

National Senior Games Association
 Qualifying Procedures & Rules of Competition
 2009 Summer National Senior Games
 January 16, 2008
 Revised March 10, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

| ARCHERY | | | | | | | |
|-----------------------|-----------|----------|----------|-----------------------|-----------|----------|----------|
| | Division | 2007 MPS | 2009 MPS | | Division | 2007 MPS | 2009 MPS |
| Men | | | | Women | | | |
| 900 Round | | | | 900 Round | | | |
| | Limited | 600 | 600 | | Limited | 575 | 575 |
| | Unlimited | 700 | 700 | | Unlimited | 675 | 675 |
| | Barebow | 425 | 425 | | Barebow | 400 | 400 |
| 600 Round | | | | 600 Round | | | |
| | Limited | 400 | 400 | | Limited | 400 | 400 |
| | Unlimited | 470 | 470 | | Unlimited | 470 | 470 |
| | Barebow | 280 | 280 | | Barebow | 280 | 280 |
| 300 Indoor Round | | | | 300 Indoor Round | | | |
| | Limited | 200 | 200 | | Limited | 200 | 200 |
| | Unlimited | 250 | 250 | | Unlimited | 250 | 250 |
| | Barebow | 180 | 180 | | Barebow | 180 | 180 |
| 28 Target Field Round | | | | 28 Target Field Round | | | |
| | Limited | 400 | 400 | | Limited | 375 | 375 |
| | Unlimited | 450 | 450 | | Unlimited | 425 | 425 |
| | Barebow | 300 | 300 | | Barebow | 275 | 275 |

| GOLF | | | | | | | | |
|-------|--------------|----------|--|----------|--|---------------|---------------|---------------|
| | Age Division | 2007 MPS | | 2009 MPS | (MPS will vary depending on course slope rating) | | | |
| | | | | | Slope 119-120 | Slope 121-122 | Slope 123-124 | Slope 125-126 |
| Men | | | | | | | | |
| | 50-54 | 77 | | | 77 | 78 | 79 | 80 |
| | 55-59 | 78 | | | 78 | 79 | 80 | 81 |
| | 60-64 | 79 | | | 79 | 80 | 81 | 82 |
| | 65-69 | 81 | | | 81 | 82 | 83 | 84 |
| | 70-74 | 84 | | | 84 | 85 | 86 | 87 |
| | 75-79 | 88 | | | 88 | 89 | 90 | 91 |
| | 80-84 | 93 | | | 93 | 94 | 95 | 96 |
| | 85-89 | 100 | | | 100 | 101 | 102 | 103 |
| | 90+ | 105 | | | 105 | 106 | 107 | 108 |
| | 90+ (9-hole) | 51 | | | 51 | 52 | 53 | 54 |
| Women | | | | | | | | |
| | 50-54 | 88 | | | Slope 113-114 | Slope 115-116 | Slope 117-118 | Slope 119-120 |
| | 55-59 | 89 | | | 88 | 89 | 90 | 91 |
| | 60-64 | 90 | | | 89 | 90 | 91 | 92 |
| | 65-69 | 93 | | | 90 | 91 | 92 | 93 |
| | 70-74 | 97 | | | 93 | 94 | 95 | 96 |
| | 75-79 | 102 | | | 97 | 98 | 99 | 100 |
| | 80-84 | 106 | | | 102 | 103 | 104 | 105 |
| | 85-89 | 111 | | | 106 | 107 | 108 | 109 |
| | 90+ | 115 | | | 111 | 112 | 113 | 114 |
| | 90+ (9-hole) | 56 | | | 115 | 116 | 117 | 118 |
| | | | | | 56 | 57 | 58 | 59 |

| RACE WALK | | | | | | | |
|-----------|--------------|----------|----------|-------|--------------|----------|----------|
| | Age Division | 2007 MPS | 2009 MPS | | Age Division | 2007 MPS | 2009 MPS |
| 1500 M | | | | | | | |
| Men | 50-54 | 8:25 | 8:25 | Women | 50-54 | 9:55 | 9:55 |
| | 55-59 | 8:43 | 8:43 | | 55-59 | 10:12 | 10:12 |
| | 60-64 | 9:00 | 9:00 | | 60-64 | 10:21 | 10:21 |
| | 65-69 | 9:34 | 9:34 | | 65-69 | 10:51 | 10:51 |
| | 70-74 | 10:06 | 10:06 | | 70-74 | 11:26 | 11:26 |
| | 75-79 | 11:25 | 11:12 | | 75-79 | 13:46 | 13:46 |
| | 80-84 | 13:24 | 13:06 | | 80-84 | 14:08 | 14:08 |
| | 85-89 | 16:21 | 16:21 | | 85-89 | 18:16 | 18:16 |
| | 90+ | 17:19 | 17:19 | | 90+ | 18:16 | 18:16 |
