



National  

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Senior Games  

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Association™

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Official MPS Standards  
**2021** National Senior Games  
Presented by Humana  
January 1, **2020**

## **2021 MINIMUM PERFORMANCE STANDARDS**

Minimum Performance Standards (MPS) are based on results from the 2019 National Senior Games. There are some sports that athletes can also qualify by meeting performance standards. An athlete does not have to meet both the placement and MPS in order to qualify—it is one or the other.

Athletes must meet or exceed the MPS based on their age in the 2020 qualifying year at a sanctioned state senior games.

Shaded text in this document indicates rules and regulations that have been significantly revised for 2020-2021.

### **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**

## 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 the qualifying before play Begins. Use the chart below to determine the MPS.  
*The NSGA reserves the right to use judgement based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent games.*

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

**RACE WALK**  
1500 Meter on a Track  
5K on a road course

**RACE WALK MINIMUM PERFORMANCE STANDARDS**

<b>Men</b>	<b>1500M</b>	<b>5K</b>	<b>Women</b>	<b>1500M</b>	<b>5K</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**

## 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	26:15	56:10
60-64	20:02	46:29	60-64	27:15	56:10
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	32:15	1:10:33
75-79	29:10	1:02:24	75-79	37:50	1:21:00
80-84	33:55	1:14:56	80-84	42:22	1:39:00
85-89	41:45	1:34:12	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**

# 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.

Shaded items indicate revised standards based on results from the 2019 National Senior Games

### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	<b>:35.33</b>	55-59	:41.40
60-64	:36.33	60-64	<b>:41.69</b>
65-69	<b>:38.73</b>	65-69	<b>:44.31</b>
70-74	<b>:42.03</b>	70-74	:49.82
75-79	:50.10	75-79	:59.81
80-84	53.16	80-84	1:04.26
85-89	<b>1:13.76</b>	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	1:20.03	55-59	1:33.00
60-64	<b>1:20.03</b>	60-64	<b>1:33.00</b>
65-69	<b>1:24.38</b>	65-69	<b>1:39.57</b>
70-74	<b>1:29.90</b>	70-74	1:46.40
75-79	<b>1:53.48</b>	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	<b>2:59.32</b>	55-59	3:07.60
60-64	<b>3:01.05</b>	60-64	<b>3:31.86</b>
65-69	<b>3:17.69</b>	65-69	<b>3:38.34</b>
70-74	<b>3:30.99</b>	70-74	3:57.69
75-79	<b>3:47.61</b>	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	<b>:46.86</b>
60-64	:37.80	60-64	<b>:45.89</b>
65-69	:40.11	65-69	<b>:49.58</b>
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	<b>1:03.86</b>
80-84	:58.60	80-84	<b>1:18.94</b>
85-89	<b>1:18.12</b>	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	<b>1:22.90</b>	60-64	<b>1:43.30</b>
65-69	1:27.42	65-69	<b>1:55.02</b>
70-74	1:36.22	70-74	<b>2:11.31</b>
75-79	1:51.23	75-79	<b>2:36.75</b>
80-84	<b>2:13.31</b>	80-84	2:45.00
85-89	<b>4:26.04</b>	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	<b>4:17.69</b>
70-74	<b>3:45.49</b>	70-74	4:32.18
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	<b>6:48.78</b>
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	<b>1:16.13</b>	60-64	<b>1:33.75</b>
65-69	1:18.32	65-69	<b>1:43.15</b>
70-74	<b>1:34.55</b>	70-74	<b>1:51.81</b>
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	<b>2:57.22</b>	60-64	3:38.91
65-69	3:15.15	65-69	4:26.41
70-74	3:39.79	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)

## 400-Yard Individual Medley

Men		Women (No MPS Available – 2021)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	7:38.06	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12:24	90+	No MPS

## 50-Yard Butterfly/100-Yard Butterfly

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.34	55-59	:38.41	55-59	1:25.68	55-59	1:37.60
60-64	:31.39	60-64	:42.26	60-64	1:25.68	60-64	1:56.14
65-69	:34.51	65-69	:47.31	65-69	1:25.68	65-69	2:38.31
70-74	:37.96	70-74	:54.82	70-74	1:43.31	70-74	2:55.90
75-79	:49.80	75-79	1:07.54	75-79	3:02.03	75-79	4:33.80
80-84	1:25.86	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

## 200-Yard Butterfly (No MPS Available – 2021)

Men		Women (No MPS Available – 2021)	
50-54	No MPS	50-54	No MPS
55-59	No MPS	55-59	No MPS
60-64	No MPS	60-64	No MPS
65-69	No MPS	65-69	No MPS
70-74	No MPS	70-74	No MPS
75-79	No MPS	75-79	No MPS
80-84	No MPS	80-84	No MPS
85-89	No MPS	85-89	No MPS
90+	No MPS	90+	No MPS

## 50-Yard Freestyle/100-Yard Freestyle

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:34.19	55-59	1:03.43	55-59	1:16.40
60-64	:29.08	60-64	:34.39	60-64	1:06.00	60-64	1:17.85
65-69	:30.43	65-69	:37.05	65-69	1:08.25	65-69	1:22.82
70-74	:33.22	70-74	:41.40	70-74	1:10.41	70-74	1:31.70
75-79	:36.80	75-79	:47.49	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:05.77	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

## 200-Yard Freestyle/500-Yard Freestyle

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:33.32
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:43.10	65-69	3:09.66	65-69	7:15.30	65-69	8:59.03
70-74	3:05.24	70-74	3:30.74	70-74	8:18.70	70-74	8:59.66
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:40.74	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

## BONUS EVENTS

QUALIFIED STROKE	BONUS STROKES
Bonus events must be of same stroke and lesser distance	
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50, 100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200



## TRACK MINIMUM PERFORMANCE STANDARDS

Shaded items indicate revised standards from the **2019** National Senior Games

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

Age	MEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.99	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:9.27	:16.39	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:11.79	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:42.04	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:18.64	7:03.00
60-64	:8.73	:16.61	:36.19	1:32.44	3:39.72	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.67	:41.94	1:44.17	4:11.21	9:10.00
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.55	:25.28	1:06.55	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	8:37.32	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	1.395	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.07	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.85	11.58	9.06	.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

<b>WOMEN'S DIVISIONS</b>								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.05	.99	4.73	8.52	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.73	1.22	14.78
70-74	2.43	.90	4.21	6.40	16.99	15.37	1.22	12.22
75-79	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.37	7.62	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

**FIELD MINIMUM PERFORMANCE STANDARDS (English)**

<b>MEN'S DIVISIONS</b>								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.25"
80-84	9' 6.25"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
85-89	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 9.75"	57' 9"
90-94	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 9.75"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 9.75"	16' 5"

<b>WOMEN'S DIVISIONS</b>								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 0"	3' 2"	15' 6.25"	27' 11.5"	71' 4"	67' 2"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
70-74	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5"	4' 0"	40' 1"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 3"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	14' 4"	25' 0"	19' 6"	2' 9.75"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 1"	2' 9.75"	16' 4.75"