

2025 Silver State Games Weightlifting and Fitness Competition

Open to both male and female competitors 40 years of age and up!

Saturday, October 2025 (To be announced)

Las Vegas Host Location: To be announced soon!

Weightlifting and Fitness Events:

Leg Press (Best of three attempts)

Arm Curl (Best of three attempts)

Bench Press (Best of three attempts)

Sit ups (One attempt to failure/loss of good form)

Pull ups (One attempt to failure/loss of good form)

Push ups (One attempt to failure/loss of good form)



Participate in as many of the events as you desire for the same basic entry fee.

Details and registration information can be found at:

www.silverstategames.org?.com?

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+

Lightweight/Middleweight/Heavyweight divisions for both men and women will apply to the weightlifting events.

Participants will receive specific event information upon registration to include weight classes, performance expectations and guidelines for each event, judging criteria and more.

Questions? Please contact "Dr. K", event coordinator, at w8tlifter127@hotmail.com.

Nevada Senior Games (NVSG), dba Silver State Games, is a 501(c)(3) nonprofit dedicated to keeping adults 50 and older active, healthy, and independent through sports and social engagement.