| | 5000 M | | | | | | |
| Men | 50-54 | 30:30 | 30:30 | Women | 50-54 | 35:35 | 35:35 |
| | 55-59 | 31:21 | 31:21 | | 55-59 | 36:13 | 36:13 |
| | 60-64 | 32:15 | 32:15 | | 60-64 | 37:05 | 37:05 |
| | 65-69 | 34:14 | 34:14 | | 65-69 | 37:56 | 37:56 |
| | 70-74 | 36:48 | 36:48 | | 70-74 | 42:26 | 42:26 |
| | 75-79 | 39:10 | 39:10 | | 75-79 | 44:17 | 44:17 |
| | 80-84 | 46:39 | 46:39 | | 80-84 | 48:44 | 48:44 |
| | 85-89 | 53:10 | 53:10 | | 85-89 | 55:30 | 55:30 |
| | 90+ | 53:10 | 53:10 | | 90+ | 55:30 | 55:30 |

National Senior Games Association
 Qualifying Procedures & Rules of Competition
 2009 Summer National Senior Games
 January 16, 2008
 Revised March 10, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
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| ROAD RACE | | | | | | | |
|-------------|--------------|----------|----------|-------|--------------|----------|----------|
| | Age Division | 2007 MPS | 2009 MPS | | Age Division | 2007 MPS | 2009 MPS |
| 5 K | | | | | | | |
| Men | 50-54 | 19:10 | 19:10 | Women | 50-54 | 25:08 | 25:08 |
| | 55-59 | 19:23 | 19:23 | | 55-59 | 26:50 | 26:50 |
| | 60-64 | 20:02 | 20:02 | | 60-64 | 27:21 | 27:21 |
| | 65-69 | 22:07 | 22:07 | | 65-69 | 28:09 | 28:09 |
| | 70-74 | 23:42 | 23:42 | | 70-74 | 33:27 | 33:27 |
| | 75-79 | 28:70 | 28:70 | | 75-79 | 40:51 | 40:51 |
| | 80-84 | 42:34 | 39:15 | | 80-84 | 46:58 | 46:58 |
| | 85-89 | 42:90 | 42:90 | | 85-89 | 53:50 | 53:50 |
| | 90+ | 42:90 | 42:90 | | 90+ | 57:30 | 57:30 |
| 10 K | | | | | | | |
| Men | 50-54 | 43:30 | 43:30 | Women | 50-54 | 55:00 | 55:00 |
| | 55-59 | 45:06 | 45:06 | | 55-59 | 58:42 | 58:42 |
| | 60-64 | 46:29 | 46:29 | | 60-64 | 59:05 | 59:05 |
| | 65-69 | 49:45 | 49:45 | | 65-69 | 59:33 | 59:33 |
| | 70-74 | 53:22 | 53:22 | | 70-74 | 1:10:40 | 1:10:40 |
| | 75-79 | 1:08:23 | 1:02:24 | | 75-79 | 1:40:00 | 1:40:00 |
| | 80-84 | 1:37:00 | 1:37:00 | | 80-84 | 1:50:00 | 1:50:00 |
| | 85-89 | 1:45:20 | 1:45:20 | | 85-89 | 1:50:00 | 1:50:00 |
| | 90+ | 1:45:20 | 1:45:20 | | 90+ | 1:50:00 | 1:50:00 |

| SWIMMING | | | | | | | | | |
|---------------------------------|--------------|----------|-----------------|-------------------|-------|--------------|----------|-----------------|-------------------|
| | Age Division | 2007 MPS | 2009 MPS (Feet) | 2009 MPS (Meters) | | Age Division | 2007 MPS | 2009 MPS (Feet) | 2009 MPS (Meters) |
| 50 YD Freestyle | | | | | | | | | |
| Men | 50-54 | :28.50 | :28.50 | :31.90 | Women | 50-54 | :34.20 | :34.20 | :38.30 |
| | 55-59 | :28.80 | :28.80 | :32.20 | | 55-59 | :36.60 | :34.80 | :38.90 |
| | 60-64 | :30.70 | :29.50 | :33.00 | | 60-64 | :41.00 | :41.00 | :45.90 |
| | 65-69 | :31.80 | :31.80 | :35.60 | | 65-69 | :43.20 | :42.30 | :47.30 |
| | 70-74 | :34.40 | :34.40 | :38.50 | | 70-74 | :44.00 | :44.00 | :49.20 |
| | 75-79 | :37.50 | :37.50 | :42.00 | | 75-79 | :48.10 | :48.10 | :53.80 |
| | 80-84 | :47.00 | :44.00 | :49.20 | | 80-84 | 1:01.20 | 1:01.20 | 1:08.50 |
| | 85-89 | 1:40.20 | 1:30.20 | 1:40.80 | | 85-89 | 1:16.30 | 1:16.30 | 1:25.40 |
| | 90+ | 1:45.50 | 1:45.50 | 1:58.10 | | 90+ | 2:30.20 | 2:30.20 | 2:48.00 |
| 100 YD Freestyle | | | | | | | | | |
| Men | 50-54 | 1:05.50 | 1:04.20 | 1:11.80 | Women | 50-54 | 1:16.20 | 1:16.20 | 1:25.30 |
