



2026 Silver State Games

WEIGHTLIFTING AND FITNESS COMPETITION

Open to both male and female competitors 40 years of age and up!

Age group divisions will be the same for both men and women:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Saturday, September 12, 2026

12:00-check in and warm up

1:00-3:00-competition (all events will close at 3:00)

3:00-Medals awarded (maybe earlier if all events are completed)

Location: **TBA**

Fee: \$50 for Nevada residents, \$55 for out-of-state residents.

*Early bird registration by July 31, subtract \$5.

The FEE includes registration and one event, additional events are \$5 each. Participate in as many of the events as you desire.

How to enter: Online at silverstategames.com

Entry deadline is September 5, 2025

Coordinator: Linda Rossi

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702-232-1566

WEIGHT LIFTING EVENTS

Best of three attempts

- **Bench Press**
- **Leg Press**

FITNESS

Single attempt to max reps, failure or loss of good form

- **Sit ups:** bent knees, arms across body, elbows are to touch legs
- **Push-ups:** hand release
- **Pull ups:** chin over bar
- **Kettlebell Box Squat:** Toes 6 inches or less from wall; squat down touch buttocks to box with knees breaking 90 degrees.

Timed event

- **Shuttle run:** will consist of 10 behind the head weighted ball (10 lbs) tosses, 20 sprints of 25 feet and 10 behind the head ball tosses.
- **Jump Rope:** single attempt; jump rope 1 min. as many clear rotations as possible.
- **Med Ball Slams** (smooth non-bouncing): women 10 lbs and men 15 lbs, total number completed with one minute. Rule: start with an athletic stance and body upright. Entire ball must come up fully above head, body upright before each slam.

Website: www.silverstategames.com

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