



2025 NATIONAL SENIOR GAMES

Presented By Humana
DES MOINES, IOWA



SPORT/EVENT	WED 7/23	THUR 7/24	FRI 7/25	SAT 7/26	SUN 7/27	MON 7/28	TUES 7/29	WED 7/30	THUR 7/31	FRI 8/1	SAT 8/2	SUN 8/3	MON 8/4
ATHLETE CHECK-IN	2:00p - 8:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 12:00p	
ATHLETE VILLAGE	2:00p - 8:00p	7:30a - 5:30p	7:30a - 4:00p	7:30a - 5:30p	7:30a - 5:30p	7:30a - 4:00p	7:30a - 5:30p	7:30a - 5:30p	7:30a - 5:30p	7:30a - 5:30p	7:30a - 4:00p		
FLAME ARRIVAL CEREMONY			7:00PM										
CELEBRATION OF ATHLETES						5:45PM							
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	Practice: Recurve (Freestyle) M/W All Ages (8a-12p)	Recurve (Freestyle) M/W All Ages	Recurve (Freestyle) M/W All Ages	Practice: Compound Release M/W All Ages (8a-12p)	Compound Release M/W All Ages	Compound Release 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+ (4p-7:30p)	M/W 65-100+	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+	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+
BASKETBALL SKILLS					M/W 55+, 65+			M/W 70+, 75+, 80+, 85+			M/W 50+, 60+		
BEACH VOLLEYBALL					Practice: (12p-5p) M-50+, 60+, 70+, 80+ W-55+, 65+, 75+	M-50+, 60+, 70+, 80+ W-55+, 65+, 75+ (2-Person Teams Only)	M-50+, 60+, 70+, 80+ W-55+, 65+, 75+ (4-Person Teams Only)	Practice: (12p-6p) M-55+, 65+, 75+ W-50+, 60+, 70+, 80+ W-50+, 60+, 70+, 80+ (2-Person Teams Only)	M-55+, 65+, 75+ W-50+, 60+, 70+, 80+ (4-Person Teams Only)	M-55+, 65+, 75+ W-50+, 60+, 70+, 80+ (4-Person Teams Only)			

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BILLIARDS									Practice: M/W ALL Ages (10a-6p)	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	
BOWLING			Practice: ALL Singles (11a-3p)	ALL Singles	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: 1-5p ALL Mixed Doubles	ALL Mixed Doubles	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 WS, ALL MD (PM - As Courts are Available)	ALL Women's Singles ALL Men's Doubles	
CYCLING								5K TT All Ages 7:30am (1st Start time)	10K TT All Ages 7:30am (1st Start time)		20K RR All Ages 7:30am (1st Start time)	40K RR All Ages 7:30am (1st Start time)	
DISC GOLF		Practice: M/W 50-74 Nothing Scheduled at Venue (Practice on Own)	M/W 50-74 M/W 75+ Practice: (12p-6p)	M/W All Ages	M/W 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	M/W All Ages Scramble				
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+...	Women's Doubles 50+, 55+, 60+	Mixed Doubles 50+, 55+, 60+	Men's Doubles 50+, 55+, 60+	M/W Singles 50+, 55+, 60+		