| | 55-59 | 1:06.00 | 1:06.00 | 1:13.80 | | 55-59 | 1:21.60 | 1:16.90 | 1:26.00 |
| | 60-64 | 1:09.30 | 1:05.40 | 1:13.10 | | 60-64 | 1:33.10 | 1:33.10 | 1:44.20 |
| | 65-69 | 1:15.10 | 1:15.10 | 1:24.00 | | 65-69 | 1:33.30 | 1:33.30 | 1:44.40 |
| | 70-74 | 1:21.30 | 1:21.00 | 1:30.60 | | 70-74 | 1:44.20 | 1:44.20 | 1:56.60 |
| | 75-79 | 1:26.30 | 1:26.30 | 1:36.60 | | 75-79 | 1:54.80 | 1:54.80 | 2:08.40 |
| | 80-84 | 1:54.60 | 1:54.60 | 2:08.20 | | 80-84 | 2:23.10 | 2:23.10 | 2:40.10 |
| | 85-89 | 3:41.50 | 3:19.40 | 3:42.90 | | 85-89 | 2:48.60 | 2:48.60 | 3:14.40 |
| | 90+ | 3:43.50 | 3:43.50 | 4:10.00 | | 90+ | 4:39.10 | 4:39.10 | 5:12.20 |
| 200 YD Freestyle | | | | | | | | | |
| Men | 50-54 | 2:33.70 | 2:27.20 | 2:44.60 | Women | 50-54 | 2:46.10 | 2:46.10 | 3:05.70 |
| | 55-59 | 2:34.30 | 2:21.60 | 2:38.30 | | 55-59 | 3:03.70 | 2:59.40 | 3:20.60 |
| | 60-64 | 2:42.60 | 2:36.50 | 2:55.00 | | 60-64 | 3:21.40 | 3:19.00 | 3:42.50 |
| | 65-69 | 2:58.10 | 2:58.10 | 3:19.60 | | 65-69 | 3:30.00 | 3:30.00 | 3:55.10 |
| | 70-74 | 3:14.90 | 3:13.60 | 3:36.40 | | 70-74 | 3:58.00 | 3:48.90 | 4:15.90 |
| | 75-79 | 3:39.30 | 3:37.80 | 4:03.50 | | 75-79 | 4:16.10 | 4:16.10 | 4:46.50 |
| | 80-84 | 4:26.80 | 4:06.40 | 4:35.50 | | 80-84 | 6:02.10 | 6:02.10 | 6:45.00 |
| | 85-89 | 7:25.00 | 6:40.50 | 7:27.80 | | 85-89 | 8:08.70 | 8:08.70 | 9:06.60 |
| | 90+ | 7:25.00 | 7:25.00 | 7:50.10 | | 90+ | 11:02.40 | 11:02.40 | 12:21.00 |
| 400 M / 500 YD Freestyle | | | | | | | | | |
| Men | 50-54 | 7:15.30 | 7:15.30 | 6:23.10 | Women | 50-54 | 8:01.70 | 8:01.70 | 7:03.90 |
| | 55-59 | 7:25.20 | 7:04.90 | 6:13.90 | | 55-59 | 8:50.80 | 8:50.80 | 7:47.10 |
| | 60-64 | 8:12.40 | 7:23.20 | 6:30.00 | | 60-64 | 9:46.60 | 9:25.60 | 8:17.70 |
| | 65-69 | 8:15.00 | 8:11.10 | 7:12.20 | | 65-69 | 10:11.40 | 10:11.40 | 8:58.00 |
| | 70-74 | 9:19.20 | 8:50.80 | 7:47.10 | | 70-74 | 11:05.20 | 10:55.30 | 9:36.70 |
| | 75-79 | 9:57.10 | 9:57.10 | 8:45.10 | | 75-79 | 11:22.60 | 11:22.60 | 10:00.70 |
| | 80-84 | 12:06.70 | 12:06.70 | 10:39.50 | | 80-84 | 16:27.20 | 16:06.70 | 14:10.70 |
| | 85-89 | 16:46.00 | 16:46.00 | 14:45.30 | | 85-89 | 26:55.30 | 26:55.30 | 23:41.50 |
| | 90+ | 16:46.00 | 16:46.00 | 14:45.30 | | 90+ | 26:55.30 | 26:55.30 | 23:41.50 |
| 50 YD Backstroke | | | | | | | | | |
| Men | 50-54 | :36.20 | :36.20 | :40.50 | Women | 50-54 | :41.40 | :41.40 | :46.30 |
| | 55-59 | :37.00 | :37.00 | :41.40 | | 55-59 | :44.70 | :43.30 | :48.40 |
| | 60-64 | :38.00 | :37.30 | :41.70 | | 60-64 | :49.50 | :49.50 | :55.40 |
| | 65-69 | :42.40 | :42.30 | :47.30 | | 65-69 | :52.10 | :52.00 | :58.10 |
| | 70-74 | :47.70 | :47.70 | :53.40 | | 70-74 | :55.40 | :55.40 | 1:01.20 |
| | 75-79 | :51.80 | :50.10 | :56.00 | | 75-79 | 1:00.10 | 1:00.10 | 1:07.30 |
| | 80-84 | :56.40 | :56.40 | 1:03.10 | | 80-84 | 1:14.30 | 1:14.30 | 1:23.10 |
| | 85-89 | 1:41.60 | 1:31.40 | 1:42.20 | | 85-89 | 1:34.90 | 1:34.90 | 1:46.20 |
| | 90+ | 1:50.80 | 1:50.80 | 2:04.10 | | 90+ | 2:41.30 | 2:41.30 | 3:00.60 |

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 2009 Summer National Senior Games
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| SWIMMING (cont.) | | | | | | | | | |
