



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 Aug. 12, 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 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. Check out our demo videos on our Facebook & Instagram pages!

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For More Information

Website: www.silverstategames.com | Email: silverstategamesnv@outlook.com

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

NEW Location: Fit Club
1922 Rock Springs Dr. (west of Interstate 11, exit 82, south of
W. Lake Mead Blvd.)
Las Vegas, NV 89128

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

Coordinator:

Linda Rossi
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swimminbikinrunin@yahoo.com

For More Information

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