

OFFICIAL MPS STANDARDS

2027 National Senior Games

12.22.25



2027 MINIMIUM PERFORMANCE STANDARDS

Minimum Performance Standards (MPS) are based on results from previous National Senior Games. There are some sports where athletes can qualify by meeting performance standards. An athlete does not have to meet both the placement and MPS in order to qualify—it is by one or the other.

In order to qualify by MPS, athletes must meet or exceed the MPS based on their age during the 2024 qualifying year at a sanctioned state senior games.

ARCHERY

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

Minimums are based on single-day competition.

900 ROUND

Minimum Required Score

900 round consists of shooting 30 arrows at each distance of 60, 50, and 40 yards.

	Barebow	Limited*	Unlimited**
Men	425	600	700
Women	400	575	675

*compound finger, recurve

**compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

GOLF

NOTE: This array shows the score, which must be shot based on the slope of qualifying course relative to the NSGA starting slope of 113 for women and 119 for men. MPSs are adjusted up and down based on slope. Qualifying Game Coordinators must advise their golfers of the MPS for the golf course being used for the qualifying before play begins. Use the chart below to determine the MPS.

The NSGA reserves the right to use judgement based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent games.

Age Division	Men's Slope																											
	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132			
50-54	72	72	73	73	74	74	75	75	76	76	77	77	77	78	78	79	79	80	80	81	81	82	82	83	83			
55-59	73	73	74	74	75	75	76	76	77	77	78	78	78	79	79	80	80	81	81	82	82	83	83	84	84			
60-64	74	74	75	75	76	76	77	77	78	78	79	79	79	80	80	81	81	82	82	83	83	84	84	85	85			
65-69	75	75	76	76	77	77	78	78	79	79	80	80	80	81	81	82	82	83	83	84	84	85	85	86	86			
70-74	75	75	76	76	77	77	78	78	79	79	80	80	80	81	81	82	82	83	83	84	84	85	85	86	86			
75-79	82	82	83	83	84	84	85	85	86	86	87	87	87	88	88	89	89	90	90	91	91	92	92	93	93			
80-84	82	82	83	83	84	84	85	85	86	86	87	87	87	88	88	89	89	90	90	91	91	92	92	93	93			
85-89	87	85	86	86	87	87	88	88	89	89	90	90	90	91	91	92	92	93	93	94	94	95	95	96	96			
90-94*	46	46	47	47	48	48	49	49	50	50	51	51	51	52	52	53	53	54	54	55	55	56	56	57	57			
95+*	46	46	47	47	48	48	49	49	50	50	51	51	51	52	52	53	53	54	54	55	55	56	56	57	57			
MPS Adjustment	-5	-5	-4	-4	-3	-3	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6			

*90+ scores are 9-hole

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Age Division	Women's Slope																									
	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	
50-54	86	86	87	87	88	88	88	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97	
55-59	87	87	88	88	89	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98	
60-64	87	87	88	88	89	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98	
65-69	89	89	90	90	91	91	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	
70-74	91	91	92	92	93	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101	102	102	
75-79	94	94	95	95	96	96	96	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105	
80-84	95	95	96	96	97	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105	106	106	
85-89	109	109	110	110	111	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	
90-94*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64	65	65	
95+*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64	65	65	
MPS Adjustment	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	

*90+ scores are 9-hole

SWIMMING

Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500-yard time by 1.15526 to get 400 meter MPS.

50-Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:35.33	55-59	:41.40
60-64	:36.33	60-64	:41.40
65-69	:37.62	65-69	:41.65
70-74	:39.94	70-74	:45.52
75-79	:50.00	75-79	:53.83
80-84	:52.95	80-84	1:04.26
85-89	1:13.76	85-89	1:34.90
90+	1:50.80	90+	2:25.20

100-Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:23.70
55-59	1:20.03	55-59	1:23.70
60-64	1:20.03	60-64	1:26.75
65-69	1:20.03	65-69	1:35.76
70-74	1:26.49	70-74	1:46.40
75-79	1:46.54	75-79	2:02.49
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	3:55.20
90+	4:25.20	90+	5:45.90

200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	2:59.32	55-59	3:07.60
60-64	3:00.59	60-64	3:17.76
65-69	3:00.59	65-69	3:25.80
70-74	3:23.05	70-74	3:57.69
75-79	3:36.98	75-79	4:18.18
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90-94	10:35.90	90-94	10:44.80
95+	10:35.90	95+	10:44.80

50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:46.86
60-64	:37.80	60-64	:46.86
65-69	:40.11	65-69	:49.29
70-74	:41.73	70-74	:51.36
75-79	:50.24	75-79	1:03.69
80-84	:57.02	80-84	1:18.94
85-89	1:18.12	85-89	2:28.70
90-94	1:26.58	90-94	3:29.90
95+	1:36.20	95+	3:29.90