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POWERLIFTING											MEN ALL Ages	WOMEN ALL Ages	
POWER WALK						1500M All Ages 7:30am (1st Start time)	5K All Ages 7:30am (1st Start time)						
RACE WALK						1500M All Ages 7:30am (1st Start time)	5K All Ages 7:30am (1st Start time)						
RACQUETBALL	Practice: Nothing Scheduled at Venue (Practice on Own)	65+ M Singles 70+ M Singles 75+ M Singles Practice: as courts are available	Men's Singles Men's Doubles (All Ages)	M/W Singles M/W Doubles Mixed Doubles (All Ages)	M/W Singles M/W Doubles Mixed Doubles (All Ages)	M/W Singles M/W Doubles Mixed Doubles (All Ages)	Men's Singles Men's Doubles (All Ages)						
ROAD RACE		5K All Ages 7:30am	1 Mile All Ages 6:30pm	10K All Ages 8:00am									
SHUFFLEBOARD		Practice: M/W 50-69 Singles (11a-5p)	M/W 50-69 Singles	M/W 50-69 Singles Practice: 50-69 Doubles (9a-3p)	M/W 50-69 Any Doubles	M/W 50-69 Any Doubles Practice: M/W 70-100+ Singles (9a-3p)	M/W 70-100+ Singles	M/W 70-100+ Singles Practice: M/W 70-100+ Any Doubles (9a-3p)	M/W 70-100+ Any Doubles	M/W 70-100+ Any Doubles			
SOFTBALL		Practice: W-50+, 60+, 70+	W-50+, 60+, 70+	W-50+, 60+, 70+	W-50+, 60+, 70+	W-50+, 60+, 70+ Practice: W-55+, 65+, 75+	W-55+, 65+, 75+	W-55+, 65+, 75+	W-55+, 65+, 75+	W-55+, 65+, 75+ Practice/Comp: Men All Ages	Men All Ages	Men All Ages	Men All Ages
SWIMMING	SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE	Practice: M/W All Ages (12p-6p)	M/W All Ages	M/W All Ages	M/W All Ages	M/W All Ages							

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TABLE TENNIS								Practice: (2p-6p)	M/W 50-64 Singles	M/W All Ages Doubles	M/W All Ages MXD Doubles	M/W 65-74 Singles	M/W 75+ Singles
TAI CHI				Tai Chi Chuan Solo M/W All Ages Open Division (weapon only) M/W All Ages	Weapon Solo (sword only) M/W All Ages Tai Chi Chuan Group M/W All Ages								
TENNIS		50+ (MS, MD, WS, WD) 55+ (MS, MD, WS, WD) 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, MXD) 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, WD) 65+ (MS, MD, MXD)	50+ (WD, MXD) 55+ (WD, MXD) 60+ (MS, MD, WS, WD, MXD) 65+ (MS, MD, WS, MXD) 70+ (WS) 75+ (MS, WS)	50+ (MXD) 55+ (MXD) 60+ (MD, WD, MXD) 65+ (WS, MD, WD, MXD) 70+ (MS, WS, MXD) 75+ (MS, WS) 80+ (WS) 85+ (MS) 90+ (MS)	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, MXD) 80+ (MS, MD, WS, WD, MXD) 85+ (MS, MD, WS, WD, MXD) 90+ (MS, MD, 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, WS, WD, MXD) 90+ (MS, MD, WS, WD, MXD)	70+ (MD, MXD) 75+ (MD, WD, MXD) 80+ (MS, MD, WD, MXD) 85+ (MD, WD, MXD) 90+ (MD, WD, MXD)
TRACK & FIELD						SEE SPECIFIC SPORT PAGE FOR DAILY SCHEDULE	Practice: M/W ALL Ages (10a-4p)	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	M/W ALL Ages	



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TRIATHLON & TRI RELAY										Triathlon & Tri Relay M/W ALL Ages 7:30am (1st Start time)			
VOLLEYBALL		Practice: M-50+, 60+, 70+ W-55+, 65+, 75+, 80+ (10a-5p)	M-50+, 60+, 70+ W-55+, 65+, 75+, 80+	M-50+, 60+, 70+ W-55+, 65+, 75+, 80+	M-50+, 60+, 70+ W-55+, 65+, 75+, 80+ Practice: M-55+, 65+, 75+, 80+ W-50+, 60+, 70+ (12p-5p)	M-55+, 65+, 75+, 80+ W-50+, 60+, 70+	M-55+, 65+, 75+, 80+ W-50+, 60+, 70+	M-55+, 65+, 75+, 80+ W-50+, 60+, 70+					