



NEVADA SENIOR GAMES

2020 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, 2020)

Bench Press, Arm Curl, Leg Press

Pullups, Pushups, Situps

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

Saturday, Sept. 19 : 4:00 p.m.

Location: Game Changers Sports
6230 South Decatur Blvd., Suite 101
Las Vegas, NV 89118

Fees: \$40 registration fee
\$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, 2020

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

For More Information

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