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100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:22.90	60-64	1:43.30
65-69	1:27.42	65-69	1:49.95
70-74	1:35.55	70-74	1:58.18
75-79	1:51.23	75-79	2:21.08
80-84	2:13.31	80-84	2:45.00
85-89	4:26.04	85-89	5:45.90
90+	5:29.50	90+	5:45.90

200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:04.87
70-74	3:45.49	70-74	4:16.88
75-79	4:18.58	75-79	5:13.24
80-84	5:55.10	80-84	6:48.78
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:16.13	60-64	1:27.02
65-69	1:18.32	65-69	1:38.65
70-74	1:25.09	70-74	1:42.41
75-79	1:48.90	75-79	2:03.67
80-84	2:17.30	80-84	2:54.50
85-89	3:50.94	85-89	5:25.60
90+	4:16.60	90+	5:25.60

200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:57.22	60-64	3:17.02
65-69	3:12.41	65-69	3:59.77
70-74	3:29.95	70-74	4:07.10
75-79	4:10.90	75-79	4:43.77
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80

400-Yard Individual Medley

Men		Women	
50-54	7:22.08	50-54	7:37.91
55-59	7:22.08	55-59	7:37.91
60-64	7:22.08	60-64	7:37.91
65-69	7:30.78	65-69	8:56.25
70-74	9:02.65	70-74	9:19.08
75-79	9:51.15	75-79	9:41.11
80-84	11:58.67	80-84	16:08.42
85-89	12:12.24	85-89	16:08.42
90+	12:12.24	90+	16:08.42

50-Yard Butterfly

Men		Women	
50-54	:30.07	50-54	:37.65
55-59	:32.34	55-59	:38.26
60-64	:32.34	60-64	:38.76
65-69	:33.64	65-69	:42.58
70-74	:37.72	70-74	:42.58
75-79	:44.82	75-79	1:07.54
80-84	1:25.86	80-84	1:30.00
85-89	2:03.77	85-89	3:18.20
90+	2:18.90	90+	3:18.20

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100-Yard Butterfly

Men		Women	
50-54	1:23.70	50-54	1:27.05
55-59	1:25.68	55-59	1:37.60
60-64	1:25.68	60-64	1:44.53
65-69	1:25.68	65-69	2:20.39
70-74	1:39.83	70-74	2:38.31
75-79	2:43.83	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

200-Yard Butterfly

Men		Women	
50-54	4:22.21	50-54	04:06.70
55-59	4:22.21	55-59	04:06.70
60-64	4:51.34	60-64	04:06.70
65-69	4:51.34	65-69	05:19.69
70-74	5:15.91	70-74	06:33.48
75-79	5:15.91	75-79	07:39.94
80-84	No MPS	80-84	07:39.94
85-89	No MPS	85-89	07:39.94
90+	No MPS	90+	No MPS

50-Yard Freestyle

Men		Women	
50-54	:27.51	50-54	:33.08
55-59	:28.80	55-59	:33.08
60-64	:29.08	60-64	:33.70
65-69	:29.79	65-69	:35.65
70-74	:31.05	70-74	:35.85
75-79	:35.82	75-79	:46.10
80-84	:41.40	80-84	:56.16
85-89	:59.19	85-89	1:08.67
90+	1:34.95	90+	2:30.20

100-Yard Freestyle

Men		Women	
50-54	1:03.00	50-54	1:13.70
55-59	1:03.43	55-59	1:13.70
60-64	1:06.00	60-64	1:16.53
65-69	1:08.25	65-69	1:20.45
70-74	1:10.41	70-74	1:22.71
75-79	1:22.31	75-79	1:44.15
80-84	1:35.70	80-84	2:07.48
85-89	2:41.55	85-89	2:48.60
90+	3:43.50	90+	4:39.10

200-Yard Freestyle

Men		Women	
50-54	2:26.01	50-54	2:46.10
55-59	2:27.20	55-59	2:46.10
60-64	2:30.23	60-64	2:49.34
65-69	2:33.45	65-69	3:02.67
70-74	2:55.45	70-74	3:04.03
75-79	3:13.36	75-79	3:50.20
80-84	3:52.68	80-84	4:40.74
85-89	6:27.40	85-89	7:19.83
90+	7:25.00	90+	11:02.40

500-Yard Freestyle

Men		Women	
50-54	6:57.40	50-54	7:26.36
55-59	7:15.30	55-59	7:26.36
60-64	7:15.30	60-64	7:28.76
65-69	7:15.30	65-69	8:05.13
70-74	8:15.62	70-74	8:56.79
75-79	9:21.53	75-79	10:45.00
80-84	11:50.90	80-84	13:22.87
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