|----------------------------|--------------|----------|------------------|-------------------|-------|--------------|----------|------------------|-------------------|
| | Age Division | 2007 MPS | 2009 MPS (Yards) | 2009 MPS (Meters) | | Age Division | 2007 MPS | 2009 MPS (Yards) | 2009 MPS (Meters) |
| 100 YD Backstroke | | | | | | | | | |
| Men | 50-54 | 1:27.20 | 1:27.20 | 1:37.60 | Women | 50-54 | 1:43.30 | 1:33.00 | 1:44.00 |
| | 55-59 | 1:29.00 | 1:20.10 | 1:29.60 | | 55-59 | 1:43.40 | 1:34.80 | 1:46.00 |
| | 60-64 | 1:30.00 | 1:23.90 | 1:33.80 | | 60-64 | 1:50.40 | 1:50.40 | 2:03.60 |
| | 65-69 | 1:40.20 | 1:31.70 | 1:42.50 | | 65-69 | 1:57.50 | 1:57.50 | 2:11.60 |
| | 70-74 | 1:46.00 | 1:46.00 | 1:58.70 | | 70-74 | 2:07.50 | 2:05.80 | 2:20.60 |
| | 75-79 | 1:54.70 | 1:54.70 | 2:08.30 | | 75-79 | 2:15.70 | 2:15.70 | 2:31.80 |
| | 80-84 | 2:13.30 | 2:13.30 | 2:29.20 | | 80-84 | 2:36.40 | 2:36.40 | 2:55.00 |
| | 85-89 | 3:57.10 | 3:33.40 | 3:58.60 | | 85-89 | 4:17.20 | 4:17.20 | 4:47.80 |
| | 90+ | 4:25.20 | 4:25.20 | 4:57.30 | | 90+ | 5:45.90 | 5:45.90 | 6:27.40 |
| 200 YD Backstroke | | | | | | | | | |
| Men | 50-54 | 3:09.90 | 3:09.90 | 3:32.70 | Women | 50-54 | 3:40.00 | 3:38.80 | 4:04.60 |
| | 55-59 | 3:00.30 | 3:00.30 | 3:21.60 | | 55-59 | 3:44.20 | 3:29.80 | 3:54.60 |
| | 60-64 | 3:23.20 | 3:04.40 | 3:26.20 | | 60-64 | 4:18.00 | 3:59.20 | 4:27.40 |
| | 65-69 | 3:40.60 | 3:26.30 | 3:50.60 | | 65-69 | 4:20.80 | 4:20.80 | 4:51.80 |
| | 70-74 | 3:58.50 | 3:54.80 | 4:22.50 | | 70-74 | 4:46.20 | 4:46.20 | 5:20.30 |
| | 75-79 | 4:23.80 | 4:12.90 | 4:42.70 | | 75-79 | 4:52.00 | 4:52.00 | 5:26.70 |
| | 80-84 | 5:24.00 | 5:24.00 | 6:02.60 | | 80-84 | 5:31.20 | 5:31.20 | 6:10.60 |
| | 85-89 | 10:35.90 | 10:35.90 | 11:52.10 | | 85-89 | 10:44.80 | 10:44.80 | 12:02.10 |
| | 90+ | 10:35.90 | 10:35.90 | 11:52.10 | | 90+ | 10:44.80 | 10:44.80 | 12:02.10 |
| 50 YD Breaststroke | | | | | | | | | |
| Men | 50-54 | :36.50 | :36.50 | :40.80 | Women | 50-54 | :47.40 | :47.40 | :53.00 |
| | 55-59 | :37.70 | :37.70 | :42.20 | | 55-59 | :47.50 | :47.50 | :53.10 |
| | 60-64 | :41.70 | :37.80 | :42.30 | | 60-64 | :53.00 | :53.00 | :59.40 |
| | 65-69 | :44.20 | :44.20 | :49.50 | | 65-69 | :55.80 | :55.80 | 1:02.40 |
| | 70-74 | :46.80 | :46.80 | :52.40 | | 70-74 | 1:01.10 | 1:01.10 | 1:08.40 |
| | 75-79 | :55.40 | :55.40 | 1:02.00 | | 75-79 | 1:09.80 | 1:09.80 | 1:18.20 |
| | 80-84 | :58.60 | :58.60 | 1:06.00 | | 80-84 | 1:19.70 | 1:19.70 | 1:29.20 |
| | 85-89 | 1:36.20 | 1:26.80 | 1:37.00 | | 85-89 | 2:28.70 | 2:28.70 | 2:46.50 |
| | 90+ | 1:36.20 | 1:36.20 | 1:47.40 | | 90+ | 3:29.90 | 3:29.90 | 3:55.10 |
| 100 YD Breaststroke | | | | | | | | | |
| Men | 50-54 | 1:24.20 | 1:24.20 | 1:34.20 | Women | 50-54 | 1:43.30 | 1:43.30 | 1:56.00 |
| | 55-59 | 1:25.40 | 1:16.90 | 1:26.00 | | 55-59 | 1:54.30 | 1:50.50 | 2:03.50 |
| | 60-64 | 1:38.40 | 1:28.60 | 1:39.10 | | 60-64 | 2:02.80 | 2:02.80 | 2:17.50 |
| | 65-69 | 1:41.50 | 1:37.20 | 1:48.70 | | 65-69 | 2:07.50 | 2:07.50 | 2:22.70 |
| | 70-74 | 1:48.60 | 1:48.60 | 2:01.60 | | 70-74 | 2:18.00 | 2:18.00 | 2:34.40 |
| | 75-79 | 2:04.40 | 2:04.40 | 2:19.20 | | 75-79 | 2:39.00 | 2:39.00 | 2:58.10 |
| | 80-84 | 2:21.20 | 2:21.20 | 2:37.90 | | 80-84 | 2:45.00 | 2:45.00 | 3:04.60 |
| | 85-89 | 5:29.50 | 4:56.60 | 5:31.60 | | 85-89 | 5:45.90 | 5:45.90 | 6:27.40 |
