

2023 Iowa Senior Games Schedule of Events

IOWA senior games



DAY	TIME	EVENT	LOCATION
Friday, JUNE 2, 2023			
Friday	5:00 PM	Softball Tournament	Raccoon River Park, West Des Moines
WEDNESDAY, JUNE 7, 2023			
Wednesday	8:00 AM	Pickleball (50-64): Mxd Dbls, Dbls/Sgls 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, 2023			
Thursday	8:00 AM	Golf Tournament	Willow Creek Golf Course
Thursday	8:00 AM	Pickleball (65+): Mxd Dbls, Dbls/Sgls to follow	Valley High School
Thursday	2:00 PM	Horseshoes	Holiday Park
FRIDAY, JUNE 9, 2023			
Friday	8:30 AM	Tennis: Singles	Valley Southwoods Tennis Courts
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	Val Lanes
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	Field Goal Kick	Valley High School Track
Friday	2:30-4:00 PM	Soccer Kick	Valley High School Track
SATURDAY, JUNE 10, 2023			
Saturday	8:30 AM	Granny Basketball	Valley High School
Saturday	8:30 AM	Tennis: Doubles/Mixed	Valley Southwoods Tennis Courts
Saturday	12:00 PM	Bowling: Singles	Val Lanes
Saturday	12:00 PM	Hall of Fame Induction Ceremony	Valley High School Track
Saturday	12:00 PM	Racquetball: Doubles/Mixed	Wellmark YMCA, Des Moines
STEVE LYNN MEMORIAL TRACK & FIELD			
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
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

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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

FOR MORE INFORMATION, VISIT WWW.IOWASENIORGAMES.ORG

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