

-ALBUQUERQUE-

| Activity | Friday, 6/14 | Saturday, 6/15 | Sunday, 6/16 | Monday, 6/17 | Tuesday, 6/18 | Wednesday, 6/19 |
|-------------------------|---|---|--|--|---|---|
| Athlete Check-In | 6:30a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p |
| Athlete Village | 8:00a - 6:00p | 8:00a - 5:00p | 8:00a - 6:00p | 8:00a - 6:00p | 8:00a - 6:00p | 8:00a - 4:00p |
| Flame Arrival | | 7:00pm | | | | |
| Celebration of Athletes | | | | | | 7:00pm |
| ARCHERY | Practice: Compound Release M/W All Ages (9:00am-2:00pm) | Compound Release M/W All Ages | Compound Release M/W All Ages | Practice: Recurve M/W All Ages 7:00am-12:00pm | Recurve M/W All Ages | Recurve M/W All Ages |
| BADMINTON | Practice: M/W 50-69 (9:00am-4:00pm) | M/W 50-69 | M/W 50-69 | M/W 50-69 (cont.) Practice: M/W 70-100+ (1p-5p) | M/W 70-100+ | M/W 70-100+ |
| BASKETBALL | Practice: M/W 55+, 65+ (9a-7p) Capt's Meeting: M/W 55+, 65+ (7pm-Convention Center) | M/W 55+, 65+ | M/W 55+, 65+ | M/W 55+, 65+ (cont.) Practice/Captains Meeting: M/W 70+, 75+, 80+, 85+ (7pm) | M/W 55+, 65+ M/W 70+, 75+, 80+, 85+ | M/W 70+, 75+, 80+, 85+ |
| BOWLING | Practice: 12:00p-4:00p Singles M/W All Ages | Singles M/W All Ages | Singles M/W All Ages | Singles Roll-Off M/W All Ages Practice: Doubles M/W All Ages (3:00pm-7:00pm) | Doubles M/W All Ages | Doubles Roll-Off M/W All Ages Practice: Mixed Doubles M/W All Ages (2:00p-4:00p) |
| CYCLING | | 5K TT- All Ages | 10K TT - All Ages | Rain Date | 20K - All Ages | 40K - All Ages |
| GOLF | | | Practice: M/W All Ages | M/W All Ages - Round 1 | M/W All Ages - Round 2 | M/W All Ages - Round 3 |
| HORSESHOES | | | | | | Practice: M/W 70-100+ (7:00am-12:00pm) |
| PICKLEBALL | Practice: M/W 50-64 9:00am-5:00pm | Women's Doubles 50-64 | Men's Doubles 50-64 | Mixed Doubles M/W 50-59 | Mixed Doubles M/W 60-64 | Singles M/W 50-64 |
| POWER WALK | | 1500M - All Ages | | 5K - All Ages | | |
| RACE WALK | | 1500M - All Ages | | 5K - All Ages | | |
| RACQUETBALL | Practice: 9:00am-3:00pm | Singles M/W - All Ages | Singles, Doubles & Mixed Doubles: M/W - All Ages | Singles, Doubles & Mixed Doubles: M/W - All Ages | Singles, Doubles & Mixed Doubles: M/W - All Ages | Doubles & Mixed Doubles: M/W - All Ages |
| ROAD RACE | | | | | | |
| SHUFFLEBOARD | | | Practice: 1:00p-7:00p M/W 50-69 Singles | M/W 50-69 Singles | M/W 50-69 Singles Practice: 50-69 Doubles (9a-3p) | 50-69 Any Doubles |
| SOFTBALL | W-50+, 60+ & Captains Meeting (9am - Convention Center) | W-50+, 60+ | W-50+, 60+ | W-50+, 60+ (cont) & Rain Date Capt's Mtg: 6:00p - Conv. Center W-55+, 65+, 70+, 75+ | W-55+, 65+, 70+, 75+ | W-55+, 65+, 70+, 75+ |
| SWIMMING | SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE | Practice: M/W All Ages 12:00pm-7:00pm | M/W All Ages | M/W All Ages | M/W All Ages | M/W All Ages |
| TABLE TENNIS | | | | | Practice: 12:00pm-4:30pm | M/W 50-64 Singles |
| TENNIS | Practice: 9:00am-4:00pm | 70+ (MS, WS, WD) 75+ (MS, WS, WD) 80+ (MS, WS, MD, WD) 85+ (MS) 90+ (MS) | 70+ (MS, WS, MD, WD) 75+ (MS, WS, MD, WD) 80+ (MS, WS, MD, WD) 85+ (MS, WD) 90+ (MS, WS, MD, WD) | 70+ (MS, WS, MD, WD) 75+ (MS, WS, MD, WD) 80+ (MS, WS, MD, WD) 85+ (MS, WS, MD, WD) 90+ (MS, WS, MD, WD) | 55+, 60+, 65+ (MXD) 70+ (MS, WS, MD, WD, MXD) 75+ (MS, WS, MD, WD, MXD) 80+ (MS, MD, MXD) 85+ (MS, WS, MD, MXD) | 55+, 60+ (MXD) 65+ (MS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD) 75+ (MS, MD, MXD) 80+(MS, MXD), 85+(MD, MXD) |
| TRACK & FIELD | SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE | Practice: 9:00a-3:00p | M/W All Ages | M/W All Ages | M/W All Ages | M/W All Ages |
| TRIATHLON & TRI RELAY | | | | | | |
| VOLLEYBALL | Practice (10a-6p) Capt's Mtg: (7p-Conv. Ctr.) M-50+, 60+, 70+, 75+ / W-55+, 65+ | M-50+, 60+, 70+, 75+ W-55+, 65+ | M-50+, 60+, 70+, 75+ W-55+, 65+ | M-50+, 60+, 70+, 75+ / W-55+, 65+ Practice (10a-6p) & Capt's Mtg: 7p M-55+, 65+ / W-50+, 60+, 70+, 75+ | M-55+, 65+ W-50+, 60+, 70+, 75+ | M-55+, 65+ W-50+, 60+, 70+, 75+ |

