

Activity	Friday, 7/19	Saturday, 7/20	Sunday, 7/21	Monday, 7/22	Tuesday, 7/23	Wednesday, 7/24	Thursday, 7/25
Athlete Check-In	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p
Athlete Village		9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p
Flame Arrival	7:00p - 9:00p						
Celebration of Athletes							
ARCHERY	Practice: Recurve Barebow Recurve Compound Fingers Compound Barebow M/W All Ages	Recurve Barebow Recurve Compound Fingers Compound Barebow M/W All Ages	Recurve Barebow Recurve Compound Fingers Compound Barebow M/W All Ages	Practice Compound Release M/W All Ages	Compound Release M/W All Ages	Compound Release M/W All Ages	
BADMINTON	Practice M/W 50-64	M/W 50-64	M/W 50-64	M/W 50-64	Competition: M/W 50-64 Practice: M/W 65-100+	M/W 65-100+	M/W 65-100+
BASKETBALL					Practice/Captains Meeting M/W 50+, 70+	M/W 50+, 70+	Competition: M/W 50+, 70+ Practice/Captains Meeting: M/W 55+, 65+
BOWLING							
CYCLING							
5/10K Time Trials						10K Time Trial	5K Time Trial
20/40K Road Race							
GOLF					Practice: M/W All Ages	M/W All Ages - Round 1	M/W All Ages - Round 2
HORSESHOES		Practice: M/W 50-69	M/W 50-69	M/W 50-69	Practice: M/W 70-100+	M/W 70-100+	M/W 70-100+
PICKLEBALL							
RACE WALK 1,500 M							
RACE WALK 5,000 M							
RACQUETBALL							
ROAD RACE 5K	5K Competition	Rain Date					
ROAD RACE 10K		10K Competition	Rain Date				
SHUFFLEBOARD					Practice: M/W 50-69	M/W 50-69 Singles	M/W 50-69 Singles
SOFTBALL	Practice / Captains Meeting M/W 50+, 55+, 60+	M/W 50+, 55+, 60+	M/W 50+, 55+, 60+	M/W 50+, 55+, 60+	Rain Date M/W 50+, 55+, 60+ Practice / Captains Meeting Competition: M/W 65+, 70+, 75+	M/W 65+, 70+, 75+	M/W 65+, 70+, 75+
SWIMMING	Practice: 50-64	200Y Free 100Y Fly 50Y Back 200Y IM 100Y Breast M/W 50-64	100Y IM 200Y Breast 100Y Free 200Y Back 50Y Fly M/W 50-64	50Y Free 100Y Back 50Y Breast 500Y Free M/W 50-64 Practice M/W 65-100+	200Y Free 100Y Fly 50Y Back 200Y IM 100Y Breast M/W 65-100+	100Y IM 200Y Breast 100Y Free 200Y Back 50Y Fly M/W 65-100+	50Y Free 100Y Back 50Y Breast 500Y Free M/W 65-100+
TABLE TENNIS							
TENNIS	Practice	M/WS 50-54, 55-59, 60-64, 65-69 M/WD 50-54, 55-59, WD 60-64, 65-69 MX 60-64	M/WS 50-54, 55-59, 60-64, 65-69 M/WD 50-54, 55-59, 60-64, 65-69 MX 50-54, 55-59, 60-64, 65-69	M/WS 50-54, 55-59, 60-64, 65-69 M/WD 50-54, 55-59, 60-64, 65-69 MX 50-54, 55-59, 60-64, 65-69	M/WS 50-54, 55-59, 60-64, 65-69 M/WD 50-54, 55-59, 60-64, 65-69 MX 50-54, 55-59, 60-64, 65-69	M/WS 65-69, 70-74 MS 55-59, 60-64, 75-79, 80-84 M/WD 65-69, 70-74 MD 60-64, 80-84 MX 55-59, 60-64, 65-69, 70-74	M/WS 70-74, 75-79, 80-84 MS 65-69, 80-84, 85-89, 90-94 M/WD 70-74, 75-79, 80-84 MD 65-69 MX 65-69, 70-74, 75-79, 80-84
TRACK & FIELD				Practice: M/W 65-100+	M/W 65-100+	M/W 65-100+	M/W 65-100+
TRIATHLON			M/W All Ages	Rain Date			
VOLLEYBALL						Practice/Captains Meeting M/W 50+, 60+, 70+	M/W 50+, 60+, 70+
