

PASADENA SENIOR GAMES 2025

HOSTED BY



65
Years
GETTING BETTER
WITH AGE

POWERLIFTING

Competition Schedule

Powerlifting Commissioners: Sarah Sneider and Rob Sneider

Sunday, June 8

10:00 a.m. — Check-In

10:15 a.m. — Powerlifting Starts

Competition Details

Standard bench press rules apply.

- Divisions are determined by age and weight classifications.
- Awards will be presented in each age/weight division.
- Spotters will be provided. The Spotter can help lift the weight out of the rack and a referee will be present to give a start command. The weight is then lowered to touch the chest with a slight pause and then pressed. Upon completion, the spotter will help rack the weight.

REGISTRATION

Powerlifting fee is \$10, plus one-time
\$45 Athlete Registration fee.

Deadline to register for Powerlifting is **June 4.**

Late registration not accepted.

VENUE

Sneiders Family Fitness
115 Loralyn Drive
Arcadia, CA
91006

#AGEWELL

(626) 685-6755

@PasadenaSeniorGames

✉ Sports@PasadenaSeniorCenter.org

🌐 www.PasadenaSeniorCenter.org/Senior-Games

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