

2014
Bay Area
Senior Games



Feats of Strength

Date: May 11 Start: 10 am

Venue: 18584 Carlwyn Drive Castro Valley, CA

Seven Events: Hand Grip Strength ■ Standing Long Jump ■ Farmer's Walk
Pullups/Chinups ■ Weighted Pullups/Chinups ■ Deadlift
Lockpout ■ Standing Vertical Jump

M/W Ages 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Registration: www.BayareaSeniorGames.org