DEMONSTRATION SPORTS							
BOCCE							
DISC GOLF		M/W All Ages	M/W All Ages	Rain Date			

Activity	Friday, 7/26	Saturday, 7/27	Sunday, 7/28	Monday, 7/29	Tuesday, 7/30	Wednesday, 7/31	Thursday, 8/1
Athlete Check-In	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	7:00a - 7:00p	
Athlete Village	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p	9:00a - 6:00p
Flame Arrival							
Celebration of Athletes	6:00p - 9:00p						
ARCHERY							
BADMINTON	M/W 65-100+	M/W 65-100+					
BASKETBALL	M/W 50+, 55+, 65+ 70+	Competition: M/W 50+, 55+, 65+, 70+ Practice/Captains Meeting: M/W 60+, 75+, 80+	M/W 55+, 60+, 65+, 75+, 80+	M/W 55+, 65+ M/W 60+, 75+, 80+	M/W 60+, 75+, 80+	M/W 60+, 75+, 80+	
BOWLING	Practice Singles M/W All Ages	Singles M/W All Ages	Singles M/W All Ages Singles Roll-Off M/W All Ages Practice:Doubles M/W All Ages	Doubles M/W All Ages	Doubles Roll-Off M/W All Ages Practice: Mixed Doubles All Ages	Mixed Doubles M/W All Ages	Mixed Doubles Roll-Off M/W All Ages
CYCLING							
5/10K Time Trials	Rain Date						
20/40K Road Race		40K Road Race	20K Road Race	Rain Date			
GOLF	M/W All Ages - Round 3	Rain Date					
HORSESHOES							
PICKLEBALL		Practice All Ages	Womens Doubles All Ages	Mens Doubles All Ages	Mixed Doubles All Ages	Mixed Doubles All Ages	Singles All Ages
RACE WALK 1,500 M					M/W All Ages	Rain Date	
RACE WALK 5,000 M						M/W All Ages	Rain Date
RACQUETBALL	Practice All Ages	Singles/Doubles Round Robin M/W All Ages	Singles/Doubles Round Robin M/W All Ages	Singles/Doubles Round Robin M/W All Ages	Singles/Doubles Semi & Quarters M/W All Ages	Singles/Doubles Finals M/W All Ages	
ROAD RACE 5K							
ROAD RACE 10K							
SHUFFLEBOARD	M/W 50-69 All Doubles	M/W 50-69 All Doubles	Practice: M/W 70-100+	M/W 70-100+ Singles	M/W 70-100+ Singles	M/W 70-100+ All Doubles	M/W 70-100+ All Doubles
SOFTBALL	M/W 65+, 70+, 75+	Rain Date: M/W 65+, 70+, 75+					
SWIMMING							
TABLE TENNIS	M/W 50-64 Singles	M/W 50-69, 85-90+ Doubles	M/W 50-84 Mixed Doubles	M/W 65-74 Singles	M/W 75-90+ Singles	M/W 70-84 Doubles M/W 85-90+ Mixed Doubles	
TENNIS	M/WS 70-74, 75-79, 80-84 MS 85-89, 90-94 M/WD 70-74, 75-79, 80-84 MD 85-89, 90-94 MX 70-74, 75-79, 80-84	M/WS 70-74, 75-79, 80-84 MS 85-89, 90-94 W/MD 70-74, 75-79, 80-84 MD 85-89, 90-94 MX 70-74, 75-79, 80-84	M/WS 70-74, 75-79, 85-89 MS 80-84,85-89,95+ WS 90-94 MD/W 70-74, 75-79, 85-89 MX 70-74, 75-79, 80-84, 85-89	MS 70-74, 75-79, 95+ WS 85-89, 90-94 WD 85-89 MX 85-89, 90-94, 95+		Rain Date	
TRACK & FIELD	M/W 65-100+	M/W 50-64	M/W 50-64	M/W 50-64	M/W 50-64	Rain Date	
TRIATHLON							
VOLLEYBALL	M/W 50+, 60+.70+	M/W 50+, 60+.70+	Competition:M/W 50+,60+,70+ Practice/Captains Meeting: M/W 55+, 65+, 75+	M/W 55+, 65+.75+	M/W 55+, 65+.75+	M/W 55+, 65+.75+	M/W 55+, 65+.75+
DEMONSTRATION SPORTS							
BOCCE		M/W All Ages	M/W All Ages				
DISC GOLF							