-ALBUQUERQUE-

| Activity | Thursday, 6/20 | Friday, 6/21 | Saturday, 6/22 | Sunday, 6/23 | Monday, 6/24 | Tuesday, 6/25 |
|-------------------------|---|--|--|---|---|---|
| Athlete Check-In | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 7:00p | 7:00a - 10:00a | |
| Athlete Village | 8:00a - 6:00p | 8:00a - 6:00p | 8:00a - 6:00p | 8:00a - 6:00p | | |
| Flame Arrival | | | | | | |
| Celebration of Athletes | | | | | | |
| ARCHERY | Practice: Barebow Recurve Compound Fingers Barebow Compound M/W All Ages (7am-12pm) | Barebow Recurve Compound Fingers Barebow Compound M/W All Ages | Barebow Recurve Compound Fingers Barebow Compound M/W All Ages | | | |
| BADMINTON | M/W 70-100+ | | | | | |
| BASKETBALL | M/W 70+, 75+, 80+, 85+ (cont.) Practice/Captains Meeting: M/W 50+, 60+ (4pm-Conv. Ctr.) | M/W 70+, 75+, 80+ M/W 50+, 60+ | M/W 50+, 60+ | M/W 50+, 60+ | M/W 50+, 60+ | |
| BOWLING | Mixed Doubles M/W All Ages | Mixed Doubles Roll-Off M/W All Ages | | | | |
| CYCLING | Rain Date | | | | | |
| GOLF | Rain Date | | | | | |
| HORSESHOES | M/W 70-100+ | M/W 70-100+ | Practice: M/W 50-69 (7:00am-12:00pm) | M/W 50-69 | M/W 50-69 | |
| PICKLEBALL | Rain Date: M/W Singles 50-64 Practice: M/W 65-100+ (7a-5p) | Women's Doubles 65-100+ | Men's Doubles 65-100+ | Mixed Doubles M/W 65-69 & 80-84 | Mixed Doubles M/W 70-79 & 85+ | Singles M/W 65-100+ & Rain Date |
| POWER WALK | | | | | | |
| RACE WALK | | | | | | |
| RACQUETBALL | | | | | | |
| ROAD RACE | | 5K - All Ages | | 10K - All Ages | | |
| SHUFFLEBOARD | 50-69 Any Doubles Practice: 70-100+ (9a-3p) | M/W 70-100+ Singles | M/W 70-100+ Singles Practice: 70-100+Doubles-9a-3p | 70-100+ Any Doubles | 70-100+ Any Doubles | |
| SOFTBALL | W-55+, 65+, 70+, 75+ | W 55+, 65+, 70+, 75+ (cont) & Rain Date Captain's Mtg: 9a - Conv. Center Men - All Ages | Men - All Ages | Men - All Ages | Men - All Ages | Rain Date: Men - All Ages |
| SWIMMING | | | | | | |
| TABLE TENNIS | M/W 50-69 Doubles | M/W All Ages Mixed Doubles | M/W 65-74 Singles | M/W 75+ Singles | M/W 70+ Doubles | |
| TENNIS | 55+ (MXD) 60+ (MS, MD, WD, MXD) 65+ (MS, WS, MD, WD, MXD) 70+ (MS, MD, MXD) 75+ (MS, MXD) 80+ (MXD) | 50+(MS, WS) 55+(MS, WS, MXD) 60+(MS, WS, MD, WD, MXD) 65+(MS, WS, MD, WD, MXD) 70+(MXD) 75+(MXD) | 50+(MS, WS, MD, WD, MXD) 55+(MS, WS, MD, WD) 60+(MS, WS, MD, WD) 65+(MS, WS, MD, WD, MXD) 70+(MXD) | 50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD) 60+ (MS, WS, MD, WD) 65+ (MS, WS, MD, WD) | 50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD) 60+ (MS, WS) 65+ (WS) | 50+ (WD) 55+ (MS, MD, WD) RAIN DATE |
| TRACK & FIELD | M/W All Ages | | | | | |
| TRIATHLON & TRI RELAY | | | Triathlon & Relay - All Ages | | | |
| VOLLEYBALL | M-55+, 65+ W-50+, 60+, 70+, 75+ | | | | | |