10WA senior games

2023 Iowa Senior Games Schedule of Events

Friday S:00 PM Softball Tournament Raccoon River Park, West Des Moines Webnesday 8:00 AM Pickleball (S0-64): Mod Dbis, Dbis/Sigs to follow Valley High School Wednesday 1:00 PM Disc Golf Tournament Centennial Park, Waukee THURSDAY, JUNE 9, 2023 Thursday 8:00 AM Pickleball (S0-64): Mod Dbis, Dbis/Sigs to follow Valley High School Tursday 8:00 AM Pickleball (S0-74): Mod Dbis, Dbis/Sigs to follow Valley High School Track Priday 8:00 AM Pickleball (S0-74): Mod Dbis, Dbis/Sigs to follow Valley High School Track Valley Hig	DAY	TIME	EVENT	LOCATION
Softball Tournament Raccoon River Park, West Des Moines Watenesday 8:00 AM Pickleball (SO-64): Mad Dist, Dist/Sigls to follow Valley High School Wednesday 8:00 AM Shuffleboard: Singles/Doubles Indian Hills Junior High, Clive Wednesday 1:00 PM Disc Golf Tournament Centennial Park, Waukee THURSDAY, JUNE 8, 2028 THURSDAY, JUNE 8, 2028 THURSDAY, JUNE 8, 2028 Wednesday 8:00 AM Pickleball (65+): Mad Dist, Dist/Sigls to follow Valley High School Thursday 8:00 AM Pickleball (65+): Mad Dist, Dist/Sigls to follow Valley High School Thursday 2:00 PM Horseshoes Holiday Park Firiday 8:30-10:00 AM Basketball Shooting: Free Throws Valley High School Triday 10:00-11:30 AM Basketball Shooting: Free Throws Valley High School Triday 10:00-11:30 AM Basketball Shooting: Around the World Valley High School Track Friday 11:00 AM-12:30 PM Fortball 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 1:00 PM Racquetball Singles Wellmark YMCA, Distance Four Mile Community Center, DSM Friday 1:00 PM Bowling: Mixed Doubles Valley High School Track Friday 1:00 PM Bowling: Mixed Doubles Valley High School Track Friday 1:00 PM Bowling: Mixed Doubles Valley High School Track Friday 1:00 PM Socret Rick Valley High School Track Valley High School Track Saturday 1:00 PM Racquetball Singles Wellmark YMCA, Des Moines Saturday 1:00 PM Racquetball Singles Valley High School Track Valley High School Track Saturday 1:00 PM Racquetball Singles Valley High School Track Saturday 1:00 PM Racquetball Singles Valley High School Track Valley High School Track Saturday 1:00 PM Racquetball Singles Valley High School Track Saturday 1:00 PM Racquetball Singles Val			Friday, JUNE 2, 2023	
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2023 Iowa Senior Games Schedule of Events

10WA senior games

		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 11, 2023	
Sunday	8:30 AM	Granny Basketball	Valley High School
Sunday	10:00 AM	Swim Meet (Warm-up begins at 9:00 AM)	Valley High School Pool
Sunday	11:30 AM	Badminton: Singles, Dbls/Mxd to Follow	Valley Southwoods Gym
Sunday	12:00 PM	Bowling: Doubles	Val Lanes
		SUNDAY, JULY 9, 2023	
Sunday	8:00 AM	Triathlon	Big Creek State Park, Polk City
		SATURDAY, JULY 15, 2023	
Saturday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Saturday	9:00 AM	Cycling Time Trial	Ballard East Elementary, Cambridge
		SUNDAY, JULY 16, 2023	
Sunday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Sunday	8:30 AM	Cycling Road Race	Boone (Boone Scenic Valley Railroad)
·		SATURDAY, JULY 22, 2023	
Saturday	8:00 AM	Road Race: 5K	Clive Aquatic Center, Clive
Saturday	4:00 PM	Cornhole	Clive Aquatic Center, Clive

ALL FACILITIES LOCATED IN WEST DES MOINES, UNLESS NOTED OTHERWISE

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