



National  

---

Senior Games  

---

Association™

---

**Minimum Performance Standards**  
**2017 National Senior Games**  
Presented by Humana  
**January 1, 2016**

# 2017 Minimum Performance Standards

Minimum Performance Standards (MPS) are based on results from the 2015 National Senior Games.

**Shaded text in this document indicates rules and regulations that have been significantly revised for 2016-2017.**

## ARCHERY

**MINIMUM PERFORMANCE STANDARDS**  
MINIMUMS ARE BASED ON SINGLE-DAY COMPETITION

### 900 ROUND

900 round consists of shooting 30 arrows at each distance of 60, 50 and 40 yards.

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	425	600	700
Women	400	575	675

\*compound finger, recurve

\*\*compound release

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**  
**(Shaded items indicate revised standards from the 2015 National Senior Games)**

# GOLF

## MINIMUM PERFORMANCE STANDARDS (MPS)

**NOTE:** This array shows the score which must be shot based on the slope of qualifying course relative to the NSGA starting slope of 113 for women and 119 for men. MPSs are adjusted up and down based on slope. Qualifying Game Coordinators must advise their golfers of the MPS for the golf course being used for qualifying before play begins. Use the chart below to determine the MPS.

MENS SLOPE	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132
MPS ADJUSTMENT	-5	-5	-4	-4	-3	-3	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6
AGE DIVISION																									
50-54	72	72	73	73	74	74	75	75	76	76	77	77	77	78	78	79	79	80	80	81	81	82	82	83	83
55-59	73	73	74	74	75	75	76	76	77	77	78	78	78	79	79	80	80	81	81	82	82	83	83	84	84
60-64	74	74	75	75	76	76	77	77	78	78	79	79	80	80	81	81	82	82	83	83	84	84	85	85	85
65-69	76	76	77	77	78	78	79	79	80	80	81	81	81	82	82	83	83	84	84	85	85	86	86	87	87
70-74	78	78	79	79	80	80	81	81	82	82	83	83	83	84	84	85	85	86	86	87	87	88	88	89	89
75-79	82	82	83	83	84	84	85	85	86	86	87	87	87	88	88	89	89	90	90	91	91	92	92	93	93
80-84	85	85	86	86	87	87	88	88	89	89	90	90	90	91	91	92	92	93	93	94	94	95	95	96	96
85-89	95	95	96	96	97	97	98	98	99	99	100	100	100	101	101	102	102	103	103	104	104	105	105	106	106
90-94*	46	46	47	47	48	48	49	49	50	50	51	51	51	52	52	53	53	54	54	55	55	56	56	57	57
95+*																									
*90+ scores are 9-hole																									
WOMENS SLOPE	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130		
MPS ADJUSTMENT	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8		
AGE DIVISION																									
50-54	86	86	87	87	88	88	88	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96		
55-59	87	87	88	88	89	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97		
60-64	88	88	89	89	90	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98		
65-69	91	91	92	92	93	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101		
70-74	91	91	92	92	93	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101		
75-79	100	100	101	101	102	96	96	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104		
80-84	104	104	105	105	106	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114		
85-89	109	109	110	110	111	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119		
90-94*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		
95+*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		

# RACE WALK

1500 Meter on a Track  
5000 Meter on a Road Course

## RACE WALK MINIMUM PERFORMANCE STANDARDS

<b>Men</b>	<b>1500m</b>	<b>5000m</b>	<b>Women</b>	<b>1500m</b>	<b>5000m</b>
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	12:43	43:00
80-84	13:04	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

**(Shaded items indicate revised standards from the 2015 National Senior Games)**

# ROAD RACE

## 5K/10K

### ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	50:35
55-59	19:23	45:06	55-59	26:50	56:13
60-64	20:02	46:29	60-64	27:21	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	32:15	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:30:00
80-84	35:58	1:27:18	80-84	46:58	1:39:00
85-89	43:30	1:45:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

**(Shaded items indicate revised standards from the 2015 National Senior Games)**

# SWIMMING MINIMUM PERFORMANCE STANDARDS

## Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500 yard time by 1.15526 to get 400 meter MPS.

### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:36.33	55-59	:41.40
60-64	:36.33	60-64	:42.42
65-69	:42.30	65-69	:48.55
70-74	:45.20	70-74	:50.60
75-79	:50.10	75-79	1:00.10
80-84	53.16	80-84	1:04.26
85-89	1:23.48	85-89	1:34.90
90+	1:50.80	90+	2:25.20

### 100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:26.33	55-59	1:33.00
60-64	1:26.33	60-64	1:40.75
65-69	1:26.33	65-69	1:49.24
70-74	1:43.85	70-74	1:53.22
75-79	1:54.44	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

### 200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	3:09.90	55-59	3:07.60
60-64	3:09.90	60-64	3:59.20
65-69	3:26.30	65-69	4:21.20
70-74	3:52.17	70-74	4:21.36
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

### 50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:47.40
60-64	:37.80	60-64	:47.61
65-69	:40.11	65-69	:55.10
70-74	:45.29	70-74	:57.42
75-79	:51.60	75-79	1:09.80
80-84	:58.60	80-84	1:19.70
85-89	1:26.80	85-89	2:28.70
90+	1:36.20	90+	3:29.90

### 100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:26.70	60-64	1:45.70
65-69	1:27.42	65-69	2:01.20
70-74	1:44.20	70-74	2:12.20
75-79	1:52.95	75-79	2:39.00
80-84	2:21.20	80-84	2:45.00
85-89	4:56.60	85-89	5:45.90
90+	5:29.50	90+	5:45.90

### 200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:32.18
70-74	3:53.72	70-74	4:44.41
75-79	4:18.58	75-79	5:43.59
80-84	6:13.00	80-84	7:34.20
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

### 100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:18.32	60-64	1:34.14
65-69	1:18.32	65-69	1:52.30
70-74	1:38.02	70-74	2:00.10
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

### 200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:58.28	60-64	3:40.85
65-69	3:15.15	65-69	4:26.41
70-74	3:42.80	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80

# SWIMMING MINIMUM PERFORMANCE STANDARDS

## (continued)

### 50-Yard Butterfly

Men		Women	
50-54	:30.07	50-54	:37.65
55-59	:32.40	55-59	:38.41
60-64	:33.70	60-64	:42.75
65-69	:34.95	65-69	:52.57
70-74	:38.97	70-74	:58.60
75-79	:49.80	75-79	1:13.60
80-84	1:35.40	80-84	1:30.00
85-89	2:03.77	85-89	3:18.20
90+	2:18.90	90+	3:18.20

### 100-Yard Butterfly

Men		Women	
50-54	1:23.70	50-54	1:27.05
55-59	1:35.20	55-59	1:37.60
60-64	1:35.20	60-64	2:19.16
65-69	1:43.48	65-69	2:55.90
70-74	1:51.33	70-74	2:55.90
75-79	3:22.20	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

### 50-Yard Freestyle

Men		Women	
50-54	:27.51	50-54	:33.08
55-59	:28.80	55-59	:34.39
60-64	:29.08	60-64	:34.39
65-69	:30.43	65-69	:40.60
70-74	:34.40	70-74	:41.40
75-79	:36.80	75-79	:48.10
80-84	:41.40	80-84	:56.16
85-89	1:21.20	85-89	1:08.67
90+	1:34.95	90+	2:30.20

### 100-Yard Freestyle

Men		Women	
50-54	1:03.00	50-54	1:13.70
55-59	1:06.00	55-59	1:16.40
60-64	1:06.00	60-64	1:17.85
65-69	1:09.95	65-69	1:31.78
70-74	1:17.30	70-74	1:36.60
75-79	1:26.30	75-79	1:50.00
80-84	1:35.70	80-84	2:07.48
85-89	2:59.50	85-89	2:48.60
90+	3:43.50	90+	4:39.10

### 200-Yard Freestyle

Men		Women	
50-54	2:26.01	50-54	2:46.10
55-59	2:27.20	55-59	2:46.10
60-64	2:30.23	60-64	3:01.70
65-69	2:45.02	65-69	3:26.63
70-74	3:06.39	70-74	3:45.84
75-79	3:19.52	75-79	4:15.78
80-84	3:52.68	80-84	4:53.31
85-89	6:27.40	85-89	7:19.83
90+	7:25.00	90+	11:02.40

### 500-Yard Freestyle

Men		Women	
50-54	6:57.40	50-54	7:32.20
55-59	7:15.30	55-59	7:57.70
60-64	7:15.30	60-64	8:07.23
65-69	7:37.77	65-69	9:36.00
70-74	8:18.70	70-74	10:14.88
75-79	9:50.50	75-79	11:03.30
80-84	11:50.90	80-84	14:52.08
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

