

**IOWA
SENIOR
GAMES**

A stylized logo for the Iowa Senior Games. The number '40' is rendered in a 3D, blocky font. The '4' is dark blue with a white outline, and the '0' is gold with a white outline. A white silhouette of a runner is positioned as if running on top of the '0'.

2026 PROGRAM

2026 HALL OF FAME INDUCTEES

NEVA WEISSKOPF



Growing up in Brooklyn, Iowa, Neva Weisskopf has enjoyed a lifetime of competition. Beginning in her sophomore year of high school at BGM, Neva co-founded the girls track and field team and went on to compete on the McPherson college team. Since then, she hasn't stopped competing.

Her Senior Games journey began in 2006 – leading to 118 medals to date, 87 of which are gold. Neva's favorite Senior Games memory was her first nationals – Kentucky, 2007. After a third-place finish in the 200m, her javelin competition was at a completely different venue and had already begun. After a quick drive over and a single practice throw, her adrenaline pushed her to unleash one of her best throws ever, and to a National Senior Games gold medal.

While Neva enjoys the Florida sun in the wintertime now, be sure to congratulate her on her induction at the 2026 Senior Games Track and Field meet, where she'll be throwing Shotput, Discus and Javelin.

Welcome to the Hall of Fame, Neva!

KENNETH HOPPER



Kenneth Hopper read about the Iowa Senior Games at 54 years old. Over the 15 years since, he's been a constant at the Games.

Ken began his athletic career in high school and maintained good health through three years in the service. After another 20 years in law enforcement, and multiple other physically demanding jobs, Ken found the Senior Games and hasn't looked back since.

With over 115 medals, you could expect Ken's favorite memories at the games to be from the athletic aspect, but they're not. Ken says that the memories are countless. "For me, it's just getting together with everybody". Sharing stories, meeting new people from across the country and getting to see familiar faces again, year after year.

Ken will be competing in 10 events during the 40th Iowa Senior Games.

KEITH DAHLSTROM



Staying active has always called to Keith Dahlstrom (71), of Northeast Iowa. Growing up doing farm chores, wrestling, and running, Keith continued to run his whole life. From 5ks to marathons, running on trails and coaching his children and grandchildren, Keith doesn't stop moving.

His Senior Games journey began when he saw a flier at 51 years. Since then, he's a mainstay on the track, and inside the oval, competing in field events and Accuracy and Distance. His favorite memory is competing in the National Games in Des Moines last year, medaling with a 4x100m relay team from multiple states. To date, Keith has earned 54 medals, 29 of which are gold.

Welcome to the Hall of Fame, Keith!

2026 SCHEDULE OF EVENTS

DAY	TIME	EVENT	LOCATION
WEDNESDAY, JUNE 3, 2026			
Wednesday	7:00 AM	Pickleball (50-64): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
THURSDAY, JUNE 4, 2026			
Thursday	7:00 AM	Pickleball (65+): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
Thursday	8:00 AM	Shuffleboard: Singles/Doubles	Indian Hills Junior High
Thursday	8:00 AM	Golf Tournament	Willow Creek Golf Course
Thursday	1:00 PM	Disc Golf Tournament	Pete Crivaro Park, Des Moines
Thursday	2:00 PM	Horseshoes	Holiday Park, West Des Moines
FRIDAY, JUNE 5, 2026			
Friday	8:30 AM	Tennis: Singles	Valley Southwoods Freshman HS
Friday	8:30-10:00 AM	Accuracy & Distance: Basketball Shooting: Free Throws	Valley High School
Friday	9:00 AM	Table Tennis: Singles	Four Mile Community Center, DSM
Friday	10:00-11:30 AM	Accuracy & Distance: Basketball Shooting: Around the World	Valley High School
Friday	11:00 AM-12:30 PM	Accuracy & Distance: Football Throws: Distance and Accuracy	Valley High School Track
Friday	11:00 AM-12:30 PM	Accuracy & Distance: Softball Throws: Distance and Accuracy	Valley High School Track
Friday	12:00 PM	Table Tennis: Doubles/Mixed	Four Mile Community Center, DSM
Friday	1:00 PM	Racquetball: Singles	Wellmark YMCA, Des Moines
Friday	1:00 PM	Bowling: Mixed Doubles	Bowlerama Lanes, Des Moines
Friday	1:00 PM	3-on-3 Basketball	Valley High School
Friday	1:00-2:00 PM	Accuracy & Distance: Frisbee Throw: Distance and Accuracy	Valley High School Track
Friday	2:30-4:00 PM	Accuracy & Distance: Football Field Goal Kick	Valley High School Track
Friday	2:30-4:00 PM	Accuracy & Distance: Soccer Kick Accuracy	Valley High School Track
SATURDAY, JUNE 6, 2026			
Saturday	8:30 AM	Granny Basketball	Valley High School
Saturday	8:30 AM	Tennis: Doubles/Mixed	Valley Southwoods Freshman HS
Saturday	12:00 PM	Bowling: Singles	Bowlerama Lanes, Des Moines
Saturday	12:00 PM	Racquetball: Doubles/Mixed	Wellmark YMCA, Des Moines
Saturday	8:00 AM	Steve Lynn Memorial - Track & Field	Valley High School Track
Saturday	12:00 PM	Hall of Fame Induction Ceremony	Valley High School Track

