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**2023 MASTERS 50+ FITNESS COMPETITION**  
**Hosted for the 4th year by Fitness Quest 10**  
**9922 Scripps Ranch Blvd San Diego 92131**  
**in Association with the California Senior Games**  
**Sunday September 24 9AM-11AM Competition (all age groups & events)**  
Medals awarded in each age division, by gender, for each event.

**2023 FITNESS RULES SHEET Q & A**

*For more information on registration deadlines and cost: [SDSeniorGames.org](http://SDSeniorGames.org)*

*For questions about the Competition: contact Fitness Commissioner Stan Williams  
[stanwill1@gmail.com](mailto:stanwill1@gmail.com) or 408-799-3852*

**Q: Are the ten events the same as were in the 2022 Fitness Competition?**

A: YES. NO CHANGES. The 2023 Fitness Competition will include all of the fitness events as the competition in 2022: 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. [See EVENT DESCRIPTIONS]

**Q: What are the age brackets for the competition?** A: For both men and women, the brackets are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84, 85-89, 90-95, 96-100.

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

A: No. Choose those that you know you can execute safely with proper form and may also be competitive in. FQ 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?** A: 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?** A: Six of the ten events will be held on the outside of the gym facility. Bench press, med ball slams, broad jump, 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 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?** A: No. Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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?** A: Yes, and yes.

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

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

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

**Q: How many contestants participated in the 2022 Fitness Competition?** A: Eighty-nine, a 90% increase over the first Masters 50+ Fitness Competition in 2019. Of the eight-nine, 56% were from the City of San Diego; 39% others were from other CA cities and regions; 5% were from other states. Roughly 30% of the 2022 contestants were between 50-59; 42% between 60-69; 20% between 70-79; another 8% were 80-89.

**Q: Does this CA State Competition Event qualify for any national senior games Fitness Competition?** A: No. This is event is only for the 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 event results from 2022?** A: On the SDSGA Fitness page.

**Q: Where can I find a video demonstration of the ten events?** A: On the SDSGA Fitness page.