| | 90+ | 5:29.50 | 5:29.50 | 6:09.00 | | 90+ | 5:45.90 | 5:45.90 | 6:27.40 |
| 200 YD Breaststroke | | | | | | | | | |
| Men | 50-54 | 3:08.40 | 3:08.40 | 3:30.80 | Women | 50-54 | 3:59.70 | 3:59.70 | 4:28.20 |
| | 55-59 | 3:09.80 | 3:09.80 | 3:32.40 | | 55-59 | 4:03.50 | 4:03.50 | 4:32.50 |
| | 60-64 | 3:39.60 | 3:17.60 | 3:40.90 | | 60-64 | 4:32.60 | 4:32.60 | 5:05.20 |
| | 65-69 | 3:53.30 | 3:39.40 | 4:05.30 | | 65-69 | 5:03.90 | 4:40.00 | 5:13.00 |
| | 70-74 | 4:01.10 | 4:01.10 | 4:29.90 | | 70-74 | 5:10.80 | 5:00.60 | 5:36.10 |
| | 75-79 | 4:59.90 | 4:59.90 | 5:35.70 | | 75-79 | 5:53.00 | 5:53.00 | 6:35.20 |
| | 80-84 | 6:13.00 | 6:13.00 | 6:57.60 | | 80-84 | 7:34.20 | 7:34.20 | 8:28.20 |
| | 85-89 | 12:03.60 | 12:03.60 | 13:30.10 | | 85-89 | 12:47.90 | 12:47.90 | 14:19.60 |
| | 90+ | 12:03.60 | 12:03.60 | 13:30.10 | | 90+ | 12:47.90 | 12:47.90 | 14:19.60 |
| 50 YD Butterfly | | | | | | | | | |
| Men | 50-54 | :30.90 | :30.90 | :34.60 | Women | 50-54 | :37.70 | :37.70 | :42.20 |
| | 55-59 | :32.40 | :32.40 | :36.30 | | 55-59 | :39.90 | :39.90 | :44.60 |
| | 60-64 | :34.00 | :33.80 | :37.80 | | 60-64 | :50.30 | :50.30 | :56.30 |
| | 65-69 | :40.60 | :40.60 | :45.50 | | 65-69 | 1:02.80 | :56.50 | 1:03.20 |
| | 70-74 | :45.90 | :44.50 | :49.80 | | 70-74 | 1:04.90 | 1:04.90 | 1:12.60 |
| | 75-79 | :55.30 | :55.30 | 1:01.90 | | 75-79 | 1:13.60 | 1:13.60 | 1:22.40 |
| | 80-84 | 1:46.00 | 1:46.00 | 1:58.70 | | 80-84 | 1:30.00 | 1:30.00 | 1:40.70 |
| | 85-89 | 2:03.70 | 2:03.70 | 2:18.50 | | 85-89 | 3:18.20 | 3:18.20 | 3:42.00 |
| | 90+ | 2:18.90 | 2:18.90 | 2:35.50 | | 90+ | 3:18.20 | 3:18.20 | 3:42.00 |
| 100 YD Butterfly | | | | | | | | | |
| Men | 50-54 | 1:33.10 | 1:33.10 | 1:44.20 | Women | 50-54 | 1:30.00 | 1:30.00 | 1:40.70 |
| | 55-59 | 1:35.20 | 1:35.20 | 1:46.50 | | 55-59 | 2:12.30 | 1:59.10 | 2:13.20 |
| | 60-64 | 1:53.90 | 1:42.50 | 1:54.60 | | 60-64 | 2:55.90 | 2:55.90 | 3:17.00 |
| | 65-69 | 2:03.70 | 2:03.70 | 2:18.50 | | 65-69 | 2:57.70 | 2:39.90 | 2:58.80 |
| | 70-74 | 2:05.50 | 1:53.00 | 2:06.30 | | 70-74 | 3:40.80 | 3:18.70 | 3:42.10 |
| | 75-79 | 4:09.70 | 3:44.70 | 4:11.20 | | 75-79 | 4:33.80 | 4:33.80 | 5:06.60 |
| | 80-84 | 5:18.00 | 5:18.00 | 5:56.10 | | 80-84 | 5:18.00 | 5:18.00 | 5:56.10 |
| | 85-89 | 6:11.00 | 6:11.00 | 6:55.40 | | 85-89 | 6:11.00 | 6:11.00 | 6:55.50 |
| | 90+ | 6:11.00 | 6:11.00 | 6:55.40 | | 90+ | 6:11.00 | 6:11.00 | 6:55.50 |

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 2009 Summer National Senior Games
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|---------------------------------|--------------|----------|------------------|-------------------|--|--------------|----------|------------------|-------------------|----------|
| | Age Division | 2007 MPS | 2009 MPS (Yards) | 2009 MPS (Meters) | | Age Division | 2007 MPS | 2009 MPS (Yards) | 2009 MPS (Meters) | |
| 100 YD Individual Medley | | | | | | | | | | |
| Men | 50-54 | 1:16.00 | 1:16.00 | 1:25.00 | | Women | 50-54 | 1:28.20 | 1:28.20 | 1:38.70 |
| | 55-59 | 1:16.80 | 1:11.70 | 1:20.20 | | | 55-59 | 1:42.40 | 1:38.00 | 1:49.60 |
| | 60-64 | 1:32.20 | 1:23.00 | 1:32.80 | | | 60-64 | 1:54.60 | 1:44.60 | 1:56.90 |
