

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 High School |
| 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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