



**2023 National Senior Games –Pittsburgh,  
Pennsylvania**  
**Swimming - Order of Events - (All Age Groups)**



**Thursday, July 13, 2023**  
**Practice: Men & Women-All Ages (12:00pm-6:00pm)**

**Session 1**

**8:00am Start/7:00am Warm-up**

**Friday, July 14, 2023** Ages

- #1 Women 100 Fly 70 and Up
- #2 Men 100 Fly 70 and Up
- #3 Women 200 Free 70 and Up
- #4 Men 200 Free 70 and Up
- #5 Women 50 Breast 70 and Up
- #6 Men 50 Breast 70 and Up
- #7 Women 100 Back 70 and Up
- #8 Men 100 Back 70 and Up
- #9 Women 400 IM 70 and Up
- #10 Men 400 IM 70 and Up

**Session 2**

**1:00pm Start/12:00pm Warm-up**

**Friday, July 14, 2023** Ages

- #11 Women 100 Fly 50 - 69
- #12 Men 100 Fly 50 - 69
- #13 Women 200 Free 50 - 69
- #14 Men 200 Free 50 - 69
- #15 Women 50 Breast 50 - 69
- #16 Men 50 Breast 50 - 69
- #17 Women 100 Back 50 - 69
- #18 Men 100 Back 50 - 69
- #19 Women 400 IM 50 - 69
- #20 Men 400 IM 50 - 69

**Session 3**

**8:00am Start/7:00am Warm-up**

**Saturday, July 15, 2023** Ages

- #21 Women 100 Breast 70 and Up
- #22 Men 100 Breast 70 and Up

- #23 Women 200 Back 70 and Up
- #24 Men 200 Back 70 and Up
- #25 Women 100 IM 70 and Up
- #26 Men 100 IM 70 and Up
- #27 Women 50 Free 70 and Up
- #28 Men 50 Free 70 and Up
- #29 Women 200 Fly 70 and Up
- #30 Men 200 Fly 70 and Up

**Session 4**

**1:00pm Start/12:00pm Warm-up**

**Saturday, July 15, 2023** Ages

- #31 Women 100 Breast 50 - 69
- #32 Men 100 Breast 50 - 69
- #33 Women 200 Back 50 - 69
- #34 Men 200 Back 50 - 69
- #35 Women 100 IM 50 - 69
- #36 Men 100 IM 50 - 69
- #37 Women 50 Free 50 - 69
- #38 Men 50 Free 50 - 69
- #39 Women 200 Fly 50 - 69
- #40 Men 200 Fly 50 - 69

**Session 5**

**8:00am Start/7:00am Warm-up**

**Sunday, July 16, 2023** Ages

- #41 Women 50 Back 70 and Up
- #42 Men 50 Back 70 and Up
- #43 Women 200 IM 70 and Up
- #44 Men 200 IM 70 and Up
- #45 Women 100 Free 70 and Up
- #46 Men 100 Free 70 and Up

- #47 Women 50 Fly 70 and Up
- #48 Men 50 Fly 70 and Up
- #49 Women 200 Breast 70 and Up
- #50 Men 200 Breast 70 and Up

**Session 6**

**1:00pm Start/12:00pm Warm-up**

**Sunday, July 16, 2023** Ages

- #51 Women 50 Back 50 - 69
- #52 Men 50 Back 50 - 69
- #53 Women 200 IM 50 - 69
- #54 Men 200 IM 50 - 69
- #55 Women 100 Free 50 - 69
- #56 Men 100 Free 50 - 69
- #57 Women 50 Fly 50 - 69
- #58 Men 50 Fly 50 - 69
- #59 Women 200 Breast 50 - 69
- #60 Men 200 Breast 50 - 69

**Session 7**

**8:00am Start/7:00am Warm-up**

**Monday, July 17, 2023** Ages

- #61 Women 500 Free All Ages
- #62 Men 500 Free All Ages

**Session 8**

**1:00pm Start/12:00pm Warm-up**

**Monday, July 17, 2023**

- #63 Mixed 200 Medley Relay  
All Ages
- #64 Mixed 200 Free Relay  
All Ages

**(Swimming Order of Events – Subject to Change)**

**(Afternoon session Warm-up and Start Times**

**Subject to change depending on length of the morning session)**

- Only those NSG athletes entered in swimming events can participate in the relays
- Information and relay cards will be available the first day of competition and must be received by **5:00 PM EDT on Sunday, July 16, 2023** (Pool Deck Management Table)
- All events are Timed Finals; one swim only