



**9/9/21 IMPORTANT FINAL DETAILS FOR SEPT 19th  
Masters 50+ Fitness Competition at Fitness Quest 10!**

**THE REGISTRATION DEADLINE FOR THE MASTERS 50+ FITNESS  
COMPETITION IS SUNDAY SEPTEMBER 12!**

Registration is done at the CA Senior Games Website:

<https://www.sdseniorgames.org/san-diego-senior-games-sports/fitness-competition-at-the-san-diego-senior-games/>

This will be the second time Fitness Quest 10 in San Diego is hosting a 50+ Masters Fitness Competition, in association with the SD and CA Senior Games. News media & a professional photographer may be present. TruGrit Fitness, an equipment sponsor of the Competition, will be present with discounts on equipment. We thank them and encourage everyone to check their equipment out!

### **IMPORTANT: TIMING OF COMPETITION DAY**

8 AM: gym will be open for contestant warmups and for staff set up of events.

**8:45 GM** Jeff Bristol will open the Competition and explain the Events set up.

9-11 Fitness Competition starts and will be called over at 11 AM.

11-11:30 Jeff will welcome and introduce the SD Senior Games ED Kirsten Cummings and will announce and hand out awards for each event by gender and 5-year age bracket. Contestants gather for a group photo!!!

### **WHO'S COMPETING?**

As of Weds morning 9/9 we have 64 individuals registered: 35 of those live in San Diego (of those, 23 are FQ10 members); 27 live in other CA cities/regions; two are coming from Oregon and Indiana.

47% of the 64 registered are in either the 50-54 bracket or the 55-59 bracket; 27% are in their 60s; 21% are in their 70s; 5% are 80 or older.

**NEXT STEP:** Everyone needs to complete and sign a **Fitness Quest 10 Waiver of Liability Form** and turn it in at the FQ10 front desk when arriving. ***No one can compete without it.*** **If you want to complete and sign the waiver at the gym, please arrive at 8:45 so as not to delay the competition start time.**

### **HOW WILL THE EVENTS BE SET UP?**

Each event will be a station, with 7 outside the gym and 3 inside with plenty of air circulation and hand sanitizers both 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.

### **IS EVERYONE DOING ALL TEN EVENTS?**

No, some are doing all ten and others are choosing to compete only in specific events. Each individual can choose the order in which they do their events. Regardless, everyone must complete his/her events by 11 AM.

### **HOW DO I PREPARE?**

**Review the Rules Sheet & Events Descriptions** (from the SDSG website or request from Stanwill1@gmail.com)

### **REVIEW the Event Demo video**

<https://www.youtube.com/playlist?list=PLgoyRwuvN5ahlcqZELeoGpX2EmeHJs>  
1I (note that the 2019 chin up has been changed to a dead hang for the 2021 competition)

### **WILL FOOD AND WATER BE AVAILABLE?**

While at the gym, cold water will be available from a fountain and to fill bottles. Items available for purchase include Smart Water, Iconic protein drinks, Celsius energy drinks, and various food bars. In addition, we thank Meal Prep San Diego who will be grilling food for purchase. Before and after the competition, Starbucks and a Vons, as well as various restaurants, are in the same shopping center as options.

### **WHAT WILL HAPPEN AT 11 AM?**

Trainers overseeing each event will give the results for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place by event, gender, and age bracket to GM Jeff Bristol, who will hand out awards -- and congratulate EVERYONE for showing up, competing, and working to stay fit!! This will be fun! Group photo!!

**More questions? Email Stan @ Stanwill1@gmail.com**

**Stan Williams, Fitness Commissioner to SD Senior Games**

**Trish Williams, Co-Commissioner to Fitness Quest 10**

**Both Stan and Trish will be competing in events.**

**Jeff Bristol, General Manager**

**Photos below!**

