



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

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

Location: TBA

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!

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

For More Information

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

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

Online registration: www.SilverStateGames.com

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