

**2025 National Senior Games presented by Humana**  
**Des Moines, Iowa**  
**Swimming - Order of Events - (All Age Groups)**



**Thursday, July 24, 2025**

**Practice: Men & Women-All Ages (12:00pm-6:00pm)**

**Session 1**

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

**Friday, July 25, 2025 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 25, 2025 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 26, 2025 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 26, 2025 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 27, 2025 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 27, 2025 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 28, 2025 Ages**

#61 Women 500 Free All Ages

#62 Men 500 Free All Ages

**Session 8**

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

**Monday, July 28, 2025**

#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 27, 2025** (Pool Deck Management Table)
- All events are Timed Finals; one swim only

**08-05-2024**