| | 65-69 | 1:34.60 | 1:34.60 | 1:45.90 | | | 65-69 | 1:55.50 | 1:55.50 | 2:09.20 |
| | 70-74 | 1:47.40 | 1:39.10 | 1:50.80 | | | 70-74 | 2:14.80 | 2:07.60 | 2:22.70 |
| | 75-79 | 1:52.30 | 1:52.30 | 2:05.70 | | | 75-79 | 2:35.20 | 2:25.40 | 2:45.60 |
| | 80-84 | 2:49.60 | 2:49.60 | 3:09.80 | | | 80-84 | 2:54.50 | 2:54.50 | 3:15.30 |
| | 85-89 | 4:16.60 | 4:16.60 | 4:47.30 | | | 85-89 | 5:25.60 | 5:25.60 | 6:04.50 |
| | 90+ | 4:16.60 | 4:16.60 | 4:47.30 | | | 90+ | 5:25.60 | 5:25.60 | 6:04.50 |
| 200 YD Individual Medley | | | | | | | | | | |
| Men | 50-54 | 2:54.40 | 2:54.40 | 3:15.20 | | Women | 50-54 | 3:23.20 | 3:23.20 | 3:47.40 |
| | 55-59 | 3:05.00 | 2:57.70 | 3:18.70 | | | 55-59 | 3:49.30 | 3:48.40 | 4:15.40 |
| | 60-64 | 3:09.10 | 3:02.30 | 3:23.80 | | | 60-64 | 4:14.40 | 4:12.40 | 4:42.20 |
| | 65-69 | 3:40.10 | 3:40.10 | 4:06.30 | | | 65-69 | 4:33.80 | 4:27.00 | 4:58.50 |
| | 70-74 | 3:58.50 | 3:58.50 | 4:27.10 | | | 70-74 | 5:00.30 | 5:00.30 | 5:36.30 |
| | 75-79 | 4:10.90 | 4:10.90 | 4:40.80 | | | 75-79 | 5:15.30 | 5:15.30 | 5:52.80 |
| | 80-84 | 8:50.00 | 8:50.00 | 9:52.50 | | | 80-84 | 8:52.60 | 8:52.60 | 9:56.40 |
| | 85-89 | 9:29.70 | 9:29.70 | 10:38.00 | | | 85-89 | 12:02.80 | 12:02.80 | 13:29.40 |
| | 90+ | 9:29.70 | 9:29.70 | 10:38.00 | | | 90+ | 12:02.80 | 12:02.80 | 13:29.40 |

| TRACK & FIELD | | | | | | | | | | |
|--------------------------|---------------|----------|----------|---------|--------------|----------|----------|---------|-------|---------|
| | Age Division | 2007 MPS | 2009 MPS | | Age Division | 2007 MPS | 2009 MPS | | | |
| 100 M | | | | | | | | | | |
| Men | 50-54 | :14.00 | :14.00 | | Women | 50-54 | :17.30 | :17.20 | | |
| | 55-59 | :14.20 | :14.20 | | | 55-59 | :17.70 | :17.70 | | |
| | 60-64 | :14.40 | :14.30 | | | 60-64 | :18.00 | :18.00 | | |
| | 65-69 | :14.70 | :14.70 | | | 65-69 | :18.40 | :18.40 | | |
| | 70-74 | :16.00 | :16.00 | | | 70-74 | :20.60 | :20.60 | | |
| | 75-79 | :16.90 | :16.90 | | | 75-79 | :22.20 | :22.20 | | |
| | 80-84 | :19.50 | :19.50 | | | 80-84 | :26.80 | :26.80 | | |
| | 85-89 | :25.60 | :25.50 | | | 85-89 | :44.20 | :39.80 | | |
| | 90-94 | :57.70 | :51.90 | | | 90-94 | :44.20 | :44.20 | | |
| | 95+ | :57.70 | :57.70 | | | 95+ | :44.20 | :44.20 | | |
| | 200 M | | | | | | | | | |
| Men | 50-54 | :28.70 | :28.70 | | Women | 50-54 | :35.70 | :35.20 | | |
| | 55-59 | :29.40 | :29.40 | | | 55-59 | :36.60 | :36.60 | | |
| | 60-64 | :29.80 | :29.80 | | | 60-64 | :38.80 | :38.80 | | |
| | 65-69 | :30.90 | :30.90 | | | 65-69 | :41.50 | :41.50 | | |
| | 70-74 | :32.40 | :32.40 | | | 70-74 | :44.60 | :44.20 | | |
| | 75-79 | :37.00 | :36.90 | | | 75-79 | :51.80 | :51.80 | | |
| | 80-84 | :44.30 | :44.20 | | | 80-84 | 1:14.80 | 1:07.30 | | |
| | 85-89 | :58.90 | :58.90 | | | 85-89 | 1:46.70 | 1:46.70 | | |
| | 90+ | 1:03.00 | 1:03.00 | | | 90+ | 1:46.70 | 1:46.70 | | |
| | 400 M | | | | | | | | | |
| | Men | 50-54 | 1:06.20 | | | 1:06.20 | | Women | 50-54 | 1:30.70 |
| 55-59 | | 1:06.40 | 1:06.40 | 55-59 | 1:31.50 | 1:28.70 | | | | |
| 60-64 | | 1:07.80 | 1:07.80 | 60-64 | 1:35.10 | 1:35.10 | | | | |
| 65-69 | | 1:11.20 | 1:11.20 | 65-69 | 1:42.00 | 1:42.00 | | | | |
| 70-74 | | 1:17.00 | 1:17.00 | 70-74 | 1:54.20 | 1:48.20 | | | | |
