



# *Iowa Senior Games Program*



**IOWA** senior games

# 2024 Hall of Fame Inductees



Ann Hegstrom was born and raised in Jamaica, Iowa. She attended high school at Yale Jamaica-Bagley, where she graduated in 1974. During her time in junior high and high school, Ann was an active participant in track and field events, focusing primarily on the 100m dash, 200m dash, and shuttle hurdle. Following her high school graduation, Ann attended Simpson College for one year, where she participated in cross country. She then transferred to a nursing school to pursue her professional education. Following this time, Ann did not engage in much running, aside from participating in short events such as charity 5Ks.

Ann rekindled her passion for running by competing in the Summer Iowa Games. It was at the Iowa Games that she made friends who encouraged her to join the Senior Games. The support and encouragement she found among the mentors in the age group above her played a significant role in her journey back into competitive athletics. She has a deep appreciation for the Iowa Games because they allow her to

follow youth sports and meet young athletes. She also enjoys the Senior Games for the shared interests and mutual understanding among fellow competitors. In the Senior Games, Ann has taken a particular liking to the 400m run and the 1500m race walk.

An outstanding achievement in Ann's athletic career is her participation in three national games. Remarkably, she competed in her first national games while battling breast cancer, demonstrating her resilience and determination. Overall, she finds great fun in competition and values the opportunity to connect with others who share her love for sports. Her journey through the Iowa Games and Senior Games has been marked by support, friendship, and a strong sense of community.



Tim Phillips was born and raised in Cedar Rapids. He graduated from LaSalle High School in 1968, where he was an active participant in track, football, and basketball during both junior high and high school. Despite his involvement in multiple sports, his performance in track stood out the most. After high school, Tim attended St. Ambrose University for one year. During this time, he ran cross country and track, where his coach, Ray Owens, played a significant role in nurturing his passion for running. Ray's influence was instrumental in developing Tim's enduring love for the sport.

Following his year at St. Ambrose University, Tim then transferred to the University of Iowa, from which he graduated in 1972. Post-graduation, he became an avid participant in road races, as there were limited events available elsewhere at the time. Around the age of 50, he started competing in the Senior Games, focusing primarily on track and field events. At this current time, race walking has emerged as his favorite event.

Overall, Tim's running journey has taken him to more than 20 countries, including a memorable run on the Great Wall of China. Throughout his journey, Tim has meticulously logged his runs in a daily journal, which to date records more than 100,000 miles. He expresses immense gratitude for the Iowa Senior Games and feels blessed to be part of the community. Through his dedication and passion for running, Tim has left an indelible mark on the sport, inspiring many along the way.

