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# **MASTERS 50+ FITNESS COMPETITION**

Hosted by FITNESS QUEST 10  
in association with SAN DIEGO SENIOR GAMES

SUNDAY, SEPTEMBER 21st, 2025 | 9:00 AM - 11:45 AM

Fitness Quest 10, 9972 Scripps Ranch Blvd, San Diego 92131

**EVENTS:**

Kettlebell Box Squat  
Barbell Bench Press Overhand  
Straight-Arm Hang Broad Jump  
Dynamax Ball Overhead Toss  
300 Yard Shuttle Run  
Concept 2 Rower  
Jump Rope  
Prowler Push  
Med Ball Slams

**REGISTRATION DEADLINE:**

September 14, 2025

**INCLUDES:** T-shirt for each athlete.  
Medals for winners in each  
gender/age division.

**AGES DIVISIONS:** 50-54, 55-59,  
60-64, 65-69, 70-74, 75-79, 80-84,  
85-89, 90+

**SCHEDULE:**

8:45 AM Kickoff  
9 AM - 11 AM Competition  
11:15 AM - 11:45 AM Medals

**ENTRY FEE:**

\$45 Individual Fee  
+ \$20 Sport Fee  
= \$65 Registration

Contact the Masters 50+ Fitness Commissioner with questions Stan Williams at [stanwill1@gmail.com](mailto:stanwill1@gmail.com)

For more information about the San Diego Senior Games, go to [SDSeniorGames.org](https://SDSeniorGames.org)