| 75-79 | | 1:31.40 | 1:27.60 | 75-79 | 2:21.50 | 2:21.50 | | | | |
| 80-84 | | 1:43.80 | 1:43.80 | 80-84 | 4:14.10 | 3:48.70 | | | | |
| 85-89 | | 3:10.30 | 3:10.30 | 85-89 | 4:17.00 | 4:17.00 | | | | |
| 90+ | | 3:30.00 | 3:30.00 | 90+ | 4:21.80 | 4:21.80 | | | | |
| 800 M | | | | | | | | | | |
| Men | | 50-54 | 2:32.10 | 2:32.10 | | Women | | | 50-54 | 3:31.50 |
| | 55-59 | 2:36.40 | 2:36.40 | 55-59 | | | 3:32.10 | 3:32.10 | | |
| | 60-64 | 2:40.20 | 2:40.20 | 60-64 | | | 3:40.80 | 3:40.80 | | |
| | 65-69 | 2:50.40 | 2:50.40 | 65-69 | | | 3:50.00 | 3:50.00 | | |
| | 70-74 | 3:05.20 | 3:05.20 | 70-74 | | | 4:29.80 | 4:29.80 | | |
| | 75-79 | 3:44.00 | 3:39.00 | 75-79 | | | 5:02.30 | 5:02.30 | | |
| | 80-84 | 5:31.10 | 5:12.70 | 80-84 | | | 6:11.80 | 6:11.80 | | |
| | 85-89 | 6:44.80 | 6:44.80 | 85-89 | | | 9:30.00 | 9:30.00 | | |
| | 90+ | 7:00.20 | 7:00.20 | 90+ | | | 9:30.00 | 9:30.00 | | |
| | 1500 M | | | | | | | | | |
| | Men | 50-54 | 5:22.00 | 5:22.00 | | | | Women | 50-54 | 7:00.00 |
| 55-59 | | 5:24.20 | 5:24.20 | 55-59 | 7:03.00 | 7:03.00 | | | | |
| 60-64 | | 5:42.50 | 5:42.50 | 60-64 | 7:17.00 | 7:17.00 | | | | |
| 65-69 | | 6:03.80 | 6:03.80 | 65-69 | 7:55.00 | 7:55.00 | | | | |
| 70-74 | | 6:58.00 | 6:58.00 | 70-74 | 9:10.00 | 9:10.00 | | | | |
| 75-79 | | 7:58.00 | 7:58.00 | 75-79 | 15:09.70 | 15:09.70 | | | | |
| 80-84 | | 10:23.60 | 10:23.60 | 80-84 | 15:20.70 | 15:20.70 | | | | |
| 85-89 | | 16:05.00 | 16:05.00 | 85-89 | 16:30.00 | 16:30.00 | | | | |
| 90+ | | 16:05.00 | 16:05.00 | 90+ | 16:30.00 | 16:30.00 | | | | |

National Senior Games Association
 Qualifying Procedures & Rules of Competition
 2009 Summer National Senior Games
 January 16, 2008
 Revised March 10, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

| TRACK & FIELD (cont.) | | | | | | | | | | |
|----------------------------------|--------------|----------|-----------------|-------------------|--|--------------|----------|-----------------|-------------------|-------|
| | Age Division | 2007 MPS | 2009 MPS (Feet) | 2009 MPS (Meters) | | Age Division | 2007 MPS | 2009 MPS (Feet) | 2009 MPS (Meters) | |
| Discus | | | | | | | | | | |
| Men | 50-54 | 119' 07" | 130' 09" | 39.85 | | Women | 50-54 | 67' 06" | 67' 06" | 20.57 |
| | 55-59 | 116' 05" | 116' 05" | 35.48 | | | 55-59 | 60' 10" | 60' 10" | 18.54 |
| | 60-64 | 115' 09" | 115' 09" | 35.28 | | | 60-64 | 59' 03" | 59' 03" | 18.06 |
| | 65-69 | 113' 03" | 113' 03" | 34.52 | | | 65-69 | 56' 00" | 56' 00" | 17.07 |
| | 70-74 | 102' 08" | 102' 08" | 31.29 | | | 70-74 | 50' 11" | 50' 11" | 15.52 |
| | 75-79 | 86' 08" | 86' 08" | 26.42 | | | 75-79 | 43' 04" | 43' 04" | 13.21 |
| | 80-84 | 67' 00" | 67' 00" | 20.42 | | | 80-84 | 37' 00" | 37' 00" | 11.28 |
| | 85-89 | 52' 08" | 52' 08" | 16.05 | | | 85-89 | 18' 05" | 18' 09" | 5.72 |
| | 90+ | 38' 00" | 38' 00" | 11.58 | | | 90+ | 10' 04" | 10' 04" | 3.15 |
| High Jump | | | | | | | | | | |
| Men | 50-54 | 4' 06" | 4' 09" | 1.45 | | Women | 50-54 | 3' 06" | 3' 06" | 1.07 |
| | 55-59 | 4' 02" | 4' 04" | 1.32 | | | 55-59 | 3' 03" | 3' 03" | 0.99 |
| | 60-64 | 4' 01" | 4' 01" | 1.24 | | | 60-64 | 3' 00" | 3' 04" | 1.02 |
| | 65-69 | 4' 00" | 4' 00" | 1.22 | | | 65-69 | 2' 10" | 2' 10" | 0.86 |
| | 70-74 | 3' 09" | 3' 09" | 1.14 | | | 70-74 | 2' 07" | 2' 08" | 0.82 |
