

2024 Illinois Senior Games Registration and Qualification Guide

This guide is designed to be a one-stop reference for information on all of our 2024 events and how they can qualify you for the 2025 National Senior Games (NSG) in Des Moines, IA (if applicable). Events are listed in alphabetical order.

Illinois Senior Games is open to all participants 50 and over regardless of their state of residence. When determining who qualifies for the National Senior Games, **out-of-state participants will not displace Illinois participants from qualifying spots.** For example, if first place is out-of-state, an additional first place would be awarded to the top Illinois finisher. For more information on how to qualify, see Appendix A of the NSGA 2025 Rulebook.

Age Determination Date: 12/31/2024 (you must turn 50 by this date in order to participate in the 2024 IL Senior Games and to qualify for the 2025 National Senior Games.

Doubles Partners: Your age group is determined by the younger partner. If one partner is out-of-state, then the pair is considered out-of-state.

5K/10K Run

2024 ISG Event: August 18th, 2024, 7:30 a.m. – Illinois State Fairgrounds, 801 E. Sangamon Ave., Springfield, IL.

Event Signup: Online General Registration (listed und Road Race) AND Abe’s Amble Race Signup <https://runsignup.com/Race/IL/Springfield/AbesAmble>.

Qualifying for 2025 NSG: Complete the race

Other event notes: The Abe’s Amble 5K/10K runs are the official 5K/10K qualifying runs for the 2024 Illinois Senior Games. You MUST register online through Run Sign Up to participate in this event. In order to qualify for the 2025 National Senior Games, we will ALSO need you to register online with IL Senior Games. If the 5K/10K runs are your only event, you will be charged a \$10 administrative fee and not the full \$45 IL Senior Games registration fee. The Abe’s Amble does NOT run their 5K/10K simultaneously, meaning you will need to pick one. Completing one of these races will qualify you for both at the 2025 NSG.

Badminton

2024 ISG Event: September 19th, 2024, 1:00 p.m. – Keresotes YMCA Springfield, 4450 W. Iles Ave.

Event signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group

Other event notes: Must qualify in each event you want to participate in at NSG (Singles, Doubles, Mixed).

Bags

2024 ISG Event: September 21st, 2024, 3:00 p.m. – Lincoln Park, 1601 N. 5th St., Springfield.

Event Signup: Online General Registration

Qualifying for 2025 NSG: This is NOT a qualifying event. Bags is an “OPEN” sport at the 2025 NSG, meaning that you do not need to qualify in order to sign up.

Other event notes: Format will be open doubles, double elimination.

Basketball (3 on 3)

2024 ISG Event: April 27th, 2024, 8:00 a.m. – Evanston, IL

Event Signup: Closed

Qualifying for 2025 NSG: Top 3 finish within age division.

Basketball Free Throw

2024 ISG Event: September 19th, 2024, 9:00 a.m. – Downtown Springfield YMCA – 601 N. 4th Street

Event Signup: Online General Registration (listed under Basketball Individual)

Qualifying for 2025 NSG: Not a qualifying event

Bocce

2024 ISG Event: September 19th, 2024, 5:30 P.M. – Location TBD, Springfield, IL

Event Signup: Online General Registration

Qualifying for 2025 NSG: Not a qualifying event

Bowling

2024 ISG Event: September 20th and 21st, 2024, King Pin Lanes, 3115 E. Sangamon Ave., Springfield, IL

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group.

Other event notes: Must qualify in EACH event you want to participate in (singles, doubles, mixed).

Event times are as follows: Singles: Sept. 20th @10:00 a.m., Doubles Sept. 21st @12:00 p.m., Mixed

Doubles Sept. 21st @ 2:00 p.m.

Bridge

2024 ISG Event: August 22nd, 2024, Time TBD, Erin’s Pavilion, 4965 S. 2nd St., Springfield

Event Signup: Separate Registration Form

Qualifying for 2025 NSG: Not a qualifying event

Casting

2024 ISG Event: September 20th, 2024, 12:30 p.m., Washington Park Upper Lagoon, 1501 South Grand Ave. West, Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Not a qualifying event.

Cycling

2024 ISG Event: October 5th, 2024, Jim Edgar Panther Creek State Fish and Wildlife Area, 10149 Co. Rd. 11, Chandlerville, IL

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group

Other event notes: 5K Time Trial begins at 11 a.m., 20K Road Race begins at 1:00 p.m. Participants are the 5K and 10K Time Trials at NSG. Qualifying in the 20K Road Race qualifies participants for both the 20K and 40K Road Race at NSG.

Disc Golf

2024 ISG Event: September 21st, 2024, 9:00 a.m., Lincoln Park, 1601 N. 5th St., Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: This is not a qualifying event. Disc Golf is an "OPEN" sport at the 2025 NSG, meaning athletes do not need to qualify.

Golf

2024 ISG Event: September 11th, 2024, Lincoln Greens, 700 E. Lake Shore Drive, Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Finish 1st in your age group OR shoot a minimum score for your age group.

Other event notes: Tee times will be assigned and emailed to participants.

