS (HOST)

201 E. University Ave.
Contact: Maria Reyes, 575-526-4411
One bed \$79.00
Two beds \$89.00

HOTEL ENCANTO

705 S. Telshor Blvd.
Contact: Chris Cruz, 575-532-4252
Flat rate \$99.00

MOTEL 6 TELSHOR

2120 Summit Court
Contact: Don Hyden, 575-525-2055
Two beds \$58.99
Suite Two beds w/sofa \$68.99

DRURY INN & SUITES

1631 Hickory Loop
Contact: Tenisa Hahn, 575-523-4100
Two beds \$74.99

BEST WESTERN MISSION INN

1765 S. Main
Contact: Alan Witkowski, 575-524-1440
Two beds \$72.95
Up to four people. Includes full breakfast.

COMFORT INN

2585 S. Valley Dr.
Contact: Betty Lallo, 575-527-2000
One bed \$69.99
Two beds \$74.95

HAMPTON INN

755 Avenida de Mesilla
Contact: Joyce Jonas, 575-526-8311
Two beds \$78.00

What's New for 2009

REGISTRATION

- Open to everyone age 50+ with no prequalifying
- Cancellation deadline for Campus Meal/Dorm plan is May 11th and is subject to a one day meal plan fee of \$64.00 and a \$10.00 processing fee regardless of the reason for cancellation.
- Cancellation deadline for Game Registration is Friday, May 22nd at 12 noon.



AGE FOR COMPETITION

- For ALL competitions at Summer Games, age division will be determined by the athlete's age as of December 31, 2009. This includes doubles, mixed doubles, relay teams, group acts.
- Partner events will be determined by the younger age of the two players as of December 31, 2009.

COMMON TERMS

- Sport Coordinator to replace the reference of Event Manager

EVENT ENTRY LIMIT

- Athletes may enter up to ten (10) sports at Annual Summer Games with no restriction to number of events within each sport
- Sport Coordinators will not accommodate individual scheduling requests



SPORT PLAYING RULES

DANCE

- A minimum of 5 judges will be utilized
- Drop high and low score for each act to arrive at final score
- Dance routines may vary from local to state competition, music must remain the same as chosen by NMSO Dance committee
- Score tabulations will be provided, upon request, only to Local Coordinators for their respective game site

Adopted by NMSO Board of Directors

8 BALL POOL

- Legal shot ... (1) pocket his/her numbered ball ...
- Foul Penalty: ... With "cue ball in hand" the player may use hand or any part of a cue, excluding the tip, to position the cue ball
- This event will be referenced as 8 Ball Pool, not Billiards



RECREATION EVENTS

- Frisbee Accuracy – Rule # 3 - The contestant will receive 1 point for each Frisbee thrown through the target at the shortest distance and 2 points for each Frisbee thrown through the target at the longest distance.

POWER WALK

- Delete Power Walk from Schedule of Events

TRACK

- Add 400M EST Run/Walk to Schedule of Events for medals

SOUVENIRS

Stop by Souvenirs and check out the New Mexico Senior Olympics merchandise. The Souvenir Store is located in the Art Gallery, Corbett Center Level II