



OKLAHOMA SENIOR GAMES FITNESS



Sundays Oct. 3 or 10

Saturdays Oct 23 or 30

Entry Deadlines: Sept 26, Oct 3, Oct 16, Oct 23

All deadline dates are one week prior to the event

Kaizen Performance
1811 Industrial Blvd.
Norman, OK

Event Check In: 10:00 am

Event Begins: 11:00 am

FORMAT

Men, Women

EVENTS

45° Push Ups

Perform as many correct maneuvers as possible within one minute.

Goblet Squat

Number performed in one minute.

Plank

Hold Plank position as long as possible without breaking form.

One-Leg Stand

One leg stand as long as possible, 3 attempts.

Winners are determined after the Oct.30 competition. If you are not in attendance; medals will be mailed.

STATE DIRECTOR

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