

2024 MASTERS 50+ FITNESS COMPETITION

Sunday, September 29th, 9AM-11AM (All age groups & events)

Hosted for the 5th year by Fitness Quest 10

9922 Scripps Ranch Blvd San Diego 92131

in Association with the San Diego Senior Games



2024 MASTERS FITNESS COMPETITION EVENTS LIST & DESCRIPTIONS



- **Kettlebell Box Squat:** single attempt for max reps.
 - ◆ Toes 6 inches or less from wall
 - ◆ Squat down touch buttocks to box with knees breaking 90 degrees
 - ◆ Box height will be adjusted for each contestant.
 - ◆ Females: 50-59 20kg; 60-69 16kg; 70-79 12kg; 80+ 8kg
 - ◆ **Males:** 50-59 24kg; 60-69 20kg; 70-79 16kg; 80+ 12kg
- **Barbell Bench Press:** single attempt for max reps.
 - ◆ Touch bar to chest and lock out elbows
 - ◆ Females: 50-59 55 lbs; 60-69 50lbs; 70-79 45lbs; 80+ 35lbs
 - ◆ Males: 50-59 115lbs; 60-69 95lbs; 70-79 75lbs; 80+ 55lbs
- **Overhand Straight Arm Hang:**
 - ◆ Single attempt for time.
 - ◆ Requires both hands at same time.
 - ◆ Quick re-grips are allowed.
 - ◆ Time ends when any part of foot touches down.
- **Broad Jump:**
 - ◆ For distance, best of three jumps.
 - ◆ Start with toes of both feet on the line.
 - ◆ Distance measured from take-off line to nearest point of contact (back of heel) on landing.
 - ◆ Must stick the landing with both feet.
- **Dynamax Ball Overhead Toss:**
 - ◆ 3 attempts tossing ball overhead backward for distance in feet to where ball lands
 - ◆ Females: 4 lb
 - ◆ Men: 8 lb
- **300 Yard Shuttle Run:**
 - ◆ Single attempt for time.
 - ◆ Sprint down and back six times.
 - ◆ Foot must touch 25-yard marker line each time.
 - ◆ *Time starts when official calls "Go!"*
- **Concept 2 Rower:**
 - ◆ Single attempt
 - ◆ Row 500 meters for time at level 10.
- **Jump Rope:**
 - ◆ Single attempt
 - ◆ Jump rope 1 minute as many clear rotations as possible.

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→ **Prowler Push:**

- ◆ Single attempt for time
- ◆ One 25 lb plate on each side for females
- ◆ One 45 lb plate on each side for males
- ◆ 50 yard push
- ◆ *Time starts when official calls "Go!"*
- ◆ Some part of sled must touch the 25 yd mark when turning around to push back to start.
- ◆ Time ends when nose of sled crosses the start line.

→ 10. **Med Ball Slams (smooth non-bouncing):**

- ◆ Females: 10 lbs
- ◆ Males: 15 lbs
- ◆ Total number completed within one minute.
- ◆ Start with an athletic stance and body upright.
- ◆ Entire ball must come up fully above head, body upright, before each slam.

ALSO SEE 2024 FITNESS RULES SHEET Q AND A.

For Competition questions contact Fitness Commissioner Stan Williams

stanwill1@gmail.com or 408-799-3852

