



2022 NATIONAL SENIOR GAMES

Presented by Humana

AGE-SPECIFIC COMPETITION SCHEDULE

Updated: 6-23-21



Activity	Monday, 5/9	Tuesday, 5/10	Wednesday, 5/11	Thursday, 5/12	Friday, 5/13
Athlete Check-In	4:00p - 7:00p	7:00a-7:00p	7:00a-7:00p	7:00a-7:00p	7:00a-7:00p
Athlete Village	4:00p - 7:00p	8:00a-6:00p	8:00a-5:00p	8:00a-6:00p	8:00a-6:00p
Flame Arrival - TBD					
Celebration of Athletes - TBD					
ARCHERY					Practice: Compound Release M/W All Ages (8a-12p)
BADMINTON					
BASKETBALL				Practice: M/W 55+, 65+ (10a-5p)	M/W 55+, 65+
BEACH VOLLEYBALL					Practice: (2p-8p) M-50+, 60+, 70+, 75+ W-55+, 65+
BOWLING				Practice: ALL Singles (12p-4p)	ALL Singles
CORNHOLE					
CYCLING					
GOLF					
PICKLEBALL		Practice: (9a-5p)	Women's Doubles 65+, 70+, 75+, 80+, 85+...	Mixed Doubles 65+, 70+, 75+, 80+, 85+...	Men's Doubles 65+, 70+, 75+, 80+, 85+...
POWER WALK		1500M - All Ages	5K - All Ages		
RACE WALK		1500M - All Ages	5K - All Ages		
RACQUETBALL			75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)	75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)	55+ (MS); 60+ (MS) 75+ (MS, WS, MD, MXD) 80+ (MS, WS, MD, MXD)
ROAD RACE				5K - All Ages	
SHUFFLEBOARD			Practice: (11a-5p) M/W 50-69 Singles	M/W 50-69 Singles	M/W 50-69 Singles Practice: (9a-3p) 50-69 Doubles
SOCCER					
SOFTBALL				Practice: W-50+, 60+	W-50+, 60+
SWIMMING			SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE	Practice: (12p-6p) M/W ALL Ages	M/W ALL Ages
TABLE TENNIS					
TENNIS			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, 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)
TRACK & FIELD		SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE	Practice: (10a-4p) M/W ALL Ages	M/W ALL Ages	M/W ALL Ages
TRIATHLON & TRI RELAY					
VOLLEYBALL		Practice: (10a-5p) 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-5p) M-55+, 65+ W-50+, 60+, 70+, 75+

