



2022 MASTERS 50+ FITNESS COMPETITION

Hosted for the third year by Fitness Quest 10
In Association with the CA and San Diego Senior Games
September 25, 2022



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. *Weight by gender/age.*

Females: 50-59 20kg; 60-69 16kg; 70-79 12kg; 80+ 8kg

Males: 50-59 24kg; 59-60 20kg; 70-79 16kg; 80+ 12kg

Barbell Bench Press: single attempt for max reps.

Touch bar to chest and lock out elbows. *Weight by gender/age.*

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; 4 lb for women and 8 lb for men.

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.

Prowler Push: single attempt for time; 50-yard push with one 25 lb plate on each side for females or one 45 lb plate on each side for males. *Time starts when official calls "Go!"* Some part of sled must touch the 25-yard mark when turning around to push back to start. Time ends when nose of sled crosses the start line.

Med Ball Slams (smooth non-bouncing): women 10 lbs and men 15 lbs, Total number completed within one minute. Rule: start with athletic stance and body upright. Entire ball must come up fully above head, body upright, before each slam.

For competition questions contact:

Fitness Commissioner Stan Williams stanwill1@gmail.com or 408-799-3852



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FITNESS RULES SHEET Q & A

LOCATION: Fitness Quest 10, 9922 Scripps Ranch Blvd San Diego 92131

SCHEDULE: 8:45 AM Kickoff and Welcome by FQ10 Owner & GM Jeff Bristol

9AM-11AM Competition (all age groups & events)

11:15-45AM Medals awarded by age division & gender for each event

More information on registration deadlines and cost: SDSeniorGames.org

Competition questions: Fitness Commissioner Stan Williams stanwill1@gmail.com or 408-799-3852

Q: Are the ten events the same as were in the 2021 Fitness Competition?

The 2022 Fitness Competition will include most of the fitness events as the competition in 2021: kettlebell box squat, barbell bench press, dynamax ball overhead toss, 300 yard shuttle run, Concept 2 rower, Jump rope, prowler push, med ball slams, and overhand straight arm hang. **See EVENT DESCRIPTIONS**

Event changes for 2022 include:

- **Kettlebell Box Squat:** weights increased for both genders and all age brackets (to better measure lower body strength, not endurance.)
- **Farmer's Walk:** event eliminated (grip strength already tested with straight arm hang)
- **Broad Jump:** added to measure lower body power.

Q: What are the age brackets for the competition? For both men and women, the brackets are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+

Q: What should be considered in choosing the events to compete in? Must I do all?

No. Choose those that you know you can execute safely with proper form and may also be competitive in. FQ10 trainers will explain/demo technique, supervise each event for proper form, and document each contestant's outcomes (# of reps, distance, time, appropriate metric) for each event.

Q: May I do the events in any order? Yes. But plan strategically. No event may be started once the closing bell is rung at 11 AM.

Q: How will the events be set up?

Several of the ten events will be held on the outside of the gym facility. Bench press, med ball slams, and kettle bell box squats are planned for inside the gym and will allow for contestant distancing and plenty of air circulation. Multiple hand sanitizing stations will be available inside and out. Each event will be supervised by a FQ10 certified trainer who will remind each contestant of the event rules and proper form, and document results.



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Q: Will there be awards for most fitness events won overall?

No. Medals will be given for 1st, 2nd, 3rd place winners by gender, age bracket and event.

Q: For the jump rope event: Can contestants keep jumping up to the one minute mark even if they miss a couple of rotations? Will all clear rotations during the one-minute be counted? Yes, and yes.

Q: May contestants bring their own jump ropes or does every contestant need to use the ones at the gym? No. Every contestant must use the jump ropes at Fitness Quest 10.

Q: May contestants wear gloves or wrap their hands for any events? No

Q: Are leg braces/sleeves to support knee injuries/instability allowed? Yes

Q: How many contestants participated in the 2021 Fitness Competition? Eighty, a 60% increase over the first fitness competition in 2019. Of the eighty, 45 were from the San Diego County; 32 others were from other CA cities and regions; two were from other states. Roughly 50% of the 2021 contestants were between 50-59; 30% between 60-69; 16% between 70-79; another 5% 80-89.

Q: Does this CA State Competition Event qualify for any national senior games Fitness Competition?
No. This event is only for California Senior State Championships. It is not a qualifier for the National Senior Games as Fitness is not yet a sport the NSGA endorses.

Q: Where can I find the event results from 2021? [LINK](#)

Q: Where can I find a video demonstration of the ten events? Check back – coming soon.