

2025 MASTERS 50+ FITNESS COMPETITION hosted for the 6th year by

Fitness Quest 10 in association with the San Diego Senior Games

9972 Scripps Ranch Blvd San Diego 92131

9 AM – 11AM September 21, 2025



2025 COMPETITION EVENTS LIST & DESCRIPTIONS

1. 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; 80-89 8kg; 90+ 4kg
Males: 50-59 24kg; 60-69 20kg; 70-79 16kg; 80-89 12kg; 90+ 8kg
2. Barbell Bench Press: single attempt for max reps.
Touch bar to chest and lock out elbows. *Weight by gender/age.*
Females: 50-59 55lbs; 60-69 50lbs; 70-79 45lbs; 80-89 40lbs; 90+ 35lbs
Males: 50-59 115lbs; 60-69 95lbs; 70-79 75lbs; 80-89 55lbs, 90+ 50lbs
3. 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 the foot touches down.
4. Broad Jump: For distance, best of three jumps. Start with the 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.
5. Dynamax Ball Overhead Toss: 3 attempts tossing ball overhead backward for distance in feet to where ball lands; 4 lbs for women and 8 lbs for men.
6. 300 Yard Shuttle Run: single attempt for time. Sprint down and back six times. Foot must touch the 25-yard marker line each time. *Time starts when the official calls "Go!"*
7. Concept 2 Rower: single attempt, row 500 meters for time at level 10.
8. Jump Rope: single attempt; jump rope 1 minute as many clear rotations as possible.
9. Prowler Push: single attempt for time; one 25 lbs plate on each side for females, one 45 lbs plate on each side for males; 50 yard push. *Time starts when the official calls "Go!"* Some part of the sled must touch the 25 yd mark when turning around to push back to start. Time ends when the nose of the sled crosses the start line.
10. Med Ball Slams (smooth non-bouncing): women 10 lbs and men 15 lbs, Total number completed within one minute. Rule: start with an athletic stance and body upright. Entire ball must come up fully above head, body upright, before each slam.

For Fitness Competition questions contact Fitness Commissioner

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

www.SDSeniorGames.org

Updated May 22, 2025 | 3 pages

2025 MASTERS 50+ FITNESS COMPETITION hosted for the 6th year by

Fitness Quest 10 in association with the San Diego Senior Games

9972 Scripps Ranch Blvd San Diego 92131

9 AM – 11AM September 21, 2025



2025 MASTERS 50+ FITNESS COMPETITION RULES SHEET Q & A

Q: Which Fitness Competition events will be offered this year?

Yes. The 2025 Fitness Competition will include all of the fitness events as the competition in 2024: kettlebell box squat, barbell bench press, keg toss, 300 yard shuttle run, Concept 2 rower, Jump rope, prowler push, med ball slams, broad jump, and overhand straight arm hang.

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; 80-84, 85-89, 90+.

Q: What should be considered in choosing the events to compete in?

Choose those that you know you can execute safely with proper form and may also be competitive in. At the Competition, Fitness Quest10 certified trainers will explain/demo technique, supervise each event for proper form, and document each contestant's outcomes (eg # 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?

Six of the ten events will be held on the outside of the gym facility. Bench press, med ball slams, broad jump, and kettlebell 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 Fitness Quest10 certified trainer who will remind each contestant of the event rules and proper form, and document results.

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?

Yes.

Q: For the jump rope event, will all clear rotations during the one-minute be counted?

Yes.

For Fitness Competition questions contact Fitness Commissioner

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

www.SDSeniorGames.org

Updated May 22, 2025 | 3 pages

2025 MASTERS 50+ FITNESS COMPETITION hosted for the 6th year by

Fitness Quest 10 in association with the San Diego Senior Games

9972 Scripps Ranch Blvd San Diego 92131

9 AM – 11AM September 21, 2025



Q: For the jump rope event, 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: Are wrist wraps allowed?

Yes, but gloves and hand wraps are not allowed.

Q: Is there a time limit on barbell bench press or on box squats?

No, but contestants can't take more than a couple of seconds to catch their breath during repetitions. No pausing to rest.

Q: On the box squat may contestants relax their hand position to extend their arms momentarily, and then continue?

No, contestants may pause a few seconds to catch their breath during repetitions, but no pausing to rest and no extension of their arms upwards or downwards to rest.

Q: Does this SDSG Competition Event qualify for any national senior games Fitness Competition?

No. This event is only for the San Diego and California Senior Games State Championships. *It is not a qualifier for the National Senior Games because Fitness is not yet a sport the NSGA endorses.*

Q: Where can I find the events results from 2024?

On the SDSG Fitness page. www.sdseniorgames.org

Q: Where can I find a video demonstration of the ten events?

On the SDSG Fitness page. www.sdseniorgames.org

For Fitness Competition questions contact Fitness Commissioner

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

www.SDSeniorGames.org

Updated May 22, 2025 | 3 pages