



# 2026 WEIGHTLIFTING & FITNESS

**Competition by Age Group:** 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+ | Age determined as of December 31, 2026 | *updated June 30, 2026*

## Dates & Times:

Saturday, Sept. 12

- 12 noon: Check in & warm-up
- 1 – 3 p.m.: Competition (all events close at 3 p.m.)
- 3 p.m.: Awards (or earlier if all events completed)

## Events:

### Weightlifting

*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 the 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 to touch buttocks to box with knees breaking 90 degrees while holding kettlebell at chest
  - Women will use 10 lb. & men will use 15 lb.

### Timed events

- **Shuttle Run:** start with 10 behind-the-head weighted ball tosses then 20 sprints of 25 feet each, and finish with 10 behind-the-head ball tosses.
- **Jump rope:** single attempt; jump rope 1 min. with as many clear rotations as possible.
- **Medicine Ball Slams:** start with entire ball fully above the head with body upright. Slam the ball in a smooth, non-bouncing motion, then pick it up and return to starting position. Repeat until failure.
- Women will use a 10 lb. ball, and men will use 15 lb. ball

Full descriptions at [silverstategames.com/weightlifting](https://silverstategames.com/weightlifting)  
**Demo videos coming to our Facebook & Instagram pages!**

*Continued next page*

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## For More Information

Website: [www.silverstategames.com](https://www.silverstategames.com) | Email: [silverstategamesnv@outlook.com](mailto:silverstategamesnv@outlook.com)

Silver State Games, Inc. is a 501(c)(3) Not-For-Profit Organization

**Location:** Fitness Factory  
6775 E. Lake Mead Blvd. (& N. Hollywood Blvd.)  
Las Vegas, NV 89156

**Athlete Registration:**

- \$50 for Nevada residents
- \$55 for out-of-state residents
- **Early bird registration by July 31, subtract \$5**

**Event Fee(s):** Athlete registration includes one (1) event  
\$5 per additional event  
No limit – participate in as many events as you want!

**Entry deadline:** **Saturday, Sept. 5 at 11:59 p.m.**

**Online registration:** [www.SilverStateGames.com](http://www.SilverStateGames.com)

**Coordinator:** Linda Rossi  
702-232-1566  
[swimminbikinrunin@yahoo.com](mailto:swimminbikinrunin@yahoo.com)

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