

# PASADENA SENIOR GAMES 2026

HOSTED BY



## Competition Schedule

Powerlifting Commissioners: Sarah Sneider and Rob Sneider

### Sunday, June 14

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 10**.

Late registration not accepted.

### VENUE

Sneiders Family Fitness  
115 Loralyn Drive  
Arcadia, CA  
91006

## #AGEWELL

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