



2025 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 13, 2025

12:00-check in and warm up

12:30-2:30-competition (all event will close at 2:30)

2:45-Medals awarded (maybe earlier if all events are completed)

Location: **FITNESS FACTORY**

4489 E. Charleston Las Vegas. NV 89104

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

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

*****Participate in as many of the events as you desire for the same basis entry fee*****

How to enter: Online at silverstategames.com

Entry deadline is September 5, 2025

Coordinator: Danny Murphy

Danny.murphy@unlv.edu

702-561-5950

WEIGHT LIFTING EVENTS

Best of three attempts

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

FITNESS

One attempt to 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

Timed event

- **Shuttle run**-will consist of 10 behind the head weighted ball tosses, 20 sprints of 25 feet and 10 behind the head ball tosses.

Website: www.silverstategames.com

Email: silverstategamesnv@outlook.com

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