



# 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 May 7, 2026*

**Dates & Times:**

Saturday, Sept. 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
- Push ups
- Pull ups
- Kettlebell box squat

Timed events

- Shuttle run
- Jump rope
- Medicine ball slams

*Full descriptions at [silverstategames.com/weightlifting](https://silverstategames.com/weightlifting)*

**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**

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For More Information

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

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**Event Fee(s):** Athlete registration includes one (1) event; \$5 per additional event, no limit!

**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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