

## **WEIGHT LIFTING**

**Saturday, October 31, 2020**

**Entry Deadline: October 17, 2020**

Kaizen Performance  
1811 Industrial Blvd. #108  
Norman, OK

Event Check In: 9:00 am

Event Begins: 10:00 am

### **FORMAT**

Men, Women

### **EVENTS**

#### **Bench Press**

Perform correct maneuvers of 5 reps at your maximum weight.

#### **Leg Press**

Perform correct maneuvers of 5 reps at your maximum weight.

#### **20 Yard Sled Push (timed)**

Men 90 lbs.; Women 45 lbs.

Sled is pushed 20 yards as quickly as possible.

### **STATE DIRECTOR**

Garrison Niemiec

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303-854-7631

**Weight Lifting is not a National Senior Games  
Event.**