

2025 Iowa Senior Games Schedule of Events



DAY	TIME	EVENT	LOCATION
SUNDAY, MAY 18, 2025			
Sunday	8:00 AM	Triathlon (Transition area opens at 6:00 AM)	Big Creek State Park Beach, Polk City
WEDNESDAY, JUNE 4, 2025			
Wednesday	7:00 AM	Pickleball (50-64): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
Wednesday	8:00 AM	Shuffleboard: Singles/Doubles	Indian Hills Junior High
THURSDAY, JUNE 5, 2025			
Thursday	7:00 AM	Pickleball (65+): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
Thursday	8:00 AM	Golf Tournament	Willow Creek Golf Course
Thursday	1:00 PM	Disc Golf Tournament	Pete Crivaro Park
Thursday	2:00 PM	Horseshoes	Holiday Park, West Des Moines
FRIDAY, JUNE 6, 2025			
Friday	8:30 AM	Tennis: Singles	Valley Southwoods Freshman HS
Friday	8:30-10:00 AM	Basketball Shooting: Free Throws	Valley High School
Friday	9:00 AM	Table Tennis: Singles	Four Mile Community Center, DSM
Friday	10:00-11:30 AM	Basketball Shooting: Around the World	Valley High School
Friday	11:00 AM-12:30 PM	Football Throws: Distance and Accuracy	Valley High School Track
Friday	11:00 AM-12:30 PM	Softball Throws: Distance and Accuracy	Valley High School Track
Friday	12:00 PM	Table Tennis: Doubles/Mixed	Four Mile Community Center, DSM
Friday	1:00 PM	Racquetball: Singles	Wellmark YMCA, Des Moines
Friday	1:00 PM	Bowling: Mixed Doubles	Bowlerama Lanes, Des Moines
Friday	1:00 PM	3-on-3 Basketball	Valley High School
Friday	1:00-2:00 PM	Frisbee Throw: Distance and Accuracy	Valley High School Track
Friday	2:30-4:00 PM	Football Field Goal Kick	Valley High School Track
Friday	2:30-4:00 PM	Soccer Kick Accuracy	Valley High School Track
SATURDAY, JUNE 7, 2025			
Saturday	8:30 AM	Granny Basketball	Valley High School
Saturday	8:30 AM	Tennis: Doubles/Mixed	Valley Southwoods Freshman HS
Saturday	12:00 PM	Bowling: Singles	Bowlerama Lanes, Des Moines
Saturday	12:00 PM	Hall of Fame Induction Ceremony	Valley High School Track
Saturday	12:00 PM	Racquetball: Doubles/Mixed	Wellmark YMCA, Des Moines
Saturday	8:00 AM	STEVE LYNN MEMORIAL TRACK & FIELD	Valley High School Track
FIELD EVENTS			
Saturday	8:00-9:30 AM	Triple Jump	Valley High School Track
Saturday	8:00-8:45 AM	Javelin Throw (75+)	Valley High School Track
Saturday	8:45-9:30 AM	Javelin Throw (65-74)	Valley High School Track
Saturday	9:30-10:15 AM	Javelin Throw (50-64)	Valley High School Track
Saturday	10:00-11:30 AM	Standing Long Jump	Valley High School Track
Saturday	10:00-11:30 AM	High Jump (65+)	Valley High School Track
Saturday	12:30-2:00 PM	Running Long Jump	Valley High School Track
Saturday	12:30-2:00 PM	High Jump (50-64)	Valley High School Track
Saturday	1:00-1:30 PM	Shot Put (80+)	Valley High School Track
Saturday	1:00-1:30 PM	Discus (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Shot Put (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Discus (80+)	Valley High School Track
Saturday	2:00-2:30 PM	Shot Put (65-69)	Valley High School Track
Saturday	2:00-2:30 PM	Discus (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Shot Put (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Discus (50-59)	Valley High School Track

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Saturday	3:00-3:30 PM	Shot Put (50-59)	Valley High School Track
Saturday	3:00-3:30 PM	Discus (65-69)	Valley High School Track
RUNNING EVENTS			
Saturday	8:15 AM	5,000 M Race Walk	Valley High School Track
Saturday	9:15 AM	100 M Dash	Valley High School Track
Saturday	10:15 AM	1,500 M Run	Valley High School Track
Saturday	10:45 AM	400 M Run	Valley High School Track
Saturday	11:15 AM	1,500 M Power Walk	Valley High School Track
Saturday	12:30 PM	50 M Dash	Valley High School Track
Saturday	1:00 PM	800 M Run	Valley High School Track
Saturday	1:30 PM	200 M Dash	Valley High School Track
SUNDAY, JUNE 8, 2025			
Sunday	8:30 AM	Granny Basketball	Valley High School
Sunday	9:00 AM	Badminton: Singles, Dbls/Mxd to Follow	Valley Southwoods Freshman HS
Sunday	10:00 AM	Swim Meet (Warm-up begins at 9:00 AM)	Valley High School
Sunday	12:00 PM	Bowling: Doubles	Bowlerama Lanes, Des Moines
Sunday	2:00 PM	Cornhole	Valley Community Center
SATURDAY, JULY 19, 2025			
Saturday	8:00 AM	Road Race: 5K	Clive Aquatic Center, Clive
Saturday	8:00 AM	Archery	Lot G3, Iowa State University, Ames
Saturday	9:00 AM	Cycling Time Trial	Story County Road R70, Cambridge, IA
SUNDAY, JULY 20, 2025			
Sunday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Sunday	8:00 AM	Cycling Road Race	Boone Scenic Valley Railroad, Boone

ALL FACILITIES LOCATED IN THE DES MOINES AREA, UNLESS NOTED OTHERWISE

FOR MORE INFORMATION, VISIT WWW.IOWASENIORGAMES.ORG

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