

**2023 NATIONAL SENIOR GAMES**  
Presented By Humana  
**PITTSBURGH**

Activity	Thursday, 7/6	Friday, 7/7	Saturday, 7/8	Sunday, 7/9	Monday, 7/10	Tuesday, 7/11	Wednesday, 7/12
Athlete Check-In	5:00p - 9:00p	7:00a-7:00p	7:00a-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	8:00a-6:00p	8:00a-6:00p
Flame Arrival			7:00p				
Celebration of Athletes							
ARCHERY		Practice: Compound Release M/W All Ages (8a-12p)	Compound Release M/W All Ages	Compound Release M/W All Ages	Practice: Recurve (Freestyle) M/W All Ages (8a-12p)	Recurve (Freestyle) M/W All Ages	Recurve (Freestyle) M/W All Ages
BADMINTON		M/W 50-64	M/W 50-64	M/W 50-64	M/W 50-64 Practice: M/W 65-100+ (4:00pm-7:30pm)	M/W 65-100+	M/W 65-100+
BASKETBALL		Practice: M/W 55+, 65+ (10a-5p)	M/W 55+, 65+	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+
BOWLING						Practice: ALL Singles (12p-4p)	ALL Singles
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 WS, ALL MD (PM - As Courts are Available)	ALL Women's Singles  ALL Men's Doubles			
CYCLING							
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			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+...	M/W Singles 65+, 70+, 75+, 80+, 85+...
POWER WALK		1500M - All Ages	5K - All Ages				
RACE WALK		1500M - All Ages	5K - All Ages				
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)	50+ (MS, WS, MD, WD, MXD) 55+ (MS, WS, MD, WD, MXD) 60+ (MS, WS, MD, WD, MXD) 65+ (MS, WS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD)	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		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	50-69 Any Doubles	50-69 Any Doubles Practice: (9a-3p) M/W 70-100+ Singles	M/W 70-100+ Singles
SOFTBALL	<b>TO BE PLAYED IN COLUMBUS, OHIO - MAY 3-7, 2023 (LOU BERLINER SPORTS PARK) - SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE</b>						
SWIMMING	<b>SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE</b>						
TABLE TENNIS							Practice: (2p-6p)
TENNIS	<b>SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE</b>						
TRACK & FIELD		50+ (MS, MD, WS, WD) 55+ (MS, MD, WS) 60+ (MS, WS) 65+ (MS, MD)	50+ (MS, MD, WS, WD) 55+ (MS, MD, WS, WD) 60+ (MS, WS) 65+ (MS, MD)	50+ (MS, MD, WS, WD, MXD) 55+ (MS, MD, WS, WD) 60+ (MS, MD, WS, WD) 65+ (MS, MD, MXD)	50+ (MS, MD, WS, WD, MXD) 55+ (MS, MD, WS, WD, MXD) 60+ (MS, MD, WS, WD, MXD) 65+ (MS, MD, WS, MXD)	50+ (WD, MXD) 55+ (WS, WD, MXD) 60+ (MS, MD, WS, WD, MXD) 65+ (MS, MD, WS, MXD) 70+ (WS) 75+ (WS)	55+ (WD, MXD) 60+ (MD, WD, MXD) 65+ (MD, WS, WD, MXD) 70+ (MS, WS, MXD) 75+ (MS, WS) 80+ (WS) 85+ (MS) 90+ (MS)
TRIATHLON & TRI RELAY			<b>SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE</b>		Practice: (10a-4p) M/W ALL Ages	M/W ALL Ages	M/W ALL Ages
VOLLEYBALL							Practice: (10a-5p) M-50+, 60+, 70+, 75+ W-55+, 65+

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Activity	Thursday, 7/13	Friday, 7/14	Saturday, 7/15	Sunday, 7/16	Monday, 7/17	Tuesday, 7/18
Athlete Check-In	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-4:00p	8:00a-6:00p	8:00a-6:00p	8:00a-6:00p	
Flame Arrival						
Celebration of Athletes		TIME: 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 65-100+					
BASKETBALL	M/W 70+, 75+, 80+, 85+ Practice: M/W 50+, 60+	M/W 70+, 75+, 80+ M/W 50+, 60+	M/W 50+, 60+	M/W 50+, 60+	M/W 50+, 60+	
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 (3p-6p)	ALL Mixed Doubles	Roll-Off: ALL Mixed Doubles
CORNHOLE						
CYCLING	5K TT- All Ages	10K TT - All Ages		20K - All Ages	40K - All Ages	
GOLF						
PICKLEBALL	Women's Doubles 50+, 55+, 60+	Mixed Doubles 50+, 55+, 60+	Men's Doubles 50+, 55+, 60+	M/W Singles 50+, 55+, 60+		
POWER WALK						
RACE WALK						
RACQUETBALL	65+ (MS, WS, MD, WD, MXD) 70+ (MS, WS, MD, WD, MXD) 75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)	75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)	75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)	75+ (MS, WS, MD, WD, MXD) 80+ (MS, WS, MD, WD, MXD)		
ROAD RACE						
SHUFFLEBOARD	M/W 70-100+ Singles Practice: (9a-3p) 70-100+ Any Doubles	70-100+ Any Doubles	70-100+ Any Doubles			
SOFTBALL	<b>TO BE PLAYED IN COLUMBUS, OHIO - MAY 3-7, 2023 (LOU BERLINER SPORTS PARK) - SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE</b>					
SWIMMING	Practice: (12p-6p) M/W All Ages	M/W All Ages	M/W All Ages	M/W All Ages	M/W All Ages	
TABLE TENNIS	M/W 50-64 Singles	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+ (MD, WD, MXD) 65+ (WS, WD, MXD) 70+ (MS, MD, WS, WD, MXD) 75+ (MS, WS) 80+ (MS, MD, WS, MXD) 85+ (MS, WS, MXD) 90+ (MS, WS, MXD)	60+ (WD, MXD) 65+ (WS, WD) 70+ (MS, MD, WS, WD, MXD) 75+ (MS, MD, WS, WD) 80+ (MS, MD, WS, WD, MXD) 85+ (MS, WS, WD, MXD) 90+ (MS, WS, WD, MXD)	65+ (WD) 70+ (MS, MD, WS, WD, MXD) 75+ (MS, MD, WS, WD, MXD) 80+ (MS, MD, WS, WD, MXD) 85+ (MS, MD, WS, WD, MXD) 90+ (MS, MD, WS, WD, MXD)	65+ (WD) 70+ (MS, MD, WD, MXD) 75+ (MS, MD, WD, MXD) 80+ (MS, MD, WS, WD, MXD) 85+ (MS, MD, WS, WD, MXD) 90+ (MS, MD, WS, WD, MXD)	70+ (MS, MD, WD, MXD) 75+ (MD, WD, MXD) 80+ (MS, MD, WS, WD, MXD) 85+ (MS, MD, WD, MXD) 90+ (MS, MD, WD, MXD)	70+ (MD, MXD) 75+ (MD, WD, MXD) 80+ (MD, WD, MXD) 85+ (MD, WD, MXD) 90+ (MD, WD, MXD)
TRACK & FIELD	M/W ALL Ages	M/W ALL Ages				
TRIATHLON & TRI RELAY						Triathlon & Tri Relay ALL Ages
VOLLEYBALL	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+	M-55+, 65+ W-50+, 60+, 70+, 75+	M-55+, 65+ W-50+, 60+, 70+, 75+	M-55+, 65+ W-50+, 60+, 70+, 75+