Schedule Subject to Change



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Activity	Saturday, 5/14	Sunday, 5/15	Monday, 5/16	Tuesday, 5/17	Wednesday, 5/18
Athlete Check-In	7:00a-7:00p	7:00a-7:00p	7:00a-9:00p	7:00a-7:00p	7:00a-7:00p
Athlete Village	8:00a-6:00p	8:00a-6:00p	8:00a-4:00p	8:00a-6:00p	8:00a-6:00p
Flame Arrival - TBD					
Celebration of Athletes - TBD					
ARCHERY	Compound Release M/W All Ages	Compound Release M/W All Ages	Practice: Recurve M/W All Ages (8a-12p)	Recurve M/W All Ages	Recurve M/W All Ages
BADMINTON				Practice: M/W 70-100+ (2p-6p)	M/W 70-100+
BASKETBALL	M/W 55+, 65+	M/W 55+, 65+ Practice: M/W 70+, 75+, 80+, 85+	M/W 55+, 65+ M/W 70+, 75+, 80+, 85+	M/W 70+, 75+, 80+, 85+	M/W 70+, 75+, 80+, 85+ Practice: M/W 50+, 60+
BEACH VOLLEYBALL	M-50+, 60+, 70+, 75+ W-55+, 65+ (2-Person Teams Only)	M-50+, 60+, 70+, 75+ W-55+, 65+ (4-Person Teams Only)	Practice: (11a-5p) M-55+, 65+ W-50+, 60+, 70+, 75+	M-55+, 65+ W-50+, 60+, 70+, 75+ (2-Person Teams Only)	M-55+, 65+ W-50+, 60+, 70+, 75+ (4-Person Teams Only)
BOWLING	ALL Singles	Roll-Off: ALL Singles Practice: ALL Doubles (12p-4p)	ALL Doubles Practice: Team Bowling (1p-5p)	Roll-Off: ALL Doubles Team Bowling: ALL Ages Practice: ALL Mixed Doubles (2p-6p)	ALL Mixed Doubles
CORNHOLE					
CYCLING					5K TT- 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
PICKLEBALL	ALL Singles	Women's Doubles: 50-64	Mixed Doubles: 50-64	Men's Doubles: 50-64	
POWER WALK					
RACE WALK					
RACQUETBALL	50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD, MXD) 60+ (MS, WS, MD, WD, MXD)	50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD, MXD) 60+ (MS, WS, MD, WD, MXD)	55+ (MD) 60+ (WS, MD, MXD) 65+ (MS) 70+ (MS, MD)	65+ (MS, WS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD)	65+ (MS, WS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD)
ROAD RACE	10K - All Ages				
SHUFFLEBOARD	50-69 Any Doubles	50-69 Any Doubles Practice: (9a-3p) M/W 70-100+ Singles	M/W 70-100+ Singles	M/W 70-100+ Singles Practice: (9a-3p) 70-100+ Any Doubles	70-100+ Any Doubles
SOCCER					Practice: (8a-1p) ALL Ages
SOFTBALL	W-50+, 60+	W-50+, 60+	W-50+, 60+ Practice: W-55+, 65+, 70+, 75+	W-55+, 65+, 70+, 75+	W-55+, 65+, 70+, 75+
SWIMMING	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages		
TABLE TENNIS				Practice: (2p-6p)	M/W 50-64 Singles
TENNIS	55+ (MXD) 60+ (MXD) 65+ (MXD) 70+ (MS, WS, MD, WD, MXD) 75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD) 85+ (MS, WS, MD, WD, MXD) 90+ (MS, WS, MD, WD, MXD)	55+ (MXD) 60+ (MXD) 65+ (MXD) 70+ (MS, WS, MD, WD, MXD) 75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD) 85+ (WS, MD, MXD) 90+ (WS, MD, MXD)	55+ (MXD) 60+ (MXD) 65+ (WS, WD, MXD) 70+ (MS, MD, MXD) 75+ (MS, MD, MXD) 80+ (MXD) 85+ (MD, MXD) 90+ (MD, MXD)	55+ (WD, MXD) 60+ (MS, MD, WD, MXD) 65+ (MS, WS, MD, WD, MXD) 70+ (MXD) 75+ (MXD) 80+ (MXD) 85+ (MXD) 90+ (MXD)	50+ (MS, WS) 55+ (MS, WS, WD, MXD) 60+ (MS, WS, MD, WD, MXD) 65+ (MS, WS, MD, WD, MXD) 75+ (MXD) 80+ (MXD) 85+ (MXD) 90+ (MXD)
TRACK & FIELD	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	
TRIATHLON & TRI RELAY		ALL Ages			
VOLLEYBALL	M-55+, 65+ W-50+, 60+, 70+, 75+	M-55+, 65+ W-50+, 60+, 70+, 75+	M-55+, 65+ W-50+, 60+, 70+, 75+		

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Updated: 6-23-21



Activity	Thursday, 5/19	Friday, 5/20	Saturday, 5/21	Sunday, 5/22	Monday, 5/23
Athlete Check-In	7:00a-9:00p	7:00a-7:00p	7:00a-7:00p	7:00a-12:00p	
Athlete Village	8:00a-6:00p	8:00a-6:00p	8:00a-6:00p		
Flame Arrival - TBD					
Celebration of Athletes - TBD					
ARCHERY	Practice: Barebow Recurve Compound Fingers Barebow Compound M/W All Ages (8a-12p)	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+	M/W 70-100+ Practice: M/W 50-69 (1p-5p)	M/W 50-69	M/W 50-69	M/W 50-69
BASKETBALL	M/W 70+, 75+, 80+ M/W 50+, 60+	M/W 50+, 60+	M/W 50+, 60+	M/W 50+, 60+	
BEACH VOLLEYBALL					
BOWLING	Roll-Off: ALL Mixed Doubles				
CORNHOLE		Practice: Coed, ALL Men's Singles & Women's Doubles (2p-6p) Coed Competition: ALL Ages - (6p-9p)	ALL Men's Singles ALL Women's Doubles Practice: ALL Women's Singles & ALL Men's Doubles <i>(PM - As Courts are Available)</i>	ALL Women's Singles ALL Men's Doubles	
CYCLING	10K TT - ALL Ages		20K - ALL Ages	40K - ALL Ages	
GOLF					
PICKLEBALL					
POWER WALK					
RACE WALK					
RACQUETBALL	65+ (MS, WS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD)				
ROAD RACE					
SHUFFLEBOARD	70-100+ Any Doubles				
SOCCER	ALL Ages	ALL Ages	ALL Ages	ALL Ages	
SOFTBALL	W-55+, 65+, 70+, 75+	W-55+, 65+, 70+, 75+ Practice & Competition: Men - All Ages	Men - All Ages	Men - All Ages	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	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, MD, WD) 65+ (MS, WS, MD, WD)	50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD) 60+ (MS, WS, MD, WD) 65+ (MS, MD)	50+ (WD, MXD) 55+ (MS, WS, MD, WD) 60+ (WS, WD) 65+ (MS)	
TRACK & FIELD					
TRIATHLON & TRI RELAY					
VOLLEYBALL					

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