## TRACK MINIMUM PERFORMANCE STANDARDS

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

Age	MEN'S DIVISION					
	Metric					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.61	:13.95	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.81	:14.00	:29.10	1:06.40	2:36.40	5:24.20
60-64	:7.89	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:8.33	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.40	1:15.13	3:05.20	6:55.62
75-79	9:28	:16.54	:36.90	1:27.60	3:35.44	7:48.49
80-84	:11.26	:18.94	:39.79	1:43.80	4:18.28	9:40.00
85-89	:12.68	:21.59	:56.86	2:34.17	6:07.02	14:28.50
90-94	:16.54	:51.90	1:03.00	3:30.00	7:00.20	16:05.00
95+		:57.70	1:03.00	3:30.00	7:00.20	16:05.00

Age	WOMEN'S DIVISION					
	Metric					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.74	:35.20	1:21.60	3:10.40	6:35.10
55-59	:9.22	:17.07	:36.60	1:22.98	3:18.64	7:03.00
60-64	:9.52	:17.63	:37.57	1:35.10	3:40.80	7:17.00
65-69	:10.14	:18.40	:41.50	1:38.77	3:50.00	7:55.00
70-74	:11.06	:20.60	:44.20	1:48.20	4:29.80	9:10.00
75-79	:12.49	:21.99	:46.84	2:08.00	5:02.30	11:42.88
80-84	:14.89	:26.80	1:07.30	3:25.20	6:11.80	14:24.85
85-89	:23.83	:35.82	1:46.70	4:17.00	9:30.00	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

## FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.24	1.28	8.27	11.28	35.91	38.61	2.43	27.20
65-69	4.01	1.22	7.64	10.55	34.52	34.34	2.21	25.10
70-74	3.50	1.17	7.43	10.49	31.29	31.03	2.21	24.86
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	20.70
80-84	2.90	.99	4.29	9.06	22.73	21.29	1.10	20.00
85-89	1.57	.81	2.94	6.84	16.05	15.76	.86	16.00
90-94	1.19	.66	2.00	3.92	11.58	6.81	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.25	1.07	6.60	8.72	21.05	20.71	1.22	19.30
55-59	3.20	.99	4.30	8.52	21.05	20.48	1.22	19.00
60-64	3.05	.99	4.30	7.79	18.62	19.89	1.22	16.68
65-69	2.74	.95	4.30	6.83	17.45	17.73	1.22	12.22
70-74	2.43	.82	3.63	6.40	16.99	15.37	1.22	10.10
75-79	2.22	.78	3.52	6.32	15.81	13.92	1.22	10.45
80-84	1.57	.66	3.52	5.56	12.28	10.26	.91	7.00
85-89	.84	.56	2.50	3.97	6.93	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00



## FIELD MINIMUM PERFORMANCE STANDARDS (English)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 9.25"	4' 6"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 3"
60-64	13' 11"	4' 2.5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	7' 11.5"	89' 3"
65-69	13' 2"	4' 0"	25' 0.75"	34' 7.5"	113' 3"	112' 8"	7' 3"	82' 4"
70-74	11' 5.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	81' 6.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	67' 11"
80-84	9' 6"	3' 3"	14' 1"	29' 8.75"	74' 6.75"	69' 10.25"	3' 7.25"	65' 7.25"
85-89	5' 1.75"	2' 8"	9' 7.75"	22' 5.25"	52' 8"	51' 8.5"	2' 10"	52' 6"
90-94	3' 10.75"	2' 2"	6' 6.75"	14' 1.75"	37' 11.75"	24' 7"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	22' 4"	2' 10"	16' 5"

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	10' 8"	3' 6"	21' 7.75"	28' 7.25"	69' 0.75"	67' 11.25"	4' 0"	63' 4"
55-59	10' 6"	3' 3"	14' 1.25"	27' 11.5"	69' 0.75"	67' 2.25"	4' 0"	62' 4"
60-64	10' 0"	3' 3"	14' 1.25"	25' 6.5"	61' 1"	65' 3"	4' 0"	54' 8.5"
65-69	9' 0"	3' 1.25"	14' 1.25"	22' 5"	57' 3"	58' 2"	4' 0"	40' 1"
70-74	7' 11.5"	2' 8.25"	11' 11"	21' 0"	55' 9"	50' 5.25"	4' 0"	33' 1.75"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	20' 8.75"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	18' 2.75"	40' 3.5"	33' 8"	2' 11.75"	22' 11.5"
85-89	2' 9"	1' 10"	8' 2.5"	13' 0.25"	22' 8.75"	19' 6.25"	2' 10"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"