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QUALIFIED STROKE <i>Bonus events must be of same stroke and lesser distance</i>	BONUS STROKES
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 200	Butterfly 50, 100
Butterfly 100	Butterfly 50
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 400	Individual Medley 100, 200
Individual Medley 200	Individual Medley 100

TRACK & FIELD

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

<u>TRACK</u> MINIMUM PERFORMANCE STANDARDS						
Age	MEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.47	:13.82	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.76	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.98	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.14	:15.53	:32.37	1:15.13	3:05.20	6:42.68
75-79	:8.84	:16.39	:36.90	1:27.09	3:24.88	7:32.90
80-84	:9.31	:17.88	:37.70	1:42.31	4:11.66	8:47.37
85-89	:10.54	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:34.72	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00
Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.81	3:15.36	6:51.28
60-64	:8.73	:16.61	:36.19	1:29.32	3:30.00	7:17.00
65-69	:9.25	:17.89	:37.42	1:36.12	3:31.85	7:31.95
70-74	:10.25	:19.36	:41.94	1:44.17	4:11.21	8:54.97
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.10	:25.28	1:06.03	2:48.07	6:11.80	13:44.30
85-89	:19.31	:35.82	1:40.41	3:28.17	8:34.92	16:30.00
90+	:23.83	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS <i>(Imperial)</i>							
MEN'S DIVISIONS							
Age	IMPERIAL (feet + inches)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	14' 11.25"	4' 10.75"	27' 11.5"	37' 6"	130' 8.75"	132' 6.25"	8' 6.25"
55-59	14' 9.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6.25"	8' 6.25"
60-64	14' 7.5"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"
65-69	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 8.25"
75-79	9' 11.75"	3' 6.5"	20' 7.75"	30' 10.5"	87' 8.25"	89' 5.25"	5' 0.25"
80-84	9' 6.25"	3' 3"	16' 4.5"	29' 9"	74' 7"	74' 3.75"	3' 7.25"
85-89	5' 8"	2' 9"	10' 7.25"	23' 2.25"	56' 9"	60' 8.75"	2' 9.75"
90-94	3' 10.75"	2' 2"	6' 6.75"	17' 3.5"	38' 0"	29' 8.75"	2' 9.75"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 4.75"	2' 9.75"
Age	METRIC (meters)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60
55-59	4.50	1.40	8.52	11.28	35.91	40.39	2.60
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.34
75-79	3.04	1.08	6.29	9.41	26.73	27.26	1.53
80-84	2.90	.99	4.99	9.07	22.73	22.65	1.10
85-89	1.73	.84	3.23	7.07	17.30	18.51	.86
90-94	1.19	.66	2.00	5.27	11.58	9.06	.86
95-99	1.19	.66	2.00	3.44	6.20	6.81	.86
100+	1.19	.66	2.00	3.05	6.20	5.00	.86

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FIELD MINIMUM PERFORMANCE STANDARDS <i>(Imperial)</i>							
WOMEN'S DIVISIONS							
Age	IMPERIAL (feet + inches)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	11' 0.75"	3' 6.25"	21' 7.75"	29' 4"	73' 6"	69' 4.75"	4' 0"
55-59	11' 0.75"	3' 5"	15' 6.25"	29' 3.5"	73' 6"	69' 4.75"	4' 0"
60-64	10' 7.25"	3' 3"	15' 6.25"	29' 3.5"	71' 4"	69' 4.75"	4' 0"
65-69	9' 7"	3' 3"	15' 6.25"	24' 8.5"	63' 0"	58' 2.75"	4' 0"
70-74	8' 3.25"	2' 11.5"	15' 2.25"	22' 7.25"	57' 3"	55' 5.75"	4' 0"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 4.25"	51' 10.5"	45' 8"	4' 0"
80-84	5' 1.75"	2' 2"	11' 6.5"	19' 11.75"	44' 4"	36' 8.25"	2' 11.75"
85-89	2' 9"	1' 10"	8' 2.5"	14' 11.25"	29' 10.75"	21' 5.5"	2' 9.75"
90-94	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
95-99	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
100+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
Age	METRIC (meters)						
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22
60-64	3.23	.99	4.73	8.93	21.74	21.15	1.22
65-69	2.92	.99	4.73	7.53	19.20	17.75	1.22
70-74	2.52	.90	4.63	6.89	17.45	16.91	1.22
75-79	2.22	.78	3.52	6.51	15.81	13.92	1.22
80-84	1.57	.66	3.52	6.09	13.51	11.18	0.91
85-89	0.84	.56	2.50	4.55	9.11	7.19	0.86
90-94	0.76	.56	2.30	2.13	3.15	4.27	0.86
95-99	0.76	.56	2.30	2.13	3.15	4.27	0.86
100+	0.76	.56	2.30	2.13	3.15	4.27	0.86