

# **WEIGHT LIFTING 2021**

**Saturday, October 30**

**Entry Deadline: October 16**

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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## **Description of Weightlifting Events**

### **Leg Press**

You will complete 5 reps on the leg press. For each rep to count you must break 90 degrees between the knees and hips, and then you must press the sled back out until your legs return to the start position without locking the knees. You must keep your whole foot on the sled at all times, you cannot lift your heels off of the sled during the lift. You may have 1 extra rep in case any of the previous reps did not count. Your score will be based off the Wilks Scoring system, which will use your weight and the weight you moved. You will have 2 attempts at this event.

### **Barbell Bench Press**

You will complete 5 reps on the barbell bench press. For each rep to count the bench press, the block must touch your chest, and you must return to the start position on each rep. You may have 1 extra rep in case any of the previous reps did not count. Your score will be based off the Wilks Scoring system, which will use your weight and the weight you moved. You will have 2 attempts at this event.

### **20yd Sled Push**

You will push a weighted sled 20 yards as fast as you can. Women will push a sled with 25lbs added on, and men will push a sled with 45lbs added on. The timer will begin once the sled breaks the starting line and will end once the entire sled crosses the finish line. You will be scored off time alone. You will have 2 attempts at this event.

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