| | 75-79 | 3' 04" | 3' 04" | 1.02 | | | 75-79 | 2' 05" | 2' 05" | 0.74 |
| | 80-84 | 2' 10" | 3' 01" | 0.94 | | | 80-84 | 2' 02" | 2' 02" | 0.66 |
| | 85-89 | 2' 02" | 2' 02" | 0.66 | | | 85-89 | 1' 10" | 1' 10" | 0.56 |
| | 90+ | 2' 02" | 2' 02" | 0.66 | | | 90+ | 1' 10" | 1' 10" | 0.56 |
| Javelin | | | | | | | | | | |
| Men | 50-54 | 132' 06" | 132' 06" | 40.39 | | Women | 50-54 | 67' 00" | 67' 00" | 20.42 |
| | 55-59 | 119' 03" | 122' 05" | 37.31 | | | 55-59 | 65' 03" | 65' 03" | 19.89 |
| | 60-64 | 118' 00" | 118' 00" | 35.97 | | | 60-64 | 62' 08" | 62' 08" | 19.10 |
| | 65-69 | 112' 08" | 112' 08" | 34.34 | | | 65-69 | 58' 02" | 58' 02" | 17.73 |
| | 70-74 | 96' 00" | 96' 00" | 29.26 | | | 70-74 | 50' 05" | 50' 05" | 15.37 |
| | 75-79 | 85' 04" | 85' 04" | 26.01 | | | 75-79 | 44' 10" | 44' 10" | 13.67 |
| | 80-84 | 63' 00" | 63' 00" | 19.20 | | | 80-84 | 33' 08" | 33' 08" | 10.26 |
| | 85-89 | 43' 00" | 43' 00" | 13.11 | | | 85-89 | 17' 09" | 19' 06" | 5.95 |
| | 90+ | 22' 04" | 22' 04" | 6.81 | | | 90+ | 14' 00" | 14' 00" | 4.27 |
| Long Jump | | | | | | | | | | |
| Men | 50-54 | 14' 09" | 14' 11" | 4.55 | | Women | 50-54 | 11' 00" | 11' 00" | 3.25 |
| | 55-59 | 14' 03" | 14' 03" | 4.34 | | | 55-59 | 10' 06" | 10' 06" | 3.20 |
| | 60-64 | 13' 11" | 13' 11" | 4.24 | | | 60-64 | 9' 01" | 9' 01" | 2.77 |
| | 65-69 | 13' 02" | 13' 02" | 4.01 | | | 65-69 | 9' 00" | 9' 00" | 2.74 |
| | 70-74 | 11' 02" | 11' 06" | 3.50 | | | 70-74 | 7' 03" | 8' 00" | 2.43 |
| | 75-79 | 9' 11" | 9' 11" | 3.02 | | | 75-79 | 5' 07" | 5' 10" | 1.78 |
| | 80-84 | 9' 02" | 9' 06" | 2.90 | | | 80-84 | 5' 01" | 5' 01" | 1.55 |
| | 85-89 | 4' 06" | 4' 06" | 1.37 | | | 85-89 | 2' 06" | 2' 06" | 0.76 |
| | 90+ | 3' 11" | 3' 11" | 1.19 | | | 90+ | 2' 06" | 2' 06" | 0.76 |
| Pole Vault | | | | | | | | | | |
| Men | 50-54 | 7' 09" | 8' 06" | 2.60 | | Women | 50-54 | 4' 00" | 4' 00" | 1.22 |
| | 55-59 | 7' 06" | 8' 03" | 2.51 | | | 55-59 | 4' 00" | 4' 00" | 1.22 |
| | 60-64 | 7' 03" | 8' 00" | 2.43 | | | 60-64 | 4' 00" | 4' 00" | 1.22 |
| | 65-69 | 7' 00" | 7' 00" | 2.13 | | | 65-69 | 4' 00" | 4' 00" | 1.22 |
| | 70-74 | 6' 00" | 6' 04" | 1.94 | | | 70-74 | 4' 00" | 4' 00" | 1.22 |
| | 75-79 | 4' 02" | 4' 07" | 1.40 | | | 75-79 | 4' 00" | 4' 00" | 1.22 |
| | 80-84 | 3' 00" | 3' 00" | 0.91 | | | 80-84 | 3' 00" | 3' 00" | 0.91 |
| | 85-89 | 2' 10" | 2' 10" | 0.86 | | | 85-89 | 2' 10" | 2' 10" | 0.86 |
| | 90+ | 2' 10" | 2' 10" | 0.86 | | | 90+ | 2' 10" | 2' 10" | 0.86 |
| Shot Put | | | | | | | | | | |
| Men | 50-54 | 36' 08" | 37' 06" | 11.43 | | Women | 50-54 | 27' 00" | 27' 00" | 8.23 |
| | 55-59 | 35' 03" | 37' 00" | 11.28 | | | 55-59 | 24' 09" | 24' 09" | 7.54 |
| | 60-64 | 35' 00" | 36' 11" | 11.25 | | | 60-64 | 24' 00" | 24' 00" | 7.32 |
| | 65-69 | 34' 06" | 34' 06" | 10.52 | | | 65-69 | 22' 05" | 22' 05" | 6.83 |
| | 70-74 | 34' 00" | 34' 05" | 10.49 | | | 70-74 | 20' 00" | 20' 00" | 6.10 |
| | 75-79 | 29' 04" | 29' 04" | 8.94 | | | 75-79 | 17' 08" | 17' 08" | 5.38 |
| | 80-84 | 22' 03" | 24' 06" | 7.46 | | | 80-84 | 14' 07" | 14' 07" | 4.45 |
| | 85-89 | 19' 07" | 20' 11" | 6.38 | | | 85-89 | 11' 01" | 11' 10" | 3.61 |
| | 90+ | 11' 08" | 11' 08" | 3.56 | | | 90+ | 7' 00" | 7' 00" | 2.13 |