



NEVADA SENIOR GAMES

2018 WEIGHTLIFTING/FITNESS

Competition by Age Group

45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
(Age group determined by age as of December 31, 2018)

Bench Press, Arm Curl, Leg Press

Pullups, Pushups, Situps

(Weight divisions begin at 125 lbs in 10 lb increments)

Saturday, Sept. 22: 1:00 – 4:00 p.m.

Location: Durango Hills YMCA
3521 North Durango
Las Vegas, NV 89129

Fees: \$40 for Nevada residents
\$45 for out-of-state residents
Early bird registration by July 31, subtract \$5
\$5 per event

How to Enter: On line at nevadaseniorgames.com
Or, download a form from nevadaseniorgames.com,
fill out and mail to: NSG, 3355 Spring Mtn. Road #54
Las Vegas NV 89102 (\$10 processing fee)

Entry deadline: September 1, 2018

Coordinator: Jay Dash
jaydash@rocketmail.com
(310)497-1493

For More Information

Web site: www.nevadaseniorgames.com
Email: nevadaseniorgames@outlook.com