



# 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](http://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](http://www.silverstategames.com)

Email: [silverstategamesnv@outlook.com](mailto:silverstategamesnv@outlook.com)

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