2026 SCHEDULE OF EVENTS

FIELD EVENTS			
Saturday	8:00-9:30 AM	Triple Jump	Valley High School Track
Saturday	8:00-8:45 AM	Javelin Throw (75+)	Valley High School Track
Saturday	8:45-9:30 AM	Javelin Throw (65-74)	Valley High School Track
Saturday	9:30-10:15 AM	Javelin Throw (50-64)	Valley High School Track
Saturday	10:00-11:30 AM	Standing Long Jump	Valley High School Track
Saturday	10:00-11:30 AM	High Jump (65+)	Valley High School Track
Saturday	12:30-2:00 PM	Running Long Jump	Valley High School Track
Saturday	12:30-2:00 PM	High Jump (50-64)	Valley High School Track
Saturday	1:00-1:30 PM	Shot Put (80+)	Valley High School Track
Saturday	1:00-1:30 PM	Discus (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Shot Put (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Discus (80+)	Valley High School Track
Saturday	2:00-2:30 PM	Shot Put (65-69)	Valley High School Track
Saturday	2:00-2:30 PM	Discus (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Shot Put (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Discus (50-59)	Valley High School Track
Saturday	3:00-3:30 PM	Shot Put (50-59)	Valley High School Track
Saturday	3:00-3:30 PM	Discus (65-69)	Valley High School Track
RUNNING EVENTS			
Saturday	8:15 AM	5,000 M Race Walk	Valley High School Track
Saturday	9:15 AM	100 M Dash	Valley High School Track
Saturday	10:15 AM	1,500 M Run	Valley High School Track
Saturday	10:45 AM	400 M Run	Valley High School Track
Saturday	11:15 AM	1,500 M Power Walk	Valley High School Track
Saturday	12:30 PM	50 M Dash	Valley High School Track
Saturday	1:15 PM	800 M Run	Valley High School Track
Saturday	1:45 PM	200 M Dash	Valley High School Track
Saturday	2:00 PM	5,000 M Power Walk	Valley High School Track
SUNDAY, JUNE 7, 2026			
Sunday	8:30 AM	Granny Basketball	Valley High School
Sunday	9:00 AM	Badminton: Singles, Dbls/Mxd to Follow	Valley Southwoods Freshman HS
Sunday	10:00 AM	Swim Meet (Warm-up begins at 9:00 AM)	Valley High School
Sunday	12:00 PM	Bowling: Doubles	Bowlerama Lanes, Des Moines
Sunday	1:00 PM	Cornhole	Valley High School
SATURDAY, JULY 18, 2026			
Saturday	8:00 AM	Road Race: 5K	Clive Aquatic Center, Clive
Saturday	8:00 AM	Target Archery	Drake University - Roger Knapp Tennis Center (Outdoor Area)
Saturday	9:00 AM	Cycling Time Trial	Story County Road R70, Cambridge, IA
SUNDAY, JULY 19, 2026			
Sunday	9:00 AM	Target Archery	Drake University - Roger Knapp Tennis Center (Outdoor Area)
Sunday	8:00 AM	Cycling Road Race	Boone Scenic Valley Railroad, Boone
SUNDAY, SEPTEMBER 20, 2026			
Sunday	8:00 AM	Triathlon (Transition area opens at 6:00 AM)	Big Creek State Park Beach, Polk City

2026 SPONSORS

GOLD



SILVER



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RESULTS, PHOTOS & MORE AT:

IOWAseniorgames.org  



The Iowa Senior Games is an event of the Iowa Sports Foundation