Minimum Qualifying Scores:

Men: 50-54 (White Tees): 77, 55-59 (White Tees): 78, 60-64 (White/Grey Tees): 76, 65-69 (White/Grey Tees): 77, 70-74 (Grey Tees): 75, 75-79 (Grey Tees): 82, 80-84 (Grey Tees): 82, 85-89 (Grey Tees): 87

Women: 50-54: 91, 55-59: 92, 60-64: 92, 65-69: 94, 70-74: 96, 75-79: 99, 80+: 100

Kayaking

2024 ISG Event: September 19th, 2024, 6:00 p.m., Wildlife Sanctuary Park, 7001 Woodland Trail Dr., Chatham

Event Signup: Online General Registration (limited to 10 participants)

Qualifying for 2025 NSG: Not a qualifying event

Other event notes: This noncompetitive event will feature a kayaking adventure on beautiful Lake Springfield organized by the Central Illinois Women's Outdoor Adventures group.

Mini Golf

2024 ISG Event: September 19th, 2024, 2:00 p.m., Malibu Jack's, 2501 Wabash Ave. Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Not a qualifying event

Pickleball

2024 ISG Event: September 13th and 14th, 2024, Iles Park, 2000 S. 6th Street. (Sept. 15th Rain Date)

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish in age group

Other Event Notes: For updates, follow Springfield Pickleball Club on Facebook! Must qualify in each event in which you would like to participate at NSG (Singles, Doubles, Mixed). Event times are as follows: Singles – Sept. 13th @ 9 a.m., Doubles – Sept. 13th @ 1:00 p.m., Mixed Doubles – Sept. 14th @ 9 a.m.

Rope Skipping

2024 ISG Event: Sept. 19th, 2024, 9:00 a.m. Springfield Downtown YMCA, 601 N. 4th Street.

Event Signup: Online General Registration

Qualifying for 2025 NSG: Not a qualifying event

Other event notes: Athletes get 3 minutes on the clock to skip the rope as many times as possible. The rope must pass completely underneath both feet for a jump to count. This event runs concurrently with the Basketball Free Throw event, and athletes may participate in both.

Shuffleboard

2024 ISG Event: September 20th and 21st, 2021, Lincoln Park, 1601 N. 5th Street.

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group

Other Event Notes: Open Doubles September 20th @ 1:00 p.m., Singles September 21st 12:00 p.m.

Softball

2024 ISG Event: Men: August 3rd and 4th, 2024, Rantoul Family Sports Complex, 744 Murray Rd., Rantoul, IL. Women: August 16th, 17th, and 18th, 2024, Bridgeton Municipal Athletic Complex, 13161 Taussig Rd., Bridgeton, MO.

Event Signup: Men: Contact Kevin Lawrence at kevinlawrence20@hotmail.com, Women: Contact Joann Williams at joann.williams77@gmail.com.

Qualifying for 2025 NSG: Top 3 finish within age division

Swimming

2024 ISG Event: September 21st, 2024, Eisenhower Aquatic Center, 2351 E. Cornell Ave., Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group OR meet Minimum Performance Standard (p. 65, 2025 NSGA Rulebook)

Order of Events: 100 Butterfly, 200 Freestyle, 50 Breaststroke, 100 Backstroke, 400 IM, 100 Breaststroke, 200 Backstroke, 100 IM, 50 Free, 200 Butterfly, 50 Backstroke, 200 IM, 50 Butterfly, 100 Freestyle, 200 Breaststroke, 500 Freestyle

Other event notes: Warmup and start times TBD

Table Tennis

2024 ISG Event: September 21st, 2024, 8:00 a.m., Sherman Church of the Nazarene, 7085 Village Center Rd., Sherman, IL

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group

Tennis

2024 ISG Event: September 17th and 18th, 2024, Velasco Tennis Center in Washington Park, 1501 South Grand Ave. West, Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 Finish within age group

Other event notes: Singles: September 17th @9:00 a.m., Doubles/Mixed September 18th at 9:00 a.m.

Track and Field (Including Race Walk and Power Walk)

2024 ISG Event: September 22nd, 2024, Memorial Stadium, 1415 North Grand Ave. East, Springfield

Event Signup: Online General Registration

Qualifying for 2025 NSG: Top 4 finish within age group OR meet Minimum Performance Standard (p. 73-75, NSGA 2025 Rulebook)

Other Event Notes: Check-in will open at 8:00 a.m. with Field events being open from 9 a.m. to 11 a.m. The first track event of the day will begin at 11:15 a.m., and events will run in the following order: 1500M Race Walk, 1500M Power Walk, 1500M Run, 100M, 400M, 800M, 200M, 50M.

Triathlon

2024 ISG Event: July 27th, 2024 – Lake Springfield Triathlon

Event Signup: <https://www.mseracing.com/lake-springfield-triathlon> AND ISG Online General Registration

Qualifying for 2025 NSG: Complete the triathlon. If you cannot make it to this triathlon, don't worry! You can still qualify according to the limited event criteria in Rule D in the NSGA rulebook. This involves completing a triathlon, filling out the Limited Event Form found at nsga.com, and submitting your results directly to NSGA.

Volleyball

2024 ISG Event: September 21st, 2024 – Chicago area, venue TBD

Event Signup: Contact Chuck Seminary, vballnets4u@aol.com

Qualifying for 2024 NSG: Top 3 finish within age group

Water Volleyball

2024 ISG Event: October 12th, 2024, Concordia Village, 4101 W. Iles Ave., Springfield

Event Signup: ISG Water Volleyball Team Registration Form

Qualifying for 2024 NSG: Not a qualifying event

Wii Bowling

2024 ISG Event: Season begins August 5th, 2024

Event Signup: ISG Wii Bowling Team Registration Form

Qualifying for 2024 NSG: Not a qualifying event