



**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****Friday Morning Diving End****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**Friday Afternoon Diving End****2:00pm 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**Saturday Morning Diving End****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**Saturday Afternoon Diving End****2:00pm 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**Sunday Morning Diving End Course****7:45am Start/7:00am Warm-up****Sunday, July 16, 2023 Ages**

| | |
|----------------------|-----------|
| #41 Women 50 Back | 70 and Up |
| #43 Women 200 IM | 70 and Up |
| #45 Women 100 Free | 70 and Up |
| #47 Women 50 Fly | 70 and Up |
| #49 Women 200 Breast | 70 and Up |

Session 6**Sunday Morning****Scoreboard End Course****7:45am Start/7:00am Warm-up****Sunday, July 16, 2023 Ages**

| | |
|--------------------|-----------|
| #42 Men 50 Back | 70 and Up |
| #44 Men 200 IM | 70 and Up |
| #46 Men 100 Free | 70 and Up |
| #48 Men 50 Fly | 70 and Up |
| #50 Men 200 Breast | 70 and Up |

Session 7**Sunday Afternoon****Diving End Course****3:30pm Start/2:45pm 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 8**Women Diving End Course****7:30am Start/7:00am Warm-up****Monday, July 17, 2023 Ages**

| | |
|--------------------|----------|
| #61 Women 500 Free | All Ages |
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Session 9**Men's Scoreboard End Course****7:30am Start/7:00am Warm-up****Monday, July 17, 2023 Ages**

| | |
|------------------|----------|
| #62 Men 500 Free | All Ages |
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Session 10**Scoreboard End Course****10:30 am Start/10:00am 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)**(Friday and Saturday afternoon PLUS Sunday and Monday Warm-up and Start Times have Changed)**

- 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 **7:00 PM EDT on Sunday, July 16, 2023** (Pool Deck Management Table)
- All events are Timed Finals; one swim only

07-10-23