# 2024 Event Schedule

DAY	TIME	EVENT	LOCATION
<b>SUNDAY, MAY 19, 2024</b>			
Sunday	8:00 AM	Triathlon (Transition area opens at 6:00 AM)	Big Creek State Park Beach, Polk City
<b>Friday, May 31, 2024</b>			
Friday	5:00 PM	Softball Tournament	Raccoon River Park, West Des Moines
<b>WEDNESDAY, JUNE 5, 2024</b>			
Wednesday	7:00 AM	Pickleball (50-64): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
Wednesday	8:00 AM	Shuffleboard: Singles/Doubles	Indian Hills Junior High
<b>THURSDAY, JUNE 6, 2024</b>			
Thursday	7:00 AM	Pickleball (65+): Mxd Dbls, Dbls/Sgls to follow	Dinks Pickleball - Merle Hay Mall
Thursday	8:00 AM	Golf Tournament	Willow Creek Golf Course
Thursday	1:00 PM	Disc Golf Tournament	Centennial Park Disc Golf Course
Thursday	2:00 PM	Horseshoes	Holiday Park, West Des Moines
<b>FRIDAY, JUNE 7, 2024</b>			
Friday	8:30 AM	Tennis: Singles	Valley Southwoods Freshman HS
Friday	8:30-10:00 AM	Basketball Shooting: Free Throws	Waukee High School
Friday	9:00 AM	Table Tennis: Singles	Four Mile Community Center, DSM
Friday	10:00-11:30 AM	Basketball Shooting: Around the World	Waukee High School
Friday	11:00 AM-12:30 PM	Football Throws: Distance and Accuracy	Waukee High School Football Field
Friday	11:00 AM-12:30 PM	Softball Throws: Distance and Accuracy	Waukee High School Football Field
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	Val Lanes, West Des Moines
Friday	1:00 PM	3-on-3 Basketball	Waukee High School
Friday	1:00-2:00 PM	Frisbee Throw: Distance and Accuracy	Waukee High School Football Field
Friday	2:30-4:00 PM	Football Field Goal Kick	Waukee High School Football Field
Friday	2:30-4:00 PM	Soccer Kick Accuracy	Waukee High School Football Field
<b>SATURDAY, JUNE 8, 2024</b>			
Saturday	8:30 AM	Granny Basketball	Waukee High School
Saturday	8:30 AM	Tennis: Doubles/Mixed	Valley Southwoods Freshman HS
Saturday	12:00 PM	Bowling: Singles	Val Lanes, West Des Moines
Saturday	12:00 PM	Hall of Fame Induction Ceremony	Waukee High School
Saturday	12:00 PM	Racquetball: Doubles/Mixed	Wellmark YMCA, Des Moines
<b>STEVE LYNN MEMORIAL TRACK &amp; FIELD</b>			
<b>FIELD EVENTS</b>			
Saturday	8:00-9:30 AM	Triple Jump	Waukee High School Track
Saturday	8:00-8:45 AM	Javelin Throw (75+)	Waukee High School Track
Saturday	8:45-9:30 AM	Javelin Throw (65-74)	Waukee High School Track
Saturday	9:30-10:15 AM	Javelin Throw (50-64)	Waukee High School Track
Saturday	10:00-11:30 AM	Standing Long Jump	Waukee High School Track
Saturday	10:00-11:30 AM	High Jump (65+)	Waukee High School Track
Saturday	12:30-2:00 PM	Running Long Jump	Waukee High School Track
Saturday	12:30-2:00 PM	High Jump (50-64)	Waukee High School Track
Saturday	1:00-1:30 PM	Shot Put (80+)	Waukee High School Track
Saturday	1:00-1:30 PM	Discus (70-79)	Waukee High School Track
Saturday	1:30-2:00 PM	Shot Put (70-79)	Waukee High School Track
Saturday	1:30-2:00 PM	Discus (80+)	Waukee High School Track
Saturday	2:00-2:30 PM	Shot Put (65-69)	Waukee High School Track
Saturday	2:00-2:30 PM	Discus (60-64)	Waukee High School Track
Saturday	2:30-3:00 PM	Shot Put (60-64)	Waukee High School Track
Saturday	2:30-3:00 PM	Discus (50-59)	Waukee High School Track
Saturday	3:00-3:30 PM	Shot Put (50-59)	Waukee High School Track
Saturday	3:00-3:30 PM	Discus (65-69)	Waukee High School Track

## RUNNING EVENTS

Saturday	8:15 AM	5,000 M Race Walk	Waukee High School Track
Saturday	9:15 AM	100 M Dash	Waukee High School Track
Saturday	10:15 AM	1,500 M Run	Waukee High School Track
Saturday	10:45 AM	400 M Run	Waukee High School Track
Saturday	11:15 AM	1,500 M Power Walk	Waukee High School Track
Saturday	12:30 PM	50 M Dash	Waukee High School Track
Saturday	1:00 PM	800 M Run	Waukee High School Track
Saturday	1:30 PM	200 M Dash	Waukee High School Track
Sunday, June 9, 2024			
Sunday	8:30 AM	Granny Basketball	Waukee 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)	Waukee Family YMCA Pool
Sunday	12:00 PM	Bowling: Doubles	Val Lanes, West Des Moines
SATURDAY, JULY 20, 2024			
Saturday	8:00 AM	Road Race: 5K	Clive Aquatic Center, Clive
Saturday	9:00 AM	Cycling Time Trial	Ballard East Elementary, Cambridge
Saturday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Saturday	4:00 PM	Cornhole	Clive Aquatic Center, Clive
SUNDAY, JULY 21, 2024			
Sunday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Sunday	8:30 AM	Cycling Road Race	Boone (Boone Scenic Valley Railroad)

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